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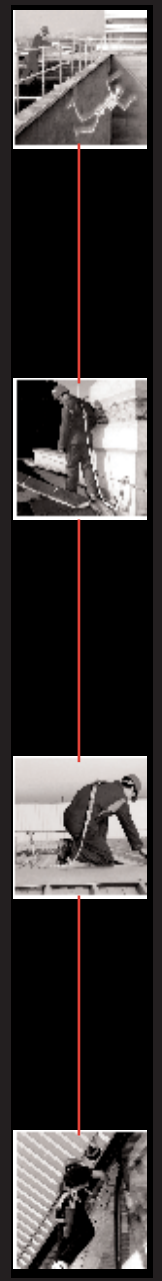


# INTRODUCTION



## SAFESITE

Safesite is committed to providing solutions to fall arrest situations that arise on a daily basis throughout industry and commerce. Service, reliability and cost competitiveness are the key principles to the company's continued success within the marketplace.

Safesite is one of the few companies able to provide all the product solutions from a single source, giving the client the opportunity to specify a complete range of fall arrest solutions. The company's recruitment within the construction industry provides the client with a professionally qualified team of Surveyors and Engineers who evaluate, organise and certify the required system solution for each project.

The company manufactures, distributes and installs systems through its offices at Crawley and Runcorn and through its authorised distributors who cover Scotland, Northern Ireland and Eire.

## SERVICES

- Comprehensive Site Surveys & Reports
- Risk Assessments
- Supply & Installation
- Supply Only
- Recertification
- Training & CPD

## HEALTH AND SAFETY DIVISION

Health and safety is becoming an increasingly important part of today's working environment, but with legislation constantly changing to meet new issues it is virtually impossible to know everything about health & safety.

Safesite's Health & Safety Division provides services tailored to suite a company's health & safety needs. From on-site risk assessments to comprehensive training and risk management, Safesite can help a company gain a better understanding of the complex issues arising from Health & Safety Regulations in the workplace and to comply with the latest legislation.

# LEGISLATION

Compliance with statutory regulations could save many lives and reduce the number of injuries. Most accidents and costs incurred could be prevented through the correct application, information, instruction, training and supervision of those who use the equipment.

Before carrying out any form of work at height, a risk assessment of the work must be carried out by every employer so that they can make a suitable and sufficient assessment of each work activity in order to detect and define hazards that any employee or person affected by their operations might encounter. Once these hazards have been identified, it is then the employer's duty to put control measures into place in order to remove or reduce those hazards as far as is reasonably practicable.

Everyone has a duty of care under common law to protect themselves and others. When it comes to working at height, the following legislation needs to be considered when assessing the risks and deciding upon a suitable solution.

## HEALTH & SAFETY AT WORK ETC ACT 1974

The Health and Safety at Work Act is an "Enabling Act" which allows the Secretary of State to make further regulations without the need to return to Parliament. The Act imposes a duty of care on everyone at work related to their roles. This includes employers, employees, owners, occupiers, designers, suppliers, manufacturers and the self employed.

Duties of Employers – Section 2
The employers main general duties are to ensure, so far as is reasonably practicable, the health, safety and welfare at work of all their employees. These include:

- The provision of a written health & safety policy (required for five or more employees)
- The provision of safe plant and systems of work
- The provision of any required information, instruction, training and supervision
- A safe place of work including safe access and egress

# LEGISLATION

**Duties of Owners/Occupiers - Sections 3-4**
Every employer and self employed person is under a duty to conduct their work in such as way as to ensure, so far as is reasonably practicable, that persons not in their employment, are not exposed to risks to their health and safety.

Those in control of non-domestic premises have a duty to ensure, so far as is reasonably practicable, that the premises, the means of access and exit, and any plant or substances are safe and without risks to health. The common parts of residential premises are deemed non-domestic.

There is a general provision for monitoring both employees and persons not in their employment to ensure compliance with method statements, risk assessments and general health & safety policies for completing an activity. This includes contractors working on premises.

**Duties of employees – Section 7**
Employees must take reasonable care for the health and safety of themselves and others who may be affected by their actions at work and co-operate with their employer and others to enable them to fulfil their legal obligations.

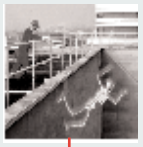
**Directors' Liabilities – Section 37**
Where an offence is committed by a body corporate or can be attributable to the neglect of a director or other senior officer of that body, both that body and the person are liable to prosecution.

**WORKPLACE (HEALTH, SAFETY AND WELFARE) REGULATIONS 1992**
Maintenance of workplace, and of equipment, devices and systems – Regulation 5

"The workplace and the equipment, devices and systems to which this regulation applies shall be maintained (including cleaned as appropriate) in an efficient state, in efficient working order and in good repair.

Where appropriate, the equipment, devices and systems to which this regulation applies shall be subject to a suitable system of maintenance."

"Efficient" in the above context means efficient in terms of health, safety and welfare.




Examples of equipment & devices which require a system of maintenance include guardrails, equipment used for window cleaning and anchorage points/systems for safety harnesses.

