

# WORKING AT HEIGHT AND WORKPLACE SAFETY

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## Working at Height

Working at height is inherently dangerous. 50-60 people die and 4,000-5,000 people are injured each year from falls. Choosing the correct equipment will only make you safer, but not safe. The first thing to consider is whether it is necessary to work at height at all. If it is essential, then the next line of defence is to prevent the possibility of a fall by the use of handrails and work positioning harnesses and lanyards. Should a fall still be possible then fall arrest harnesses and lanyards should be worn. The overhead worker should be trained in the use of this equipment. IRATA is a highly respected training authority and they can provide training guidance. The Health and Safety Executive website [www.hse.gov.uk](http://www.hse.gov.uk) has up to date advice. They will email you with changes to regulations and recommendations as they occur [[www.hse.gov.uk/new/ebulletins/index.htm](http://www.hse.gov.uk/new/ebulletins/index.htm)]

Finally, but of vital importance, consideration must be given to the rapid rescue of personnel who have fallen.

### The Importance of Rapid Rescue - Suspension "Trauma"

Swift rescue of personnel who are suspended by a harness and lifeline is of vital importance. If the casualty is suspended, blood will pool in the legs. Leg veins are capable of expanding to take up to 60% of the total blood volume. The reduced venous return results in decreased cardiac output and the casualty will become sweaty, dizzy, nauseous and will faint. Depending on whether their lanyard is attached to the rear or front of the harness, the unconscious casualty's head will be canted backwards or forwards and their tongue will fall to block the airway. Even uninjured volunteers felt dizzy in as little as three minutes, typically 5 to 20 minutes. Loss of consciousness occurred in as little as five minutes, typically 5 to 30 minutes. Such rapid rescue times could not necessarily be achieved by the rescue services so it is crucial that a plan is carefully thought through how to rescue suspended personnel using trained on-site staff. The Temporary Work at Height Directive states that workers must have on-site rescue equipment and training.

### Notes on First Aid to a Suspension Casualty

Information on the correct procedure to adopt after recovering a suspension casualty is variable and somewhat confusing. David Halliwell, Head of Education of the South West Ambulance service says [2007] it is critical that the casualty is never laid flat, not even in the recovery position and that they should be kept sitting upright for 30 minutes. He says that if they are allowed to lay flat, the volume of blood that has pooled in their legs will return to the heart and could cause instant cardiac arrest. However this opinion is disputed by Dr Anil Adishes [2008] who's research has been unable to find firm evidence concerning the problems associated with laying the casualty flat and his advice is to use the standard first aid recovery position. It is important that any person who becomes unconscious while suspended whether appearing recovered or not is given full medical supervision [Dial 999] as problems can also occur some days after the rescue due to renal failure.

### Reducing the Risks

It is possible to reduce the chance of venous pooling in a conscious suspended casualty by encouraging them to wiggle their toes, this will help to pump blood out of the legs and to the heart.

The information above has been taken from talks on the subject by David Halliwell, Head of Education of the South Western Ambulance Service and by Dr Anil Adishes [Health and Safety Laboratory]. Further information can be found in "Harness Suspension; Review and Evaluation of Existing Information" by Paul Seddon and obtainable as a free PDF download from the HSE website

The person purchasing fall arrest equipment, which consists of a harness, lanyard and anchor, should be competent to do so.

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## FALL ARREST HARNESSES



### Petzl Navaho Bod and Navaho Bod Fast

These multi-purpose harnesses are suitable for work positioning and fall arrest.

- ✓ Excellent balance between comfort when hanging and freedom of movement.
- ✓ Sternal and dorsal attachment points can be used to connect a fall arrest system and help ensure that the user is suspended in the correct position after a fall.
- ✓ One ventral and two lateral attachment points for multiple hands free work positioning configurations.

tioning configurations.

- ✓ Leg loops equipped with DoubleBack buckles.
- ✓ Weight just 1890g [2000g size 2].
- ✓ Certification: CE EN361, EN358, EN813

Navaho Bod

Thigh	waist	ht	colour	code	price
500-650mm	700-1200mm	1.6-1.8m	Blk/yellow	PETC710001	£192.53
600-750mm	800-1400mm	1.75-2m	Blk/yellow	PETC710002	£192.53

**Petzl Navaho Bod Fast** The Bod Fast version has fast buckles to open and close quickly: the harness can be donned without re-adjusting the buckles.

Navaho Bod Fast [All Black]

Thigh	waist	ht	colour	code	price
500-650mm	700-1200mm	1.6-1.8m	All Black	PETC710FN01	£217.24
600-750mm	800-1400mm	1.75-2m	All Black	PETC710FN02	£217.24



### Petzl Navaho Bod Croll Fast

Rope access harness also suitable for fall arrest and work positioning.

- ✓ Integrated CROLL ventral rope clamp for ascending ropes.
- ✓ Sternal and dorsal attachment points can be used to connect a fall arrest system and help ensure that the user is suspended in the correct position after a fall.
- ✓ One ventral and two lateral attachment points for multiple hands free work positioning configurations.

Can be used in conjunction with the PODIUM seat for prolonged suspension.

- ✓ Leg loops equipped with FAST buckles allowing the harness to be donned quickly without having to re-adjust all the buckles.
- ✓ Weight just 2045g [2150g size 2].
- ✓ Certification: CE EN361, EN358, EN813

Navaho Croll Fast

Thigh	waist	ht	colour	code	price
500-650mm	700-1200mm	1.6-1.8m	Blk/yellow	PETC71CF01	£238.86
600-750mm	800-1400mm	1.75-2m	Blk/yellow	PETC71CF02	£238.86

**Petzl Podium** Bosuns chair to improve comfort when suspended. Can be easily positioned on the back when not in use. Wt 1170g.



