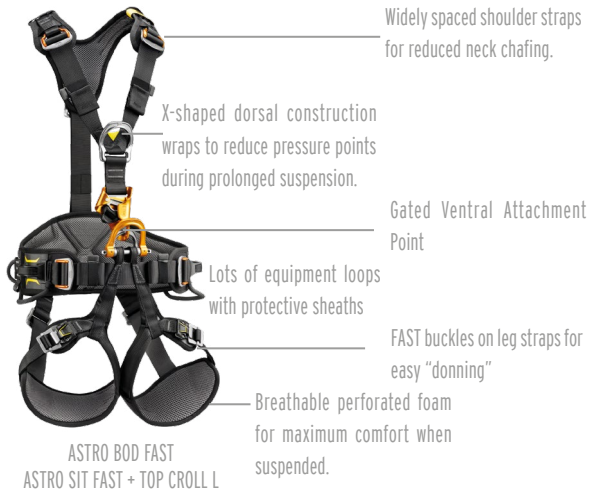


WORK POSITIONING & FALL ARREST - ROPE ACCESS



ASTRO BOD FAST
ASTRO SIT FAST + TOP CROLL L

- PPE** **ASTRO® BOD FAST** NEW to Flints this year, this highly technical piece of equipment is best for those who are likely to need to use ropes to access their work point, and then work whilst suspended.
- ✓ Excellent Support
 - ✓ Gated ventral attachment point
 - ✓ Good stowage of connectors and tools
 - ✓ Fall Arrest
 - ✓ Integrated CROLL for Rope Access
 - ✓ More comfortable for working whilst suspended
 - ✓ Easy to adjust
 - ✓ Easy to "don"
 - ✓ Work Positioning
 - ✓ Suspension

Certified to CE EN 361 EN 358 EN 813 EN 12841 type B EAC

Complete Harness kit	size	weight	code	price
ASTRO® Bod Fast	1	1,900 g	PETC083AA01	£327.50
ASTRO® Bod Fast	2	1,980 g	PETC083AA02	£327.50

WIRE ANCHOR STROPS



Wire Anchor Strop These 7 mm diameter galvanised steel wire strops are commonly used in the rope access industry to provide a moveable anchor point over RSJ's, truss, and roof beams etc. They have a ferrule-secured thimble eye each end and a protective plastic sleeve. EN 795:1997 has no requirement for Class B anchors to have a breaking load marked on them. Before use check for damaged wire, wire slipped in the ferrule, damaged or deformed ferrules, broken strands, damaged protective cover and deformed eyes. CE marked EN 795 Class B.

Wire Anchor Strop 7 mm	length	weight	code	price
	500 mm	260 g	SAFL705	£14.42
	1 m	434 g	SAFL710	£16.46
	2 m	802 g	SAFL720	£21.25

LANYARDS

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 • 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.

WORK POSITIONING LANYARDS



- NEW TYPE** **Rope Lanyard - Type Jane** Dynamic black kermantle rope lanyards with plain sewn ends and plastic sleeves. We offer a kit of a 1 m lanyard supplied with an MGO Open scaffold karabiner [see page 187 for details]. These lanyards can be converted to fall arrest lanyards with the addition of an Absorbica [page 335] secured to the lanyard with a Delta Maillon Rapide [type WIR252B listed on page 184].
Conformity: CE EN 354, EN 795 type B, UKCA, EAC, ANSI Z359.3; CSA Z259.11

Rope Lanyard Type Jane	length	terminations	weight	code	price
	0.6 m	plain sewn ends	100 g	PETL050BA00	£17.50
	1 m	plain sewn ends	120 g	PETL050BA01	£19.50
	1.5 m	plain sewn ends	145 g	PETL050BA02	£21.50
	1 m	sewn ends plus MGO Open	610 g	PETL050BA01K	£72.49



Rope lanyard with a M10T Karabiner and a scaffold hook.

- PPE** **Rope Lanyard** 12 mm diameter polyamide [nylon] rope lanyards, with a choice of connector. Conformity: EN 354.

