

Work at Height - Fall Arrest video transcript

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Hello my name's Toby and I work in the City of London Corporation's

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health and safety where one of our jobs is to help keep people safe

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and that includes people working in or on the many tall buildings here in the

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global financial centre

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known as the Square Mile. This short video serves to underline the care that

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must be taken when working at height

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one of the options you can use to mitigate the risk is the use of a fall

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arrest system

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remember the fall arrest system will still allow a person to fall

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just not so far or so fast preventing fall all needs to be the highest

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priority

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so you may want to choose a system that works differently.

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Physical guarding such as rails or even a fall restraint system

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would generally be better and preferable but back to the fall arrest system

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if you choose to use it. A key thing to bear in mind is how far a person is going

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to fall while wearing it.

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A typical system will only engage

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after it has become taut and so the length of the lanyard

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is the first consideration. You should also consider where a lanyard is

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anchored

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if the anchor point is high up then the lanyard will become taut very quickly

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and limit the distance fallen before the system engages.

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But if it is low then there may be several extra metres to form before the system

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gets a chance to work

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or the rope may even get damaged or could be lost falling.

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You must also remember a person's legs and head

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are longer than the lanyard so fall beyond the lanyard's length

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so already in the event of a fall a person will drop several meters before

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their system deploys.

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Once it does deploy most systems will generally slow descent

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by allowing the tearing of stitched webbing so that the lanyard is

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lengthened

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and that might add up to an extra two meters. Given all these factors

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a fall arrest system may not work properly unless used above a possible

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for distance of six

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or even seven meters it may be useless and unsafe

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as a control measure if used at a short distance. You also need to make sure that

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any anchor point is suitable and tested for its intended purpose of holding someone's

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weight during a fall.

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For example work restraint latch waste star systems

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are not necessarily going to take a person's weight in the fall

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because they've not usually been designed for that purpose you shouldn't

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ever seen their fall arrest systems always check first.

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So when considering what falls in the use the fall arrest system by you

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or your contract is mixed we conceded all of these factors

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and controlled them and six or seven meters is a long way to fall

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someone may still get hurt some don't forget that the best approach

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still to stop someone falling in the first place on

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time.