

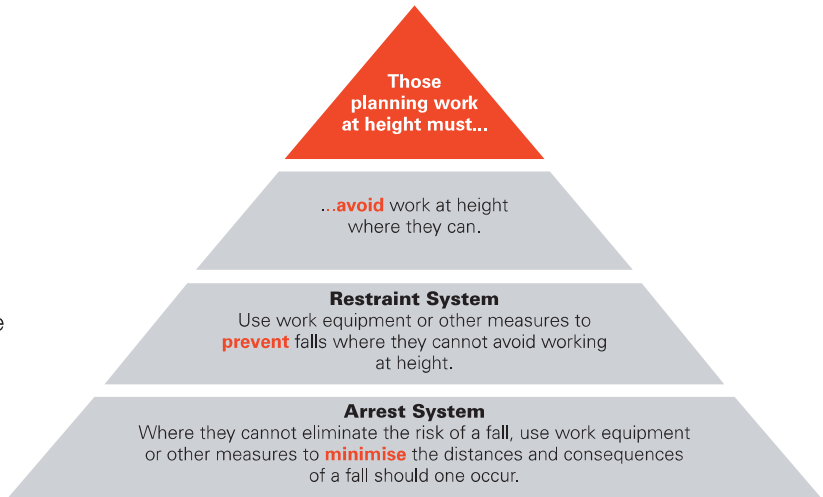
Fall Protection Systems

Hierarchy of Fall Protection

A designer or building owner must ensure the safety of a worker, if the need to work at height cannot be avoided.

Defined by the Hierarchy Triangle, where there is any risk of a fall the system must be designed and classed as an arrest system.

A system can only be deemed restraint where there is no possibility of a fall.



'Avoid work at height wherever possible!'

This is a well known Health and Safety protocol, where working at height is required, we are all responsible for minimising the risks. When roof access cannot be avoided, all current guidance calls for 'work restraint' systems as the best option. SFS design to restraint by default.

Fall protection systems are either a Restraint or an Arrest system



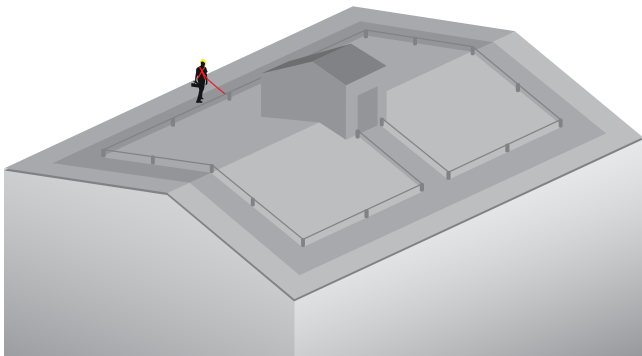
Restraint

No risk of a fall



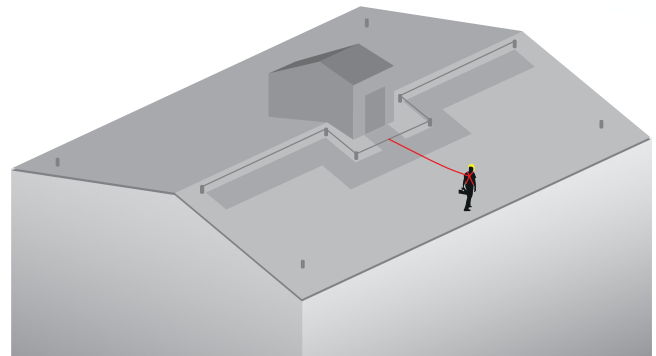
Arrest

Potential for a fall



A typical restraint system is set 2.3m back from the roof perimeter or any open edge or potential fall. The user's path is dictated.

Minimal PPE and user training required.



A fall arrest system requires more input from a design point of view, this should always be backed up with published calculations applicable to the roof substrate type. Other factors such as building height and fall clearances require due consideration

This type of system requires specialist PPE, user training **and** a rescue plan to be in place.