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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 typo fall arresters
EN361	Full body harness
EN362	Connectors
EN363	Fall arrest systems
EN795	Anchor devices Class B

POINTS TO REMEMEBER

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.