Rope Lanyard	length	terminations	code	price
	1.5 m	plain loops each end	WIRLC15BB	£19.10
	2 m	2 x M10T Karabiners	WIRLC1221010	£36.57
	2 m	M10T Karabiner and one scaffold hook	WIRLCA251	£59.30



PPE **Petzl Adjustable 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 500 mm fall. The nylon semi-static rope helps absorb some of the forces. Available in 2 m or 3 m lengths [4 m or 5 m available to order]. The standard Grillon requires two connectors [pages 185 - 187] but choose types to EN 362. CE EN 358, CE EN 12841 type C, EAC.

- ✓ 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
- ✓ Now also available with MGO hook

Grillon Adjustable Lanyard	weight	code	price
2 m Plain Ended	480 g	PETL052AA00	£119.50
2 m + MGO Open Connector	480 g + 490 g	PETL052MG00K	£147.00
3 m Plain Ended	560 g	PETL052AA01	£121.50

NB: Grillon Adjustable Lanyards can be used to create horizontal lifelines and are available in long lengths. Please phone our Rigging Manager for details.



Cow's Tails This dynamic rope is for creating anchor lanyards (Cow's Tails) for the attachment of the user's harness to an anchor point. Check with the harness manufacturer which harness points are suitable for cow's tails. This dynamic rope must not be used to make a fall arrest lanyard in conjunction with an energy absorber. The

knots used must have a minimum static strength of 15 kN. Tests have proved that a correctly tied figure-of-eight knot gives a minimum static strength in excess of 15 kN. Other knots may increase energy absorption but not meet the 15 kN strength. Only trained persons should tie knots to create Cow's Tails. CE EN 892. See also Fibre Rope [page 198].

Cow's Tails	Ø	length	colour	weight	code	price
	11 mm	4 m	can vary	330 g	ROPLICT4A	£24.26
	11 mm	5 m	can vary	410 g	ROPLICT5A	£27.84

RETRACTABLE LANYARDS

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 400 mm. They should comply with EN 360.

However, the tests for these units to ensure compliance with EN 360 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 worker's harness will allow a sudden drop of around 1.5 m onto 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.



Blocfor™ Automatic Fall Prevention Blocks These self-reeling blocks give complete freedom of movement. Supplied with a M47 swivel connector. Available in three lengths. May be used horizontally without the addition of a webbing lanyard placed between the wire and the harness as they now come supplied with an absorber. [Please read our notes at the beginning of this section.] The absorber adds to protect against falls even when the wire is fully unwound, and also doubles a fall indicator. Top stuff. Conformity: EN 360.

Blocfor™	length	model	line	code	list	Tradeline
	10 m	70572	galvanised wire	SAF70572	£520.00	£442.00
	20 m	74512	galvanised wire	SAF74512	£691.00	£587.35
	30 m	74532	galvanised wire	SAF74532	£1,247.00	£1,059.95



Blocfor™ 20R and 30 R with Securing System Automatic fall protection device with integrated winch for ascent or decent during a possible rescue operation. Complete with M46 connector, and absorber that adds to protect against falls even when the wire is fully unwound. Available in cable lengths of 20 m or 30 m. Conformity: EN 360 and EN 1496 Class B.

Blocfor™	length	model	line	weight	code	list	Tradeline
	20 m	75492	galvanised	10.6 kg	SAF75492	£1,472.00	£1,251.20
	30 m	75502	galvanised	17.2 kg	SAF75502	£1,850.00	£1,572.50



Blocfor™ Inertia Reel Lanyard

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. 45 mm wide polyester webbing. Tractel code: 75389. Braking force: 5 kN. Conformity: EN 360.

Measurements

Eye-to-eye closed – 430 mm

Eye-to-eye fully extended opens to – 2,090 mm
[Travel distance – 1,660 mm]

Blocfor™ 2W 47-10	weight	code	price
length end connectors line 2 m M10T Karabiner & M47 hook webbing	990 g	SAF75389	£109.71



Petzl Absorbica An update of the updated L57, this compact energy absorber is an essential component in a fall arrest lanyard. Equipped with tear-webbing inside a zippered fabric pouch, the energy absorber is protected from abrasion while allowing for regular inspection. Only for users between 50 kg and 130 kg. SPECIFICATIONS: Max authorized length [with connectors] 2 m. Conformity: CE EN 355, EAC.

