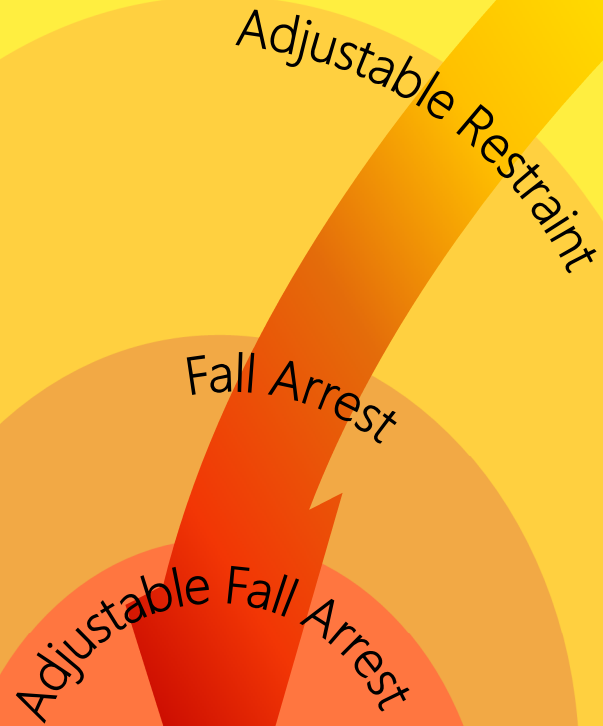


Insight

FALL PROTECTION EXPLAINED

The Hierarchy of Measures



Avoid Work at Height

Where possible work at height should be avoided. The use of such things as extending poles, light units that can be lowered to the ground, or even drones for inspection can remove the need to put works at risk completely.

Passive Safety

Where avoidance is not possible then measures should be put into place that do not require training but provide 100% protections. Examples include guard rail, walk way, sky like covers and demarcation chains.

Fall Restraint with fixed length PPE

If passive or collective measures are not possible then it will be necessary to implement the use of PPE and a suitable restraint anchorage, and provide training for all users. The use of a fixed length lanyard means user interaction is at a minimum.

Fall Restraint with adjustable PPE

Whilst still looking at restraint it is sometimes required to provide an adjustable set of PPE to the user. Whilst this then requires the user to decide the length of the lanyard it still maintains the avoidance of a fall therefore meaning rescue is not required.

Fall Arrest with fixed length PPE

Once the prevention methods are exhausted, and providing that the provision of a successful rescue plan is possible then the use of a fixed length fall arrest lanyard is the next option. The fixed length means that with suitable anchorage position the fall distance is minimised.

Fall Arrest with adjustable PPE

Once we have gotten to the point where a user needs to be given more responsibility for deciding on how their PPE is used then we are heading into high risk fall arrest territory. High levels of user training, increasingly detailed and complex rescue plans and convoluted methods of work all add to an increased risk of serious injury,

No Protection at all

There is no reason why any Duty Holder should allow any worker to work in this zone. In this area we are working in such areas as unprotected asbestos roofing, open excavations, unprotected skylights or for a long period from a tall ladder. With the options available in the market today, any fall where the worker is injured or killed is 100% avoidable.

Ignore
the risk

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