

PROTECTIVE WORKWEAR YOU NEED FOR ANY INDUSTRY



SYMBOLS



ROKWEAR



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POLO SHIRTS
& T-SHIRTS

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SWEATSHIRTS,
FLEECE, SOFTSHELLS &
BODYWARMERS

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CORPORATE
CLOTHING

This section includes garments designed to protect your workers and their clothes from non-hazardous substances or for corporate identity purposes. All Personal Protective Equipment (PPE) must comply with Work Regulations 1992. This means that sufficient PPE must be supplied by the employer, wherever there are risks to workers' health and safety which can't be controlled or mitigated through other measures.

It also requires that all PPE meets certain safety requirements regarding its manufacture and maintenance.

IN-HOUSE BRANDING - REPRESENTING YOUR BUSINESS IN STYLE

SMI has one of the largest in-house embroidery production plants in the UK. The operation is located at our National Distribution Centre in Fareham, and managed by highly experienced staff, some of whom have been with SMI for over a decade. We have invested in the latest hi-tech embroidery and heatseal machinery, to ensure that our branded products are recognised for their quality.

Our branding plant runs 24 hours a day, seven days a week to ensure that you get the fastest turnaround time possible. Sizing guidance - optimising comfort and fit for your safety products

It is important for all PPE and workwear to fit the wearer correctly for maximum safety and comfort. Please use the sizing guide below, to select the accurate size of garments. Please note that these are guidelines, as manufacturing tolerances may vary. Our Rokwear sizing guide can be found on page [xxx].

CLOTHING SIZE GUIDES

MEN'S CLOTHING										
NECK	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Inches	13.5	14-14.5	15-15.5	16-16.5	17-17.5	18-18.5	19-19.5	20	21	22
CM	34	36-37	38-39	41-42	43-44	46-47	48-49	51	53	56
CHEST	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Inches	34	36-38	40	42-44	46-48	50-52	54	56-58	60-62	64-66
CM	86	92-97	102	107-112	117-122	127-132	137	142-147	152-157	162-167
WAIST	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
CM	28	30-32	34	36	38-40	42-44	46	48-50	52-54	56-58

WOMEN'S CLOTHING											
CHEST	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
UK Size	6	8	10	12	14	16	18	20	22	24	26
Inches	30	32	34	36	38	40	42	44	46	48	50
CM	76	81	87	92	97	102	107	112	117	122	127
WAIST	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
UK Size	6	8	10	12	14	16	18	20	22	24	26
Inches	24	26	28	30	32	34	36	38	40	42	44
CM	61	66	71	76	81	86	92	97	102	107	112



HYDROSTATIC HEAD LEVEL

Hydrostatic Head (HH) is a way of measuring how waterproof a piece of fabric is. The manufacturer will take a clear tube and clamp their material over the bottom end. They will then fill the tube slowly with water and watch to see how high the column of water can get before the material lets it drip through.

A Hydrostatic Head rating of 10,000mm means that the column of water was 10 metres (10,000mm) tall before the material leaked. We have put the below icons against relevant garments in this section to demonstrate the relevant Hydrostatic Head Level Rating.



54
WAISTCOATS
& JERKINS

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T SHIRTS &
POLO SHIRTS

62
BODYWARMERS

65
JACKETS,
WATERPROOFS
& STORMCOATS

72
TROUSERS, SHORTS
& COVERALLS

As employers, you have duties to provide any Hi vis clothing needed for the to any employees exposed to significant risks to their safety, maintain the Hi vis clothing in a clean state and good working condition as well as providing adequate information. Employees should always wear the Hi vis clothing provided and used as instructed by the employer. They should also check and report any damage when occur.

REGULATIONS FOR HI VIS CLOTHING

EN ISO 20471:2013 – High Visibility
This standard harmonised European standard for high visibility clothing. It specifies the requirements for signalling the user's presence day or night. It intends to make users in hazardous situations conspicuous under any light conditions. The standard provides for two performance parameters:
X = surface of fluorescent and retro-reflective material (3 levels)
Y = quality of the retro-reflecting materials (2 levels)

EN ISO 20471 CLASS 1

Minimum background material 0.14m2,
Minimum retro reflective material 0.1m2

EN ISO 20471 CLASS 2

Bands of retro reflective material shall not be less than 50mm wide. Minimum background material 0.5m2. Minimum retro reflective material 0.13m2.

