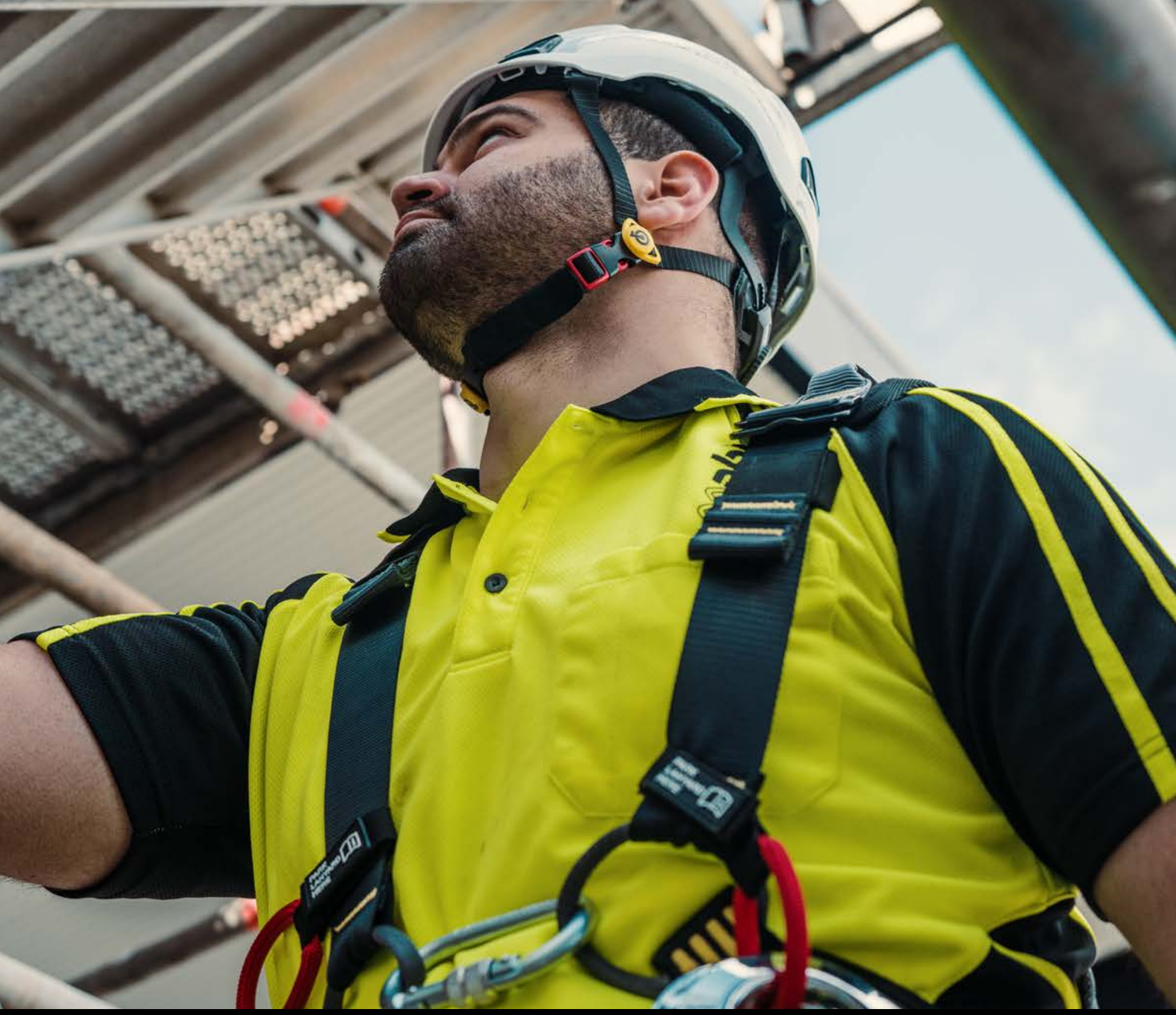


Your starter guide for working at height in New Zealand

Understanding your responsibilities under the Health & Safety at Work Act 2015 and working to good practice in New Zealand.

ZERO Height Safety (NZ/AU) Limited

Creating an instinctive culture for safety

Our purpose is to provide innovative safety solutions to stay protected in challenging environments.

For over 25 years, we have been at the forefront of designing and distributing personal protective equipment (PPE) throughout New Zealand and Australia. Our manufacturing partners in Europe contribute to the production of fabric, webbing, bias, rope lines, thread, and reinforcements. Our comprehensive product range includes industrial abseil and fall arrest equipment, from safety harnesses to lanyards and head protection.

At ZERO, we recognise the need for change to enhance the safety of those working in challenging environments. Our mission is to reduce fatalities and serious injuries by fostering an instinctive safety-conscious culture. To achieve this, we meticulously design and supply a high-quality range of PPE that is not only effective but also comfortable for the user.

Over the last 10 years, we have led the industry in industrial head protection by being the largest supplier of advanced industrial safety helmets in the New Zealand marketplace. We have worked extensively with New Zealand's construction and scaffolding industries and its regulatory bodies to advocate for change in the transition from the use of industrial hard hats to multi-impact-tested helmets to protect the wearer when falling rather than protecting only from the deflection of small items to the crown of the head. Within the last 5 years, we have seen a dramatic change in the transition from hard hats to multi-impact-tested helmets in New Zealand.

We know what it takes to work at heights, to minimise the impact of falls, and to enable workers to achieve their best.

Contents

Where do you start?

Creating a safer working at height environment starts with understanding the risks, selecting the right systems, and ensuring workers are properly trained and equipped.

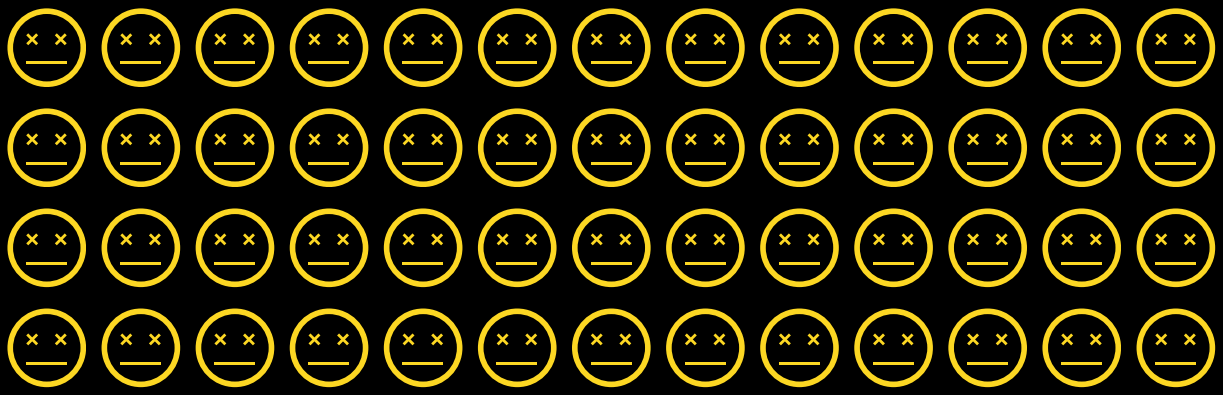
Every worksite, task, and environment is different. The correct solution will depend on the nature of the work, the level of risk, and the ability to eliminate or minimise exposure to a fall.

