

Toolbox Talk

25. Fall Arrest Equipment



What?

- When working at height it is important to provide physical barriers to prevent people accidentally falling from height. Sometimes this is not possible or practical and other methods need to be used to either restrict movement or to arrest someone in the event of a fall, in order to avoid a more serious injury



Why?

- In the UK over 4000 people every year suffer major injury as a result of a fall from height
- Many of those who fall could and should have worn fall arrest equipment, but failed to do so resulting in very serious injury and in some cases death
- Fall arrest equipment comes in various designs but essentially consists of chest or body harness, lanyard/rope, and carabiner (safety hook). The hook has to be connected to a secure anchor point which needs to absorb the force generated during a fall. Some anchor points can be fixed if the work is static; mobile activities may need a running anchor. Anchor points should always be as high as possible over the work area, so as to limit the fall distance

Do



- ✓ Ensure you are properly trained in its use
- ✓ Check that rescue arrangements have been planned in the event of a fall
- ✓ Use only approved and tested equipment
- ✓ Wear it in accordance with the training provided and manufacturer's advice
- ✓ Check for damage before use
- ✓ Ensure all anchorage points have been inspected
- ✓ Attach lanyards to a secure anchor point
- ✓ Keep lanyards connected to anchor point if at risk of falling
- ✓ Store equipment properly
- ✓ Report damaged equipment immediately

Don't



- ✗ Use damaged equipment
- ✗ Work without it, if the job requires the use of a harness
- ✗ Forget to connect it to a suitable anchor point
- ✗ Connect the lanyard below waist height
- ✗ Climb higher than the lanyard allows as it increases the fall height



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