EN ISO 20471 CLASS 3

Bands of retro reflective material shall not be less than 50mm wide. Minimum background material 0.8m2 Minimum retro reflective material 0.2m2

EN 343 – PROTECTION AGAINST RAIN

EN 343 is the harmonised European standard that applies to garments worn in adverse weather conditions. It specifies the characteristic for protective clothing against the influence of foul weather, wind and cool above -5°C. The standard provided for two performance parameters:
X = waterproofness (3 levels)
Y = Breathable properties (3 levels)

WATER PENETRATION RESISTANCE

1. Minimum level of rain protection
2. Intermediate rain protection
3. Highest level of rain protection

BREATHABILITY

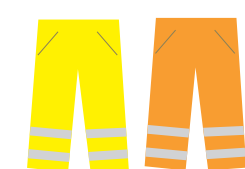
1. Not classified as breathable under EN 343
2. Intermediate level of breathability
3. Highest level of breathability

RIS-3279-TOM IS A HIGH VISIBILITY STANDARD FOR RAIL INDUSTRY

As opposed to the EU-Wide nature of other EN standards. The aim is to ensure that rail workers on or near the trackside are sufficiently visible to trains approaching at speed or any other traffic. It was formerly known as GO-RT 3279.

EN ISO 20471 CLASS 1

Minimum background material 0.14m2, Minimum retro reflective material 0.10m2.
Bands of retro reflective material should not be less than 50mm wide



EN ISO 20471 CLASS 2

Bands of retro reflective material shall not be less than 50mm wide. Minimum background material 0.5m2 Minimum retro reflective material 0.13m2



EN ISO 20471 CLASS 3

Bands of retro reflective material shall not be less than 50mm wide. Minimum background material 0.8m2 Minimum retro reflective material 0.2m2
Class 3 garments must be worn on any carriageway with a speed limit of 50 mph or above.



SAFETY FOOTWEAR

80
SAFETY TRAINERS

84
SAFETY BOOTS

96
DEALER &
RIGGER BOOTS

98
LADIES FOOTWEAR

100
CORPORATE SHOES

102
WELLINGTON &
WADERS ACCESSORIES

Most workplaces have varying requirements for the provision of safety footwear, which is why SMI has a wide range to cover a variety of applications, with relevant information for you to make the right choice. We provide products designed for both men and women, in a broad variety of styles and sizes.

While protection is paramount, we recognise that long wear periods, hostile conditions, wearer acceptance, design and comfort are additional considerations. Our footwear range will ensure that you have optimised safety, maximum comfort and durability. All our safety footwear is compliant with the relevant regulations.

REGULATIONS FOR SAFETY FOOTWEAR

The European legislation in force since 1993 distinguishes the type of footwear according to the level of risk, and establishes the specific requirements for each category.

EN ISO 20345:2011:

Provided with toe caps to give protection against an energy level of 200 joules, and against the risk of crushing with a maximum load of 15.000N

HONEYCOMB INSOLE:

Honeycomb Gel Insole which is a high elastic E.V.A footbed with soft latex shock absorption honeycomb heel offering excellent comfort

- Offers cushioning and support for the feet over extended walking and standing time periods
- Protects the foot from impact with the ground and helps to lessen the stress on joints and ligaments in the foot
- Helps prevent injury
- Friction reducing top fabric
- Anti-Static stitching
- Fits in most shoes with a removable insole.



SYMBOLS



ROKWEAR



SLIP RESISTANCE

SLIP RATING	TEST METHOD	TEST	COEFFICIENT FRICTION REQUIREMENT
SRA	Footwear tested on ceramic tile floor with soidum lauryl solution	Forward heel slip Forward flat slip	Not less than 0.28 Not less than 0.32
SRB	Footwear tested on steel floor with glycerol	Forward heel slip Forward flat slip	Not less than 0.13 Not less than 0.18
SRC	Tested and conforms to both of the above methods	Products meet all of requirements of SRA & SRB	