A practical starting point is to:

- Identify potential fall hazards
- Assess the work environment and level of risk
- Eliminate the risk where reasonably practicable
- Select the correct fall protection system and PPE
- Ensure workers are trained and competent
- Develop rescue procedures before work begins
- Regularly inspect and maintain equipment
- Seek competent advice where required


PINNACLE
ZERO
ZERO

Every year 52 people die on the job, hundreds more are seriously injured, and 600-900 die from work-related diseases.



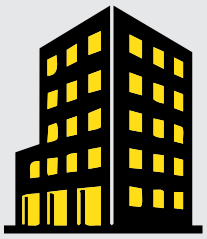
The Health and Safety at Work Act (HSWA) brings greater responsibilities for managing work-related risks that could cause serious injury.

Working safely at height relies on good planning, the right systems, proper training, and correctly selected equipment.

Understanding our responsibilities

We all need to take reasonable care for own health and safety, and that of others. Most businesses, whether large corporates, sole traders or self employed are classed as PCBUs and have the primary duty of care to ensure health & safety.

The law makes it clear that businesses must manage risks, not just respond to incidents. They have a duty to identify hazards, assess risks, and put appropriate controls in place. A business cannot contract out its duties. However, reasonable arrangements can be made with the other businesses to fulfil its duty, taking into account the level of influence or control each has over the overlapping work.



PCBU

(Person Conducting Business or Undertaking)

Usually refers to a business entity (rather than an individual person) and must ensure the health and safety of its workers it influences or directs. This is called the 'primary duty of care'.

Officer

Is a person that has a position that allows them to exercise significant influence over the management of a business. The role of an officer is to exercise due diligence, ensuring the business meets its health and safety obligations under HSWA.

Worker

Is an individual who carries out work in any capacity for a business or undertaking. Workers must follow any reasonable health and safety instructions given to them by the business and take reasonable care of their own health and safety.

Who has the primary duty of care?

A PCBU has the 'primary duty of care', the primary responsibility for people's health and safety at work. It must ensure, so far as is reasonably practicable, the health and safety of its workers, any other workers it influences or directs, visitors or any other people who could be put at risk by its work.

A PCBU who manages or controls a workplace must, so far as is reasonably practicable, provide safe plant or structures and maintain them in good condition.

They must also provide effective, on-going ways for you to make suggestions and raise ideas on improving health and safety.

https://worksafe.govt.nz/

What does 'so far as reasonably practicable' mean?

Something is 'practicable' if it is possible or capable of being done. 'Reasonably' doesn't mean doing everything humanly possible to manage a risk. It means doing what other businesses would reasonably do in the same situation.

- How likely are any hazards or risks to occur?
- How severe could the harm that might result from the hazard or risk be?
- What a person knows or ought to reasonably know about the risk and the ways of eliminating or minimising it (e.g. by removing the source of the risk or using control measures such as isolation or physical controls to minimise it).
- What measures exist to eliminate or minimise the risk (control measures)?
- How available and suitable is the control measure(s)?
- What is the cost of eliminating or minimising the risk? Is the cost grossly disproportionate to the risk.

Failing to manage health and safety risks

A three-tiered hierarchy for breaches of the HSWA has been introduced, along with a range of other offending provisions. The HSWA then imposes across all three tiers a six-fold increase in fines. Imprisonment is reserved for the most serious offences.

Recklessness	
Reckless conduct in respect of duty that exposes an individual to a risk of death or serious injury or illness.	
An individual who is not a PCBU (e.g. a worker or other person at the workplace)	**Five years in prison or $300,000 fine, or both**
Officer of a PCBU or an individual who is a PCBU (e.g. self-employed)	**Five years in prison or $600,000 fine, or both**
Anyone else (e.g. an organisation that is a PCBU)	**$3 million fine**

Risk of death or serious injury or illness	
Failure to comply with a duty that exposes an individual to a risk of serious injury, serious illness or death.	
An individual who is not a PCBU (e.g. a worker or other person at the workplace)	**$150,000 fine**
Officer of a PCBU or an individual who is a PCBU (e.g. self-employed)	**$300,000 fine**
Anyone else (e.g. an organisation that is a PCBU)	**$1.5 million fine**

Failure to comply with a duty	
An individual who is not a PCBU (e.g. a worker or other person at the workplace)	**Five years in prison or $300,000 fine, or both**
Officer of a PCBU or an individual who is a PCBU (e.g. self-employed)	**$100,000 fine**
Anyone else (e.g. an organisation that is a PCBU)	**$500,000 fine**

More than 50% of falls are from less than 3 metres.

The old ‘three metre rule’ no longer exists. The old ‘three metre rule’ no longer exists. Working at height applies anywhere a person could be injured by falling from one level to another. This can be above or below ground level. Short duration work at height shall be treated the same way as any other activity at height.

Eliminate

Where possible, risks must be eliminated so far as is reasonably practicable. Eliminating the potential of a fall can be achieved through safer design, using alternative construction methods and using specific tools and equipment.

Minimise

If elimination is not practicable, then steps should be taken to minimise the likelihood of any harm, resulting from falling. This means considering the use of work positioning systems or restraint and fall arrest system.

How do I identify risk?

Anywhere a fall hazard exists, you should first consider whether the task can be completed without exposing workers to the risk.

A significant hazard should be eliminated. If that is not practicable, controls should be put in place to minimise the hazard. If it is not a significant hazard the employer must still take all practicable steps to ensure the equipment is safe for employees to use.

Where there is a risk of a fall, you should first consider whether the task can be completed without exposing workers to the hazard. If this is not possible, steps must be taken to minimise the likelihood and severity of harm.

If you've identified and assessed a hazard as significant, it must be controlled using the hierarchy of controls.