As a general recommendation, we advise annual inspection and certification of all guardrails, fall arrest and restraint systems as well as fabricated steel work. In many instances it has been established that products have been tampered with by other trades leaving them in an unfit state for safe usage.

**Ability to clean windows etc safely – Regulation 16**

(1) "All windows and skylights in a workplace shall be of a design or be so constructed that they may be cleaned safely."

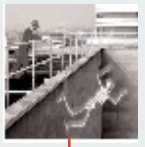
(2) "In considering whether a window or skylight is of a design or so constructed as to comply with paragraph (1), account may be taken of equipment used in conjunction with the window or skylight or of devices fitted to the building."

Suitable provision should be made so that windows and skylights can be cleaned safely if they cannot be cleaned from the ground or other suitable surface. Suitable provisions may include the fitting of access equipment or providing 'suitable conditions' for the future use of mobile access equipment, including ladders up to 9 meters long. 'Suitable conditions' are adequate access to the equipment, and a firm level surface in a safe place on which to stand it. Where a ladder over 6m long will be needed, suitable points for tying or fixing the ladder should be provided. Suitable and suitably placed anchorage points for safety harnesses should also be provided. For further information refer to BS 8213 Part 1 2004 Windows, doors and roof lights.

## PERSONAL PROTECTIVE EQUIPMENT AT WORK REGULATIONS 1992 (as amended)

Provision of personal protective equipment - Regulation 4
PPE as a "Last Resort"
The Management of Health & Safety at Work Regulations (MHSW) require employers to identify and assess the risk to health and safety present in the workplace, so enabling the most appropriate means of reducing those risks to an acceptable level to be determined. There is a hierarchy of control measures, and PPE should always be regarded as the "last resort" to protect against risks to safety and health. Engineering controls and safe systems of work should always be considered first.

Employers should provide appropriate PPE and training in its usage for their employees wherever there is a risk to health and safety that cannot be adequately controlled by other means.



**Compatibility of personal protective equipment – Regulation 5**
"Every employer shall ensure that where the presence of more than one risk to health or safety makes it necessary for his employee to wear or use simultaneously more than one item of personal protective equipment, such equipment is compatible and continues to be effective against the risk or risks in question."

Where more than one item of PPE is being used simultaneously, the different items must be compatible with one another. In these cases, when selecting PPE, it should be ensured that when both items are used together, they will adequately control the risks against which they are provided to protect.

**Maintenance and replacement of personal protective equipment – Regulation 7**
"Every employer shall ensure that any personal protective equipment provided to his employees is maintained (including replacement or cleaning as appropriate) in an efficient state, in efficient working order and in good repair."

An efficient system of maintenance of PPE is essential to make sure the equipment continues to provide the degree of protection for which it was designed. Maintenance is required under the Regulations and includes, where appropriate, cleaning, disinfection, examination, replacement, repair and testing. The responsibility for carrying out the maintenance should be laid down, together with the details of the procedures to be followed and their frequency.

Information, instruction and training – Regulation 9
"Where an employer is required to ensure that personal protective equipment is provided to an employee, the employer shall also ensure that the employee is provided with such information, instruction and training as is adequate and appropriate to enable the employee to know -
a) the risk or risks which the personal protective equipment will avoid or limit;
b) the purpose for which and the manner in which the personal protective equipment is to be used; and
c) any action to be taken by the employee to ensure that the personal protective equipment remains in an efficient state, in efficient working order and in good repair as required by Regulation 7(1)."

It is essential that initial training of the PPE is provided to all those who are involved or likely to use the equipment. Further refresher training is equally important to ensure that existing and new operatives are adequately trained. Records of all training should be maintained to assist in the efficient administration of the training programme.

**BS EN 365: 2004 Personal Protective Equipment against falls from height – General requirements for instruction for use and marking.**

This standard provides the general requirements for instructions for use and marking of equipment. As well as many other provisions under this standard, there is a clause which states:

"Instruction that the system or component be examined – or where deemed necessary by the manufacturer, serviced – at lease once every twelve months by a competent person authorised by the manufacturer."

This provides the criteria for annual re-certification of vertical and horizontal lifeline systems, track systems, eyebolt and anchorage points as well as legislation relating to fencing (guardrail). With regards to restraint systems, it would be considered good practice to carry out annual inspections as specified in this standard.

## PROVISION AND USE OF WORK EQUIPMENT REGULATIONS 1998 (PUWER)

**Maintenance - Regulation 5**

1. "Every employer shall ensure that work equipment is maintained in an efficient state, in efficient working order and in good repair."
2. "Every employer shall ensure that where any machinery has a maintenance log, the log is kept up to date."

This regulation builds on the general duty of the Health and Safety at Work etc. Act 1974, which requires work equipment to be maintained so that it is safe. It is important that equipment is maintained so that the performance does not deteriorate to the extent that it puts people at risk. The frequency and maintenance management will be dependent upon the complexity of the piece of equipment, intensity of use, operating environment, variety of operations, risk to health & safety from malfunction or failure. Maintenance operations need to be carried out by a competent person in accordance with the manufacturer's recommendations.

