FALL PROTECTION RANGE

Fall Protection is put in place to prevent the risks associated with falling from heights, reducing impact force, restricting obstacle/ground collision and restricting users from fall hazard areas. Portwest offer a full range of fall protection products for working at height.

- **ANCHORAGE DEVICES**
- **HARNESSES**
- **LANYARDS**
- **ARREST BLOCKS**
- **ACCESSORIES**
- **TOOL LANYARDS**
- **FALL PROTECTION KITS**

Harnesses

EN 361:2002
Personal protective equipment against falls from a height. Full body harness.

This standard states that the harness has passed the free fall test involving a free fall drop with a 100kg weight in the harness to simulate a person. This shows how the harness will respond in a fall.

EN 1497:2007
Personal fall protection equipment - rescue harnesses

This European standard specifies requirements, test methods, marking and information supplied by the manufacturer for rescue harnesses. Rescue Harnesses conforming to this standard are used as components of rescue systems, which are personal fall protection systems.

EN 358:2000
Personal protective equipment for work positioning and prevention of falls from a height. Belts for work positioning and restraint and work positioning.

This standard confirms that the work positioning belt and lanyard have withstood a static force test for more than 3 minutes without releasing the load.

EN 813:2008
Personal fall protection equipment - Sit harnesses

EN 813 specifies requirements, testing, marking and information to be supplied by the manufacturer for sit harnesses to be used in restraint, work positioning and rope access systems, where a low point of attachment is required.

Arrest Blocks

EN 360:2002
Personal protective equipment against falls from a height. Retractable type fall arresters.

This standard deals with fall arrester with self locking device and a self-retractable system for the lanyard. An energy dissipating element can be built-in to the equipment.

Lanyards

EN 354:2010
Personal protective equipment against falls from a height. Lanyards.

This standard indicates that the lanyard has withstood a free fall test without releasing the load or doing undue damage to it.

EN 355: 2002
Personal protective equipment against falls from a height. Energy absorbers.

This standard is for lanyards with shock absorbers. These are lanyards that are suitable for attachment to a full body harness and connection to an anchorage point. The shock absorber part of the lanyard reduces the shock caused in the event of a fall being arrested by slowing down the speed of the arrest.

Connectors / Rope/Rope Grabs

EN 362:2004
Personal protective equipment against falls from a height. Connectors.

This standard shows that all connectors in this range have passed the strength test required for this standard.

EN 353-2:2002
Personal protective equipment against falls from a height. Guided type fall arresters including a flexible anchor line.

This standard describes the different test methods for traveling devices incorporated into systems made up of a line intended to be fixed (either temporarily or permanently) to a structure.

EN 1891:1998
Personal protective equipment for the prevention of falls from a height. Low stretch kernmantel ropes.

This standard confirms that low stretch kernmental ropes have the ability for low extension during normal work activities but the ability to withstand forces generated by a fall.

Anchorage Device

EN 795 :2012
Personal Fall Protection Equipment - Anchor Devices

This standard pertains to anchorage devices to be used as part of a fall protection system. It tests the devices to make sure they can withstand the maximum dynamic force generated in a fall.

Introduction to Fall Protection

There are 3 general terms used to categorise the use of fall protection equipment.

Work Restraint

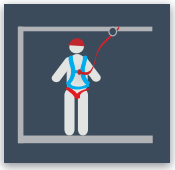
A risk assessment is carried out to determine the circumstances under which the risk of falling can be eliminated by limiting the user's movement to a safe distance from the fall hazard. This is an excellent preventative measure to insure a safe working environment at height.

Areas of use -
- **Roof top work**
- **Powered access equipment**
- **Fall protection on vehicles**
- **Facilities management**
- **And many more**

Work Positioning

This refers to the application of fall protection equipment in scenarios where users need to be suspended in work positions for jobs that need to be carried out at height. Adequate training is required for the user in order to use fall protection equipment in this manner. It is common for this type of fall protection to be accompanied by a fall arrest system.

Areas of use –
- **Telecom**
- **Utilities**
- **Industrial rope access**
- **Confined space**
- **And many more**



Fall Arrest

Fall arrest systems aim to avoid all circumstances where the risk of falling is a hazard by arresting the fall in a safe and controlled manner. This enables the user to perform their work at height without fear of serious injury. Careful consideration is given when setting up these systems to ensure adequate clearance for the user from the ground and to avoid any contact with obstacles in the event of a fall. Moreover, a rescue plan in the event of a fall arrest occurring, is included as part of the planning process since prolonged suspension at height can be dangerous.

Areas of use –
- **Scaffolding**
- **Wind energy**
- **Tower crane erection and maintenance**
- **High bay pallet racking**
- **And many more**

Principles of Fall Protection

There are 3 main principles to consider when planning for working at height.

Avoidance

Consider all reasonable alternatives for the work not to be performed at height if practical or possible.

Prevention

If the work must be performed at height deploy the appropriate preventative measures and work restraint systems.

Mitigation

In circumstances where the risk of falling cannot be prevented, consider the use of netting or other soft landing equipment together with a suitably developed work positioning and/or fall arrest system using the appropriate fall protection equipment.

DID YOU KNOW?