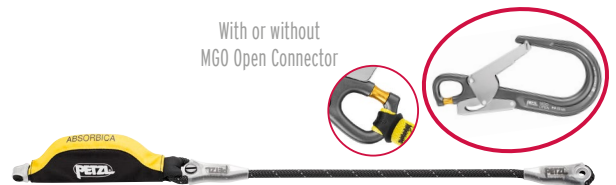
Absorbica	weight	code	price
	140 g	PETL010AA00	£37.50



Delta Pattern This black 8 mm Delta Maillon Rapide is the preferred connector to link the Petzl Absorbica to the Jane lanyard. Conformity: EN 12275:1998 and EN 362. For other Delta Quick Links see page 184.

Delta Pattern	bar Ø	gate opening	WLL	code	price
delta pattern [triangular shape for 3-way loading]					
PPEDZ08N	8 mm	10 mm	550 kg	WIR252B	£6.46

With or without
MGO Open Connector



Petzl Single Leg Absorbica I 80 Jane type lanyard [page 333] with absorber. 800 mm long – this gives optimal freedom of movement whilst still being able to reach the connector. Also available with an MGO Open scaffold karabiner [see page 187 for details] as part of a kit. Conformity: CE EN 355, CE EN 354, EAC.

Single Leg Absorbica I 80	weight	code	price
without connector	270 g	PETL011AA00	£41.00
with MGO Open Connector	760 g	PETL011AA00K	£88.50



With or without
MGO Open Connectors



Petzl Double Leg Absorbica Y 80 As the L64IA80 but with twin legs allowing the user to remain connected whilst passing to intermediate anchor points. Each leg is 800 mm.

Compliance: CE EN 355, CE EN 354, and EAC.



Petzl Double Leg Absorbica Y with MGO Open Scaffold Karabiners As above but supplied with two MGO open scaffold connectors [page 187]. These can be fitted via their opening gate to the lanyards for easy movement on metallic structures. The open feature enables the user to replace the lanyard if required. N.B. All pieces of equipment should be replaced if subjected to a fall arrest.

Double Leg Absorbicas Y 80	weight	code	price
without connectors	370 g	PETL012AA00	£58.50
with 2 MGO Open Connectors	1.35 kg	PETL012AA00K	£102.90

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, 15 kN is the most popular minimum static strength although regulations permit anchor points of 12 kN.
- ✓ The lanyard must prevent high shock loads when deployed. Parachutists were found to be able to withstand up to 12 kN impact force but this needs to be halved to take into account less athletic personnel. Energy absorbers are designed to transfer a maximum shock load of 6 kN. This assumes an average body weight of around 80 kg. 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 100 kg. Greater weights can be acceptable if the lanyard is shortened. Petzl state 100 kg = Max Lanyard Length 2 m, 120 kg = MLL 1.67 m, 140 kg = MLL 1.43 m.
- ✓ 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 onto a point above or level with you. A 1.5 m long lanyard clipped on level with the attachment to the harness will permit a 1.5 m fall. This is referred to as an "F1" fall. The same lanyard clipped on at foot level will allow a 3 m 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 2 m. 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.

SMALL TOOL LANYARDS

Small Tool Lanyards

Dropped tools are the second largest cause of fatalities in the UK workplace. The lanyards below are designed to secure small tools such as podgers or power tools whilst working overhead. Check the lanyard chosen is suitable for the tool weight. Beware of using lanyards that are too strong just in case the lanyard becomes entangled in machinery, it would be better for the lanyard to fail rather than have it drag the user into the sausage-making machine.



Quick clip direct to podger



Clip Sprung Tool Lanyard

An expanding sprung lanyard with special quick tool attachment which allows tools to be easily changed without needing the usual wire loop. 470 mm long expanding to 1,700 mm.

3 mm Ø. Stainless steel wire core. Charcoal black. Highly recommended. Max load: 1 kg.

Clip S T Lanyard	weight	code	price	10+	50+
Charcoal black	65 g	SAFAR430B	£13.65	£9.98	£8.95



Long Lightweight Sprung Tool Lanyard

A purple sprung lanyard which is very lightweight at just 45 g making it ideal for work at height – well, it all adds up! Expands from 490 to 1,820 mm. Supplied with wire loop for podger attachment and two snap shackles. 2.5 mm Ø. Kevlar core. Max load: 1 kg.

Kevlar core!

