STANDARD OPERATING PROCEDURE

TASK: USE of FALL RESTRAINT SYSTEM (Fallright)

SOP No: UPWW.QPC.SOP012  Version : 1.1  Date: 22 March 2006

Dept/Div/School: Division of Facilities Management
Supervisor/Manager: Operations Supervisors
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HAZARDS:
- Fall from heights causing injury.
- Suspension trauma

PROTECTIVE EQUIPMENT & EMERGENCY EQUIPMENT
- “Fallright” Fall Restraint System including Harness, Inertia lanyard, and Attachment strap
- Appropriate “sturdy” footwear

BEFORE YOU START
- Ensure you are familiar with manufacturers recommendation for use of the system.
- Prior to accessing the roof complete a risk assessment of the process to be undertaken to ensure the correct system is selected
- If you are not familiar with any part of the fall restraint system DO NOT USE IT. Seek training/instruction from an appropriate source.
- Always carry out a visual inspection of the harness lanyard attachment strap and any other approved device used in the fall restraint system before each use.
- If a defect is discovered during the visual check or a defect occurs to any part of the system, bring this defect to the attention of your supervisor immediately.
- If you are accessing a roof via a ladder ensure the ladder is positioned in accordance with established codes of practice and safety procedures.
- Notify supervisor prior to accessing roof.
- Arrange for assistance to be provided if required.

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### NEVER
- Attempt to use a fall restraint system without appropriate training and authority to for use.
- Access a roof without a safe system of work.
- Mix component that has not been approved for use with the selected system.

### JOB STEPS
- Where possible position the ladder so that the distance of travel to the approved attachment is the safest minimum possible.
- Proceed directly to the approved attachment point and attach lanyard/attachment strap.
- Do not attach below the area you are working on.
- If you are on a metal roof you may use the permanent anchoring point, if one has been provided. An approved temporary anchoring point may be used provided that the correct number of fixing screws have been installed – minimum of three (3). This is achieved by removing the existing roofing screws and attaching the bracket with these screws and any additional screws as required.
- Prior to commencing work conduct an assessment of the required path of travel during the work process taking due care to identify the maximum length of lanyard required during any part of the work process.
- This maximum length will determine the pendulum effect in case of a fall and therefore **should not be exceeded** as this would allow the user of the fall restraint system to fall off the edge of the building and be suspended in the harness.
- If the fall restraint system has a built in shock absorber the additional length of the lanyard when this system is activated must be calculated in to any maximum length calculation.

### WHEN YOU FINISH
- Inspect the system for defects and notify supervisor if detected.
- Clean the system.
- Store in an approved container in an agreed area.

Approved by: ....................................................... Date: ........................