Where Portwest Fall Protection products are unused and stored in a clean, dry environment they have a potential lifetime of:

- **TEXTILE PPE = 10 YEARS**
- **METALLIC PPE = LIMITLESS**

Once used, equipment should be inspected by the user before each use, and a mandatory annual inspection conducted by a trained and competent person.

Application of Fall Protection

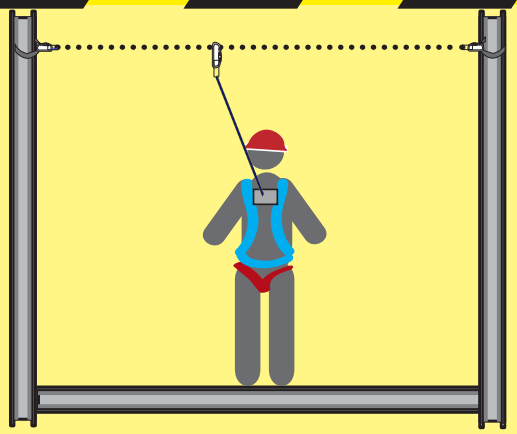
When considering the application of fall protection it can be easier to break it down to its 3 main area's, Anchorage points, full Body harnesses and Connection devices, the ABC of fall protection.

Warning

Training – Fall arrest training is an essential requirement for anyone working at height.
Rescue plan - It is imperative that any fall arrest system includes a rescue plan as suspension at height after a fall can be hazardous for the user if experienced over a prolonged period.

Anchorage Device

Anchorage devices are common fall protection solutions in work areas that lack existing anchor points for personnel tie–off. They are certified to the EN 795 standard, making them approved anchor points for any elevated work area that poses a risk of fall to the worker. These points are responsible for connecting the user to a lifeline or lanyard making them must–haves for the safety of workers at height.



FP01 Temporary Horizontal Lifeline

EN 795

10

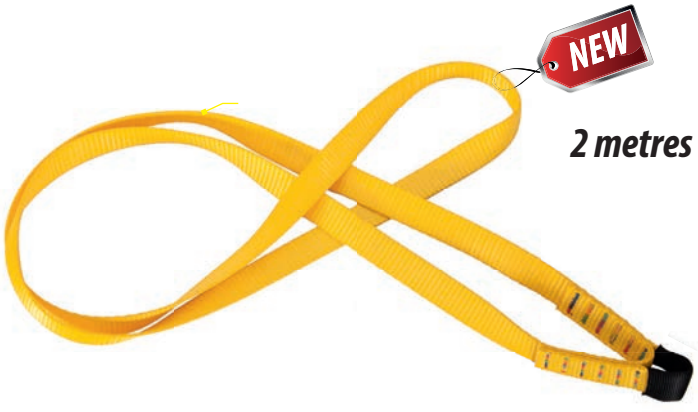
CE CAT III

Constructed with precision engineering and rigorously tested to meet industry standards, the temporary horizontal lifeline is quick and easy to install, extending up to 20 metres in length. Once elevated, this lifeline allows up to two workers to move safely along the line.

Polyester, Alloy Steel, Heat Treated
Black/Yellow
20 metres

20 metres

Attached Bag for Easy Transport and Storage



2 metres

FP02 Webbing Anchorage Sling

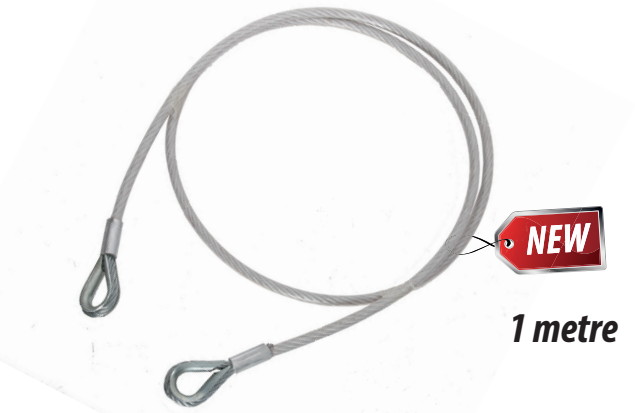
EN 795

96
24

CE CAT III

Engineered using heavy duty polyester webbing for ultimate durability. The 2 metre webbing anchorage sling allows the user to create a safe and reliable connection point which adjusts to a wide variety of anchorage points.

Polyester
Yellow
2 metres



1 metre

FP05 Cable Anchorage Sling

EN 795

80
20

CE CAT III

Designed with a thimble loop on each end and protective plastic casing around the wire. The 1 metre steel sling allows for easy anchorage to a variety of structures.

Steel Rope, PVC
Silver
1 metre

How to Don a Harness

1 Hold the harness up by the back dorsal D ring.

2 Proceed to sling the harness over the shoulders as you would a back pack.

3 Starting at the top attach your chest and waist belt connections.

4 Reaching under your leg, grab the leg straps and wrap around each thigh and then attach to the connection points at the waist.

5 In order to ensure that the leg straps are tightened correctly, a flat hand (but not a closed fist) should fit between the strap and the leg.