Identify the hazards

Physical inspections / task analysis

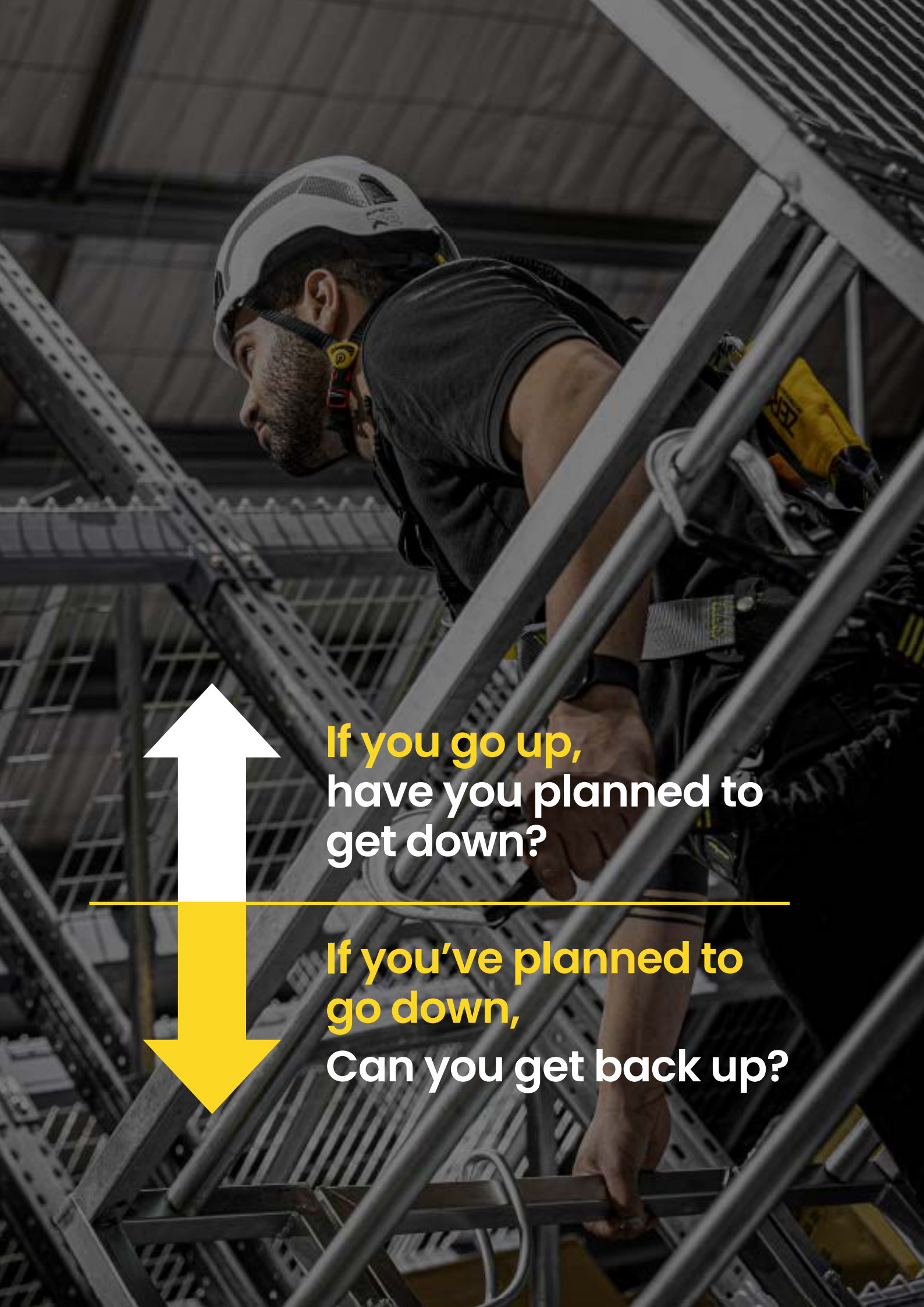
Assess the risk

How likely is the risk and how severe is the harm?

What you know about the hazard or risk?

Control the risk

Ways of eliminating or minimising the risk


If you go up,
have you planned to get down?
If you've planned to go down,
Can you get back up?

A rescue plan and training is just as important as your PPE

Having PPE is only part of the solution. Every site using fall arrest systems should have a documented rescue plan that considers how a worker will be recovered quickly and safely following an incident.

Rescue planning should consider access to the worker, available equipment, communication methods, emergency response times, and the competency of those carrying out the rescue. A fall arrest system is only effective if workers can be rescued promptly.

Conduct a risk assessment

Identify the potential hazards and evaluate the level of risk associated with each. This assessment will help determine the specific types of PPE needed.

Fall arrest systems

When working at heights or in areas with potential fall risks, a fall arrest system should be employed. This includes a full-body harness, lanyards, and anchor points. The harness should be correctly fitted and regularly inspected for any signs of wear or damage.

Anchorage points

Anchor points are a critical part of any fall protection or rescue system. The anchor system must be suitable for the intended application and connected to a structure capable of supporting the required loads. Anchor placement should also consider worker movement, fall clearance, access for rescue, and the ability to safely recover a suspended worker following an incident. When rescue systems are required, anchorage points must be selected and installed to support both fall protection and rescue operations safely.

Training & competency

Training is the glue that holds the system together. Workers should be trained in the correct use, fitting, inspection, limitations, and emergency procedures relating to their equipment. Even the best PPE system can fail if workers do not understand how to use it correctly.

Suspension risks

After a fall arrest event, a worker suspended in a harness can quickly suffer serious medical complications if rescue is delayed. Restricted movement and pressure from the harness can affect blood circulation and place the worker at risk of suspension intolerance.

Training and awareness

Using the correct PPE is crucial, but it is equally important to provide thorough training and raise awareness among workers. Training programs should cover the proper use, maintenance, and limitations of PPE.

Choosing the best technique

Work positioning

Work positioning systems enable a person to work supported in a harness under tension in a way that a fall is prevented.

Fall arrest (Free fall)

Any fall, or part of a fall in excess of 600mm; either vertically or on a slope, on which it is not possible to walk without the assistance of a handrail or line.