Podium Seat	code	price
	PETS70	£107.08

SECTION THREE

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### Newton Fast Jak Black with Omni Triact Karabiner

Rapid intervention fall-arrest harness suitable for non-suspended use at height. Certification CE EN 361. Wt 1020g

- ✓ JAK vest facilitates proper donning of the harness.
- ✓ Quick-attach FAST buckles on leg loops allow the harness to be put on easily with both feet on the ground.
- ✓ Sternal attachment point with Omni Triact karabiner included for connecting to a fall arrest system.

Supplied with correct karabiner

- ✓ Shoulder straps equipped with self-locking DoubleBack buckles.
- ✓ Two equipment loops with protective sheath.
- ✓ Work positioning on the lateral attachment points is possible with the PAD FAST waistbelt.

Newton Fast Jak Black & Omni Triact Karabiner	code	price
Size thigh waist colour		
1 530-660mm 750-1040mm Black	PETC73JFN1SK	£105.70
2 550-750mm 970-1250mm Black	PETC73JFN2SK	£105.70



**Pad Fast** Quick-connect work positioning belt for the Newton. Not for fall arrest. EN 358

Pad Fast	size 0	size 1	size 2	price
	<b>DISCONTINUED</b>	PETC891F	PETC892F	£54.57

### ECONOMY FALL ARREST HARNESSES

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### Economy Harness HT11

A very economical fall arrest harness is light and comfortable for suspended use. Superb for occasional user. Complies with EN361 CE. Fits up to 1220mm waist (48"). Can be used with support belt [EN358] shown below.

Economy Harness HT11	code	price
	SAFHT11	£30.16

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### Multi Purpose Harness HT22

Designed for applications which require a front anchorage point but they are also fitted with a rear anchorage. Leg and chest adjustment. Not suitable for suspended use. Complies with EN361 CE. Fits up to 1220mm waist (48"). Can be used with support belt [EN358] shown below.

Multi Purpose Harness HT22	code	price
	SAFHT22	£49.00

### WORK POSITIONING BELT



**Working Belt** incorporates a back support and side "D" for attachment. Designed for use on a work yard. Designed for use on a work yard. Not for Fall Arrest. Complies with EN 358 of 05/92

Working Belt	code	price
1168mm (44" - 46")	SAF032892	£45.76
1219mm-1270mm (48" - 50")	SAF010082	£45.76
1320mm-1371mm (52" - 54")	SAF010092	£46.80

### WORK POSITIONING HARNESSSES

Work positioning equipment has been designed to enable workers to position themselves for work at height. Harnesses must comply to EN358 [or EN813 Sit Harnesses]. Work positioning equipment is not intended to arrest a fall. Even a short fall onto a waist belt can prove fatal due to the pressure on the internal organs.

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**Falcon Harnesses** Lightweight and versatile, the new version of the FALCON harness is designed primarily for rescue teams and for professionals in difficult to access locations. Its narrow waist-belt and discreet lateral attachment points make the FALCON almost imperceptible. It is built to accept the TOP and TOP CROLL chest harnesses for maximum versatility. Suitable for work restraint of follow spot operators. Black. CE EN 813/ CE EN 358. Wt just 810g. Also now available as a **Falcon Ascent** version with a low attachment point to improve efficiency in rope ascents. Wt 780g

Falcon	thigh	waist	colour	code	price
	500-650mm	700-1200mm	Black	PETC38AAN1	£96.67
	600-750mm	800-1400mm	Black	PETC38AAN2	£96.67
	500-650mm [Ascent]	700-1200mm	Black/yellow	PETC38BAA1	£96.67
	600-750mm [Ascent]	800-1400mm	Black/yellow	PETC38BAA2	£96.67

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### Navaho Sit Fast C790FN

One ventral and two lateral attachment points for multiple hands free work positioning configurations. Lightweight elastic connection between waist belt and leg loops. Add a chest harness to use as fall arrest harness.

CE EN358, EN813 NFPA 1983 Class 11.  
✓ Fitted with FAST buckles on leg loops.

Navaho Sit Fast C790FN	code	price
Size thigh waist colour		
0 450-570mm 600-1000mm Black/Yellow	PETC790F00	£128.70
1 500-650mm 700-1200mm All Black	PETC790FN1	£135.90
2 600-750mm 800-1400mm All Black	PETC790FN2	£135.90

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**Top C81000** Chest harness transforms a sit harness into a fall arrest harness. Single sternal attachment point. The chest harness does not have a dorsal attachment point, so it won't interfere when wearing a backpack or carrying other loads. Connects to the rear buckle of a Navaho or Falcon Sit harnesses. Weight carried on the waist belt is transferred to the shoulder straps. Conformity when used with Sit Harness CE

EN361 NFPA 1983 Class 111. Weights 585g/635g. The Top Croll is fitted with an integral CROLL ventral rope clamp for ascending ropes.

Top C81000	height	code	price
Top	1600-1800mm	PETC810001	£57.14
Top	1750-2000mm	PETC810002	£57.14
Top Croll	1600-1800mm	PETC81C001	£88.13
Top Croll	1750-2000mm	PETC81C002	£88.13

## LANYARDS - GENERAL

### Lanyards

A lanyard is a series of components designed to prevent a person or an object from falling. Typically it would consist of an anchor point, a karabiner, a length of webbing or rope, an absorber and another karabiner. We have divided our section into three parts-

- Work positioning.
- Fall arrest.
- and small tool lanyards.

At least two deaths have occurred over the past few years due to lanyard failure so careful choice and training are essential.

The person purchasing fall arrest equipment, which consists of a harness, lanyard and anchor, should be competent to do so.



### Marine Safety Lines

These CE approved yachting safety lines comply with EN1095. They are 1750mm long and available either with a sprung section or with standard webbing. The self locking

hook is easy to release, even in the dark. This equipment uses stainless steel and is designed for marine restraint use. The elastic version helps reduce tripping, it is not an absorption lanyard.