6 Finally tighten all straps to a comfortable but firm fit.

FP19 Portwest 4 Point Harness Comfort Plus

6

CE CAT III

EN 813
EN 358
EN 361
EN 1497

Ergonomically designed with the users comfort in mind. The 4 Point Harness Comfort Plus has been engineered from lightweight aluminium optimising strength and durability. It provides 4 points of attachment,one rear D ring, two side D rings and an upper and lower chest D ring. Quick release buckles for easy donning. Ideal for work positioning or suspension work.

Polyester Webbing, Aluminium, Alloy Steel, Heat Treated

X Red/Blue One Size

Ergonomically Designed with Comfort in Mind

FP18 Portwest 3 Point Harness Comfort Plus

6

EN 358
EN 361

CE CAT III

This universal harness incorporates all fall arrest and protection needs in one. Features include two chest loops, two side D-rings, sliding dorsal D-ring, two seating loops and two lower back rings. Fully adjustable with shoulder, back and seat padding for extra comfort.

Nylon Webbing
X Red/Yellow One Size

Extra Padding for Superior Comfort

FP15 Portwest 2 Point Harness Comfort Plus

10

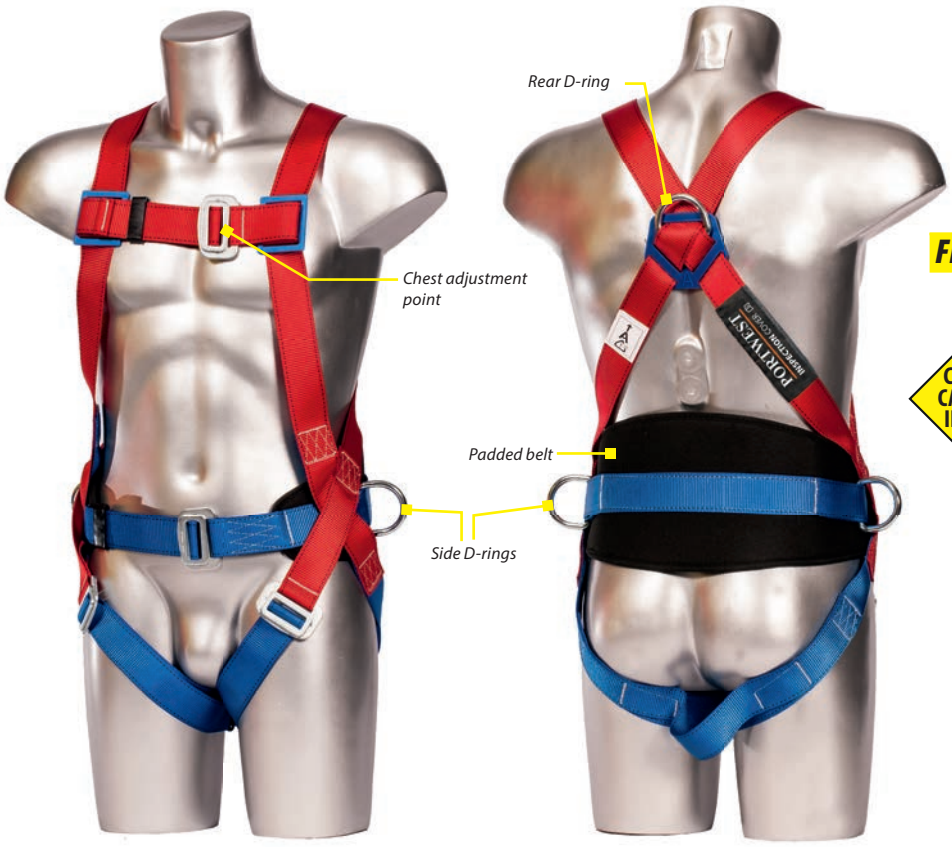
EN 358
EN 361

CE CAT III

This full body harness, with a breathable contoured backpad, provides ultimate comfort and safety when working at height. Featuring an extended D-Ring shoulder strap arrangement for easy dorsal fittings and two side D-rings.