CLASSIFICATION CATEGORIES

Short Codes for commonly used combinations There are others, but these are the main ones.		SB	P	A	E	WRU	HRO	CI	HI
		Toe Protection tested with 200J impact & 15KN Compression Force (Includes fuel oil resistant outsole)	Penetration Resistant Sole: Penetration Force >1100N	Antistatic	Energy absorption in the seat region	Water Resistant Upper	Heat Resistant Outsole: tested for 60 seconds at 300°C	Insulation against cold: tested for 30 mins at -20°C	Insulation against heat: tested for 30 mins at 150°C
S1	Does not apply to all-rubber or all-polymeric footwear. Must have closed seat region + the following classifications:	•		•	•				
S2	Does not apply to all-rubber or all-polymeric footwear. Must have closed seat region + the following classifications:	•		•	•	•			
S3	Does not apply to all-rubber or all-polymeric footwear. Must have closed seat region + cleated outsole + the following classifications:	•	•	•	•	•			
Sometimes a short code is followed by any additional category codes which the footwear has been tested to i.e. S1 P or S2 CI. Below are a few examples:									
SBP	Has the following classifications:	•	•						
S1P	Has the following classifications:	•	•	•	•				
S2 HRO	Has the following classifications:	•		•	•	•	•		
S2 CI	Has the following classifications:	•		•	•	•		•	
S2 HI	Has the following classifications:	•		•	•	•			•

HAND PROTECTION



106
HANDLING GLOVES

115
CUT LEVEL
B TO F GLOVES

120
NITRILE GLOVES

125
DISPOSABLE
& CHEMICAL
RESISTANT

128
NEEDLE-STICK
GLOVES

129
SPECIALIST GLOVES

We use our hands for every aspect of our working life, relying on these two critically-important parts of our body to perform the most intricate tasks each day. Having decent hand protection for your team ensures that risks arising from cuts, abrasions, use of chemicals or manipulating machinery and equipment can be mitigated effectively, keeping these vital body parts safe from harm.

When it comes to understanding the various standards and ratings applicable to hand protection, it can be confusing to wade through the various classifications to make an informed choice for your team. In the UK, a new version of the existing standards was published, which built upon the EN ISO:21420 requirements, specifically to oversee the compliant deployment of gloves and hand protection.

EN 388:2016 is the 2016 revised standard for glove markings, and this standard is mandatory in 2021 – that's why it's important to get clued up and ensure that your team is compliant before the previous standard is phased out as best practice.

UNDERSTANDING EN 388:2016

EN 388:2016 has a number of additional requirements which employers need to consider in selecting the ideal hand protection for their team. The following summary details where the revised standards differ from previous best practice guidance.

THE CUT TEST

Previously, fabric swatches which were tested to determine the degree of cut resistance used the Coupe Blade Test as standard. With the new regulations, there is an EN ISO:13997 Cut Test, which is favoured as the Coupe Blade test tended to have a blunting effect upon the blade while being undertaken.

CUT LEVELS

In the new guidance, there are now six different cut level classifications. This has been amended to ensure that products featuring a higher degree of protection may be tested compliantly and identified.

IMPACT PROTECTION TESTING

The new standard also features a new marking, specifically designed to distinguish between levels of Impact Protection testing,

STANDARDS

	EN 388:2016 Protection against mechanical hazards
	EN 374-2:2003 Protection against Micro-organisms
	EN 511:2006 Protection against cold
	EN 407:2004 Protection against thermal hazards
	EN 374-3:2003 Protection against harsh chemicals
	EN 374-1:2016 Protection against low chemical hazards
	Framework Regulations (EC) 1935/2004 General principles for the manufacture and use of materials that come into contact with food

UNDERSTANDING THE VARIOUS SURFACES APPLIED TO HAND PROTECTION

Hand protection can be manufactured using a range of different coatings, each of which has different features and benefits which are listed below:

PU - Polyurethane remains one of the most popular coatings, which provides lightweight protection with a degree of flexibility, making it comfortable to deploy. It creates a very robust and durable product which offers sound grip and freedom of movement.

Latex - Latex gloves are a popular choice for a great number of professionals and sectors. Latex is highly elastic, maximising both grip and comfort for the wearer. It is the sound selection where comfort and grip are of paramount performance. That said, quite a number of individuals can be allergic to latex materials, meaning an alternative may need to be provided for some members of your team.

