

Core 1 Use a harness-based fall protection with a single identified anchor

Kaupae Level	3
Whiwhinga Credit	1
Whāinga Purpose	This skill standard is intended for people operating in working at heights environments where a single anchor system connection is needed when using a harness-based fall protection system. People with this skill standard have the skills and knowledge to select, check, fit and use a safety harness connected to a single anchor point. This skill standard contributes to qualifications designed for environments requiring at height work.
Whakaakoranga me mātua oti Pre-requisites	People working towards and being assessed against this skill standard should note that work usually takes place at height and requires a level of physical fitness.

Hua o te ako me Paearu aromatawai | Learning outcomes and assessment criteria

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
1. Select a safety harness.	a. Explain key terms and common hazards in relation to working at heights on a single anchor point.
	b. Identify harness types, lanyards, and accessories in terms of their purpose, features and suitability for use on a single anchor point.
	c. Select harness and lanyard system for a given single anchor point.
2. Check and fit safety harness and check lanyards and accessories.	a. Inspect harness, lanyard and accessories before use.
	b. Demonstrate correct fitting of the selected safety harness.
3. Use a safety harness connected to a single anchor point.	a. Demonstrate a range of approved techniques to egress, hook on, use lanyards and accessories.
	b. Minimise risks to others while using a safety harness including action to take in an emergency response situation.

Pārongo aromatawai me te taumata paearu | Assessment information and grade criteria**Assessment specifications:**

The assessment will only be undertaken where there is provision for a level of supervision to ensure the safety of the ākonga/learners carrying out work when connected to a single anchor point.

All activities and assessment must align with legislation, standard operating procedures, accepted industry guidance and manufacturers' specifications and instructions.

Anchors used for this assessment must be pre-defined for the learner and work must be carried out within a pre-determined health and safety and an agreed rescue plan.

Learning Outcome 3 can include the use of the following lanyards (up to 2m) and approved techniques:

- Use of adjustable shock absorbing lanyards, compact personal retractable lanyards (Type 2), overhead (Type 2)
- Use of Type 2 on a platform lifter, overhead anchor
- Use of an adjustable lanyard on a platform lifter, overhead and cage internal connection
- Use of a Type 2 on a protected ladder
- Use of a Type 2 on a loading dock. (connection before fall isolations are lifted/opened)

Definitions

Accepted industry guidance refers to guidelines and standards accepted by industry as examples of best practice.

Approved techniques refer to the application of travel restraint, travel restraint sliders, and limited free fall.

Accessories refers to equipment other than a safety harness's that an operator is required to wear or use to undertake a given task including lanyards, safety helmet, PPE, carabiners.

Unsafe refers to an item unfit for purpose.

Fall protection system means any secondary system that is intended to prevent a person from falling or arrests a fall that occurs.

Identified anchor refers to an anchor point that has a fall protection design use

Manufacturers' instructions refer to any equipment operating instructions, procedures, standards, or recommendations provided by the manufacturer.

Ngā momo whiwhinga | Grades available

Achieved

Ihirangi waitohu | Indicative content**Risks**

- Scope of work - no transition, no extension of standard equipment, no type 1 climbing or restraint system used
- Inspect, and fit a harness correctly, self and others (Buddy)
- Safety consideration when using lanyards
- When to wear a safety helmet and PPE

- Attributes of safe entry zones (onto the anchorage system)
- Isolated fall hazards (doors and gates)
- Low risk egress required (walkways or defined paths)
- Types of anchor protection zones, Travel restraint, single anchor, overhead type 2 (30 deg cone).
- Travel restraint vs restraint technique, fall arrest risks and awareness
- Limited free fall as a system (anchor position) and limited free fall as a technique (manage slack, equipment selection).
- Basket restraint and MEWP limits.
- Crane basket anchorage connections. Above the hook to the block, managed lanyard or type 2.
- MEWP anchorage connection (certified differently as part of the machine)

Uses

- Use of Type 2 on a platform lifter, overhead anchor
- Use of an adjustable lanyard on a platform lifter, overhead and cage internal connection
- Use of a Type 2 on a protected ladder. Disconnect behind the guard rail.
- Use of a Type 2 on a loading dock (connection before fall isolations are lifted/opened)
- For the purposes of this skill standard, it is intended that this is the pre-prepared plan currently used in the environment in which the assessment occurs.

Rauemi | Resources

Legislation, regulations and/or industry standards relevant to this skill standard include but are not limited to:

- Approved Code of Practice for Cranes 3rd Edition – available from the Cranes Association of New Zealand (Inc), in particular Part 17: Crane Listed Work Platforms.
- AS/NZS 1891.4:2025: Personal equipment for working at height, Part 4: Selection, use and maintenance, available from [Standards New Zealand](https://standards.newzealand.govt.nz/standards/as-nzs-1891-4-2025)
- EN361 Personal protective equipment against falls from a height: Full body harnesses, available at <https://www.en-standard.eu/>
- Health and Safety at Work Act 2015. Parliamentary Council Office, Te Tari Tohutohu Parāmata. <https://www.legislation.govt.nz/act/public/2015/0070/latest/DLM5976660.html>
- Health and Safety at Work (General Risk and Workplace Management) Regulations 2016 Parliamentary Council Office, Te Tari Tohutohu Parāmata <https://www.legislation.govt.nz/regulation/public/2016/0013/latest/DLM6727530.html>
- WorkSafe (2014). Best Practice Guidelines for Mobile Elevating Work Platforms. <https://www.worksafe.govt.nz/dmsdocument/26-mobile-elevating-work-platforms/>
- Worksafe. (2019). *Best practice guidelines for working at height in New Zealand*. <https://www.worksafe.govt.nz/topic-and-industry/working-at-height/working-at-height-in-nz/>

Any new, amended or replacement Acts, regulations, standards, codes of practice, guidelines, or authority requirements or conditions affecting this skill standard will take precedence for assessment purposes, pending review of this skill standard.

Pārongo Whakaū Kouna | Quality assurance information

Ngā rōpū whakatau-paerewa Standard Setting Body	Waihanga Ara Rau Construction and Infrastructure Workforce Development Council
Whakaritenga Rārangi Paetae Aromatawai DASS classification	Lifting Equipment > Industrial Rope Access
Ko te tohutoro ki ngā Whakaritenga i te Whakamanatanga me te Whakaōritenga CMR	0120

Hātepe Process	Putanga Version	Rā whakaputa Review Date	Rā whakamutunga mō te aromatawai Last date for assessment
Rēhitatanga Registration	1		N/A
Kōrero whakakapinga Replacement information	N/A		
Rā arotake Planned review date	31 December 2030		