Nylon Webbing
X Black/Yellow One Size

Breathable Contoured Backpad



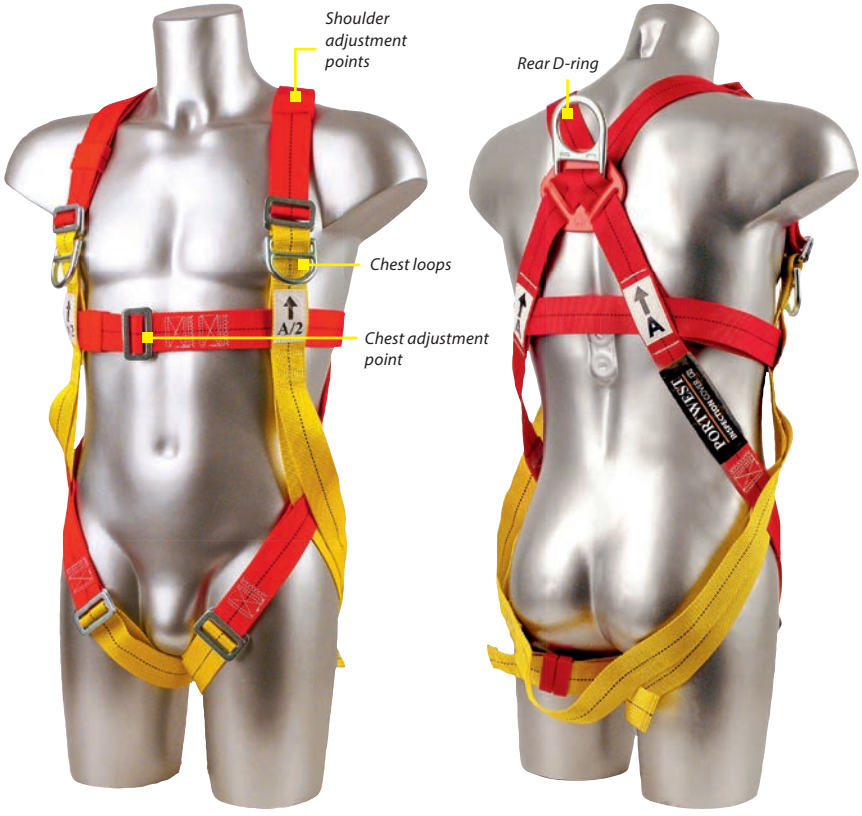
FP14 Portwest 2 Point Harness Comfort

EN 358
EN 361

CE CAT III

Ergonomic harness with a sliding dorsal D-Ring. Features a breathable contoured backpad, two side D-Rings and flat bar buckles which are easy to use and fail safe. Constructed using polyester straps for ultimate durability. The waist, chest and leg adjusters offer excellent fit and user comfort.

Polyester Webbing
Red/Blue One Size



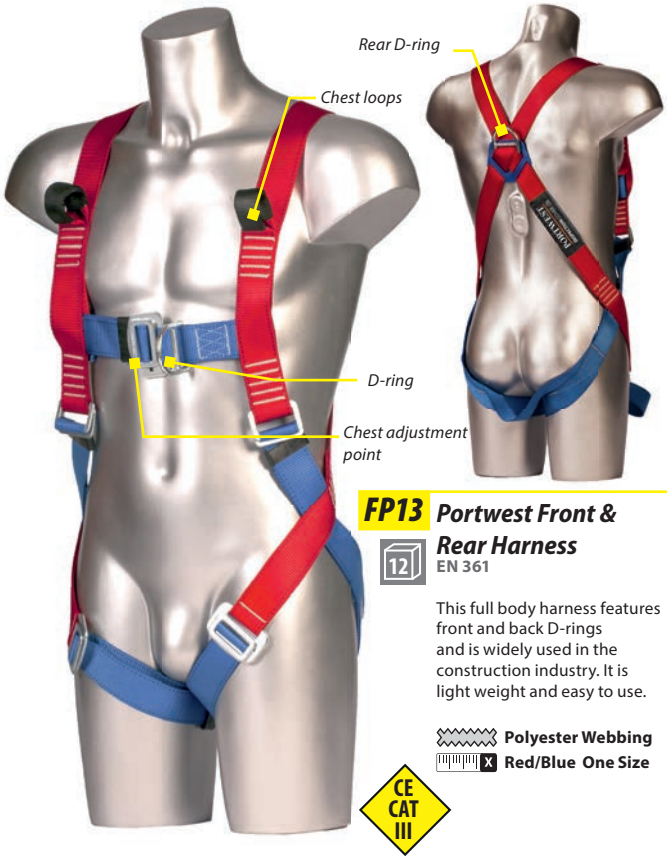
FP10 Portwest 2 Point Harness Plus

EN 361

CE CAT III

Ergonomic, lightweight basic harness with a sliding dorsal D-Ring. Features two chest D-Rings and flat bar buckles that are easy to use and fail safe. Constructed using nylon webbing straps. The chest and leg adjusters offer excellent fit and user comfort.

