

APPLICATION

Every year in Australia, an average of 19 people die from workrelated falls; one every 2-3 weeks. Half of those fatalities are from heights 3m or less; some even from as little as 60cm.*

Safe Work Australia specifies that height risk assessment is essential for ANY HEIGHT. Height Safety Awareness training is compulsory for all workers who inspect their own harnesses and safety equipment prior to any work at height.

RISK ASSESSMENT

Safe Work Australia (www.safeworkaustralia.gov.au) has Codes of Practice referencing working at height; included are Managing the Risk of Falls in the Workplace, Preventing Falls in Housing Construction and a Code of Practice for Confined Space. In the event that working at height hazards cannot be eliminated with controls other than personal protective equipment, then the selection of specific fall prevention equipment, provision of rescue and retrieval equipment, and training to specific competencies must become part of the overall risk management process. Height Safety Training to a specified competency is now an integral part of any work at height undertaking - refer AS/NZS 1891.4:2009 Amd 1:2021. Equipment inspections to manufacturer's requirements must be conducted by competent persons.Arecord of training and equipment in spection is the primary responsibility of the person conducting a business or undertaking. WHS Regulations detail the management of risk of a fall by a person from one level to another, including requirements to:

- **1.** ensure, so far as is reasonably practicable, that any work involving the risk of a fall is carried out on the ground or on a solid construction
- 2. provide safe means of access to and exit from the workplace
- **3.** minimise the risk of falls so far as is reasonably practicable by providing a fall prevention device, work positioning system or a fall arrest system.

Do Not Work Alone - A worker making their own connections can make a mistake and must never make their own D-ring connection with the harness already on – a fellow worker should check all connections relating to a harness.

Connector Compatibility - Mixing height safety components from a variety of manufacturers is not recommended, as components that may appear to be compatible may in practice not be. When selecting systems the user should look to ensure that the hook and "D" are compatible wherever possible. Proper connector compatibility ensures that pressure can't be put on the gate of the connector by the ring you are connecting into i.e. anchor point or rear D. **Rescue** - Rescue must always be integral with any fall protection programme.

Suspension Intolerance - This is thought to occur as a result of low blood pressure caused by blood pooling in the lower extremities as an after-effect of a full body harness fall.

SAFETY TIPS

- Consider the workspace below the height work i.e. the need for isolation, barriers and signs.
- Consider interaction with other trades and activities.
- Equipment should be inspected by the user before and after each use.
- Maintain equipment in accordance with the manufacturers' guidelines and AS/NZS 1891.4:2009 Amd 1:2021
- Ensure the correct size harness is worn.

All workers should be trained in the correct use and maintenance of personal protective equipment.

USEFUL REFERENCES

AS/NZS 1891.4:2009 Industrial fall arrest systems and devices - Selection, use and maintenance.

AS/NZS 1891.1:2020 Personal Equipment for work at height Manufacturing requirements for full body combination and lower body harnesses.

AS/NZS 1891.2.2001 Industrial fall-arrest systems and devices - Horizontal lifeline and rail systems - prescribed configurations for horizontal lifelines.

AS/NZS 1891.3:2020 Personal Equipment for work at height, Part 3: Manufacturing requirements for fall-arrest devices. **AS/NZS 2865-2009** Confined spaces.

3M SALA/PROTECTA HARNESSES/KITS......91 3M SALA/PROTECTA LANYARDS/STRAPS...94 3M SALA/PROTECTA ANCHORS/SRL'S95 3M SALA/PROTECTA TRIPODS/HOISTS......96 3M TOOL DROP PREVENTION......97 SKYLOTEC HEIGHT EQUIPMENT/RESCUE....98 LINQ HEIGHT EQUIPMENT/LIFTING99

*Info: Worksafe Australia Key Stats doc and Fire & Safety Australia

DISCLAIMER: The information detailed above is not provided as a solution to the control of workplace hazards. It is an outline and has not been prepared as any statement of law nor is it intended to replace or substitute for professional and/or legal advice which is strongly recommended.





Terminology

1. Work Positioning

A Work Positioning System is one that is designed to hold and sustain the worker at a location and limit the free fall to max. 600mm.

