SpanSet®

01

Height Safety
Lifting
Load Control
Safety Management

FALLS FROM HEIGHT
PREVENTION, PROTECTION & RESCUE
What you need to know!

1 ALWAYS CONSIDER THE HIERARCHY OF MEASURES WHEN WORKING AT HEIGHT

Avoidance - Avoid all unnecessary work at height.

Permanent access - Use walkways and gantries where possible

Temporary working platforms - The use of scaffolding, cradles and mobile platforms

Collective measures are preferable to personal measures - Handrails, safety netting, airbags or landing mats

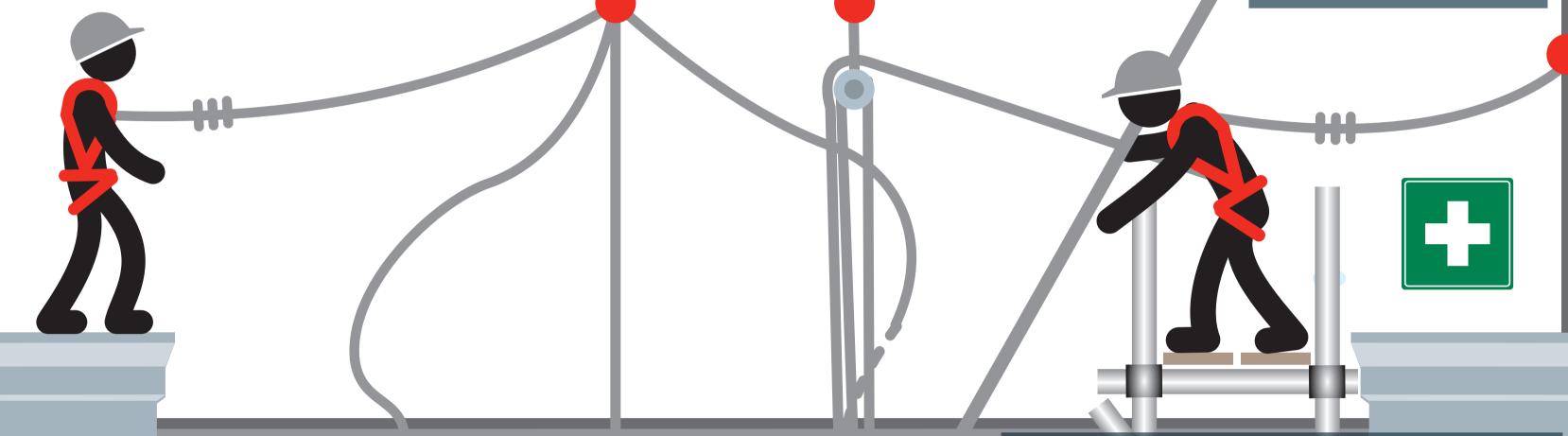**Personal measures can be split into three categories -**

- Work restraint
- Work position
- Fall Arrest

2 IF A FALL CAN OCCUR YOU MUST BE PROTECTED

Lone working should be avoided
Check that you have safe clearance below
Always have a rescue plan

PPE for arresting falls must include

Anchorages that are rated to EN795 or equivalent

A Full Body Harness correctly fitted

A Fall Arrest Device that will:
Ensure shock loads do not exceed 6kN
Arrest the fall in a known distance
Arrest the fall and prevent the user colliding with obstacles

Connectors - suitable for linking the system

Head Protection - A helmet that won't fall off

3 THE EFFECTS A FALL WILL HAVE ON YOU

Even if you use suitable fall arrest equipment a fall will still be a traumatic experience

You may collide with obstacles during the fall

You may be unconscious or in shock

Suspension in a harness if left unchecked can cause you problems - see section 4

7 AFTER THE RESCUE

They may still need care
Call for medical assistance

Get a qualified first aider to assess their injuries

If in doubt seek medical advice

6 APPROACHES TO RESCUE

There are many types of rescue available. You must plan to find the one for you. Always avoid placing others at unnecessary risk during the rescue.

Improvised / unplanned recovery
May be effective
Can place rescuers at risk
There is a risk of failure

Planned / application specific
Very effective if well planned and assessed
May use a pre assembled kit such as a Gotcha
Requires adequate training
Must be at the workplace to be effective

Permanent rescue team / emergency services
They need to be aware of your needs in advance
They must be **able to get to y**ou in time
They should be called even if you intend to use one of the other approaches.

5 TAKE THE PRESSURE OUT OF SUSPENSION

Footloops or temporary supports can reduce the effects of harness suspension.

You must remember:
It only works on conscious casualties
It is not a replacement for rescue

Appropriate use can:
Give you more time to carry out the rescue
Allow the casualty to move assisting circulation
Help to relieve pressure from the harness
Reduce or delay the complications of suspension
To be effective it must be at the work site.

4 SUSPENSION IN A HARNESS CAN LEAD TO COMPLICATIONS please refer to http://www.hse.gov.uk/falls/Harness.htm

If you are suspended after a fall you may experience pressure points from the harness that can cause pain and restrict your circulation.

If this is left unchecked it can lead to; Tingling sensations in your limbs, dizziness and eventually a lack of consciousness.

If you can move you may be able to relieve the effects, but you need to be rescued. A temporary aid may also help reduce the effects.

If during the fall you are knocked unconscious then you will be unaware of these effects. They will still occur, but you will not be able to ease them and you need to be rescued.

The effects can begin within a few minutes. Rescue should be carried out as quickly and as safely as possible. Ideally rescue should take no longer than 15-20 minutes.

When the pressure is released from your harness, any trapped blood will be released into your system. This may cause complications and it is recommended that you seek medical assistance to monitor your condition. Tell them what happened and how long you were suspended.

For further information regarding height safety products and training contact your supplier or

SpanSet®

SpanSet raising the standard with **IPAF**

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