Nylon Webbing
Red/Yellow One Size



FP13 Portwest Front & Rear Harness

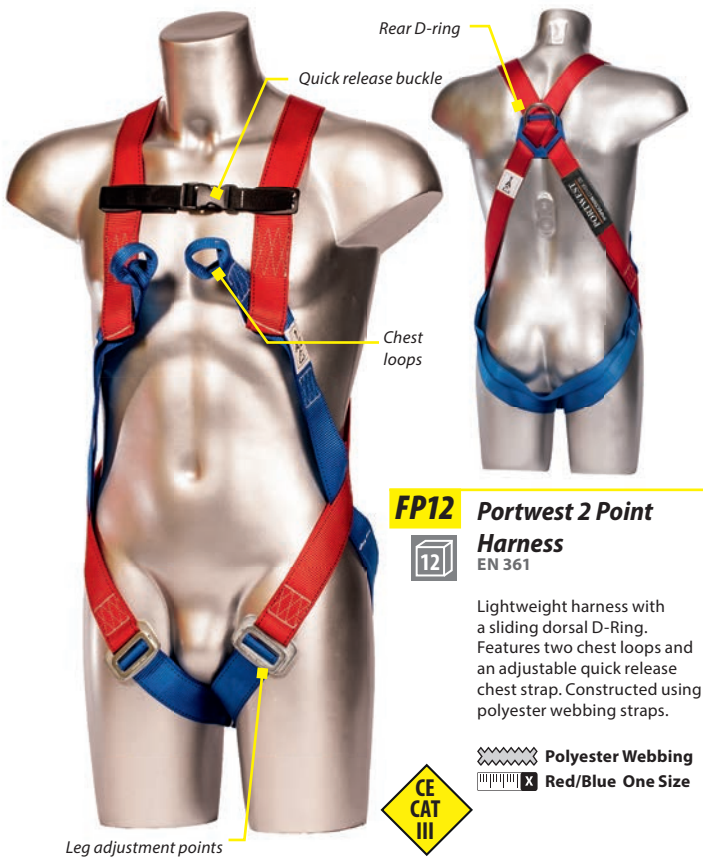
12

EN 361

This full body harness features front and back D-rings and is widely used in the construction industry. It is light weight and easy to use.

Polyester Webbing
X Red/Blue One Size

CE CAT III



FP12 Portwest 2 Point Harness

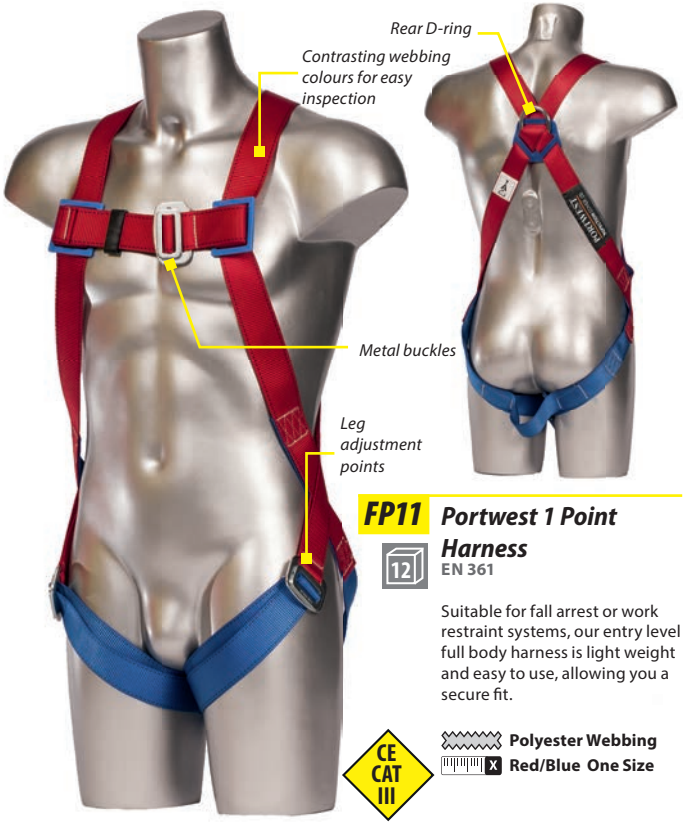
12

EN 361

Lightweight harness with a sliding dorsal D-Ring. Features two chest loops and an adjustable quick release chest strap. Constructed using polyester webbing straps.

Polyester Webbing
X Red/Blue One Size

CE CAT III



FP11 Portwest 1 Point Harness

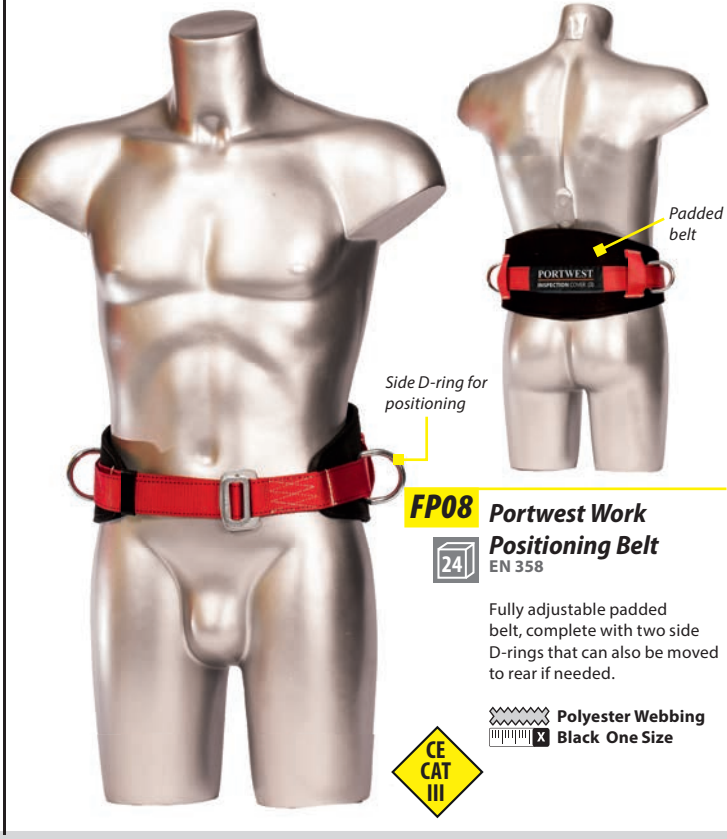
12

EN 361

Suitable for fall arrest or work restraint systems, our entry level full body harness is light weight and easy to use, allowing you a secure fit.

