



FALL PROTECTION

A fall arrest system consists of four elements:

1. Anchorage point. This is the point where the system is attached to the building, scaffold etc. It must satisfy 3 requirements:

- 1.1 This should always be at shoulder level or above so as to shorten the fall distance and reduce the risk of bodily injury due to the impact forces of a fall.
- 1.2 Support a static load of 1000kg for 3 minutes
- 1.3 Provide a suitable fall distance based on a 2m lanyard - see box

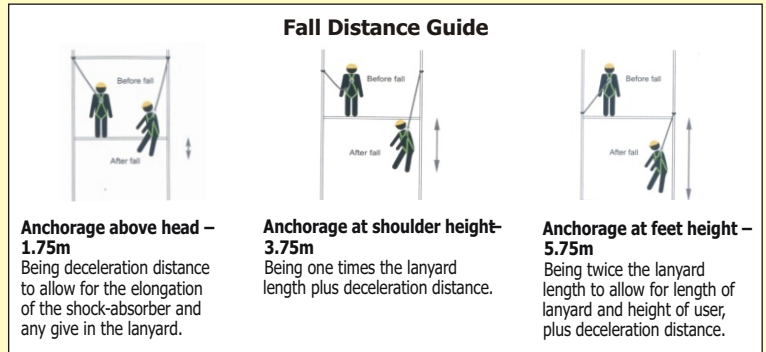
2. Harness. This is a full body harness which includes leg straps as worn by the person. It can be made from non-stretchable or stretchable webbing. Some include one or more additional recovery D-rings on back of harness.

3. Lanyard and Connectors:

- 3.1 The lanyard has a maximum length of 2m. The built-in shock-absorbing element will reduce falling force by approximately 75%. (The shock-absorber is designed to reduce falling force from 2400kg to 600kg). The use of inertia reel PFL's (personal fall limiters) reduces fall distance and keeps the lanyard out of the way.
- 3.2 The connectors which allow attachment to anchorage point and harness. They can be snap-hooks, carabiners or wide-opening scaffold-hooks. The lanyard can also be permanently sewn to the harness.

4. Rescue Plan after a Fall:

- 4.1 A stirrup line or safety step attached to the harness is a temporary solution to post-fall suspension, and will provide relief until rescue takes place. This allows the user to stand to ease blood-flow in femoral arteries, thereby helping to avoid unconsciousness.
- 4.2 Suspension Trauma. This is a serious medical situation resulting from a fall, best explained by doing an Internet search for 'suspension trauma', where a wealth of information is available.
- 4.3 Recovery Kits are available, but training in use is essential.



IronMan is a premier South African brand of Fall Arrest systems, having been making to SABS/EN standards since 1980.

Code	Description	Comments	Avail.	
	<p>Anchorage Straps 45mm Webbing. Attaches around anchorage point to take lanyard connector. All to SANS 50795. Standard length 2m, but other lengths to order. Always ensure excess is wrapped around anchor point so as to not increase effective length of lanyard</p>			
52625	IronMan Anchorage Strap - 2.0m	45mm Webbing, with 2 D-rings. Doubled over gives 1.0m	S	52625
52626	IronMan Anchorage Strap - 2.0m	45mm Webbing, with one hard eye, one soft eye/loop.	M	
52627	IronMan Wire Strap - 2.0m	PVC covered wire rope, with 2 hard eyes	M	
	<p>Harness and Single Lanyard - permanently attached Nylon webbing 75mm and 45mm, adjustable for size, with permanently attached lanyard and rescue D-ring at back. SANS 50361, 50354 & 50355</p>			
52630	IronMan Full Harness - web lanyard S	One-point rear anchorage, waistbelt, attached shockabsorber web lanyard & snap hook connector	S	
52632	IronMan Full Harness - web lanyard C	as above, carabiner connector	M	
52633	IronMan Full Harness - rope lanyard S	One-point rear anchorage, waistbelt, attached shockabsorber 12mm rope lanyard & snap hook connector	M	
52634	IronMan Full Harness - chain lanyard T	One-point rear anchorage, waistbelt, attached shockabsorber chain lanyard & toggle	M	
52636	IronMan Econo Harness - web lanyard S	One-point rear anchorage, attached shockabsorber web lanyard & snap hook connector, without waistbelt, without rescue D-ring	S	
				52630