



FALL PROTECTION GUIDANCE

- Determine and evaluate the fall risks on the job site
 - Define the proper fall arrest / restraining system for the job to be done and
 - Provide an appropriate rescue plan
 - Provide the User with the necessary training for inspecting, handling, using, maintaining and storing the equipment
- Ensure that all elements of the system are compatible 'e.g. BS, EN, ISO , CE'
- Ensure that the selected equipment is in compliance with the law and the standards in force **CE**
 - Select reliable anchor points as close as possible to the User and, if possible, above the User with a minimum strength at failure of at least twice the maximum fall arrest load.
 - Do not allow Workers to work alone
 - Store equipment under conditions that will not affect the performance of the components
 - Do not allow any modifications to the system components without the Manufacturer's prior agreement
 - Report any defect, anomaly, wear, or fall that might affect the integrity of the system

**IF IN DOUBT REGARDING ANY ASPECT OF HEIGHT SAFETY,
ALWAYS SEEK PROFESSIONAL ADVICE AND
NEVER INCREASE THE RISKS BY TAKING CHANCES**

PSMA THIS PUBLICATION AND ITS MEMBERS

Falls from height are one of the most common forms of accidents at work, comprising nearly 20% of all workplace injuries every year,

falls result in around 5,000 cases of major injury and about 80 fatalities, usually from heights above 2 metres. The construction industry alone accounts for half of these incidents.

It is estimated that the annual cost to society of accident caused by falls is in the region of more than 300 million pounds, primarily in terms of personal suffering, but also including medical costs, costs to employers, lost output and damage to equipment.

"The potential benefits of preventing falls are thus enormous and the Health and Safety Executive has identified this area as one of its Key Priority programmes in response to the Revitalising Health and Safety initiative.

Health and Safety Executive has identified Height Safety as one of its Key Priority programmes in response to this, which has led the PSMA Height Access Safety Group to the production of this leaflet.



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hasg Height Safety Best Practice



' REVITALISING HEALTH AND SAFETY '

This leaflet is published by the Height Access Group of the Personal Safety Manufacturers Association, in consultation with HSE. HASG members are committed to reducing injuries resulting from falls, many of which can be prevented by good safety management practices and the proper selection, use of fall protection equipment.

The leaflet aims to set out best practice for all parties involved in the selection and use of personal protective equipment and points out attributes which purchasers of equipment should expect from quality manufacturers and suppliers. It offers dependable quality information, advice and best practice for **MANUFACTURERS, DISTRIBUTORS, SPECIFIERS AND PURCHASERS, MANAGERS AND USERS**

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THE EMPLOYER MUST

1. Identify hazards
2. Assess risks
3. Establish safe methods of work
4. Provide adequate resources
5. Select, procure and provide appropriate PPE
6. Provide training and maintain training records
7. Supervise correct work methods
8. Cater for appropriate storage and issue of equipment
9. Implement inspection regime to include
 - a. pre-use checks;
 - b. detail inspections;
 - c. interim inspections; and interim records
 - d. periodic records
 - e. appoint competent person(s)
10. Consider obsolescence and recommended lifespan of equipment
11. Undertake periodic review of systems and procedures.

THE USER MUST

1. Understand and follow safe methods of work
2. Identify additional hazards not covered e.g. adverse weather and refer these additional hazards to employers
3. Undertake training in the use of selected PPE
4. Make full and proper use of equipment provided
5. Store and inspect equipment as instructed
6. Withdraw faulty/defective equipment from use and report to employer.
7. Carry out Pre Use checks on all equipment.

REMEMBER

If you take care of your equipment, it will take care of you

THE MANUFACTURER OR DISTRIBUTOR

A competent manufacturer / distributor should promote best practices by implementing the following:-

1. PSMA membership
2. Provide general support and advice to customers
3. Clear information and literature about product range
4. Provide prompt technical support
5. Display a clear understanding of product applications
6. List product strengths and limitations e.g. fit for purpose
7. Compliance with all relevant regulations and standards e.g. CE markings. Maintain records for traceability.
8. Provide clear comprehensive instructions and guidance for use
9. Advise on storage, inspections and maintenance of equipment
10. Training support and guidance on competencies
11. Advice on the compatibility of equipment
12. Operate an accredited quality assurance system
13. Research new developments
14. Supply of equipment in appropriate packaging and properly labelled
15. Issue certificates of conformity where relevant

In addition manufacturers should :

Be a member of the PSMA

Carry adequate product and third party liability insurance

THE PURCHASER

It is the task of the purchaser to identify PPE that meets the selection criteria of the employer by:-

1. Selecting a competent manufacturer/distributor
2. Check equipment meets appropriate regulations/ standards
3. Confirm equipment is fit for purpose and acceptable to the user

HSE REPORT ON LANYARD DEGRADATION

As a result of a fatality it has been identified that there can be degradation of webbing and rope lanyard products. The HSE have issued a report, the report number 59 can be obtained from HSE web site

Webbing and Rope Lanyard Degradation

HSE Report, Salient Points:

Causes of degradation can be abuse, general wear and tear, edge and surface damage, ultraviolet light, dirt, grit or chemical attack.

To counter the causes of degradation, the British Standards states that components should be examined "At Least" every 12 months, but it is recommended that inspection is more frequent.

HSE concluded that there is no well defined boundary for usable life, and frequent inspection is therefore a primary requirement in order to ensure safe use.

The duty holder should establish a regime for inspection. The inspection should be carried out by an independent

Scope of inspection:

Pre Use Checks, carried out by the user, before every occasion of use. Users must be competent to do this.

Detailed inspections, more formal, in-depth inspections carried out at minimum intervals, but at least every six months. The results must be recorded.

Interim Inspections, more frequent than detailed inspections, for equipment used in more arduous conditions.

Types of damage and action to be taken.

Abrasion, cuts to webbing, rope or stitching, chemical attack, heat or friction damage, damaged fittings or connectors. UV Degradation (Fading), contamination with dirt/grit. Defective items should be destroyed and replaced, as should any item which has arrested a fall.

Reference should be made to IND367 Inspecting Fall Arrest Equipment made from webbing or rope.