

TECHNICAL INFORMATION - FALL ARREST & PREVENTION

Work Restraint

When a worker is required to approach an unprotected fall hazard, the safest method of access is a Work Restraint System. A Work Restraint System uses equipment to restrict movement, creating a safe working zone and preventing the worker from reaching the fall hazard. Care should be taken when setting up the system to ensure that the safe working zone is effective, as once in place the worker's level of awareness will decrease. An effective Work Restraint System provides an extremely high level of safety.

Work Restraint Systems can be broken down into 4 key components. An Anchor Point, a Connecting Element, a Fall Protection Harness and the Knowledge, gained through height safety training, to use them all safely. It is essential to ensure that all the components of your system are compatible. The equipment you select may also be suitable for use in a Fall Arrest System or Work Positioning System.

Fall Arrest

Where a worker requires freedom of movement to climb between platforms, or move around on a structure, then it may not be possible to remove the risk of a fall completely. In these situations it is important to mitigate the consequences of the fall as far as possible. This is a common situation in areas where workers build, maintain or dismantle structures such as scaffolding, steel frame buildings, tower cranes or racking systems.

Different items of equipment achieve this in different ways and understanding this enables users to select the most appropriate method for their application. The fact that this type of fall protection allows the worker to fall also means that consideration must be given to rescue or recovery of a suspended worker to minimise suspension trauma.

The height safety training required for the use of fall arrest systems should include both theoretical and practical sessions so that users can match their understanding to real life applications. The theory side must look at all aspects from planning through to implementation and rescue.