

Toolbox Talk

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



- ✗ 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
- ✗ Use damaged equipment

