



FALL ARREST & SUPPORT PROTECTION

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GENERAL INSTRUCTIONS

Working at heights is a dangerous practice. The following guidelines concerning a Full Body Harness is not a substitute for qualified training, common sense and safe working practices. Equipment must **ONLY** be used in an occupation / workplace where the user receives appropriate training under the respective government workplace legislation or from an approved supplier. The use of Fall Protection Equipment, its inspection, maintenance, and location of anchorage points and general fall protection practices, we recommend you refer to **SANS 50361:2003**.

The standard covers all requirements for fall arrest harnesses. The understanding of the classifications, categories and other performance requirements will allow the user to select the correct harness for the intended operation.

1. User of the equipment must check the condition of the equipment before and after each use. Do not use the equipment if there is any doubt about its ability to perform. Only competent users should use the equipment.
2. Connection to the harness must only be via the appropriate connection points.
3. The equipment must not be used to arrest a free fall greater than 2m.
4. Users must be aware that forces experienced during the arrest of a fall or prolonged suspension may cause bodily injury.
5. The equipment must not be altered in any way.
6. Only one person at a time is to wear or be connected to the equipment.
7. Any equipment involved in sustaining a fall must be withdrawn from service and destroyed.
8. The equipment must only be used under supervision.
9. The equipment must be connected to a suitable anchorage point. The anchorage structure must be capable of withstanding a minimum load of 15 kN for a single person.
10. The attachment lanyard should only be secured to an anchorage point, which is at a level, which will result in a minimum free fall.
11. If any of the equipment is exposed to hazardous chemicals or atmosphere, the manufacturer should be consulted.
12. Never use Fall Protection Equipment for a purpose other than those for which it has been designed.
13. Instructions for fitting of the harness is under heading of Adjustment of Harness's, if in any doubt contact the manufacturer.
14. Do not allow the equipment or any rope, lanyard or webbing to come in contact with high temperature surfaces, welding, heat sources, electrical hazards or moving machinery.
15. Do not attached foreign objects to the D-Rings or other connection points.

GENERAL INSTRUCTIONS

- The equipment must be inspected and its condition recorded by a competent person before each use.
- The user's company Safety Officer must maintain a record log of servicing and inspections dates of the unit.
- Luke-warm water with mild soap can be considered the best and safest method of cleaning.
- After cleaning and drying, store the equipment in a dry dark cool position.
- **DO NOT STORE THE EQUIPMENT WET.**



ANCHORAGE POINT TO A FALL AREEST DEVICE



Rear anchorage:
It allows to connect a movment limitation or fall arrest system to the back of the worker. It is suitable for use of lanyards or retractable lifelines.

1 Point full body harness



Rear & Sternal anchorage:
In the form of metal D-ring or webbing loops. It can be used with most fall arrest systems. The sternal point is particularly suitable for use with rope or cable grabs.

2 Point full body harness



Rear, sternal & lateral anchorage:
The two lateral points are designed for work positioning. In conjunction with the dorsal belt, the worker is held in place allowing him to be hands-free.

4 Point full body harness



Rear, sternal, lateral and ventral anchorage:
The harness is designed for suspension workand includes a dorsal belt and padded leg ropes for increased comfort in seated position. The ventral attachment point is designed to be connected to an ascender or descender.

5 Point full body harness

1. The user has access to the terrace of the building by means of a vertical ladder. Attached to the ladder is a rope grab.
2. The lifeline installed on the terrace allows the user to move horizontally freely.
3. The user can work safely thanks to his harness and shock absorbing lanyard.
4. Work on the incline is conducted safely thanks to a rope grab, attached to the sternal anchorage point of the safety harness.
5. The window cleaner moves along a footbridge, whilst being attached to a multirail which is installed above all windows. A retractable life line will stop his fall in less than 1m.
6. A rescue plan must be implemented in case of a fall. A rescuer will attach to the person being rescued and safely descend thanks to rope grab and descended

THREE TYPES OF FALL FACTORS

FALL FACTOR 0

Above head level lanyard stretched above the person



FALL FACTOR 1

To the back anchorage point of the harness, or slightly higher



FALL FACTOR 2

Below the back anchorage point of the harness, or near the feet



Two main elements must be taken into consideration when determining the equipment required

The Fall Factor: meaning the position of the anchorage point in relation to that of the operator.

The Fall Clearance: meaning the necessary distance between the anchorage point and the ground (or first obstacle) to avoid crashing into the ground in case of a fall.

Consideration of these two elements enables the fall arrest system – and more particularly the attachment system that will save your life – to be defined.

The higher the fall factor, the greater the distance required to arrest the fall. Fall Clearance measurement is therefore a necessity. Fall Clearance varies according to the fall factor, and also according to which fall arrest system is used.



H-SL



H-SL-BELT

SINGLE HARNESS

PRODUCT INFORMATION

- Full Body harness made of 45mm Polyester with 3.3ton breaking strength
- 45mm Webbing single Lanyard c/w snap hook
- Shock Absorber – Tear webbing KGF 395-86 Peak Force 3,88Kn
- Shock absorber cover with protective heat shrink material
- Roller Pin Buckles for Leg strap adjustment
- Adjustable interlocking buckle on chest strap and shoulders

COMPOSITION & APPLICATIONS

Suitable for use in:

- Construction Industry
- Warehouse Environment

All fall arrest harnesses are tested to:

SANS 50361 (HARNESS)
SANS 50362 (CONNECTORS)
SANS 50354 (LANYARD)
SANS 50355 (SHOCK ABSORBER)



H-DL



H-DL-BELT

DOUBLE HARNESS

PRODUCT INFORMATION

- Full Body harness made of 45mm Polyester with 3.3ton breaking strength
- 45mm Webbing double Lanyard c/w Snap hook
- Shock Absorber – Tear webbing KGF 395-86 Peak Force 3,88Kn
- Shock Absorber cover with protective heat shrink material
- Roller Pin Buckles for leg strap Adjustment
- Adjustable interlocking buckle on chest strap and shoulders

Suitable for use in:

- Construction Industry
- Warehouse environment
- Mining Industry

All fall arrest harnesses are tested to:

SANS 50361 (HARNESS)

SANS 50362 (CONNECTORS)

SANS 50354 (LANYARD)

SANS 50355 (SHOCK ABSORBER)



H-DL



H-DL-BELT

DOUBLE HARNESS WITH SCAFFOLDING HOOKS

PRODUCT INFORMATION

- Full Body harness made of 45mm Polyester with 3.3ton breaking strength
- 45mm Webbing double Lanyard c/w SCAFFOLD hook
- Shock Absorber – Tear webbing KGF 395-86 Peak Force 3,88Kn
- Shock Absorber cover with protective heat shrink material
- Adjustable interlocking buckle for Leg strap adjustment
- Adjustable interlocking buckle on chest strap and shoulders

COMPOSITION & APPLICATIONS

Suitable for use in:

- Construction Industry
- Warehouse environment
- Mining Industry

All fall arrest harnesses are tested to:
SANS 50361 (HARNESS)
SANS 50362 (CONNECTORS)
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