2. Restraint Technique

Control on a worker's movement by use of a fall-arrest system using an adjustable connection to an anchorage preventing movement to a position where free or limited free fall might be possible. Restrained Fall describes the same connections but where the worker maintains a restraint technique over varying distances from the anchorage.

3. Fall Arrest or Free Fall Arrest (FFA)

A system that is designed to stop the free fall of a worker and limit maximum arresting forces on the body to 6kN or less. A fall where the arrest forces begin to take loading in excess of 600mm. The maximum free fall distance is 2m. Limited Free Fall is where anchorage placement or lanyard length limits free fall to less than 600mm.

4. Rescue

A Rescue System designed to raise or lower a worker to safety in the event of an emergency. No free fall or risk to the rescuer should be possible.

5. Suspension

Designed to suspend and support the worker whilst raising or lowering and not allowing free fall.

6. Working Slack

The lifeline distance from a harness attachment point to the anchorage point. Use an adjustable lanyard to limit working slack.

7. Weight Limitation

The weight of a worker including tools. 3M™ lanyards have been designed, tested and certified for a combined worker weight with tools to between 50kg and 160kg. Weight combinations above 160kg must use a rated Self Retracting Lanyard (SRL).

Note: There is no such thing as a safe fall distance.

Anchorage devices must be engineer approved and fitted by a trained specialist.

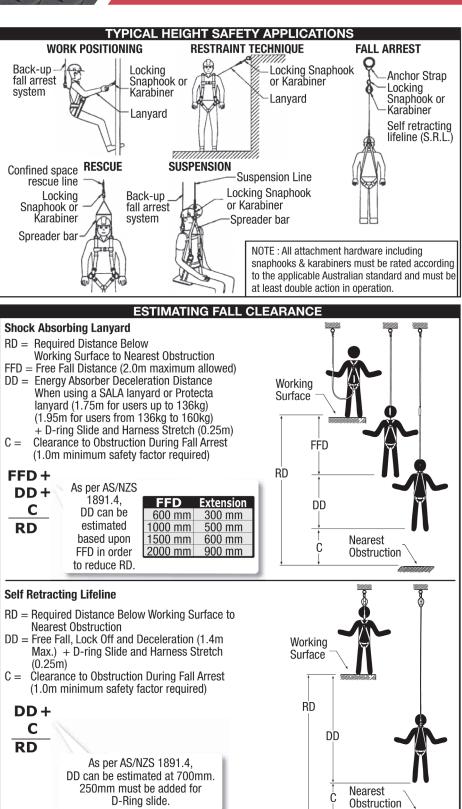
3M[™] SAFETY TRAINING

Real World Training with the world's leading height safety company

- · World-class training with the industry's best instructors
- · Nationally recognised courses approved by ASQA · Experienced training instructors
- with backgrounds that include rescue, fire and safety capabilities
- Anytime, anywhere. We will train your workers on-site or they can attend our fully equipped training facilities

Our Range Of Training Courses Include: Have more specific needs?

3M Safety training offers over 30 different height safety training courses, contact us for more information



Height Safety Operator (Work Safely At Heights)	This course takes the participant through the theory of working at heights and also includes practical exercises and an introduction to peer rescue.	B
Height Safety Supervisor	Designed to provide candidates with the necessary skills to be competent as a Height Safety Supervisor as per AS/NZS 1891.4.	A
Height Safety Manager	Builds on the previous unit skill level of Height Safety Supervisor to consolidate all that is learned and to further develop these skills to Height Safety Manager level as per AS/NZS 1891.4.	
Height Safety Equipment Inspector	Provides candidates with the knowledge and techniques to inspect and oversee the care and maintenance of their organisations fall protection equipment.	



HEIGHT SAFETY



DELTA[™] Tower Workers Harness

- Large rear fall arrest rated stand-up D-ring
- Front fall arrest/belay loops
- Confined space retrieval/attachment points
- Quick-connect buckles
- Pole/restraint D-rings
- Corrosion resistant hardware
- Fully adjustable

COD UBH

- REPEL[™] technology webbing
- Padded waist belt with side D-rings
- Harness storage bag





