FALLS FROM HEIGHT
PREVENTION, PROTECTION & RESCUE

What you need to know!

1. ALWAYS CONSIDER THE HIERARCHY OF MEASURES WHEN WORKING AT HEIGHT
   - 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 and fall arrest.

2. IF A FALL CAN OCCUR YOU MUST BE PROTECTED
   - Line working should be avoided.
   - Check that you have safe clearance below.
   - Always have a rescue plan.
   - PPE for arresting falls must include:
     - Anchorage points that are rated to EN795 or equivalent.
     - A Full Body Harness correctly fitted.
     - A Fall Arrest Device that will:
       - 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.

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

5. TAKE THE PRESSURE OUT OF SUSPENSION
   - Footloops or temporary supports can reduce the effects of harness suspension.
   - They should be called even if you intend to use one of the other approaches.

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.
   - They may still need care.
   - Call for medical assistance.
   - Get a qualified first aider to assess their injuries.
   - If in doubt seek medical advice.

7. AFTER THE RESCUE
   - 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.

For further information regarding height safety products and training contact your supplier or SpanSet Ltd.
SpanSet Limited, Telford Way, Middlewich, Cheshire CW10 0HX, UK
Tel: +44 (1606) 737494 Email: training@spanset.co.uk www.spanset.co.uk

SpanSet raising the standard with IPAF

© 2013 SpanSet - SP78650 - 10/2013 - Produced by www.theprintinghouseltd.co.uk Can be recycled.

We have a policy of continuous development and therefore reserve the right to modify designs and specifications without prior notice.