Safety Lines	code	price
Standard (with hooks each end)	SAF600	£26.20
Elastic (as above but puckered with elastic)	SAF602	£36.35
Safety Hook only	SAF604	£12.47

## RETRACTABLE FALL PREVENTION DEVICES

### A note on retractable lanyards

In many respects these devices seem to solve some common problems. The length of the lanyard adjusts to allow the user freedom of movement. The inertia reel locks automatically in the event of a fall, keeping the fall distance to a minimum - typically around 400mm. They should comply with EN360.

However, the tests for these units to ensure compliance with EN360 do not actually cover the retracting mechanism but only the locking mechanism. Should the retracting mechanism fail to rewind, and a loop of webbing is formed, then the user could be exposed to a F2 category fall or worse. Retractable lanyards should also be fixed to a rigid anchor point. If they are attached to a catenary wire, there is a chance that the locking pawls will bounce out as the wire bounces creating a series of arrests. As there is no medical data concerning this, one can only suppose it to be very harmful.

Although the Blocfor will operate horizontally careful consideration should be made before employing it in this manner. The worker must be prevented from reaching an edge where a fall could happen. This is because the attachment position of the lanyard to the workers harness will allow a sudden drop of around 1.5m on to the cable before the mechanism arrests the fall. The cable will be subjected to very high loads while in contact with a sharp edge.

**Catastrophic failure will occur.**

The person purchasing fall arrest equipment, which consists of a harness, lanyard and anchor, should be competent to do so.

## WORK POSITIONING LANYARDS



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### Lanyard-Grillon

An adjustable work positioning and restraint lanyard that allows the worker to easily adjust the length for comfort and safety. Not suitable for fall arrest although they will withstand a small 500mm fall. The nylon semi static rope helps absorb some of the forces. Available 2 or 3m long [5, 10 or 20m to order]. CE marked EN358. The standard Grillon requires two connectors [see page 2.24-2.25 -choose types to EN362 - under revision] ✓ Can be used in two ways - double mode (user has weight on their feet) or single mode (user is suspended)

✓ Sliding protective sleeve helps prevent chafe.  
 ✓ Connects to the side or waist point of the harness.  
 ✓ Also now available with scaffold hook

Lanyard-Grillon	code	price
3m [needs two connectors]	SAFL52A003	£92.92
3m with scaffold hook [needs one extra connector]	PETL52M003	£129.17
2m with flat hook [needs one extra connector]	PETL522H002	£100.42

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**Rope Lanyard-Type Jane** Dynamic black kernmantle rope lanyards with a choice of either plain sewn ends with plastic sleeves or one plain sewn end plus one scaffold hook. Conformity EN534 and with scaffold hook EN534/EN364.

Rope Lanyards	code	price
0.6m long plain sewn ends	PETL50060	£14.58
1.0m long plain sewn ends	PETL50100	£16.25
1.5m long plain sewn ends	PETL50150	£18.33
1m long sewn end plus scaffold hook	PETL53100	£51.67



**Rope Lanyard - 12mm diameter polyamide [nylon] rope lanyards with a choice of connectors in each end.**

Rope Lanyard-EN354	code	price
1.5m long + plain loops each end for your karabiners	WIRLC15BB	£17.50
2m long + 2 x M10T Karabiners	WIRLC1221010	£31.00
2m long + M10T Karabiner and one scaffold hook	WIRLCA251	£52.50



**Retractable Lanyards** These Blocfor 2W 47-10 inertia reel lanyards allow freedom of movement but will lock automatically in the event of a fall. They are of particular use where a conventional lanyard could allow the user to come in contact with the ground or swing into supporting legs. 45mm wide polyester webbing. Compliance to EN360. Tractel code 75389

### Measurements

Eye to eye closed - 430mm  
 Eye to eye fully extended opens to - 2090mm  
 [travel distance - 1660mm]

Blocfor 2W 47-10	code	price
length	end connectors	line
2.5m	M10T Karabiner and M47 hook	Webbing
		SAF75389
		£85.28



**Blocfor Automatic Fall Prevention Blocks** These self reeling blocks give complete freedom of movement. The centrifugal locking mechanism will activate within 500mm when a force is generated thus minimising the fall distance. Supplied with a static screwgate karabiner on the casing for ease of anchorage and a special load indicating captive eye karabiner on the rope which displays a red marking when a load has been applied. Available in three lengths. Conformity EN 360. May be used horizontally with the addition of a webbing lanyard [035032] placed

between the wire and the harness.  
[Please read our notes at the beginning of this section].

Length	Model No.	line	code	price
10m	013 682	galvanised wire	SAFBF10	£349.00
20m	013 772	galvanised wire	SAFBF20	£453.00
30m	017 372	galvanised wire	SAFBF30	£822.00
	035 032	webbing lanyard	SAFBFWL	£27.00

### FALL ARREST LANYARDS

#### Fall Arrest Lanyards

The Working at Height Regulations came into effect on 6th April 2005. The information here is derived from technical symposiums with industry experts and Health and Safety Executive representatives.

✓ A fall arrest lanyard system has to be strong, 15kN is the most popular minimum static strength although regulations permit anchor points of 12kN .

✓ The lanyard must prevent high shock loads when deployed. Parachutists were found to be able to withstand up to 12kN impact force but this needs to be halved to take into account of less athletic personnel. Energy absorbers are designed to transfer a maximum shock load of 6kN. This assumes an average body weight of around 80kg. Very light people and children would be subjected to much higher shock loads if standard equipment were used. If your weight is considerably lighter [or heavier] than the adult norm then you should seek further advice from the equipment manufacturers.

✓ Lanyards are designed for a max weight of 100kg. Greater weights can be acceptable if the lanyard is shortened. Petzl state 100kgs=Max Lanyard Length 2m, 120kg=MLL 1,67m, 140kgs=MLL 1,43m

✓ You should remain clipped on at all times. If you are moving around a structure you will need two lanyards but please note that you must never use two absorbers. A twin legged lanyard with one absorber is the correct equipment and the spare leg must never be clipped back to your harness or the absorber could be "shortcut" and high impact forces transmitted to your body.

