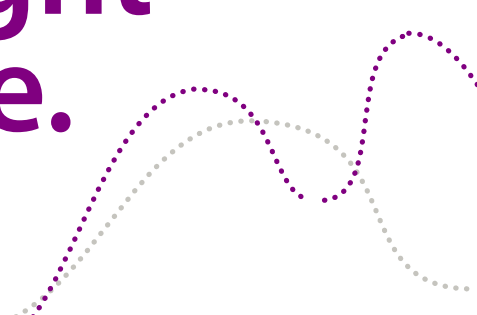




Issue1
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Our work at height protection guide.

www.sitexindustrial.com



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Common questions in a handy guide.

PRODUCT SPOTLIGHT



OUR REF: 24-C

The CLIMAX 24-C AT work positioning belt is specially designed and manufactured for use while working under conditions where the risk of falling from heights has already been removed. The belt allows the user to safely and securely anchor himself to the structure on which he is working. The restraining belt is designed to adapt to the unique body type and physical characteristics of each user and to allow full freedom of movement or position during normal work activities with total comfort.

EN 358:1992



More information available online at www.sitexindustrial.com

An introduction to the guide

It is beyond the scope of this guide to go into detail regarding all the aspects of working at height and this document only gives a brief explanation on the types of equipment currently sold by UCI. Equipment designed to restrain a person in the event of a fall is a last resort and if deployed means primary methods have failed in some way. While any accident is serious, falls from height have a high probability of being fatal and protection against this must be robust with no margin for error - if in any doubt whatsoever seek professional assistance before starting any work where there is a possibility of a fall. A fall from even a low height can prove fatal.

Before Working at Height you should consider the following guidelines:

1. Do you actually have to work at height? In simple terms can you do the job safely from ground level, for example extendable tools, install cable at a lower level etc.
2. Can you prevent a fall from height for example by using other equipment, working from a safe position, using a work platform or scaffold, physically restraining a workers field of movement to prevent them getting into a possible fall position.
3. If you cannot remove the fall risk completely you will need to take steps to minimise not only the fall distance but other consequences as well. This could include safety nets, fall arrest equipment and allowing room for fall arresters to deploy fully.
4. It is important to have in place a means of rescue in the event of a fall. Even if safely restrained it can be very difficult to recover a fallen worker back to a safe location. This can be a complex process and should be examined in detail as prolonged suspension can be very dangerous in harnesses designed for restraint only.

Types of equipment sold by Uci.

We offer a range of products for fall restraint systems including harnesses, lanyards and fall arresters. These should cover most popular applications with quality equipment manufactured with the EU. A brief description of the most common components is included for guidance but no advice is given on use as this must be determined by a competent person with full access to all the relevant information.

There are a large number of regulations governing work at height and statutory inspections which are beyond the scope of this very simple guide and the information contained herein is produced to assist with initial selection only. Further information will be required for the safe use of any PPE based on many factors such as location, frequency of work, weather, operator skills etc. and we would recommend seeking professional advice before use.

Harnesses

UCi harnesses fall into two different categories, those designed for emergency restraint and those designed for supporting the wearer while suspended. The standard harness is designed to be attached to fixed point and only comes into play if a worker were to fall. This type of harness is designed to support the worker but would prove uncomfortable if the worker was suspended for long periods. Premium harnesses generally have wider webbing and are designed to support a worker who needs to be suspended when working.

Lanyards

These provide a fixed restraint designed to prevent a fall, for example when using an access platform. They are usually fairly short to minimise the distance of a fall or prevent the user physically reaching a position where a fall is possible.

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21-C ATEX harness with MOD 34-A lanyard

Fall arresters

There are several types of fall arrester designed for different situations from basic shock absorbing arresters to guided line arresters.

Energy absorbers are designed to open gradually in the event of fall to slow the user gradually before stopping the fall and must be discarded once deployed.

Automatic fall arresters allow the user to move more freely and only lock if the user falls. These are designed to slow the user gradually before stopping the fall.

Guided fall arresters generally consist of a rope attached to the structure at one or both ends which allow the user to move freely within the constraints of the guide rope and only lock if the user falls.



1mm diameter polyamide lifeline supplied with terminal Anchors.

Carabiners and anchors

There are a wide range of anchoring methods available to allow secure attachment to almost any fixed point. Special "clips" are available for scaffolding, steelwork and columns. There are also options with two attachment points to ensure a user is still secured when relocating.

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Points to consider

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 can mean the wearer may fall some distance before being restrained. This distance can be **several metres** in certain cases and alternative protection may be needed at lower heights.

Further information

More information is readily available on this subject including the following:

Using ladders and stepladders safely: A brief guide Leaflet INDG455 HSE Books 2017 www.hse.gov.uk/pubns/indg455.htm

Health and safety in roof work HSG33 (Fourth edition) HSE Books 2012 ISBN 978 0 7176 6527 3 www.hse.gov.uk/pubns/books/hsg33.htm

The Work at Height Regulations 2005 SI 2005/735 The Stationery Office 2005 www.legislation.gov.uk

Fragile roofs: Safe working practices General Information Sheet GEIS5 HSE Books 2012 www.hse.gov.uk/pubns/geis5.htm

Minimum Safe Area.

After falling and been restrained the user may move horizontally and come into contact with fixed objects as any swinging stabilises. A clear area must be available below the user to facilitate any oscillation.



More information available online at www.sitexindustrial.com



Our selection guides to eyewear, head protection, respiratory protection, hand and arm protection, hearing protection, workwear and clothing and footwear.



The relevant standards for work at height.