DE	DESCRIPTION	SIZES	UOM
H853-0018	Tower Workers Harness	S, M, L, XL	Ea



HEIGHT SAFETY



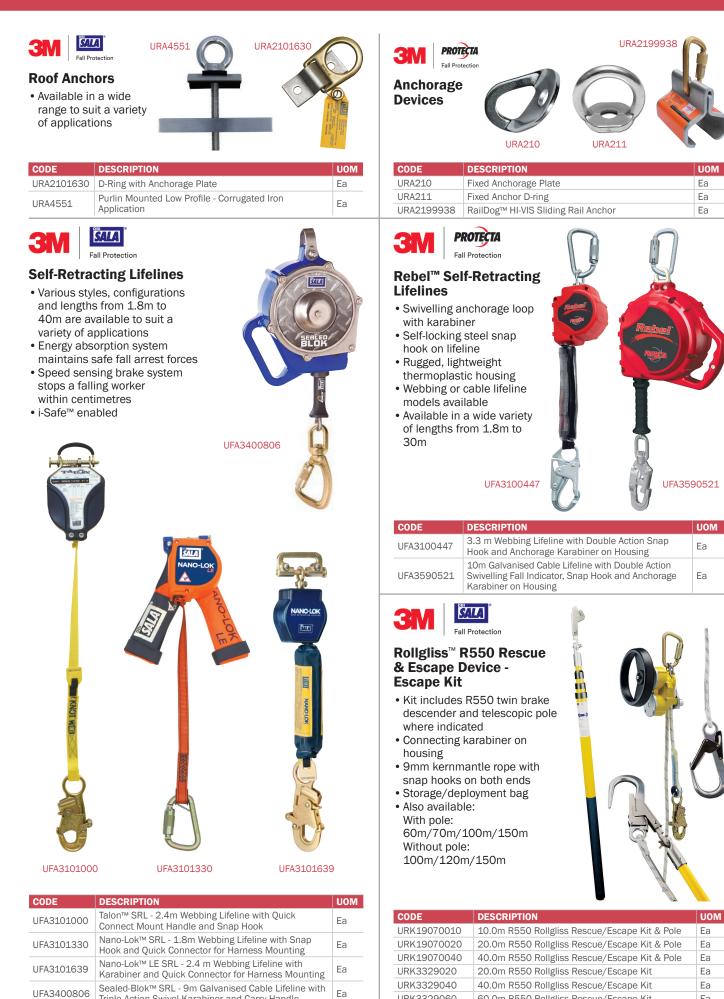
93



LOCAL SAFER KNOWLEDGE WORKERS



HEIGHT SAFET



Triple Action Swivel Karabiner and Carry Handle

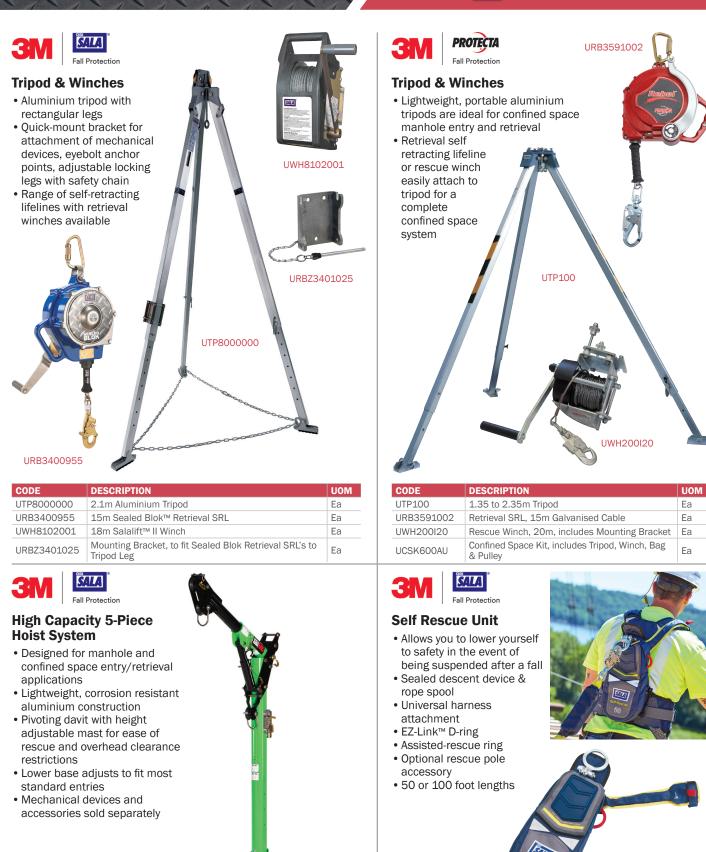
Ea

60.0m R550 Rollgliss Rescue/Escape Kit

URK3329060



LOCAL SAFER KNOWLEDGE WORKERS



UOM

Ea

	· ·	
CODE	DESCRIPTION	UOM
USR3320030	Self-Rescue 50'	Ea
USR3320031	Self-Rescue 100'	Ea
USR3320037	Self-Rescue Training Unit - 30'	Ea
USR8900299	Self-Rescue Pole	Ea