✓ Always clip your lanyard on to a point above or level with you. A 1.5m long lanyard clipped on level with the attachment to the harness will permit a 1.5m fall. This is referred to as an "F1" fall. The same lanyard clipped on at foot level will allow a 3m fall which is referred to as a "F2" fall. Users should try to ensure that their fall will not exceed an "F1" fall.

✓ The entire lanyard [including connectors and absorbers] must not exceed 2m. Check ground clearance too as energy absorbers require stated minimum clearance distances.

✓ Always inspect your lanyards thoroughly before use for signs of wear, dirt and grit, UV degradation [fading], nicks and tears, and corrosion in the fittings. Failure can happen in a fraction of a second without any second chances. Clean your equipment after use and dry it before storing.

✓ IRATA is the highly regarded training body and anyone working at height should be trained to do so.

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**Absorbica L57** This new model energy absorber is an essential component in a fall arrest lanyard. The total length of the lanyard including absorbica and connectors must not exceed 2m and it requires a ground clearance of at least 3.90m +the combined lanyard length. Wt 154g. Length 220mm [1600mm after opening]. CE EN 355.

Absorbica Energy Absorber	code	price
	PETL57	£29.17



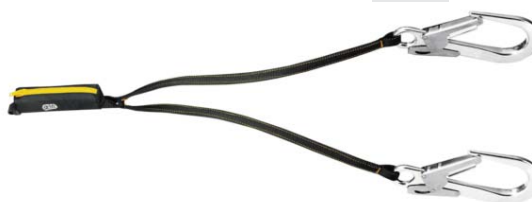
PPE

**Single Leg Absorbica L58** Webbing lanyard with absorber. 800mm long- this gives optimal freedom of movement whilst still being able to reach the connector. Requires a clearance height of 4.35m. Total length after opening 1500mm. Wt 160g. Compliance CE EN 355.

Single Leg Absorbica L58	code	price
	PETL58	£30.42



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**Double Leg Absorbica-Y L59** As the L58 but with twin legs allowing the user to remain connected whilst passing to intermediate anchor points. Requires a clearance height of 4.35m. Each leg is 560mm. Total length after opening 1500mm. Wt 210g Compliance CE EN 355.

**Double Leg Absorbica with Scaffold Hooks.** As above but fitted with two MGO scaffold connectors for easy movement on metallic structures. Requires a clearance height of 4.35m. Length 1040mm. Total length after opening 1740mm. Wt 1120g Compliance CE EN 355 and EN 362.

Double Leg Absorbicas	code	price
Without connectors	PETL59	£40.00
With scaffold hooks	PETL59MGO	£111.67

### SMALL TOOL LANYARDS

The lanyards below are designed to secure small tools such as podgers whilst working overhead. The tool weight limit is 1kg.



new



Quick clip direct to podger

**Sprung Tool Lanyard-AR430** An expanding sprung lanyard with special quick tool attachment which allows tools to be easily changed without needing the usual wire loop. 470mm long expands to 1700mm. 3mm Ø. Yellowy green or now in charcoal black. Wt 65g.

Tool limit 1kg. Highly recommended. Stainless steel wire core. Tradeline

Sprung Tool Lanyard	code	each	per 10	per 50
Yellowy green	SAFAR430DY	£12.00	£84.00	£378.00
Charcoaly black	SAFAR430B	£12.00	£84.00	£378.00

new



**Sprung Tool Lanyard-AR300KP** A purple sprung lanyard which is very lightweight at just 45g yet expands from 490 to 1820mm. Supplied with wire loop for podger attachment and two snap shackles. 3mm Ø. Tool limit 1kg. Kevlar core. Tradeline

Sprung Tool Lanyard	code	each	per 10	per 50
Purple	SAFAR300KP	£12.00	£84.00	£378.00



**Sprung Tool Lanyard-AR230** A substantial lanyard 520mm long expanding to 1550mm. 4.5mm Ø. Supplied with wire loop for podger or small tool attachment and two snap shackles. Green or purple. Wt 85g. Tool limit 1kg. Nylon core.

Sprung Tool Lanyard	code	each	Tradeline per 10
Green	SAFAR230G	£12.00	£84.00



**Barrel Lock Lanyard** A 890mm lanyard which extends to 1.1m. Fitted with a barrel lock to fit to small tools such as hammers and quad spanners [Max load 2.26kg]

Barrel Lock Lanyard	code	price
	ERGE3100STD	£11.97



**Tool Wrist Lanyard** Poly webbing cuff secures to wrist while the barrel lock secures to the spanner or small tool. [Max 0.9kg]

Wrist Lanyard	code	price
Small/med wrist	ERGE3115SM	£3.15
Large/XL wrist	ERGE3115LXL	£3.15

## MOBILE FALL ARRESTER

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**ASAP B71** Called the ASAP because it took so long to develop! This is the long awaited mobile fall arrester for use on semi-static rope [EN 1891 type A] from 10.5mm to 13mm diameter [see page 2.35] The ASAP is designed to arrest the fall of a single person and has the following remarkable features:

- ✓ Stops a descent that is too fast or a slide on an inclined surface. Works on vertical and inclined rope.
- ✓ Locks onto the rope even if the device is grabbed reflexively by the user.
- ✓ Moves up and down the rope without manual intervention.
- ✓ Does not slide down the rope under its own weight so it remains above the user during descent to limit the potential fall.
- ✓ Easy to put on and remove at any point on the rope.
- ✓ Sold complete with OK TRIACT automatic locking carabiner. Wt 350g +karabiner 77g. Individually tested. CE EN 353 2

ASAP B71	code	price
	PETB71	£119.58



**ASAP'SORBER L71** Webbing lanyard and energy absorber for ASAP which enables the user to keep a distance from the safety rope. Limits the impact force to 6kN. Available in two lengths. CE EN 355

ASAP'SORBER L71	code	price
Length 200mm [opens to 450mm]	PETL7120	£15.00
Length 400mm [opens to 800mm]	PETL7140	£18.75

## ASCENDERS AND ROPE GRABS



**Shunt B03** A mechanical replacement for self-jamming knots [Prusik, Machard, etc.]. When positioned below the descender, the SHUNT can be used as a back-up device to protect a descent on rappel. Brakes when device is released. Certification CE EN567, UIAA For use on single ropes [10 to 11mm] or double ropes [8 to 11mm] 188 g

Shunt	code	price
	PETB03	£38.33



New design!



