

# Work at Height Regulations Now Law!



## PPE & Training

Falls from height are the biggest single cause of workplace fatal injuries and the second biggest cause of major injuries at work. Traditionally, work at a height has been regarded as work over 2 metres. However, research shows that 60% of all major injuries are caused by falls from heights of below 2 metres. **The 2006 regulations spell out specific requirements and principles for all types of work at height where there is a risk of a fall liable to cause injury, regardless of the height.** The regulations also deal with organisation and planning, competence, weather conditions, avoidance of risks, selection of work equipment, requirements for work equipment and checking of places of work at height.

## Your responsibilities

Under the regulations, duties are placed on the employer and any other person that controls the work of others. **The overriding principle is that employers must do all that is reasonably practicable to prevent anyone falling.** The regulations also require that employers must:

- Avoid work at height where possible.
- Use work equipment and other measures to prevent falls where they cannot avoid working at height.
- Where they cannot eliminate the risk of a fall, use work equipment or other measures to minimise the distance and consequences of a fall should one occur.

Work at heights must be properly organised and planned, take account of weather conditions and ensure those involved are trained and competent. The place where work is being done must be safe, equipment must be inspected and the risks from fragile surfaces and falling objects must be properly controlled. Inspection is defined as "such visual or more rigorous inspection by a competent person as is appropriate for safety purposes".

## Personal fall protection systems

A personal fall protection system must:

- Be suitable and of sufficient strength for the work being carried out and any foreseeable loading.
- Fit the user and be correctly fitted.
- Be designed to minimise injury to the user and, where necessary, be adjusted to prevent the user falling or slipping from it in the event of a fall.
- Be designed, installed and used to prevent unplanned or uncontrolled movement of the user.

All equipment used in the personal fall protection system should be strong enough to withstand any forces placed upon it and should include an adequate margin for safety above those forces. Check the equipment's safe working loads, working load limits or maximum rated loads. Check too that any accessories or other equipment meets those requirements.

Recent investigations suggest that fatal falls occur as the result of failure to use the appropriate personal fall protection equipment or as a result of inadequate training.

An effective fall protection safety regime includes:

- Deployment of the necessary range of fall arrest equipment, training and controls.
- A full audit of current equipment and the immediate withdrawal of unfit products.
- The establishment of a log to ensure inspections are conducted annually, at a minimum.
- Drawing up a schedule of inspection.
- Employee training in the pre-use visual inspection and correct fitting of fall arrest equipment.
- Train the trainer programmes for safety personnel on the pre-use visual inspection and correct fitting and inter-linking of fall arrest equipment.
- Training to "competent person" level for safety personnel to facilitate the efficient annual inspection of fall arrest equipment.
- Annual re-certification courses for designated training and inspection personnel.



## How can Anderco help?

### A Comprehensive Range of Fall Arrest Products

Anderco offer a full range of fall arrest protection products and technical advice services that will optimise safety in line with your budget. All of the fall arrest products supplied by Anderco are certified for use and come with care and maintenance instructions. **For information on recent additions to our range, see overleaf.**

### Advice, Training & Certification

Anderco Safety's fall arrest specialists can visit your facility to identify fall hazards and determine your site specific protection requirements. Our certified trainers can hold a formal on-site training programme. Anderco's modular training scheme has been designed to ensure that the appropriate, certified safety training is provided to meet your company's specific requirements and facilitate the implementation of an inspection regime for fall arrest equipment. The need for ongoing training and retraining is met by our comprehensive course materials and Competent Person Training module. Annual re-certification programmes for safety personnel are also available to ensure ongoing compliance with safety regulations.

**NEW**



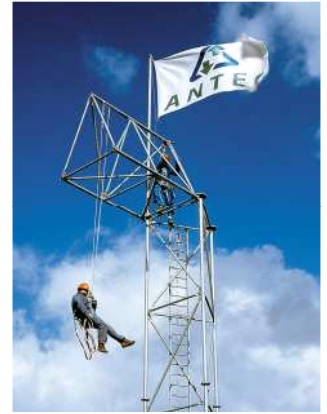
**Buckles available in 3 versions**

### Elastomax 2 Harness

- Conforms to EN 361.
- Two anchorage points (rear and sternal).
- Stretch shoulder straps afford greater freedom of movement.
- Sliding lateral straps for enhanced mobility and increased comfort.
- Ergonomic horizontal leg straps facilitate optimal vertical and horizontal movement, minimise discomfort and suspension trauma on the groin area in the event of a fall.
- Reinforced stitching for increased abrasion resistance.
- Wear resistant label for annual inspection purposes.
- 3 leg strap buckle options

### Elasto-Vest

- Conforms to EN 361.
- Highly resistant jacket with Elastomax 2 Premium safety harness (weighs less than 1.7kg).
- Waterproof vest (70% polyester, 30% cotton).
- Height and width adjustable for correct fit and increased comfort.
- Numerous tool bearing plastic rings and pockets.
- Lining can be opened to withdraw the harness.
- Harness specification as above.
- Available in Hi-Visibility version.



### Fall Arrest Kits

#### Kit 1

- Elastomax 1 classic harness with 1 rear anchorage point for easy connection to a retractable lifeline or a fall arrest lanyard.
- Shock absorbing, polyamide webbing lanyard with a standard karabiner and Montblanc scaffold hook to facilitate ease of anchoring to standard scaffolding.
- Packed in a marine bag.

#### Kit 2

- Elastomax 1 classic harness with 1 rear anchorage point for easy connection to a retractable lifeline or a fall arrest lanyard.
- Ultra compact, Minimaxi retractable lanyard with standard karabiner and Zefir hook.
- Packed in a marine bag.



**Faxback to 021 4351635**

Anderco Safety  
Your Health & Safety  
Partners



**Please send me information on  
Anderco Safety's fall arrest  
products, training and  
inspection services.**

Name:  
Company:  
Address:

Email:  
Phone

[www.anderco.ie](http://www.anderco.ie)  
Sales Hotline: 1850 303 304