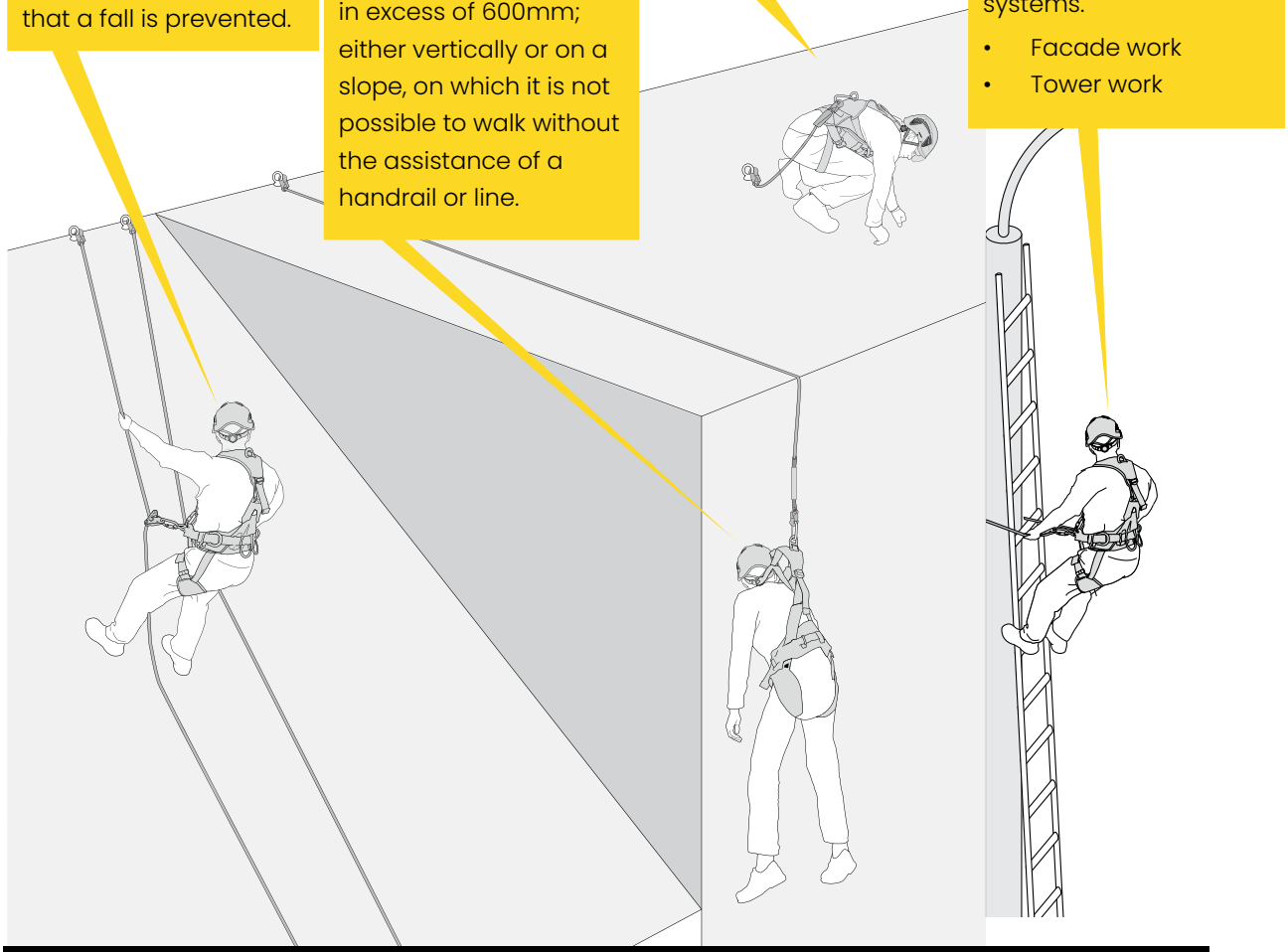
Restraint technique

Preventing the possibility of a fall by removing the risk is preferable when working at heights. The worker can not physically reach the edge with the correct PPE.

Rope Access (Abseil)

Allows access to vertical environments via rope-based descent/ascent systems.

- Facade work
- Tower work



The best method of hazard control is eliminating the risk of a fall.

Always assess the level of risk before selecting a fall protection method.

Training is just as important as your PPE

Training is the glue that holds the system together. You can supply the best PPE system in the world, but if the user doesn't understand how to use it, inspect it, or even wear it correctly, the risk remains.

Training is the difference between gear that sits in a van and gear that saves lives.

To start your journey to become competent, when working at height, you will be required to gain knowledge and experience in the use of a safety harness system.

NZQA Unit Standard 23229

Use of safety harness systems when working at height'. Workers who work at height are recommended to complete NZQA Unit Standard 23229 .

NZQA Unit standard 15757

Use, install and disestablish temporary proprietary height safety systems when working at height. A recommended means of obtaining competence for workers who are involved in planning, installing, or operating fall arrest systems and supervising staff is to achieve NZQA Unit standard 15757.

- **Medical requirements.**
- **Involving an emergency service.**

A competent person is any person who has:

(a) the relevant knowledge, experience, and skill to carry out the task required; and (b) either (i) a relevant qualification evidencing the person's possession of that knowledge, experience, and skill; or (ii) if the person is an employee, a certificate issued by the person's employer evidencing the person's possession of that knowledge, experience, and skill.

Selecting the right safety harness

When it comes to working at heights, safety harnesses are a crucial piece of personal protective equipment (PPE). They provide a means of fall protection by distributing the force of a fall across the body and preventing the worker from hitting the ground. There are several types of safety harnesses available, each designed to meet specific needs and requirements. Let's explore some of the different types:

Full-Body Harness

Often referred to as a Fall Arrest Harness, full-body harnesses are the most common type of safety harness. It is designed to distribute the force of a fall across the shoulders, chest, waist, and thighs. Full-body harnesses provide maximum protection and are suitable for a wide range of working at height scenarios.

Suspension Harness

Suspension harnesses are specifically designed for work tasks that involve prolonged periods of suspension, such as window cleaning or tower crane operation. These harnesses have additional padding and support in the leg straps and waist belt to increase comfort during extended suspension.

Positioning Harness

Positioning harnesses are primarily used for work tasks that require the worker to be supported in a specific position for an extended period, such as construction or maintenance work. These harnesses have side D-rings or positioning loops on the waist belt, which allow workers to be suspended securely while maintaining hands-free operation.

When selecting a safety harness, it is crucial to consider factors such as the nature of the work, the duration of the task, comfort requirements, and applicable safety regulations. It is also essential to ensure proper fitting and regular inspection of the harnesses to maintain their integrity and effectiveness in protecting workers at heights.