**Ascension** A rope clamp/grab for ascending fixed ropes from 8-13mm Ø. Ergonomic grip and spring catch allows one handed removal and installation on the rope. 2 upper holes allow karabiner to be clipped around the rope and 2 lower holes for foot loop [see below] and lanyard. CE EN 567, NFPA L. Individually tested.



Ascension	code left hand	code right hand	price
Black/yellow, Yellow/black	PETB17WLA	PETB17WRA	£37.50
Black	PETB17WLN	PETB17WRN	£39.58



**Footpro C49** Adjustable webbing foot loop designed for use with a handled rope grab. Reinforced under the foot to resist abrasion and allow easy step in. Complete with maillon rapide. Wt 135g

Footpro	code	price
	PETC49	£20.00



**Croll B16** Chest mounted rope grab for use with the ASCENSION when ascending ropes. Ergonomic spring catch allows one handed removal and installation on the rope. Angled attachment hole allows the Croll to lay flat against the stomach. Rectangular upper hole takes SECUR shoulder straps to position the Croll correctly.

Slides up the rope easily as the user ascends. For use on rope 8-13mm Ø. CE EN 567/CE EN 12841 type B Individually tested. Wt 130g.

Croll	code	price
	PETB16AAA	£32.50

## DESCENDERS

new



**Stop D09** Self braking descender for single 10-11mm diameter rope which brakes when the handle is released. The rate of descent is controlled by varying the grip on the free end of the rope. Training is essential before using descenders. CE EN 341 class A. Wt 326g.

Stop	code	price
	PETD09	£67.50

new



**I'D®** Self-braking descender for descending a rope and for belaying, with an anti-panic function.

✓ Anti-error safety catch to reduce the risk of an accident due to incorrect installation of the device on the rope. ✓ Anti-panic function: if the user pulls too hard on the handle, the cam will lock on the rope. ✓ Locking position on the handle for positioning while on the rope. ✓ Can be used for short ascents [in conjunction with a footloop and handled rope grab]. Ideal for mast climbing. Available in 2 versions: D20 S for work on fixed ropes [with a safety clip on the swinging side plate: reduces the risk of dropping the device, practical for quick installation of the rope, efficient means for passing intermediate anchors]. For ropes between 10 and 11,5 mm in diameter. D20 L for rescue. For ropes between 11,5 and 13 mm in diameter. Certification D20S : CE EN 341 Classe A, NFPA L. D20L : CE EN 341 Classe A, NFPA G. Weight: 530 g. Individually tested.

I'D	code	price
Small [ropes 10-11.5mm] Black	PETD200SN	£137.08
Large [ropes 11.5-13mm] Red	PETD200LO	£130.83



**Huit D02** Figure of eight descender for single or double rope. Smaller hole may be used for smaller diameter rope for an additional braking option. Wt 100g. Individually tested.

Huit D02	code	price
	PETD02	£9.17

## HEAD PROTECTION GENERAL INFORMATION

For work at ground level the helmet must come off easily if snagged. The chin strap, if fitted, must release at 25daN, around 25kg. It must conform to EN397. For work at height the helmet must remain on the head during impact and the chin strap must withstand more than 50daN and conform to the mountaineering standard EN 12 492.

## HEAD PROTECTION AT GROUND LEVEL

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### Vertex ST- Work Helmet

✓ Chin strap designed to release at 25daN conforming to the industrial standard. Buckle in Yellow to distinguish from work at height helmet.

✓ Polycarbonate shell EN397 and EN 12 492.  
 ✓ Meets all optional requirements of EN 397 [lateral deformation, low temperature- down to -30°C,

electrical insulation and molten metal splash].

✓ Customizable: side slots for face shield or ear protection, integral headlamp clips.

✓ Simple complete adjustability. Replaceable thick foam headband. Wt 465g. Colour white or red.

✓ **Headtorch fixing clips and rim mounted adjustment wheels.**

Conformity CE EN 397 and ANSI Z89.1-2003 type 1 class E.

Vertex ST A12 Work Helmet	code	price
White	PETA1OSWA	£59.17
Red	PETA1OSRA	£59.17

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### Ultra Light Work Helmet

No, not a helmet for ultra light work but a robust black work helmet that weighs just 445g. Liquids and dust are redirected by rivets in the ventilation holes. It can be fitted with optional Peltor systems. Head weight: 400g.  
 Complies with EN397/CE.

**DISCONTINUED**

Ultra Light Work Helmet	code	price
	SAFE8499B	£56.65

F ✓

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**Contractors Helmet** Moulded polypropylene shell with adjustable six point plastic head harness and rain gutter. Approved to CE EN397.

Colour may vary from image shown

Contractors Helmet	code	each	Tradeline per 10
	SAF010	£5.14	£46.26

SAF 010

PPE



**Deluxe Safety Helmet** This short peak helmet is probably Europe's most popular design. High impact hard gloss shell with 6 point comfort plus harness with replaceable foam sweatband. Side fittings

for visor, ear muffs or welding screen. Approved to CE standard EN 397.