Polyester Webbing
X Red/Blue One Size

CE CAT III



FP08 Portwest Work Positioning Belt

24

EN 358

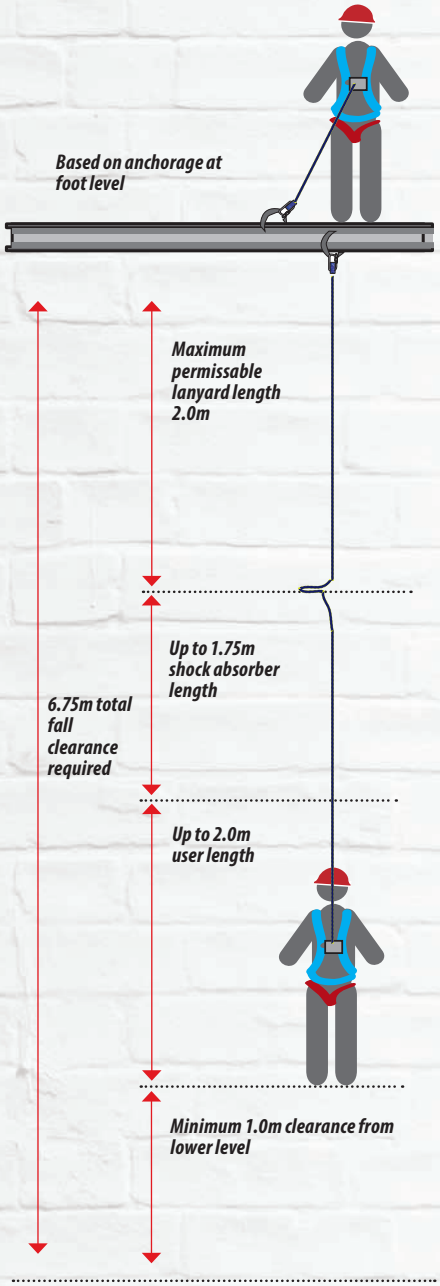
Fully adjustable padded belt, complete with two side D-rings that can also be moved to rear if needed.

Polyester Webbing
X Black One Size

CE CAT III

Lanyard

Lanyard Fall Clearances



FP20 Kernmantle Lanyard
EN 354

16

Developed for continuous protection while working at heights, this strong, durable 150cm Kernmantle Rope Lanyard has a scaffold hook and carabiner.

Polyester Rope, Alloy Steel, Heat Treated
White

CE CAT III

FP21 Single Lanyard
EN 354

16

This 150cm lanyard is made from polyester rope with a scaffold hook and a carabiner.

Polyester Rope, Alloy Steel, Heat Treated
White

CE CAT III

IMPROVED

FP22 Adjustable Restraint Lanyard
16
EN 354
EN 358

Adjustable rope lanyard ideal for work restraint. It is 200cm in length including connectors.

Polyester Rope
White

CE CAT III

IMPROVED

FP23 Single Lanyard With Shock Absorber
12
EN 355
EN 362

This lanyard is 180 cm in total, including 120cm rope, tear open energy absorber, snap hook and a scaffold hook.

Polyester Rope
White

CE CAT III

FP25 Double Lanyard With Shock Absorber

EN 355
EN 362

10

CE CAT III

The double end lanyard has two 120cm ropes with a tear open energy absorber, two scaffold hooks and one snap hook. 180cm in total including scaffold hooks and snap hook.

Polyester Rope
White

FP26 Work Positioning Lanyard with Grip Adjuster

EN 358

18

CE CAT III

Designed to optimise strength, durability, and flexibility. This 2 metre adjustable kernmantle rope lanyard is ideal for work positioning. A snap hook and an adjustable rope grab, allows for quick and easy positioning when working at height.

Kernmantle Rope, Steel Alloy, Heat Treated
White

FP50 Webbing Lanyard With Shock Absorber

EN 354
EN 355
EN 362

12

CE CAT III

This lanyard is made with polyester webbing and includes an energy absorber, a self locking carabiner and scaffold hook. It is 180cm long including connectors.

Polyester Webbing
Blue

IMPROVED

FP51 Double Lanyard Webbing With Shock Absorber

EN 354
EN 355
EN 362

12

CE CAT III

Double ended lanyard featuring high quality webbing, hooks, carabiner and shock absorber. It is 180cm long including connectors.