Flat Nitrile - Flat nitrile tends to be used for hand protection which requires strong durability, with a high degree of both abrasion and puncture resistance. It's ideal for working with slippery substances such as oil, but doesn't afford much flexibility for the wearer to undertake more detailed tasks requiring an enhanced degree of manual dexterity.

Foam Nitrile - Foam nitrile has great abrasion resistance, and also affords significant resistance to both tears, and punctures from handling equipment or sharp objects. It is also a sound choice for operatives needing a strong grip level, for inclement weather conditions or working with liquids such as oil. Foam nitrile tends to be comfortable to wear, and also offers a breathable material which reduces hand perspiration and discomfort in warm conditions.

ROKWEAR

EN 388:2016



3X44C

Size 8



OGL.2158

#weprotectyourhands

3 X 44 CP



Abrasion
Resistance



Cut
Resistance



Tear
Resistance



Puncture
Resistance



EN ISO Cut
Resistance

LEVEL	EN ISO CUT RESISTANCE
A	2 Newtons 204 gms
B	5 Newtons 505 gms
C	10 Newtons 1020 gms
D	15 Newtons 1530 gms
E	22 Newtons 2243 gms
F	30 Newtons 3059 gms

OPTIONAL STANDARD

P	Passed optional standard for Impact Resistance
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STAYING SAFE WHILE WORKING WITH HIGH HEAT OR POTENTIAL FIRE RISK IS IMPERATIVE

134
FLAME RESISTANT CLOTHING

135
HIVIS FLAME RESISTANT

139
DISPOSABLE CLOTHING

Staying safe while working with high heat or potential fire risk is imperative. This is why we have spent significant time, research and investment in sourcing and creating the most durable, reliable and high-quality products for our operatives in these environments. Our product range for Flame Resistance comprises a comprehensive suite of items which are tested and proven to offer unparalleled safety from risk of fire.

STANDARD	SPECIFICATION
EN ISO 20471	High visibility clothing
IEC 61482-2	Protective Clothing against the Thermal Hazards of an Electric Arc
EN ISO 14116	Clothing to protect against heat and flame – Limited flame spread materials and material assemblies
EN 13688	General Requirements for Protective Clothing
EN 340	General Requirements for Protective Clothing
EN 1149-5	Protective clothing – Electrostatic Properties
EN ISO 11611	Protective clothing for use in welding and allied processes
EN ISO 11612	Clothing to protect against heat and flame
EN 14404	Personal protective equipment, knee protectors for work in the kneeling position
GO/RT 3279	Railway Group Standard – High Visibility Clothing
EN 13034	Protective clothing against liquid chemicals
EN 343	Protective clothing – protection against rain
EN 342	Protective clothing – protection against cold

HIGH TEMPERATURES AND FLAMES ARE A RISK FOUND IN MANY WORKPLACES.

Engineering and welding firms may all require their workers to operate in areas of heat and flames, and anyone required to undertake these tasks will need to be provided with heat and flame resistant clothing to prevent injuries that may include scorching and burns. These items of clothing also have a use in areas at risk of fire, such as workplaces with flammable materials, chemicals and gases.

The items in the heat and flame resistant clothing range at SMI include a variety of options, which you can select based on the level of risk and suitability for your workplace. They come in a variety of materials but all materials have been chosen for their fire retardant properties. The range includes coveralls for complete body protection, jackets, trousers and polo shirts. Items can be worn together to create the level of protection needed in your workplace.

Many of the items in the range of heat and flame resistant clothing range are practical as well as protective. Some have convenient pockets for ease of carrying tools and other objects required for the task. Many also feature an icon or embroidery, clearly labelling the flame retardant properties, so the correct personnel use these items of clothing.

The heat and flame resistant clothing is all comfortable to wear, allowing for ease of movement. It is machine washable, and the flame retardant properties will not diminish after repeated washing but will continue to provide protection. All the clothing in this range is hardwearing, to reduce the risk of tears lessening the protection.

COLDSTORE CLOTHING

142
COLDSTORE CLOTHING

144
COLDSTORE GLOVES

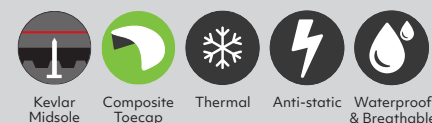
145
COLDSTORE BOOT

SMI offers an excellent range of cold storage clothing and accessories, all designed to protect against all low temperature work conditions and environments. Those who work in occupations which involve spending time in cold environments are at risk of hypothermia or 'cold stress' and need to be issued with correct workwear, that will provide sufficient thermal protection.