Colour may vary from image shown

Deluxe Safety Helmet	code	each	Tradeline per 10
	SAF014	£8.70	£68.00

## HEAD PROTECTION WORKING AT HEIGHT

PPE



### Vertex Best - Work at Height and Rescue Helmet

This helmet has all the features of the Vertex ST but with the chin strap conforming to EN12 492 the mountaineering helmet standard and not EN 397.

- ✓ Meets all the other standards of EN397 including lateral deformation, use at low temperatures [-30°C], electrical insulation, and molten metal splash.
- ✓ Customizable with side slots for mounting hearing or eye protection. The cut of the shell allows for standard ear protection. Four headlamp clips.
- ✓ Very simple adjustment.
- ✓ Comfortable. Webbing suspension system and thick replaceable foam headband.
- ✓ **Headtorch fixing clips and rim mounted adjustment wheels.**
- ✓ Conformity ANSI Z79.1-2003 Type 1 Class C and CE EN 12 492.

EN397 including lateral deformation, use at low temperatures [-30°C], electrical insulation, and molten metal splash.

✓ Customizable with side slots for mounting hearing or eye protection. The cut of the shell allows for standard ear protection. Four headlamp clips.

✓ Very simple adjustment.

✓ Comfortable. Webbing suspension system and thick replaceable foam headband.

✓ **Headtorch fixing clips and rim mounted adjustment wheels.**

✓ Conformity ANSI Z79.1-2003 Type 1 Class C and CE EN 12 492.

Vertex Best Work at Height Helmet	code	price
Yellow	PETA1OBYA	£59.17
Black	PETA1OBNA	£59.17
White	PETA1OBWA	£59.17
Red	PETA1OBRA	£59.17

F ✓

PPE

PPE



### Vertex Vent - Work at Height and Rescue Helmet

This ventilated helmet has all the features of the Vertex Best but extra ventilation for working in hot environments. It does not meet the optional molten metal splash standard due to the vent holes. Available in red, white and black. Conformity: EN 12 492,

UIAA, ANSI Z89.1-2009 Type I Class C: Meets the requirements of the EN397 and EN12492 standards for protection against impact. Meets the optional requirements of the EN397 standard for lateral deformation and use in low temperatures.

Vertex Vent Work Helmet	code	price
Red	PETA1OVRA	£59.17
White	PETA1OVWA	£59.17
Black	PETA1OVNA	£59.17

## EYE AND EAR PROTECTION

F ✓

PPE

PPE



### Safety and Sport Spectacle

Face fitting curve gives maximum protection, comfort and user acceptance. Soft flexible curved temples and

complete with curved and standard arms. Lenses are A4 coated polycarbonate which is anti mist, anti scratch, anti UV, and anti static. Conforms to EN166 1.F (CE Marked) CSA Z94.3 and ANSI Z87.1. Technical Performance:

- ✓ Impact resistance=6mm steel ball at 45m/sec.
- ✓ Visible light transmission=92% minimum.
- ✓ UV absorption=99% up to 365Nm.
- ✓ Heat resistance=up to 80°C.
- ✓ Abrasion resistance=EN166.

Spectacles	code	each	per 10
Clear	SAFT565BC	£9.77	£88.20
Smoked (sun glass)	SAFT565BS	£9.77	£88.20

PPE



**Pulsafe Vistamax VNC 21 Dual Lens Clear Goggles** CE approved to EN166 1 B 345. Chemical splash, dust and gas. Polycarbonate inner lens, chemical resistant acetate outer lens. Fitted with antimist condensers for clear viewing.

Pulsafe Vistamax	code	price
	SAF031	£6.95

PPE



**Scan Direct Vent Clear Goggles** CE approved to EN166 1 and will withstand medium energy impacts of up to 120m/s [270mph]. Polycarbonate lens.

Scan Direct	code	price
	SCAPPEGDV	£4.20

new

PPE



**Pulsafe Armamax Overspecs** Clear polycarbonate. CE marked to BS EN 166 1F. Clear abrasion resistant coating. Can be worn over prescription spectacles.

Pulsafe Armamax Safety Spectacles	code	price
	SAF030	£4.75

PPE



**Welding Helmet** Flip Front Welding Screen Type 908. Constructed from non warping, heat resistant glass fibre. Kitemarked BS1542 Class 3. Fitted with grade 12EW green tinted lens with clear cover and backing lens to BS679. Adjustable nylon headband. Flip up action.

Welding Helmet	code	price
	SAF025	£30.67



**Ear 5000 Ear Defenders** A lightweight general-purpose earmuff. Suitable for use in most industries. Easily adjusted. Retains chosen position with a 'twist and lock' mechanism. Manufactured to EN351-1

Bilsom Loton Ear Defenders	code	price
	SAF004	£6.50



**Bilsom 300 Series Ear Plugs** Polyurethane moulded plugs. Unique 2 size concept for best combination of fit and protection. Gives better protection for longer periods because of higher level of comfort.

Bilsom 300 Series Ear Plugs	code	10pairs	200pairs
small	SAF005S	£1.99	£28.00
large	SAF005L	£1.99	£28.00

## RESPIRATORS

The Health and Safety Executive warns people not to use "nuisance" dust masks if they are working with harmful dusts. They perform poorly and do not meet basic health and safety requirements. In line with the recommendation of the HSE, Flints have decided to voluntarily withdraw these masks from sale as part of the HSE campaign to reduce occupational asthma which affects between 1500 and 3000 people every year.