Polyester Webbing
Blue

IMPROVED

FP52 Double Lanyard Elasticated With Shock Absorber

EN 354
EN 355
EN 362

12

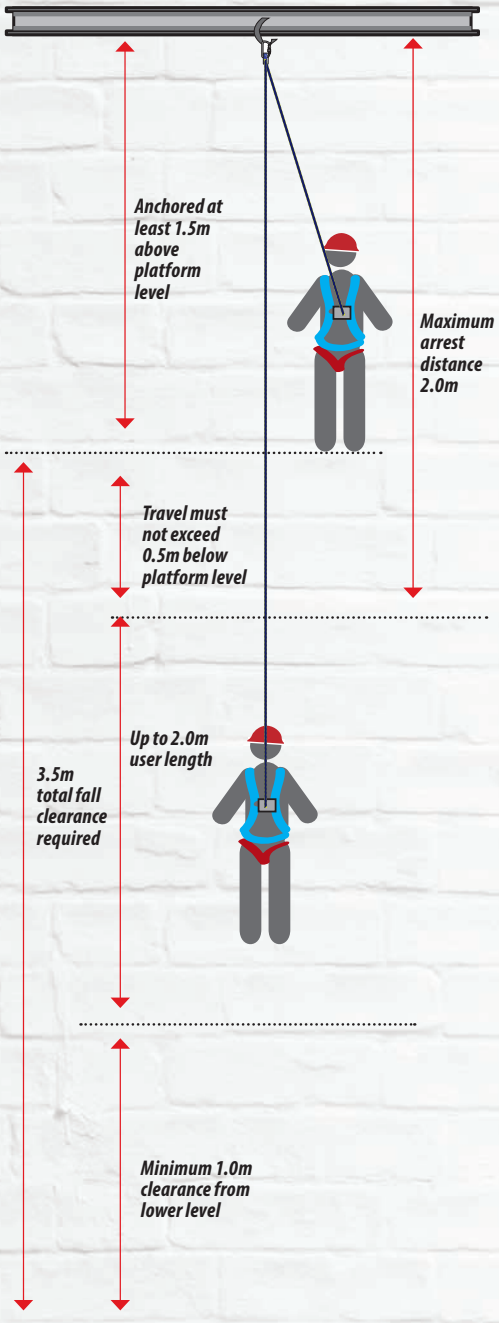
CE CAT III

This double ended elasticated lanyard features a shock absorber, two scaffold hooks, a carabiner and is made from elasticated polyester webbing. It is 180cm long including connectors when fully extended.

Polyester Webbing
Hi-Vis Yellow

IMPROVED

Fall Arrest Block Clearance



Automatic Fall Arrest Block

Automatic fall arrest blocks could be compared to the seatbelt of a car. The life line is coiled inside high quality durable housing where it can extend and retract. This means the line is under constant tension ensuring that there is no slack thus reducing the risks of trip or slip hazards. In the event of a fall the arrest block will lock and stop your fall after a short distance. Designed to be used with all Portwest harnesses and connectors.

IMPROVED

FP41 Steel Rope Fall Arrest Block

EN 360
EN 362

CE CAT III

This fall arrest block comprises of a retractable lifeline made of wire rope which is stored on a reel within a protective housing. The reel is spring-based to wind the retractable lifeline in. The reel incorporates an inertia brake mechanism, which allows the lifeline to be slowly extracted and automatically retracted to accommodate the user's body movements. It also comprises of a swivel snap hook with a double safety lock and fall indicator.

Steel Rope, ABS Plastic Shell 10 metres
Black

FP40 Web Fall Arrest Block

EN 360
EN 362

CE CAT III

3 metre retractable webbing lifeline including a carabiner and swivel snap hook with double safety lock with load indicator. Manufactured using ultra high molecular weight polyethylene webbing, this arrest block is high strength, light weight, UV and water resistant.

ABS Plastic Shell, Polyethylene Webbing 3 metres
Hi-Vis Orange

FP48 Self Retract Lifeline

EN 360
EN 362

CE CAT III

1.35 metre retractable webbing lifeline including a carabiner, shock absorber and swivel snap hook with double safety lock and load indicator. The webbing is manufactured using ultra high molecular weight polyethylene. This next generation arrest block is high strength, light weight, UV resistant and water resistant.

ABS Plastic Shell, Polyethylene Webbing 1.35 metres
Black

Accessories Range

FP39 Wire Hook Anchorage Connector

20

EN 362

CE CAT III

Stainless steel anchorage connector for quick docking. Its breaking load is 23kN. It has a gate opening of 100mm.

Stainless Steel
Silver One Size

MAX 23kN

100 mm

FP35 Scaffold Hook

25

EN 362

CE CAT III

Steel forged scaffold hook.
Length: 220mm, Gate opening: 52mm.
Breaking load: 25kN.

Alloy Steel, Heat Treated
Silver One Size

IMPROVED

MAX 25kN

52 mm

FP36 12mm Detachable Rope Grab

36

EN 353-2

CE CAT III

In the event of a fall the rope grab becomes locked and prevents decline. Attachment ring allows connection of lanyard or any number of other products. Removable feature allows rope grab to be attached or detached anywhere along the lifeline. Trailing feature allows rope grab to follow user providing freedom of movement.

Stainless Steel
Silver One Size

FP30 Carabiner

100
10

EN 362

CE CAT III

Steel oval carabiner with screw lock, length: 106mm, opening: 19mm.
Breaking load: 25kN.

Alloy Steel, Heat Treated, Zinc
Silver One Size

MAX 25kN

19 mm

FP27
10m x 12mm

FP28
15m x 12mm

FP29
30m x 12mm

FP27 10 Metre Static Rope

EN1891

20

FP28 15 Metre Static Rope

EN1891

12

FP29 30 Metre Static Rope

EN1891

6

CE CAT III

12mm diameter kernmantle static rope. Ideal for use with detachable rope grab. Kernmantle rope is a low stretch, high strength rope with a tightly woven mantle skin that prevents the product from untangling, making this product acceptable for all uses including running a speed line.