Lightweight S T Lanyard	weight	code	price	10+	50+
Purple	45 g	SAFARK10K	£13.65	£9.98	£8.95



3 kg version for most power tools

Heavy-Duty Sprung Tool Lanyard

A substantial lanyard, 410 mm long expanding to 1,400 mm. 5 mm Ø. Supplied with two snap shackles but no wire loop. Stainless steel core. Max load: 3 kg.

Heavy-Duty S T Lanyard	weight	code	price	10+	50+
Black	80 g	SAFARS30B	£14.20	£10.40	

Tradeline 10+ £10.40



Ergodyne Barrel Lock Lanyard

This lanyard expands from 890 mm to 1,100 mm. With a barrel lock to fit to small tools such as hammers and quad spanners. Max load: 2.26 kg.

Barrel Lock Lanyard	code	list	price
	ERGE3100STD	£11.35	£10.25



Ergodyne Squids® Detachable Karabiner Tool Lanyard

Lightweight shock absorbing tool lanyard with karabiner with captive eye on one end and detachable loop on the other, reduces the dynamic force on the body or other anchor point. The durable polyester elastic extends from 960 mm to 1370 nm. Max load: 2.3 kg.

Detachable Karabiner Lanyard	code	list	price
	ERG19864	£12.05	£10.85



Ergodyne Squids® Retractable Tool Lanyard

Retractable tool lanyard with a manual locking stainless steel karabiner attachment on both ends. Locks into place at desired length.

Includes female buckle attachment on the cord to easily switch tools with male buckle attachment. SPECIFICATIONS: Max length: 1.22 m, Max load: 0.45 kg.

Retractable Tool Lanyard	code	list	price
	ERG19300	£36.85	£33.17



Ergodyne Squids® Tool Wrist Lanyard

Polyester webbing cuff secures to wrist while the barrel lock secures to the spanner or small tool. Max load: 0.9 kg.

Tool Wrist Lanyard	code	list	price
Small/med wrist	ERGE3115SM	£2.75	£2.48
Large/XL wrist	ERGE3115XL	£2.75	£2.48



Ergodyne Squids® Pull-on Wrist Lanyard

The modular buckle connection makes it easy to switch between tools with buckle attachments. One size fits all. Max load: 1.4 kg

Tool Wrist Lanyard with Buckle	code	list	price
	ERG19057	£7.95	£7.16



Ergodyne Squids® Dual Clip Grabber

Grabbers keep your gloves, keys and whatever else always seems to mysteriously disappear close at hand. This versatile dual clip version can be used as one unit or detached, clipped to D-rings and used as two separate pieces.

Dual Clip Grabber	code	list	price
	ERG19112	£3.05	£2.75

SMALL TOOL ATTACHMENTS



Ergodyne Squids® Elastic Tool Tails

As well as being used as an anchor point on a belt, harness or separate structure, these tool tails can provide retrofit O-Ring attachment points to tools and equipment up to 6.8 kg. They can be attached to tools with Tape Trap or Shrink Trap. Length: 280 mm [extended: 460 mm]

Tool Connector Elastic Tool Tail	code	list	price
pack of 3	ERG19767	£10.25	£9.23



Ergodyne Squids® Tool Lanyard Karabiner Accessory Pack Attach the male buckle end to a lanyard with a female buckle attachment and attach the stainless steel manual locking karabiner to a tool with an attachment. Max load: 0.46 kg.

Karabiner for Tool Lanyard	code	list	price
Pack of 3	ERG19325	£24.15	£21.74



Ergodyne Squids® Tool Connectors Web Tool Tails These ultrastrength nylon web tool tails can provide retrofit D-Ring attachment points to a variety of tools. They can be attached with the Tape Trap or Cold Shrink Trap. Max load: 0.9 kg.

Web Tool Tails	code	list	price
90 mm [6 pack]	ERG19703	£8.05	£7.25
140 mm [6 pack]	ERG19705	£8.05	£7.25
215 mm [6 pack]	ERG19708	£8.05	£6.55



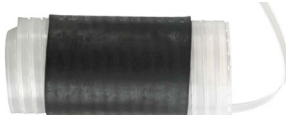
Ergodyne Squids® Tool Lanyard Detachable Loops As an alternative to using both the Tool Tails and Karabiner Buckle attachment above, you can attach these to your tools with the Tape Trap or Cold Shrink Trap for easily changeable tools. Max load: 2.26 kg.