Harness selection guide

HARNESS SELECTION GUIDE

ZERO® Plus Harness Range	CODE	GENERAL FALL ARREST	ROOFER & CONSTRUCTION	ABSEIL/ ROPE ACCESS	WORK POSITIONING	CONFINED SPACE	LINESMAN	TOWER WORK	ARBORIST	TECHNICAL RESCUE
ELITE	HEP4678	•	•	•	•					
SUPERIOR	HSP0167	•	•		•					
RIGGER	HPP1679	•	•		•	•	•	•		
TRADESMAN	HTP0017	•	•							
TRADESMAN X	HTXP017	•	•							
FORMX	HFP0179	•	•							
ISOTOWER	HIP1679	•			•	•	•	•		
TOWER	HTP1679	•		•	•	•				•
SUSPENDPRO	HSP4678									
PREMIER	HPP0468	•	•	•	•		•	•	•	•
WORKS	HWP4689	•	•	•	•	•	•	•		•
TREE TOP	HTP0468				•				•	
SUSPEND	HSP0008			•					•	
BOSUNS	HBP0068			•					•	

CLASSIC HARNESS SELECTION GUIDE

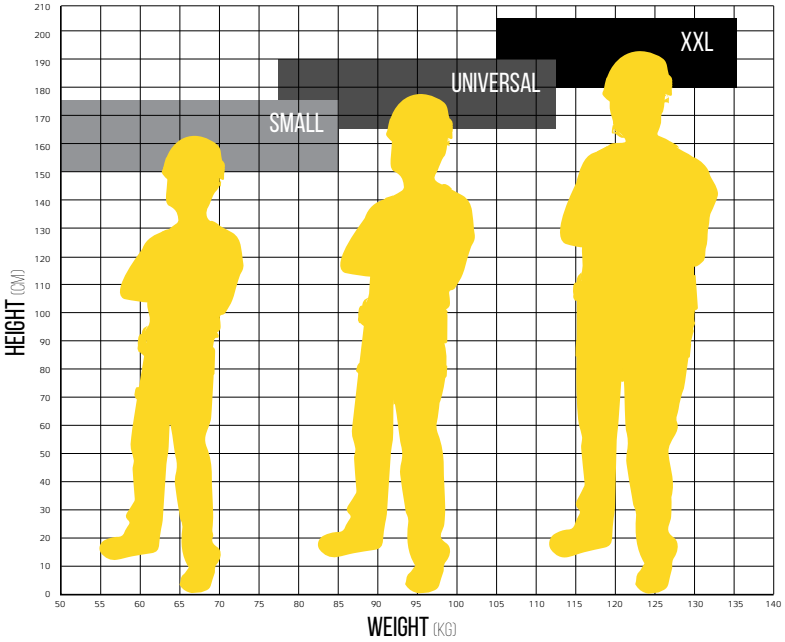
ZERO® Classic Range	CODE	General Fall Arrest	Roofer & Construction	Abseil/ Rope Access	Work Positioning	Confined Space	Linesman	Tower Work	Arborist	Technical Rescue
ALLTRADE	HAS0179	•	•			•				
TRADESMATE SET	HLT17LX5	•	•							
UTILITY	HUS0017	•	•							
UTILITY S	HUSB017	•	•							
UTILITY X	HUSX017									
FLAME	HFSF017	•	•							
RESTRAINT	HRS0006				•					

Harness fitting & size guides

A safety harness can only perform correctly when it is properly fitted to the wearer. Incorrectly fitted equipment can increase the risk of injury during a fall, reduce worker comfort, and lead to poor compliance on site.

SIZE GUIDE

NOTE: The harness sizing chart is guide only. Ensure the harness is the right fit before using.



1 Locate rear dorsal Fall Arrest D ring. Ensure harness is hanging freely and webbing isn't twisted. Visual check of harness, fittings and labels.

What is the lifespan of a safety harness?

Like all personal protective equipment, the longevity of a harness in service is subject to various factors that can impact its integrity, such as frequency of use, exposure to chemicals and UV radiation, storage conditions. Harnesses require regular inspections before each use and assessments by qualified equipment inspectors every 6 months. Our harnesses have a maximum lifespan of 10 years from the date of manufacture and backed by a 2-year manufacturer's warranty.

5 Correct fit on leg straps should allow a flat hand to be placed behind the leg strap.

Workers should always ensure their harness is correctly adjusted before use, including the shoulder straps, leg straps, chest strap, and fall arrest attachment points.

A harness should fit firmly without restricting movement, allowing the user to work comfortably throughout the day.

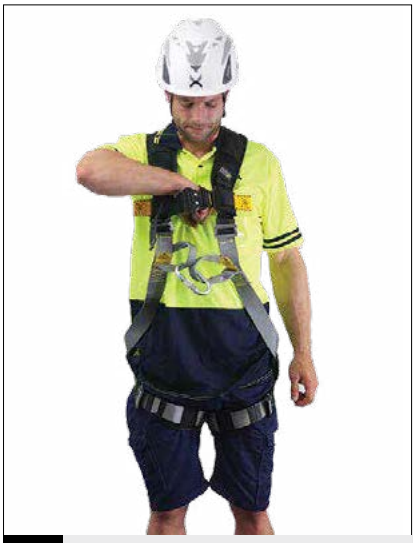
As every worker's body shape and clothing requirements differ, selecting the correct harness size is critical for both safety and usability.

Properly fitted equipment not only improves safety performance during a fall event, but also increases comfort, mobility, and worker acceptance in demanding environments.

2 Bring harness over other shoulder and clip the chest Quick Connect buckle. Adjust the chest strap to fit.

3 Identify the front fall arrest loops. Place the karabiner through the front fall arrest loops and tighten the screw gate, to create the rated front Fall Arrest point.

4 Pull the leg strap up between the legs and connect with buckle. Repeat on other side. Tighten the leg straps to fit, tucking any excess webbing into holders



6 Correct chest fit should allow a fist to be placed behind the chest strap.

7 Adjust the shoulder webbings so that when the front fall arrest point is lifted, it is level with the sternum.

8 Back Fall Arrest D ring point should be correctly sitting between the shoulder blades. Check final fit.

Selecting the right lanyard

The lanyard is the connection between the harness and the anchor system, and it's one of the most misunderstood parts of the system:

Different lanyards are designed for different applications. Selecting the wrong type may increase fall distances, reduce worker mobility, or expose the worker to unnecessary risk. Below are some of the most common lanyard types used when working at height.

Energy-Absorbing Lanyard

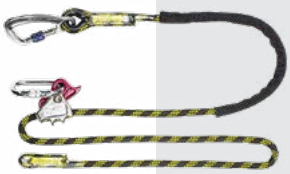
Designed for applications where a fall may occur. These lanyards include an energy absorber to reduce the forces placed on the body during a fall arrest event. Best suited for general fall arrest, construction, elevated work platforms and scaffolding.

Adjustable Rope line

Primarily used for restraint techniques where the worker must be prevented from reaching a fall hazard. Adjustable rope lines allow the user to shorten or lengthen the system to suit the work area while limiting movement near edges. Best suited for: Roof access, restraint systems & general positioning tasks.

Self-Retracting Lifelines (SRLs)

SRLs automatically adjust the lanyard length as the worker moves, helping minimise free-fall distances and reduce trip hazards. Best suited for areas with overhead access to limit fall clearance scaffolding.



Pole Strap / Work Positioning Lanyard

Designed to support workers in a stable working position while keeping both hands free to perform tasks. These systems are commonly used in conjunction with additional fall protection systems. Best suited for pole and tower work and utility maintenance.