REGULATIONS FOR COLDSTORE CLOTHING:

EN	MEANING
EN342	Cold Storage Clothing
EN388	Hand Protection for Mechanical Risks
EN511	Hand Protection for Cold Hazard
EN ISO 20345	Footwear Protection with Toe Caps

SYMBOLS



Fortdress, Europe's leading supplier of cold store clothing, have selected SMI to be their UK distributor for their products. Fortdress began trading in 1948, and they have a brand which represents robust, durable and excellently warming clothing and accessories. Lightness and flexibility distinguish Fortdress articles and makes working in cold environments possible, safe, and comfortable.

Like SMI, Fortdress is an innovative and successful family business. They specialise in refrigeration clothing for customers working in the food logistics sector. The Fortdress team share our values in terms of innovation and collaboration, partnering with their customers to design and manufacture evermore practical, durable and comfortable products. Fortdress specialise in the production of PPE and Workwear using high-performance cotton-rich woollen material, which combines low thickness, all-round flexibility and excellent insulation.

RESPIRATORY



FACE FIT TESTING

Where RPE is used, it must be able to provide adequate protection for individual wearers. RPE can't protect the wearer if it leaks. A major cause of leaks is poor fit – tight-fitting face pieces need to fit the wearer's face to be effective. As people come in all sorts of shapes and sizes it is unlikely that one type or size of RPE facepiece will fit everyone. Fit testing will ensure that the equipment selected is suitable for the wearer.

SMI provides a full service for Face Fit Testing, to ensure that the products you purchase are comfortable, and optimised to provide full protection from respiratory injuries.



148
REUSABLE
FACE COVERING

149
TYPE IIR MASK

150
FFP3V MASK

152
FFP2 MASK

153
FACE FIT TESTING KIT

154
HALF MASK

157
FULL FACE MASK

In this section, we provide information and tools to help you select appropriate respiratory protective equipment (RPE) in your workplace. SMI offers a wide range of RPE designed to:

- Protect the wearer from a variety of hazards
- Suit a variety of work situations
- Match the specific requirements of the wearer.

According to national statistics, 12,000 lung disease deaths each year are estimated to be linked to past exposures at work. Occupational health risks are thought to cause 1.4 million cases of work-related ill health (new or long-standing). Occupational lung diseases typically have a long latency (they take a long time to develop following exposure to the agent that caused them). Therefore, current deaths reflect the effect of past working conditions.

Regulations for respiratory protection. All products are CE marked and confirm to EN standards where shown. Common applicable standards are:

- **EN149** – A filtering half mask is one in which the facepiece consists entirely or substantially of filter material (more commonly known as a disposable mask). They are designed to protect against solids, water based aerosols and oil based aerosols. There are three classes of protection – FFP1, FFP2 and FFP3 which are classified according to filter efficiency
- **EN140** – Reusable respirators – half mask facepieces which are used in negative pressure systems, powered or supplied air systems
- **EN136** – Reusable respirators – full facepieces which are used in negative pressure systems, powered or supplied air systems and cover the entire face area including eyes, nose and mouth.
- **EN143** – Particulate filters are classified according to their filtering efficiency (P1, P2 and P3)
- **EN12941** – Powered respirators – hood and helmets provide protection against specified gases and vapours, particles or a combination of gases & particles.
- **EN14387** – Gas and vapour filters to be used as part of a respiratory protective device.

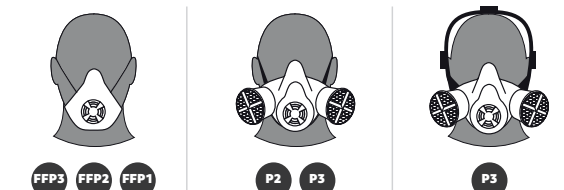
LEVEL	FILTER PROTECTION
A	Protects against organic gases and vapour with a boiling point above 65 degrees
B	Protects against inorganic gases and vapours
E	Protects against acid gases and vapour
K	Protects against ammonia and organic ammonia derivatives
P2	Protects against mechanically and thermally generated dusts
P2P3	Protects against dust, oil based mist, fumes and bacteria
FFP1	Non-toxic dusts
FFP2	Toxic dusts, water/ oil based mists, fumes
FFP3	Fine toxic dusts, water/ oil based mists and fumes

