

Core 2 Use a harness-based fall protection system within an anchor protection zone

Kaupae Level	3
Whiwhinga Credit	2
Whāinga Purpose	This skill standard is intended for people needing to select and use a harness-based fall protection system to operate in anchor system-protected environments. People with this skill standard have the skills and knowledge to select, check, fit and use a safety harness-based fall protection system to operate within an identified anchor protection zone.
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 within an identified anchor protection zone.
	b. Identify harness types, lanyards, and accessories in terms of their purpose, features and suitability for use in an identified anchor protection zone.
	c. Select harness and lanyard system for use in an anchor system-protected environment.
2. Check and fit safety harness and check lanyards and accessories.	a. Inspect safety harness, lanyards and accessories and identify unsafe items.
	b. Demonstrate correct fitting of selected safety harness.

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
3. Use a harness-based fall protection system with identified anchors/anchorages.	a. Demonstrate a range of approved techniques including hook on, safe transition, correct use of lanyards and accessories.
	b. Minimise risks to others while using a harness-based fall protection system 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 harness-based fall protection system training and assessment.

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

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

Learning Outcome 3 must include the use of the following lanyards (up to 2m) and work techniques.

- Lanyards - Shock absorbing lanyards, work positioning lanyards, twin lanyards, compact personal retractable lanyards (Type 2), and adjustable lanyards.
- Work techniques - fall restraint, travel restraint, limited free fall arrest, fall arrest.

Definitions

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

Approved technique refers to the application of travel restraint, limited free fall using a type 2 device, using a vertical climbing, or adjustable lanyard system, and safe transition between different anchors, anchor systems or anchorages.

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 and hazard Identification

- Explain terminology associated with harness-based systems including:
 - Fall restraint, fall arrest, limited free fall, and approved techniques.
 - *Areas* are defined locations where risks and associated work systems are necessary.
 - *Zones* are areas separated out by specific risk, requiring different controls. For example, a fall hazard zone, fragile hazard zone, or high-pitch zone
 - Common hazards including suspension intolerance and trauma, pendulum effect, fall clearance, dropped objects, equipment failure or misuse
 - Paths are egress routes to and from areas and zones
 - Points are control areas and have different requirements associated with them, for example, the entry control point, access point, or system entry point.
 - Protections are collective protection systems that eliminate risk within the uncontrolled areas –guard railing, large parapets, or walkways over skylights.
- *Workplace procedures* refer to instructions to staff on policy and procedures, which are documented in memo or manual format and are available in the workplace e.g site specific requirements, company quality management requirements, Approved Codes of Practice and guidelines, and legislative requirements.

Types of equipment and appropriate application

- Harness types – fall arrest, work positioning, tower, suspension
- Types of lanyards –, adjustable, fixed, retractable, shock absorbing and positioning.
- Fit for Purpose can be determined by conformance to standards, Best Practice Guidelines and manufacturer's instructions including AS/NZ 1891.4:2025

Types of fall protection systems and their use

- Fall restraint, work positioning, limited freefall, fall arrest, transition and their appropriate application
- Anchor points must have fall protection design use.
- Anchorage is a secure point of attachment (structure) for a fall protection system, it must meet the specified requirements to be an anchorage.

Emergency response

- Policies and procedures related to a rescue plan, key roles and responsibilities,
- Legislative requirements for rescue planning.
- Rescue plan is a realistic strategy to deal with a fall arrest incident that ensures the rapid recovery of a suspended person before suspension trauma occurs. For the purposes of this skill standard, it is intended that this is the pre-determined health and safety and rescue plan 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:

- 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/)
- 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. (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	This skill standard replaces Unit 23229.		
Rā arotake Planned review date	31 December 2030		