Selecting the right anchorage

Temporary anchor points are used to create a safe connection point for fall protection systems when permanent systems are not available. The correct anchor selection depends on the work environment, structure type, and the method of work being carried out.

Anchor systems must always be suitable for the intended application and connected to structures capable of supporting the required loads. Below are some of the most common temporary anchor solutions used when working at height.

Webbing Sling Anchors

Lightweight and versatile anchor solutions designed to wrap around suitable structures such as beams, columns, or structural members. Best suited for steel structure, roof work or general temporary anchoring.

Temporary Static Lines

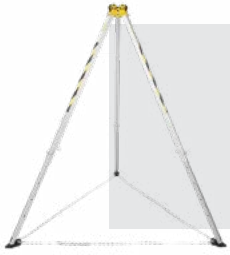
Temporary horizontal systems designed to allow workers to move across larger work areas while remaining connected to the anchor system.
Best suited for roof access, construction sites and areas requiring worker movement.

Diversionary Anchor Points

Diversionary anchors are used to redirect or control the path of a lanyard or lifeline to help reduce swing fall hazards and improve worker positioning during work at height activities. By controlling the direction of travel and minimising lateral movement, diversionary anchors can help reduce pendulum effects in the event of a fall and improve overall system effectiveness.

Beam Anchors

Mechanical anchor devices designed to connect directly onto structural steel beams without damaging the structure. Best suited for structural steel work, industrial construction and temporary fall arrest systems.



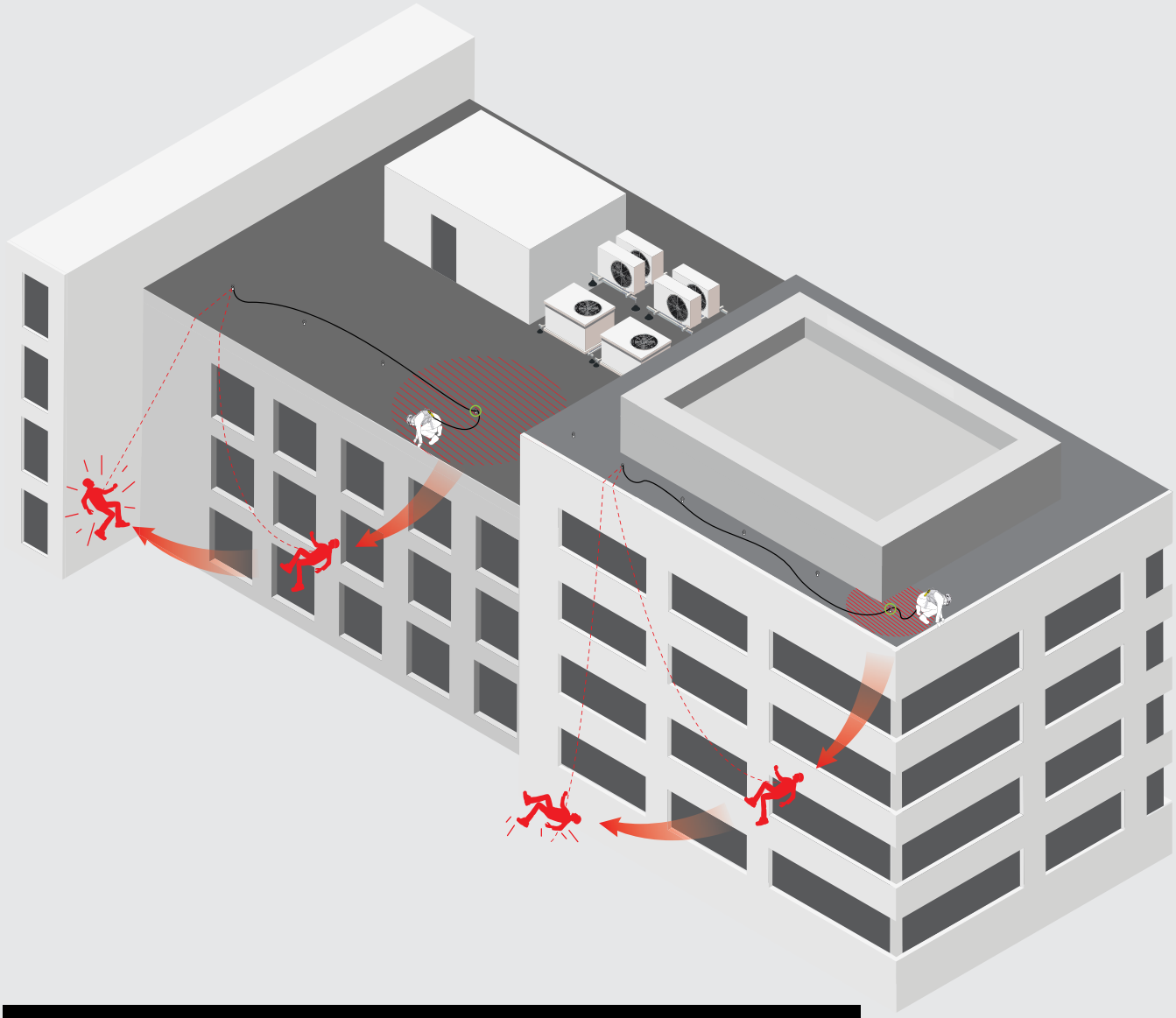
Tripod & Confined Space Anchors

Portable anchor systems designed to provide overhead anchorage for confined space entry, retrieval, and rescue applications. Best suited for confined space entry, vertical access and rescue retrieval systems.

Minimising the fall distance

Swing falls can be fatal. If an anchor is positioned too far from the fall line, the worker may swing into structure, edges, or obstacles.

The pendulum effect is a potential hazard resulting from lateral movement or swing during a slip or fall. Appropriate positioning of single anchorage, diversionary anchors or the horizontal lifelines can reduce the risk of a pendulum effect in the event of a fall. A secondary anchor point can redirect the fall path back toward the ideal vertical line of force.