Kernmantle Rope
White

Tool Lanyard

FP34 Tool Lanyard

x24
10

Essential for anyone working at height the tool lanyard can be attached to the user's wrist or person. This can be done using the carabiner or elasticated drawstring, leaving the other end attached to your tool. This item prevents your tool from becoming a dangerous falling object and a safety hazard when working at height.

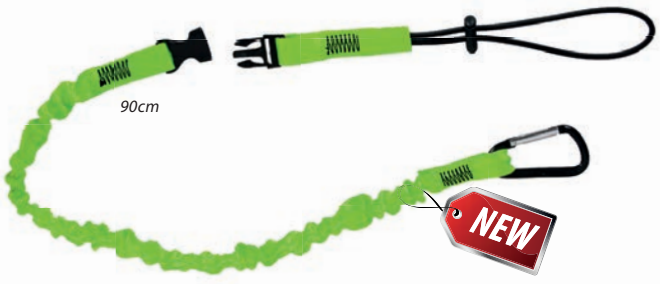
Polyester
X Black 90cm

FP49 Helmet Lanyard

x24
10

Introducing the ultimate in helmet safety, the helmet lanyard is essential when working at height. One end of the lanyard attaches to the helmet and the other end attaches to the users clothing, preventing the helmet from falling and causing injury.

Polyester Webbing, Plastic
X Hi-Vis Green 80cm



FP44 Quick Connect Tool Lanyard

x24
10

A versatile tool lanyard which prevents falling objects from a height. Specifically designed to be interchangeable with FP45, suitable for quick and easy exchanges of multiple tools.

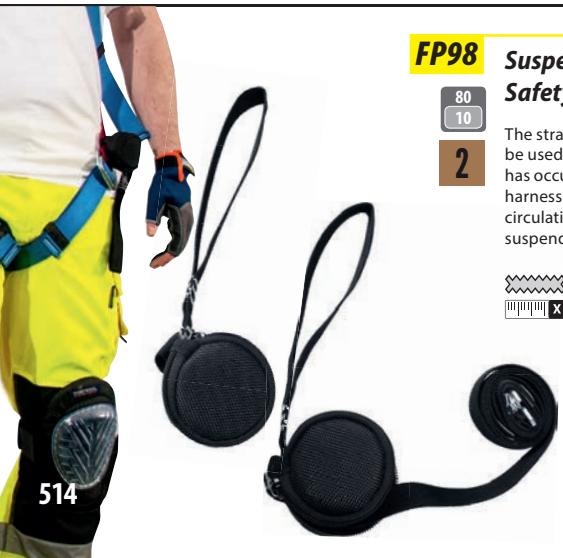
Polyester Webbing, Plastic
X Hi-Vis Green 90cm

FP45 Quick Connect Clips (x3)

x24
10

3 pack of interchangeable connectors which attaches to the FP44 Tool Lanyard. Quick and easy exchange of multiple tools.

Polyester Webbing, Plastic
X Hi-Vis Green 30cm



FP98 Suspension Trauma Safety Straps

80
10

2

The straps are designed to be used after a fall arrest has occurred to stop the harness from damaging your circulation when you are suspended in it.

Polyester Webbing
X Black
Adjustable size

MAX
100KG

FP99 Nylon Drawstring Bag

60

This versatile drawstring bag is high strength yet lightweight, making it ideal for securely holding your fall protection products.

100% Nylon, PU Coated
X Black 75cm X 55cm

Fall Protection Kit

FP60 Restraint Kit

-Work Positioning Belt
-Single Lanyard with Carabiner and Scaffold Hook
-Nylon Drawstring Bag

FP61 Low Level Fall Arrest Kit

-2 Point Harness
-Self Retract lifeline (1.35m)
-Carabiner
-Nylon Drawstring Bag

FP62 Fall Arrest Kit

-2 Point Harness
-Single Lanyard with Shock Absorber, Snap Hook and Scaffold Hook
-Nylon Drawstring Bag

FP63 Industrial Kit

-2 Point Harness
-Steel Rope Fall Arrest Block
-Single Lanyard with Carabiner and Scaffold Hook
-Carabiner
-Nylon Drawstring Bag

FP64 Scaffolding Kit

-2 Point Harness Comfort Plus
-Double Lanyard with Shock Absorber, Snap Hook and 2 Scaffold Hooks
-Nylon Drawstring Bag

FP65 Construction Kit

-2 Point Harness Comfort Plus
-Single Lanyard with Carabiner and Scaffold Hook
-Double Lanyard with Shock Absorber, Snap Hook and 2 Scaffold Hooks
-Nylon Drawstring Bag

FP66 10m Roofing Kit

-2 Point Harness
-Carabiner
-12mm Detachable Rope Grab
-10 metre Kernmantle Static Rope
-Nylon Drawstring Bag

FP67 15m Vertical Descent Kit

-2 Point Harness
-Carabiner
-12mm Detachable Rope Grab
-15 metre Kernmantle Static Rope
-Nylon Drawstring Bag

FP68 30m Ascending/Descending Kit

-2 Point Harness
-Carabiner
-12mm Detachable Rope Grab
-30 metre Kernmantle Static Rope
-Nylon Drawstring Bag