F

UHS8000132

CODE

DESCRIPTION

High Capacity Hoist System

HEIGHT SAFETY









HEIGHT SAFET

HEIGHT SAFETY

Essential Harness

- High tenacity UV stabilised pebble weave webbing
- Large dorsal D ring
- Extended belay loops
- Closed loop webbing system on rear dorsal D
- Articulated chest strap and shoulder adjustment points
- · Padding under buckles
- Hot Works Welders Harness available with Kevlar®/ Nomex® webbing for high resistance to heat

CODE	DESCRIPTION	SIZES	UOM
UBH101	Essential Harness	S, M/L, XL/2XL	Ea
UBH101QR-HW	Essential Hot Works Welders Harness	M/L	Ea

Elite Riggers Harness

 High tenacity UV stabilised pebble weave webbing

HEIGHT SAFETY

- Rear barr D allows easier access
- Extended belay loops

UASE2515

- Padding under buckles
- Suspension trauma strap
- Confined space rescue loops
- · Closed loop webbing system on rear dorsal D
- Air COOL padded shoulder straps
- · Articulated chest strap and shoulder adjustment points · Padded legs for force dispersion

CODE	DESCRIPTION		ZES	UOM
UBH301 EXAMPLE VIEW OF SAFETY • Suitable for applications roofs only	Tetha T-Bar fall arrest	Anchor Te • For use on • 280mm - a roofs • 500mm - 1 Orb roofs	n metal or til all purpose	le roofs metal
CODE	UOM	CODE URATPS280	LENGTH 280mm	UOM Ea
URATBA	Ea	URATPS500	500mm	Ea
• 25mm anch endless - 1.5		Single Sh Lanyard • Single adju triple action	ustable c/w on karabiner	two
CODE	UOM	CODE		

ULYA1SNSN

Ea



Tactician Riggers Harness

- High tenacity UV stabilised pebble weave webbing
- Easy access Rear barr D
- Extended belay loops Closed loop webbing
- system on rear dorsal D
- Confined space rescue loops Suspension trauma strap
- Padding under buckles
- · Articulated chest strap and shoulder adjustment points

CODE	DESCRIPTION	SIZES	UOM
UBH201	Tactician Riggers Harness	S, M/L, XL/2XL	Ea
HEIGHT SAFETY	ſ		
Essential Sta Roofers Kit	andard		
Kit includes: • Essential harr • 15m kernmar	ness H101 Intle rope with rope		JP3

- grab & thimble eye (RKRG015)
- Single leg webbing lanyard with 2 snap hooks (WL01SNSN)
- · 25mm anchor strap endless -1.5m (HSASE2515)
- 2 x screw gate karabiner
- Kit bag (HSKB710)
- Basic Roofers Kit version available



CODE	DESCRIPTION	UOM
UFPKRSTD	Essential Standard Roofers Kit	Ea
UFPKRBSC	Essential Basic Roofers Kit	Ea

UOM

Ea

UOM

Ea

Pole Strap

CODE

UPS20SN

Lanyard

CODE

ULY01SNSN

Ea

hooks - 2.0m

• 2.0m adjustable pole strap c/w two snap hooks

Single Shock Absorbing

Single webbing c/w two snap

- **Double Shock Absorbing** Lanyard
- Double elasticated c/w double action karabiner & two triple action Scaff Hooks - 2.0m











SAFER

UMRTD356J

UMRTD5091

1.5T

2.5T

Ea

Ea

UMRTD509J

UOM

Ea

WORKERS

LOCAL KNOWLEDGE

DESCRIPTION

UOM

Ea

CODE

UMSF

DESCRIPTION

Specify weight & length

CODE

UMSR