Detachable Loops for Tool Lanyard	code	list	price
	ERG19068	£6.45	£5.81



Ergodyne Squids® Tool Connector Self-adhering Tape Trap This fibreglass reinforced Self-Adhering Tape Trap secures attachments onto your tools and adds extra grip. Uses no adhesive so tools are left perfectly clean when removed. Length: 3.7 m [per roll], width: 25 mm wide. Max load: 4.5 kg.

Self-Adhering Tape trap	code	list	price
	ERG19755	£27.95	£25.16



Ergodyne Squids® Cold Shrink Trap A more permanent alternative to the Tape Trap. Simply place the tube over the handle of your tool with the connector in position. Pull the far end of the perforated tube through itself and gradually unwind. The EPDM rubber will slowly form to the handle trapping the connector point in place. No heat necessary. Max load: 2.26 kg.

Shrink Trap	length	fits tool Ø	code	list	price
S	76 mm	19 - 38 mm	ERG19723	£9.05	£8.15
M	101 mm	125 - 175 mm	ERG19724	£10.85	£9.77
L	152 mm	44 - 63 mm	ERG19726	£15.75	£14.18

Squids® System



Finding a safety solution that will prevent falling tools can be complicated. The Ergodyne Squids® system is the easy way to tether your tools to yourself [or structure] in whatever way works best for you. Attach buckles to your tools with tape trap and then connect to your wrist, or Shrink Trap D-ring tails to create an easy attachment point. How you connect is up to you.

The Squids® logo is used on this page to indicate the component is part of this modular system.



MOBILE FALL ARREST

Mobile Fall Arrest

There are many simple lever rope grabs on the market which are designed to drag along a safety rope and lock in the case of a fall. The standard for these devices involves testing the product with a 100 kg weight being dropped via the lever and the braking distance must be within a certain distance. Usually they will pass this simple test. However, the reality is that if you were to fall off a ladder, the drop is often not a neat vertical descent but there is a tendency to fall outwards away from the safety line. In this case, the lever action will not be activated and the "safety" device will run down the safety line as the casualty falls to the ground. The casualty will be injured or worse but the device still meets the standard. The Petzl ASAP Lock overcomes this potential hazard by not using the simple lever cam employed in most devices but a system that will stop any descent which is too fast.



Petzl ASAP Lock The ASAP Lock is a reference product in fall protection for a single worker at height. In normal use, the device moves freely along the rope without any manual intervention and accompanies the user in all their movements. In case of shock or sudden acceleration, the ASAP Lock locks on the

rope and stops the user. The integrated locking function allows the user to immobilize the device in order to reduce the length of a fall. The ASAP Lock may also be combined with an energy absorbing lanyard to work at a distance from the rope. For use on safety lines of semi-static rope [EN 1891 type A] from 10 mm to 13 mm diameter [page 203].

- ✓ 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 grabbed reflexively by the user
- ✓ Moves up and down the rope without manual intervention
- ✓ Easy to put on and remove at any point on the rope
- ✓ The device does not have to be removed from the connection to the harness in order to remove the fall arrest from the rope

Individually tested. Conformity: CE EN 353-2, CE EN 12841 type A, EAC.

ASAP Lock	weight	code	price
	425 g [+ karabiner 75 g]	PETB071BA00	£187.00



Petzl ASAP'sorber & ASAP'sorber Axess When using the ASAP Lock mobile fall arrester it is best to attach it directly to your harness. However, this may restrict the user's movement to carry out certain tasks. Using this energy absorber with the ASAP Lock enables the user to keep a distance from the safety rope whilst limiting the impact force. The ASAP'sorber Axess can be used in two-person rescue situations for a load of up to 250 kg. NB: Be aware that using an ASAP'sorber will increase the amount of clear free-fall space needed. Conformity: ASAP'sorber: CE EN 355 ANSI Z359.13 6 feet, EAC. ASAP'sorber Axess: CE EN 355, ANSI Z359.13 6 feet.

ASAP'sorber	code	price
Length 200 mm	PETL071AA00	£26.00
Length 400 mm	PETL071AA01	£30.50
ASAP'sorber Axess	code	price
Length 400 mm	PETL071CB00	£35.50