

# Technical Bulletin

No. FAH002AU Rev B

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## ***Subject: Use of Fall Protection Equipment by Personnel Over 100kg***

This technical bulleting covers Fall arrest equipment such as Industrial Fall Arrest Harnesses certified under Australian and New Zealand standards for use with energy absorbing lanyards that are rated to 100kg. This covers all products manufactured in Australia under the DBI-SALA, PROTECTA and FIRST brands.

Other products such as the Self retracting lanyards are now provided with higher load capacity providing a complete personal safety system.

Capital Safety has developed energy absorbing systems that enable these products to provide performance of the product beyond this prescribed weight.

Harnesses can be made to fit a person greater than a 'large' size on request however, the weight limit for that person (including all tools and equipment) MUST NOT exceed 160kg when using SALA energy absorbing systems. All SALA harnesses and lanyards combinations are designed for a maximum weight limit of 160kg.

Personal fall protection products are rigorously tested using a calibrated test torso of a 100kg mass to ensure compliance to AS/NZS 1891.1. The subsequent performance rating for a weight limit of 160 kg is derived from a formula developed following a series of tests carried out by the RTA Crash Lab in the year of 2002 by the Industry resulting in enhanced testing beyond the min requirement of the Australian Standard enabling the energy absorbers to be rate above the min requirement of AS/NZS1891.1.

The following guidelines must be followed when using fall protection equipment:

1. A personal fall arrest or restraint system must incorporate a fall arrest harness. The harness must be properly sized for the user. Sufficient strap length in adjuster buckle locations must be provided to ensure the harness will not release. Capital Safety recommends at least 10 cm of webbing extending beyond the adjuster buckle.
2. Other personal fall arrest equipment, components, systems, or subsystems must be equally rated for capacity.
3. Anchorage must be capable of supporting at least 15kN without failure for one person and 21kN for two people in free fall arrest.
4. Only systems that include an energy absorber, self-retracting lifeline (SRL), or other device to control fall arrest forces may be used. **Restraint lanyard systems must not be used.**



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5. Fall arrest systems should be rigged to minimize potential free fall. Free fall distance must not exceed 2.0m (refer to equipment instructions for free-fall limitations).
6. Equipment must be used, inspected, and maintained according to the user instruction manual provided with the equipment.

Following general industry standards, the maximum allowable body weight for workers using fall arrest harnesses and lanyards using SALA Lanyards is 160kg.

Capital Safety has a range of self-retracting lifelines (SRL's) that have been tested and approved for use by personnel weighing up to 163 kg. or greater for some models.

Capital Safety under the SALA brand also has a range of approval Energy Absorbing Lanyard (Sala range starting with Z20 through to Z96 & the Protecta range commencing with AE529) that have a weight range from 63kg to 160kg.

Capital Safety approves the use of these products as a component of a complete personal fall arrest system for a person with a combined weight and tools up to 163 kg, provided that this system includes an AS/NZS 1891.1 fall arrest harness, 15 kN rated connectors, and a 15 kN rated anchorage. All components must be installed and used according to the manufacturer's instructions and user manuals.

**IMPORTANT:**

**There are known and defined risks when SRL's are used over a leading edge. Refer to technical bulletin SRL001AU for further information regarding the hazards associated with SRL's and leading/sharp edges. The SRL's listed above must not be used by persons over 136 kg (including tools) when there is a risk of falling over a leading or sharp edge.**