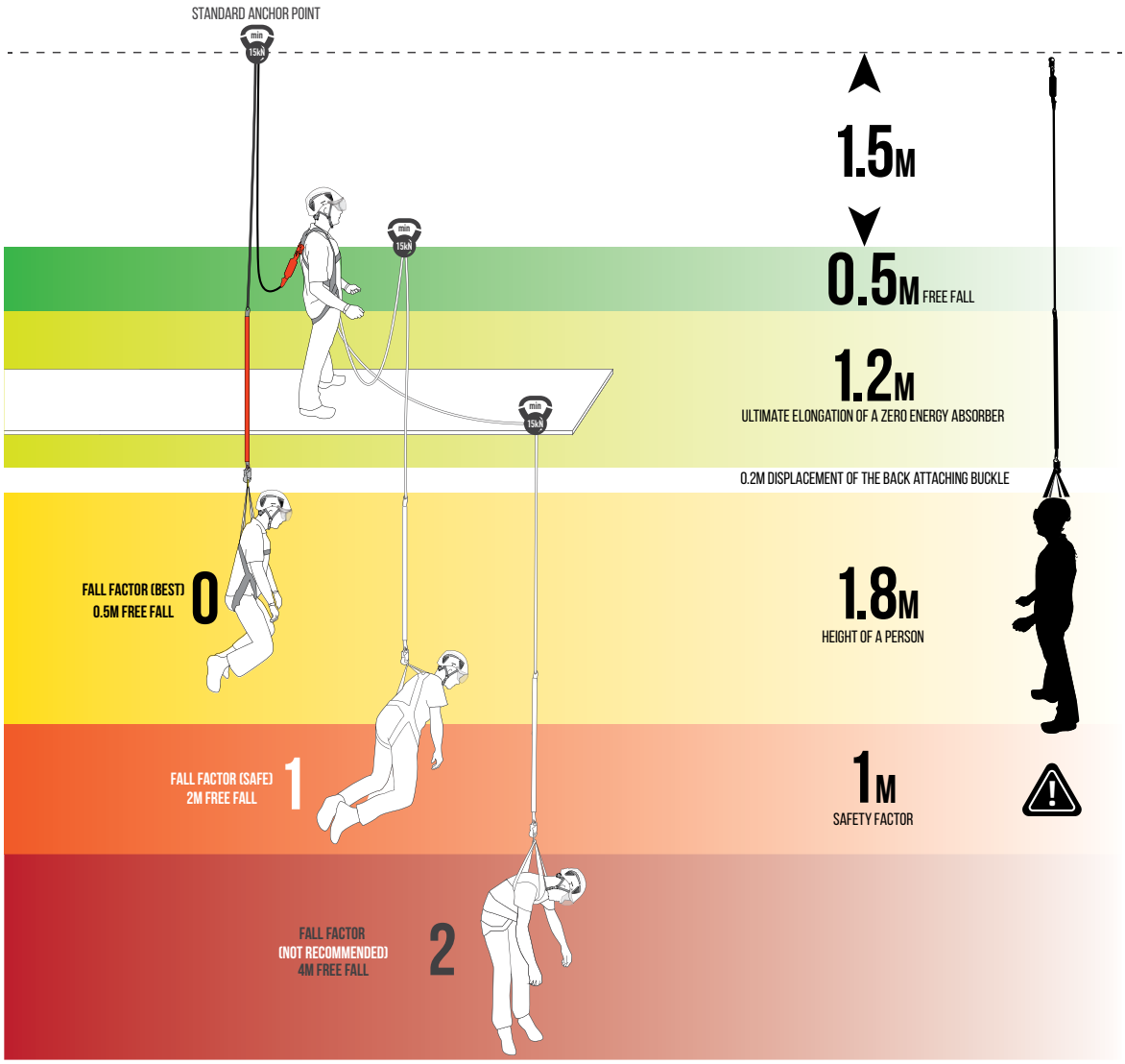
If a fall is possible, it's no longer restraint, it's fall arrest.

Fall factor & fall distance

Higher anchors reduce free-fall distance. When setting up a fall arrest system, fall factors and fall distances are critical factors to be considered.

The principle behind fall factors is the basic physics of gravity and energy. Energy is Mass multiplied by velocity.

The lower the anchor in relation to the human body, the greater the fall distance will be. By minimising the height of the fall, the speed will be reduced (velocity) at the point when the arrest event starts. Check there is sufficient distance between the work surface and any surface below to enable the system, including the action of any shock absorber, to deploy fully, without the worker hitting the below surface.



Inspection guide

We are all required to inspect our own height safety equipment before & after each use.

3 months	Fall arrest devices (type 1) Ropes & adjusters/fall arrest devices (Linostop, positioning devices)
6 months	Harnesses Lanyards with shock absorbers Retractable webbing lanyards All ropes, finished & cut lengths Shock absorbers Webbing sling anchors, temporary static lines Work positioning lanyards
12 months	Permanently installed systems Tripods, pulleys, hardware Self retracting lifelines/inertia blocks (type 2 & 3)

All items of equipment which are in regular use shall be subjected to periodic formal inspection (test and tagging) and where applicable, servicing in accordance with the manufacturer's instructions and requirements of AS/NZS 1891.4:2009. Where an operator is not competent to carry out this inspection, the inspection shall be carried out by an operator who is competent or a height safety supervisor.

The inspection shall be carried out in accordance with manufacturer's instructions. Some manufacturers will only warrant a system/product that has been inspected or repaired by an accredited installer/service agent..

Care & maintenance

PPE care, maintenance, & inspection are essential aspects of ensuring the effectiveness and safety of these equipment items.

Proper care and maintenance of PPE, such as harnesses, lanyards with shock absorbers, retractable webbing lanyards, ropes, webbing slings, temporary static lines, work positioning lanyards and safety helmets, helps prolong their lifespan and ensure that they function correctly when needed.

For correct use of equipment and fall protection safety, follow these safety guidelines

Manufacturer's Instructions	Always read and understand the manufacturer's instructions and fitting guide before using height safety equipment.
Training	Workers should be appropriately trained and competent in the correct use, fitting, inspection, and limitations of the equipment being used.
Correct Selection	Always ensure the equipment selected is appropriate for the task, work environment, and level of risk involved.
Repairs & Modifications	Never modify, repair, or use unapproved components with height safety equipment. Equipment should only be serviced in accordance with the manufacturer's requirements.
Certification	Height safety equipment should be regularly inspected, recorded, and maintained by a competent person in accordance with current industry guidelines and manufacturer requirements.
Pre-use Checks	Equipment should be visually inspected before every use. Any signs of damage, wear, contamination, or deterioration may affect performance and should be assessed before use.
Lifespan	Always check the product label and manufacturer's guidance for the equipment's service life and inspection requirements.
Storage	Store equipment in a clean, dry, well-ventilated area away from direct sunlight, chemicals, moisture, and contaminants.
Impacted Equipment	Any equipment subjected to a fall arrest event should be immediately removed from service and assessed by a competent person.
Rescue Plan	A rescue plan should be developed before work begins. Workers using fall arrest systems should never work alone and must be able to be rescued promptly if an incident occurs.