GAS



A - Organic Gas
B - Inorganic Gas
E - Acid Gases
K - Ammoniac

DUST



FACE & EYE PROTECTION



162
SAFETY SPECTACLES

166
SAFETY GOGGLES

167
SAFETY VISORS

168
ACCESSORIES

Keeping our face and eyes protected in challenging working conditions requires enhanced protection products. We have collaborated with manufacturers and suppliers globally, to source the best possible high-specification catalogue of face and eye safety wear. The following provides a full breakdown of our product compliance against all required legislation for your industry.

REGULATIONS FOR PROTECTIVE EYEWEAR

All protective eyewear in the UK must conform to the European standard EN 166:2002, which has several differing levels of impact resistance, indicated by symbols. EN 166 is the specification for personal eye protection, which applies to all types of eye protection used against various hazards - as encountered in industry, laboratories, educational establishments, DIY activities, etc, which are likely to damage the eye or impair vision. This does not cover nuclear radiation, x-rays, laser beams and low temperature infrared (IR) radiation emitted low radiation sources.

Standard EN170 relates to ultraviolet filters - transmittance requirements and recommended utilisation.

EN172 specifies the scale numbers, transmittance requirements for sun-glare filters for industrial use, including recognition of signal lights.

EN RATINGS

STANDARD	SPECIFICATION
EN 166:2002	Specifies functional requirements for various types of personal eye-protectors and incorporates general considerations such as designation, classification, basic requirements applicable to all eye-protectors, various optional and particular requirements, allocation of requirements, testing and application, marking and information for users.
EN 169:2002	Filters for welding and related techniques.
EN 170:2002	Ultraviolet filters.
EN 172:1995	Specification for sun-glare filters used in personal eye-protectors for industrial use

LENS MARKINGS

SYMBOL	PROPERTY
S	Increased robustness (toughened glass and thickened CR39)
F	Low energy impact (Polycarbonate and Trivex)
B	Medium Energy Impact
A	High Energy Impact
9	Non-adherence of molten metal and resistance to penetration of hot solids
K	Resistance to damage by fine particles
N	Non-fogging properties



172
EAR PLUGS

175
EAR DEFENDERS

Hearing problems caused by noise at work are far too common. The Health & Safety Executive estimates that 170,000 people in the UK suffer deafness, tinnitus or other ear conditions as a result of exposure to excessive noise at work. Once your hearing is gone, it will not come back – however, it is easily preventable simply by removing or reducing the exposure to noise.

As employers, your general duties are to reduce risks to lowest level reasonably practical of all noise level, keep records and make available all noise results and 'Buy Quiet' policy to minimise risks from all equipment and machinery.

SMI has developed a comprehensive product suite to meet your Hearing Protection needs, in compliance with all required national legislation and best practice guidelines.

REGULATIONS FOR HEARING PROTECTION

The Personal Protective Equipment at Work Regulations require hearing protection to be supplied when an individual is exposed to noise that will damage hearing. The Noise at Work Regulations 2005 sets two noise level parameters:

- **80dBA** – hearing protection must be provided over this level
- **85dBA** – hearing protection must be worn within designated hearing protection zones over this level.

EN 352 distinguishes between different types of hearing protectors and each type must comply with the respective requirements that have been drawn up. SMI offers three types, all of which conform to the EN352:

- **EN352-1** – for ear defenders
- **EN352-2** – for earplugs and band protectors
- **EN352-3** – for helmet mounted ear defenders.

SNR:

SNR (Single Number Rating) is a system which uses numbers to allow comparison on the level of noise reduction provided by hearing protectors.

You subtract the SNR value from the noise you are measuring (average). For example the level of noise is 90dB and the person wearing Ear Plugs with an SNR of 32, then the exposure level is: $90 - 27 = 63\text{dB}$.