**3M 8812 Valved Dust Respirator** Fine dust mask featuring a unique low resistance valve. Excellent in hot and humid conditions. CE EN 149 2001. FFP1

Assigned protection factor =4		
3M 8812	code	box of 10
	SAF100	£15.05



**3M 9310 Foldable Dust Respirator** For use against fine respirable dust found in a wide variety of applications. Three panel design and soft cover web for greater comfort and fit. CE EN 149 2001 FFP1

3M 9310	code	each	box of 20
	SAF079	£1.22	£20.80



**3M 8810 Dust/Mist Respirator** Protection against fine dusts, fibres, oil mists and waterbased mists. Conforms to EN 149 2001 FFP2

3M 8810	code	box of 20
	SAF093	£33.33



**3M 8822 Valved Dust/Mist Respirator** The 3M 8822 respirator is for use in hot and humid environments and where FFP2 level protection is required. Featuring the new 3M easy-breathing exhalation valve, collapse resistance and stapled straps, it is well accepted in the workplace due to its comfortable, cooler-breathing design. Provides protection against fine dusts, water based and oil based mists. CE EN 149 2001 FFP2 Assigned protection factor =10

3M 8822	code	box of 10
	SAF099	£23.17



**3M 8825 Dust, Mist, Metal Fume Respirator** A valved respirator which is very comfortable to use and suited to many heavy industrial situations such as metal fumes, water and oil based mists and fine dusts. Fitted with a soft face seal and adjustable nose area. My personal choice for sanding.

CE EN 149 2001 FFP2D Assigned protection factor =10

3M 8825	code	each	box of 5
	SAF095	£5.28	£23.20



**3M 9928 Soft Seal Welding Fume Respirator** This respirator removes odours and ozone associated with high energy welding such as MIG and TIG. Also provides protection against fine dusts and water and oil based mists. Now fitted with a soft sealing inner ring for total comfort.

CE EN 149 2001 FFP2D Assigned protection factor = 10

3M 9928	code	box of 10
	SAF098	£45.00



### 3M 4251 Organic Vapour/ Particulate Respirator

These maintenance free gas and vapour respirators provide comfortable protection well appreciated by the user. They are exempt from the costly and time consuming COSHH record keeping requirements. If you are still having to work with organic vapours this is a good choice of mask. Maximum use limitation 10x Workplace Exposure Limit [WEL] or 1000ppm, whichever is the lowest and 10x WEL for particulates. Meets the stringent EN405 2001 FFAIP2D.

3M 4251	code	price
	SAF090	£14.98

## HAND PROTECTION



**Harken Riggers Gloves** The reputation of these gloves is Olympic level. With new rope technology making lines ever thinner, you need a helping hand. The double thick palm material sticks to lines with 50% more holding power. Fits like a.. glove. No more blisters. Full or three quarter finger.

Available small [S], medium [M]. Large [L] and Extra Large [XL]

Please substitute the **x** with the size code.

Harken Gloves	code	pair
Three quarter finger [top left]	SAF2563x	£23.29
Full finger [top right]	SAF2564x	£26.63

new



### Petzl Cordex Plus Belay Glove

Highly durable reinforced leather palms with elasticated panels for increased dexterity. These gloves also have extra thick roll tip fingers. The whole tip of the finger is protected by the roll tip for increased comfort and durability. The gloves have a velcro closure to keep them held firmly on your hands. An attachment point is also included useful to prevent you from dropping them, the attachment hole is large enough to fit a standard size karabiner for easy attachment. Black. Conformance: NON PPE.

Available in Medium [M], Large [L] and Extra Large [XL]

Please substitute the **x** with the size code.

Cordex Plus Gloves	code	pair
	PETK53xN	£36.67



### Canadian Power Riggers Gloves

Grey chrome leather palm glove, very supple. Rubberised cuff with vein protection patch. Elasticated back. Palm lined.

CE EN 388 intermediate design.

Riggers Gloves	code	per pair	Tradeline
	SAF151	£2.87	per 12 pairs £30.48



**SUP 65 Riggers Gloves** Good quality pigskin glove, very supple. 2 1/2 inch rubberised cuff with integral vein patch. Approved to BS EN 388:1994. Size 10.

SUP 65	code	per pair	Tradeline
	SAF150	£5.90	per 12 pairs £63.48



**Welders Gauntlet** Lined gauntlet to EN 388 and EN 407. Size 10.

Welders Gauntlet	code	pair
	SAF155	£5.90



**Hi-Grip Gloves** PVC criss-cross coating on a knitted base. Elasticated wrist. As its name implies, gives good grip assistance. EN388 Cat 2.

Hi-Grip Gloves	code	pair
	SAF160	£1.56



**Cotton Drill Gloves** White cotton drill, with knitted wrist and brushed lining. Essential kit for crew handling white scenery. For Gold podgers see page 3.31

Cotton Drill Gloves	code	pair	Tradeline
	SAF192	£1.16	per 12 pairs £12.24



**Rubber Gloves** Strong, sensitive, cotton flock lined natural rubber gloves. Excellent wet handling. Conforms to USDA standards and is 21 CFR 177-2600 compliant for food handling.

Rubber Gloves	code	pair	per 12 pairs
small	SAF177	£1.95	£19.92
medium	SAF178	£1.95	£19.92
large	SAF179	£1.95	£19.92



**Duratouch Disposable Gloves** Clear economical, thin vinyl gloves without seams. Fit either hand. You've just got to remember to put them on before you get yourself covered in oil.

Duratouch Disposable Gloves	code	box 100
small [6Z/x - 7]	SAF191S	£8.59
medium [7Z/x - 8]	SAF191M	£8.59
large [8Z/x - 9]	SAF191L	£8.59
extra large [9Z/x - 10]	SAF191XL	£8.59

See page 3.65 for barrier cream.

## PROTECTIVE CLOTHING



**Disposable White Overalls** Tyvek Protech Made from a non woven spun bonded polyolefin which forms a dense shield that holds out liquid and particles. Even when wet, the surface of Tyvek is resistant to tears, punctures and abrasions.

Disposable White Overalls	code	each
small	SAF120	£4.92
medium	SAF121	£4.92
large	SAF122	£4.92
extra large	SAF123	£4.92



### White Boiler Suit (Type 212)

These traditional RAF style boiler suits are specially made for us in 100% white cotton. They have two breast pockets, a seat pocket, rule pocket, 2 side pockets and side access. They are fitted with a elastic rear belt. Very comfortable working gear.

