MINIMUM STANDARD

Use of Harness and Lanyards

The following Minimum Standard is applicable on all projects

Where the need for the use of a harness and lanyard has been identified by a risk assessment then the following Minimum Standard will apply regarding the safe use and maintenance of the equipment. This Minimum Standard does not cover the selection of personal fall protection systems, these will be covered in specific Minimum Standard relating to work activities, i.e. Safe Use of MEWPs, scaffolding etc.

General Unitas requirements applicable to this standard

- Harnesses should only be worn by personnel that have been authorised to wear one via a risk assessment / method statement
- Harnesses must always be worn correctly in accordance with manufacturer's instructions
- Harnesses should be worn on top of jackets/coats (unless integral to a garment) and must be adjusted to be close fitting
- Harnesses must only be attached to points that have been specifically designed and tested. When clipping onto a scaffold structure (or similar) the scaffold will have been designed to allow for the scaffolders to clip on during the erection and dismantling operations
- Proprietary systems (such as running lines) or anchors must have a current test certificate and must only be used in strict accordance with the manufacturer's instructions. Existing structures (used as anchor points) must be approved by a Structural Engineer, supporting calculations must be provided and independently checked and verified
- If, at any time an operative is required to detach from his anchor (to move along a structure etc.), a double lanyard or twin lanyard system must be used. For fall arrest systems twin, or Y shaped lanyards, which have two arms attached to a single energy absorber must be used. Note: where Y shaped lanyards are used, if one of the arms is not in use then it **must never** be attached to the webbing of the harness
- Emergency leg straps, which allow the faller to stand and flex the leg muscles should be used wherever possible
- A lanyard must never be "choked" (clipped off on itself) as this stresses the karabiner
- Tethered Ladder Systems (such as Tetra) must only be used in strict accordance with the manufacturer's instructions using the specified anchors

Planning

When specifying the use of a harness a rescue plan must be in place. The rescue plan must specify what training and equipment will be required to put the rescue plan into effect.

Personnel should not use a harness unless they have been briefed as part of the safe system of work detailing how they will be rescued should the need arise.

Safe access to the anchor points must be provided.

Procurement

Harnesses must conform to BS EN 365:2004

Competence/Training
All personnel that are required to wear a harness must have received relevant training.

Personnel (including Supervisors) must be formally trained in the following:-

- How to wear a harness / how to assemble the system
- How to use the equipment, including pre-use checks and recognising defects
- How to self rescue or assist others after a fall.

Inspection of Personal Fall Protection Equipment

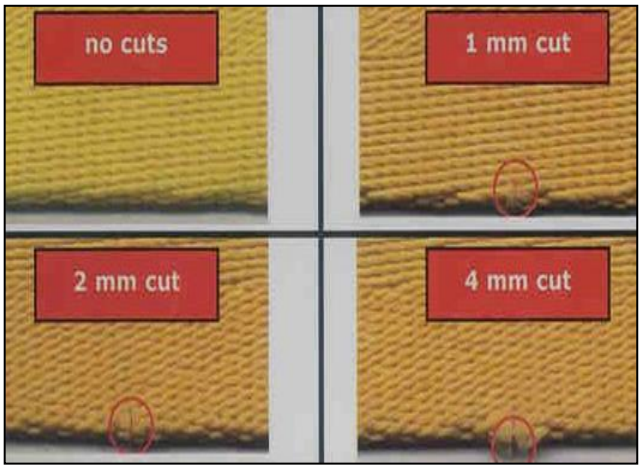
In addition to pre-use checks by the user, all Personal Fall protection equipment should have a detailed inspection by an independent competent person in accordance with a schedule drawn up by the Project Manager (3 monthly intervals when used in arduous conditions and 6 monthly intervals for normal conditions) following risk assessment; refer to Risk & Impact Assessment Standard (SHEMS-STD-GR-014).

Records of the detailed inspections must be available at location with equipment.

The picture opposite shows an inspection tag on a harness and lanyard kit identifying the due date for the next detailed inspection.

Illustration shows typical damage to lanyard at point that webbing is connected to steel parts

Shows damage to the edge of a lanyard
(A 1mm cut can reduce strength by up to 40%)



Further Guidance/Reference

- *Personal protective equipment at work. Personal Protective Equipment at Work Regulations 1992 (as amended). Guidance on Regulations* L25 (Second edition) HSE Books 2005 ISBN 978 0 7176 6139 8 www.hse.gov.uk/pubns/books/l25.htm
- *Guidance on inspecting personal fall protection equipment* Technical Guidance Note 3 The Work at Height Safety Association 2006 www.wahsa.org.uk
- *INDG367 Inspecting fall arrest equipment made from webbing or rope*
- *BS EN 365:2004 Personal protective equipment against falls from a height. General requirements for instructions for use, maintenance, periodic examination, repair, marking and packaging British Standards Institution*

HARNESSES & LANYARD CHECKLIST

Project No: **Date:**

Name of person undertaking check or safety monitoring:

	Check	Complete	
1.	Have all operatives intending to use the personal fall prevention system been trained in the system to be used? e.g.:- How to wear a harness, how to use the equipment, how to inspect and recognise defects, how to self-rescue or assist others (proof of training required).	✓	x
2.	Has a detailed risk assessment and method statement including rescue arrangements been produced?	✓	x
3.	Has the anchor point been verified by testing (proprietary system) or by calculation/testing (existing structure)?	✓	x
4.	Has safe access to the anchor point been provided?	✓	x
5.	A lanyard must never be “choked” (clipped off on itself) as this stresses the karabiner. Is the lanyard secured correctly?	✓	x
6.	Are all harnesses and lanyards in good condition? Proof or inspection regime by competent person required. (Thoroughly inspected at 3 monthly intervals).	✓	x
7.	Will operatives be required to detach themselves from the anchor point to move along the structure? NB: If Yes Twin or Y shaped lanyards with a single shock absorber must be used.	✓	x