SNR	NOISE LEVEL
20 SNR or less	85dB-90dB
20-30 SNR	90dB-95dB
25-35 SNR	95dB-100dB
30 SNR	100dB-105dB

NOISE LEVEL EXAMPLES

60 dB TALKING

90 dB HAIR DRYER

80 dB CAR REVIVER

105 dB MUSIC CONCERT

110 dB CHAINSAW

120 dB ROAD BREAKER

140 dB FIGHTER JET ENGINE

200 dB SONIC BOOM

180
JSP SAFETY
HELMETS

183
BUMP CAPS

184
ACCESSORIES

Personal Protection Equipment at Work Regulations (1992) and the Construction (Head Protection) Regulations (1989) requires that Head Protection must be used in hazardous areas. A full assessment of the hazards must be undertaken to determine the suitability of head protection supplied. Safety helmets must be used when there is a danger of falling objects and bump caps should be worn when there is a need to protect against accidental bumping of the head (eg. overhead piping or other fixed obstacles). It is the wearer's responsibility to inspect their safety helmet regularly.

Any helmet showing more than superficial abrasions or scuffing to the shell should be replaced. Also, although there is no legislation governing the expected lifespan of safety helmets, it is strongly recommended that they be replaced every five years. Excessive wear and tear can drastically reduce this period. If your helmet becomes cut or badly scratched it should be discarded immediately.

REGULATIONS FOR HEAD PROTECTION

EN	MEANING
EN397	Specification for industrial safety helmets
EN812	Specification for bump and scrape protection
EN12492	Specification of helmets for mountaineers
EN50365	Specification of insulating helmets for use on low voltage installations.

LIFE SPAN OF A HELMET

An industrial safety helmet should have a maximum lifespan up to 5 years. We do advise if there is significant wear and tear or negligence then this can be reduced considerably. Make sure you do inspections at regular intervals to check for cracks, scratches or dents. If any are found then please dispose of the helmet and replace with a new one.

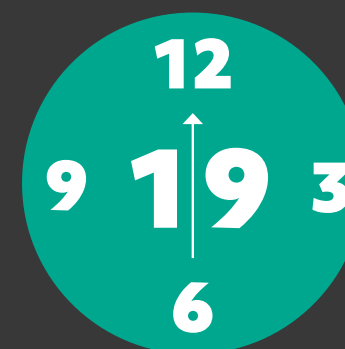


ASSESSMENT OF HAZARDS

A comprehensive assessment is essential to establish the need of head protection within the work area and to determine the suitability of products.

DATE OF MANUFACTURE

All safety helmets are marked with the date of manufacture which is shown as the year plus month or quarter of manufacture.





188
HARNESSES

188
HOOK

189
ROPES &
LANYARDS

Every day in the European construction industry, one person dies due to a fall from height. According to the Health & Safety Executive, working at height is responsible for the largest number of work-related, RIDDOR-reported deaths in the UK.

Health and Safety legislation states that fall protection measures must be put in place by the employer of any person working at height where a fall hazard exists. If it is not feasible to eliminate the hazard using a collective system, then a PPE system must be selected and used, be it for restrain, work positioning or fall arrest purposes. This system consists of a full body harness, an intermediate attachment and an anchorage point located close to the work area.

This section includes fall protection systems designed to save the life of worker (category 3 – PPE against mortal or serious and irreversible danger).

REGULATIONS FOR FALL PROTECTION EQUIPMENT

EN	PRODUCT
EN353-1	Guided type fall arrest – rigid anchorage line and rails
EN353-2	Guided type fall arrest – flexible anchorage line
EN354	Lanyards
EN355	Shock absorbers
EN358	Work positioning systems
EN360	Retractable type fall arresters
EN361	Full body harness
EN362	Connectors
EN363	Fall arrest systems
EN795	Anchor devices Class B

POINTS TO REMEMBER



There are various factors to consider when selecting the right PPE for working at heights:

- **MINIMUM SAFE HEIGHT**

While it may appear counter intuitive, fall prevention equipment usually requires a minimum distance to deploy safely. For example, slack in lanyards or expansion of a shock absorber may mean the wearer falls some distance before being restrained – in certain cases, alternative product may be needed at lower heights.

- **MINIMUM SAFE AREA**

After falling and being restrained, the wearer may move horizontally in a swing action – a clear area must be available below the user to facilitate any oscillation.

- **TOOLS AND PPE**

Falling objects from height may cause injury. Make sure precautions are taken to prevent or catch any items before it can impact others.

