For guidance on managing construction health risks go to
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1215 Safety Guidance

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FTH HIRE GROUP

Fall Protection Equipment

Includes: Full Body Harness, Rescue Harness
Lanyards for Fall Arrest purposes, Lanyards for Fall Restraint purposes

Please note: Training is available from approved providers and is recommended for all users of Fall Protection Equipment.

It is important to read this entire leaflet BEFORE using Fall Protection Equipment

1. Plan your work and think ahead to make sure you will always be working safely.
2. It is the responsibility of the user to inspect the Fall Protection Equipment fully before each and every use.
3. Fall protection Equipment is comprehensively inspected at three monthly intervals by a competent person. Evidence of this inspection should have been issued with the hire.
4. The action and use of Fall Protection Equipment can cause injury or damage if the equipment is not used or worn correctly.
5. If issued to arrest a fall, this Fall Protection Equipment must not be used again. Return it to the hire company stating the nature of the incident.
6. Only components supplied by the hire company must be used with this Fall Protection Equipment to ensure compatibility.
7. Beams, joists and other projections within the vicinity of the user may impede the safe operation of the Fall Protection Equipment.
8. Fall Protection Equipment must not be used by minors, or by anyone under the influence of drugs or alcohol.
9. This equipment is designed for operation by an able bodied adult. Anyone with either temporary or permanent disability must seek expert advice before using it.
10. Do not leave the equipment unattended at any time.
11. Ensure that the Fall Protection Equipment is kept in a suitable container. Avoid heat and direct sunlight. If the equipment becomes wet, allow it to dry naturally before storage.
12. Training is available and recommended from approved providers for all users of Fall Protection Equipment.

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Before and after use...

1. It is the responsibility of the user to inspect the Fall Protection Equipment fully before each and every use.
2. The hire company will have provided a current certificate or other proof of inspection that the equipment is safe for use. If not, check with the hire company.
3. The length of lanyard for both Fall Arrest and Fall Restraint must not be extended beyond that of the original supplier's specification.
4. The webbing must be inspected fully – for evidence of fraying, cuts, discoloration, or chemical contamination.
5. The webbing must be inspected fully – for evidence of wear, such as fraying or loose movement. All stitch patterns must be fully inspected.
6. Karabiners, connectors and bucklers must be inspected and moving parts must be fully functional. Check fully for evidence of distortion, cracks or corrosion. Ensure that connections close securely and they do not require excessive force to operate.
7. Inspect the Fall Arrest lanyard unit to ensure that the lanyard is fully functional. Check fully for evidence of distortion, cracks or corrosion. Ensure that connections close securely and they do not require excessive force to operate.
8. IMPORTANT – DO NOT USE THE EQUIPMENT IF ANY OF THE ABOVE POINTS ARE IDENTIFIED OR IF YOU ARE CONCERNED ABOUT USING IT SAFELY.
9. Remove equipment from use immediately and contact the hire company.

Please keep this leaflet safely as it may be required for future reference

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Before Starting Work...

SELECTION OF EQUIPMENT – FALL ARREST

Purpose – To arrest any potential fall by means of a shock-absorbing lanyard connected to an appropriate anchorage point.

1. It is recommended that a Full Body Harness with appropriate connection points at rear or chest is used for Fall Arrest applications.
2. Ensure the lanyard connections are secured. Types, such as karabiners, may have twist lock or screw type connection. Check to ensure they are fully closed and locked before use.
3. As a precaution, persons working near to the harness user, should be familiar with the removal this equipment should an emergency occur.

SELECTION OF EQUIPMENT – FALL RESTRAINT

Purpose – To restrain the user from the potential of a fall by limiting the distance from the point of connection – normally by means of a fixed lanyard.

1. It is recommended that a Full Body Harness with appropriate side connection points may be used for Fall Restraint applications.
2. Ensure the lanyard connections are secured. Types, such as karabiners may have twist lock or screw type connection. Check to ensure they are fully closed and locked before use.

SELECTION OF EQUIPMENT – RESCUE HARNESS

Purpose – To be used in confined spaces, such as ducts, tanks and silo's etc. the positioning of the connection point is designed to ensure the user is no more than 10 degrees from a vertical position (upright). A harness specifically designed for arrest or restraint applications MUST NOT BE USED.

1. It is recommended that a Full Body Harness with appropriate dedicated top connection points be used for Rescue applications.
2. Rescue harnesses should only be used with suitable rescue lines and, where possible, dedicated retractable fall arrest units (with winches).

BEFORE AND AFTER USE

1. It is the responsibility of the user to inspect the Fall Protection Equipment fully before each and every use.
2. The hire company will have provided a current certificate or other proof of inspection that the equipment is safe for use. If not, check with the hire company.
3. The length of lanyard for both Fall Arrest and Fall Restraint must not be extended beyond that of the original supplier's specification.
4. The webbing must be inspected fully – for evidence of fraying, cuts discoloration, or chemical contamination.
5. The webbing stitching must be free from damage or evidence of wear, such as fraying or loose movement.
6. All stitch patterns must be fully inspected.
7. Karabiners, connectors and buckles must be inspected and moving parts must be fully functional. Check fully for evidence of distortion, cracks or corrosion. Ensure that connections close securely and they do not require excessive force to operate.
8. Inspect the Fall Arrest lanyard unit to ensure that any 'shock absorbing' system has no evidence of damage. These units have visual indicators when used in an 'Arrest' situation.
9. IMPORTANT – DO NOT USE THE EQUIPMENT IF ANY OF THE ABOVE POINTS ARE IDENTIFIED OR IF YOU ARE CONCERNED ABOUT USING IT SAFELY.
10. Remove equipment from use immediately and contact the hire company.

Please store this leaflet safely. It may be required for further information

Useful Reference Points • www.hae.org.uk/businessguard