

# Working at Height

## ABC's of Working at Height

- A - Anchorages
- B - Body Support
- C - Connecting Devices
- D - Descent & Rescue



[a1-cbiss.com](http://a1-cbiss.com)

**3M**

DBI  
**SALA**

Fall Protection

**PROTECTA**

# Body Support

**Multi-Purpose Harness** - Typically includes a single or two attachment points for fall arrest (front and back). EN361.

**Work Positioning Harness** - Typically a four point fall arrest and harness. Includes work positioning D-rings on the hips and waist pads for lumbar support. EN361 & EN358.

**Suspension Harness** - A five point fall arrest used for work positioning. Utilises a low front attachment point for use with descent control devices and rope access. EN361, EN358 & EN813

**Confined Space / Rescue Harness** - With overhead point for upright retrieval in confined space. EN361 & EN1497



## Choose the right harness...look for these features



Spring loaded dorsal D ring



Built-in carrying pouch



Pelvic support - for added comfort



Number of attachment points



Suspension relief straps



Comfort padding for long hours of wear



Repellent webbing reduces dirt & mould



Impact indicators speed up inspection



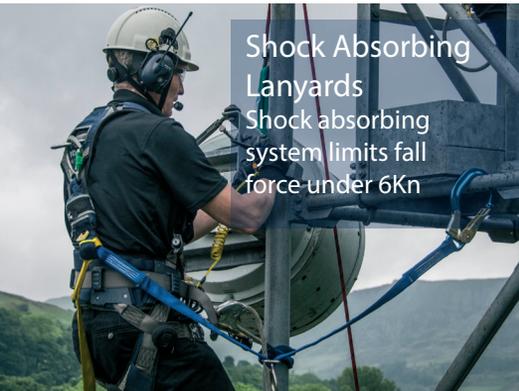
Park your lanyard when not in use



Adjusting points for a better fit

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# Connecting Devices



**Shock Absorbing Lanyards**  
Shock absorbing system limits fall force under 6Kn



**Work Positioning Lanyards**  
Wrap around a structure to keep a worker in position



**Restraint Lanyards**  
Limited lanyard length prevents risk of falling over an edge



**Self-Retracting Lifelines with Retrieval**



**Self-Retracting Lifelines**

## What's Your Rescue Plan?

When using fall arrest systems, you are obliged by law to have a rescue plan in place, which, following a fall ensures that a worker can be retrieved as soon as possible.

You cannot rely on the emergency services!

[Book a Site Survey](#) - Leave it to us to fully assess your fall arrest requirements

# Descent & Retrieval

**5 Piece Davit Hoist Systems** are designed for confined space entry and retrieval.

Available as short or long adjustable solutions, the lightweight yet sturdy davit pivots 180° for ease of rescue.

Includes winch mounting brackets but winch and Self Retracting Lifelines must be bought separately.

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