Boiler Suit	chest size	code	each	per 10
Small	960mm / 38"	SAFFAI212C1WH96	£25.00	£225.00
Medium	1000mm / 39"	SAFFAI212C1WH100	£25.00	£225.00
Large	1160mm / 46"	SAFFAI212C1WH116	£25.00	£225.00



### Flame Retardant Boiler Suit (Type 205)

A spruce coloured boiler suit ideal for welding applications. Conforms to BS EN 531: 1995 (Protective clothing for workers exposed to heat) and BS EN 470 - 1:1995

Protective clothing for welding and allied processes. Fitted with rule pocket, wide stud fastened breast pocket, Near vertical side pockets. Reinforced at all points of Strain.

Fireproof Suit	chest size	code	each	per 10
Small	920mm / 36"	SAFFAI205C4S92	£25.00	£225.00
Medium	1000mm / 39"	SAFFAI205C4S100	£25.00	£225.00
Large	1160mm / 46"	SAFFAI205C4S116	£25.00	£225.00



### Painter Bib and Brace (Type 242)

These traditional white painters bib and brace are made from 305gsm 100% cotton. They have one bib pocket, a painters pouch pocket, 2 side patch pockets, side access, Hip and rule pocket, and riveted buttons.

Fireproof Suit	waist size	code	each	per 10
Small	840mm / 33"	SAFFAI242C1WH84	£16.90	£152.10
Medium	960mm / 38"	SAFFAI242C1WH96	£16.90	£152.10
Large	1080mm / 42"	SAFFAI242C1WH108	£16.90	£152.10



**Canvas Bib Apron** Machine washable with 12 pockets and two polypropylene hammer loops. On Sale from all.

DISCONTINUED

Cotton Carpenters Apron	code	price
	KUNAP502	6.75



**Leather Apron** Full chrome leather hard-wearing apron which will resist heat and oil. It is a good choice for splicing when using hot knives. Quick and easy to don and unlike boiler suits, not too hot in the summer.

Leather Carpenters Apron	code	price
	SAFLQP	£40.80

## FLUORESCENT WORKWEAR



**Hi-Vis Waistcoats** Made from 100% polyester, these high visibility yellow sleeveless waistcoats feature velcro fastenings and reflective tape panels. Conforms to EN 471 Class 2. Ideal for outdoor events, helps distinguish staff from public. Great for cyclists too.

Hi-Vis Waistcoat	code	each
Medium [40"]	SCAWWHVWM	£3.33
Large [42"]	SCAWWHVWL	£3.33



### Hi-Vis Motorway Jacket

High visibility yellow foul weather jackets made from 100% polyester with a PVC waterproof coating and a quilted nylon lining. They feature heavy zip fastenings, stud fastened storm flaps, concealed hood with drawstring and reflective tape. Conforms to EN 471 Class 3- EN343 Class 3. [Trousers EN471 Class 1].

Hi-Vis Motorway Jacket	size	code	each
Jacket Medium		SCAWWHVMJM	£26.95
Jacket Large		SCAWWHVMJL	£26.95
Jacket X-Large		SCAWWHVMJXL	£26.95
Trousers Medium	[34-36"]	SCAWWHVMTM	£10.52
Trousers Large	[38-40"]	SCAWWHVMTL	£10.52

## KNEE PADS



### Kunys Professional Gel Knee Pads

Comfort zone gel centre provides maximum cushioning for all day use. Soft flexible outer shell will not scratch the work surface.

Kunys Gel Knee Pads	code	pair
heavy duty	SAFKUNKP36IG	£34.02

## FIRST AID

The contents of the following first aid kits meet the requirements as specified in the HSE Approved Code of Practice. The practice states "An employer should make an assessment of the first aid needs appropriate to the circumstances of each workplace". To assist in selecting the appropriate kit we recommend the following employee ratios as guidance provided by the British Healthcare Trade Association.



### Statutory First Aid Kits For low risk workplaces

Number of persons	code	price
1-10 persons	SAFK10T	£13.00
11-20 persons	SAFK20T	£17.60
21-50 persons	SAFK50T	£25.00



### Travel First Aid Kit

The 1997 Approved code of practice states that "Employers are responsible for meeting the first aid needs of their employees working away from the main site". The following kits contain the recommended minimum contents for travelling workers.

	code	price
Travel first aid kit [one person]	SAFK307T	£6.49
Vehicle first aid kit [plastic case]	SAFK365T	£9.90



### Emergency Eyewash Station

The 1997 Approved code states that "Where tap water is not readily available for eye irrigation, at least a litre of sterile water or sterile normal saline 0.9% in sealed disposable containers should be provided"

	code	price
Eyewash Station [2x500ml saline, mirror, instruction]	SAFE481	£25.50
Eyewash refill [500ml saline water]	SAFE404T	£2.99



### Assorted Sterile Plaster Packs

	code	price
Washproof Assorted Plasters [100 per pack]	SAFD9010	£7.22
Fabric Assorted Plasters [100 per pack]	SAFD8010	£7.89



**Accident Book**

Accident Book	code	price
	SAFQ3200	£4.90

**SITE SAFETY KIT**



**Site Safety Kit** A selection of site essentials economically priced. Consisting of a Contractor Helmet, Scan Direct Vent Goggles, 10 pairs of Bilsom

300 series ear plugs, a pair of Canadian Power Riggers Gloves, Scan Chukka work boots and a fluorescent waistcoat all in a canvas tool-bag.

3.46a

Site Safety Kit	code	list price	our price	per 10
with boots	SAFSSK	£39.87	£33.81	£318.96
excluding boots	SAFSSKEB	£19.92	£16.93	£159.36

Please state shoe size [sizes 6-12] and whether medium or large waistcoat.