Fall protection applications

Every application shown requires different equipment selection, anchorage considerations, rescue planning, and worker competency


Metal Roof Access
Wind tower
Arborist
nchor Points
Heavy Machinery
Traffic Management
STOP
Machinery Maintenance
Confined Space

36,000 people in New Zealand suffer from traumatic brain injuries every year.

When fall arrest systems are used an appropriate safety helmet shall be worn to protect the worker from head injury during an uncontrolled fall. A fall arrest system is an assembly of interconnected components consisting of a harness which is connected to an anchorage point by means of a lanyard incorporating an energy absorber.

Best practice guidelines for working at height in New Zealand

https://worksafe.govt.nz/publications-and-resources

Slips, trips & falls

Slips, trips and falls are one of the most common cause of injuries for workers and injuries can happen in a number of ways. You must always eliminate the risk where you're reasonably able to. Where you're not reasonably able to, then you need to consider what you can do to minimise the risk.

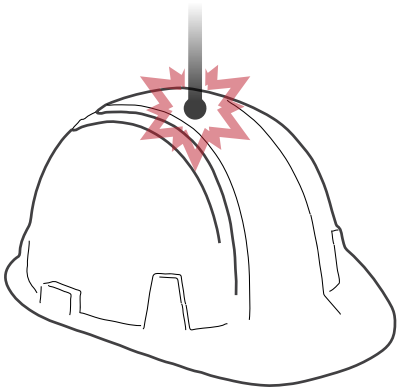
Are you wearing the right head protection?

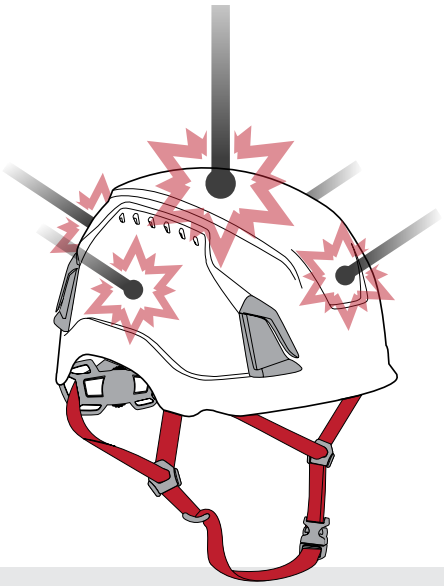
As dynamic worksites place greater focus on worker protection, helmets must become more adaptable, and more responsive to changing risks.

Enhanced helmets tested to standards including EN12492, EN 397 Type 2, Z89 Type 2 and AS/NZS 1801 Type 4 are designed around the user being the falling object. In today's dynamic work environments, risks go well beyond vertical impact. Lateral and rearward impacts, along with slips, trips, and falls from standing height or low elevation, are now common across many roles.

Traditional helmet designs offer limited protection in these scenarios, lacking both off-crown impact resistance and secure head retention. In response, many organisations began adopting multi-impact tested helmets that more accurately reflect the realities of modern worksites, ahead of regulatory requirements.

These helmets offer protection against side, rear, and front impacts. They better reflect the dynamic and variable conditions of modern worksites and provide a realistic baseline for personal safety in environments where the nature of risk can change daily.





Type 1 Helmets (Hard Hats)

Designed primarily for vertical (crown) impact protection from falling objects. Type 1 helmets typically features a suspension harness and minimal side coverage, with limited retention capability and no off-crown impact testing.

Type 2 & 4 Enhanced Helmets

Tested for protection against crown and off-centre impacts, these helmets are designed for dynamic environments with fall and strike hazards from multiple directions including an energy-absorbing liners, and a secure four-point chinstrap.

Connective Eye, Face, Hearing & Sun Protection

As worksites place greater focus on worker protection, helmets must become more adaptable, allowing wearers to respond quickly to changing risks.

Modern safety helmets are now designed to work as part of an integrated protection system, allowing workers to quickly adapt to changing site conditions while maintaining comfort and usability throughout the day.

Hearing Protection

Integrated earmuffs provide hearing protection in high-noise environments while maintaining compatibility with the helmet. Direct-fit attachment systems also reduce interference and improve overall comfort compared to separate head-worn solutions.

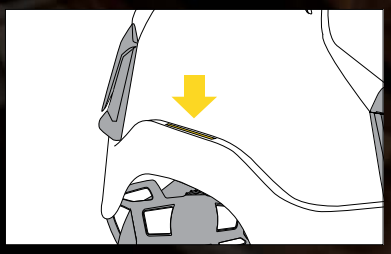
Eye & Face Protection

Integrated visors and face shields help protect workers from dust, debris, particles, sparks, and environmental exposure. Having eye and face protection connected directly to the helmet improves accessibility and encourages workers to use protection when hazards change throughout the day.

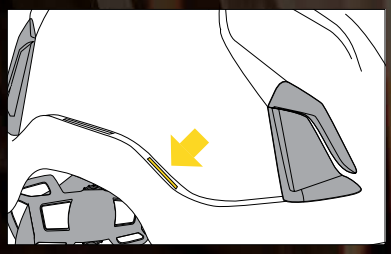
Sun Protection

Accessories such as sun brims and neck protectors help reduce exposure to UV and heat stress when working outdoors for extended periods. This improves worker comfort and supports better long-term compliance on site.

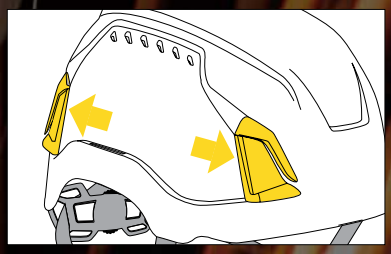
As worksites become more dynamic, head protection systems must become more adaptable. Integrated protection systems help workers respond quickly to changing risks while maintaining safety, comfort, and productivity.



Earmuff attachment slots



Visor and Face shield attachment slots



Sun brim and lamp clips

With growing exposure to UV, noise, and airborne hazards, integrated accessories like visors, earmuffs, and sun shields are now essential for modern, multi-risk environments.

References

This guide should be read alongside current New Zealand legislation, standards, and industry guidance relating to working at height and personal protective equipment including:

WorkSafe NZ, *Health and Safety at Work Act 2015 (HSWA)*

WorkSafe NZ, *WorkSafe New Zealand Best Practice Guidelines for Working at Height*

New Zealand Standards, *AS/NZS 1801:2024 - Occupational Protective Helmets: Type 1.*

New Zealand Standards, *AS/NZS 1801:2024 - Occupational Protective Helmets: Type 4.*

The British Standards Institution, *BS EN 397:2025 - Industrial safety helmets.*

The British Standards Institution, *BS EN 12492:2012 - Mountaineering equipment. Helmets for mountaineers. Safety requirements and test methods.*

For the latest information and updates, visit: **www.worksafe.govt.nz**

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