**Inspection - Regulation 6**

1. Every employer shall ensure that, where the safety of work equipment depends on the installation conditions, it is inspected –

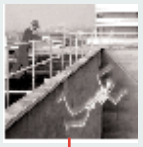
(a) after installation and before being put into service for the first time; or
(b) after assembly at a new site or in a new location, to ensure that it has been installed correctly and is safe to operate.

2. Every employer shall ensure that work equipment exposed to conditions causing deterioration which is liable to result in dangerous situations is inspected –

(a) At suitable intervals;
And
(b) Each time exceptional circumstances which are liable to jeopardise the safety of the work equipment have occurred, to ensure that health and safety conditions are maintained and that any deterioration can be detected and remedied in good time."

Inspections must be recorded and may, in some cases, include some or all of the checks that are made during the maintenance activity. Where the risk assessment under Regulation 3 of the Management of Health and Safety at Work Regulations 1999 has identified a significant risk to the operator or other workers from the installation or use of the work equipment, a suitable inspection should be carried out. The extent of the inspection required will depend on the potential risks from the work equipment. Inspection should include where appropriate, visual checks, functional checks and testing.

Where work equipment is of a type where the safe operation is critically dependent upon its condition in use and deterioration would lead to a significant risk to the operator or other workers, you should arrange for suitable inspections to be carried out.




The frequency of inspections should be based on how quickly the work equipment or parts of it are likely to deteriorate and therefore give rise to a significant risk. This should take into account the type of equipment, how it is used and the conditions to which it is exposed, (for example external construction or maintenance use compared to internal warehouse maintenance use).

**Information and Instructions - Regulation 8**

(1) "Every employer shall ensure that all persons who use work equipment have available to them adequate health and safety information and, where appropriate, written instructions pertaining to the use of the work equipment."

(2) "Every employer shall ensure that any of his employees who supervises or manages the use of work equipment has available to him adequate health and safety information and, where appropriate, written instructions pertaining to the use of the work equipment …"

This regulation builds on the Health and Safety at Work etc. Act 1974 to provide employees with the information and instructions that are necessary to ensure their health and safety. It also links to the Management Regulations to provide information to employees relating to their health and safety.

Any written instructions need to be made available to everyone who is directly using the equipment; this includes employees and other appropriate people. For example, maintenance instructions are made available or passed to the people involved in maintaining the work equipment.

**Training - Regulation 9**

(1) "Every employer shall ensure that all persons who use work equipment have received adequate training for purposes of health and safety, including training in the methods which may be adopted when using the work equipment, any risks which such use may entail and precautions to be taken."

(2) "Every employer shall ensure that any of his employees who supervises or manages the use of work equipment has received adequate training for purposes of health and safety, including training in the methods which may be adopted when using the work equipment, any risks which such use may entail and precautions to be taken."

It is not possible to detail what constitutes 'adequate training' as this will vary according to the job or activity and work equipment etc.

## MANAGEMENT OF HEALTH AND SAFETY AT WORK REGULATIONS 1999

Risk Assessment – Regulation 3

1. "Every employer shall make a suitable and sufficient assessment of –

(a) the risk to health and safety of his employees to which they are exposed whilst they are at work; and
(b) the risk to the health and safety of persons not in his employment arising out of or in connection with the conduct by him of his undertaking,…."

This requires all employers and the self-employed to assess the risks to workers and any others who may be affected by their work or business. A risk assessment is carried out to identify the risks to the health and safety of any person arising out of, or in connection with the work or undertaking. It should identify how the risks arise and how they impact on those affected. This information is needed to make decisions on how to manage those risks in an informed, rational and structured manner, and that the action taken is proportionate.

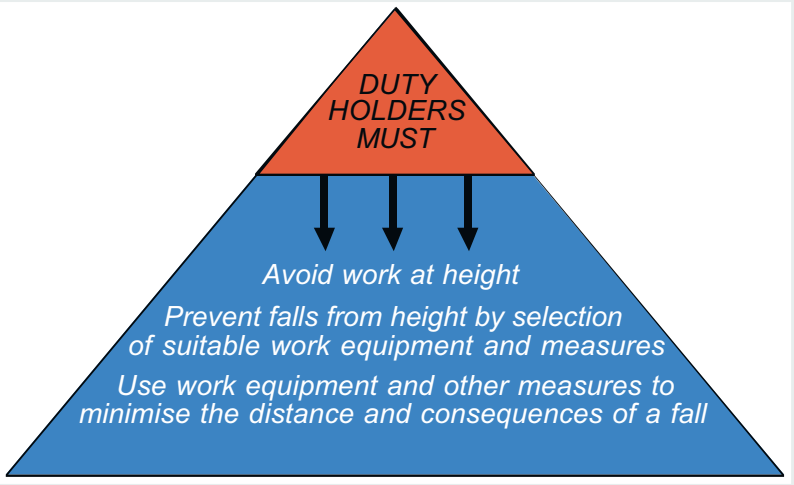
## WORK AT HEIGHT REGULATIONS 2005

The main aim of the Regulations is to ensure that all work at height is planned, organised and carried out safely.

The Regulations apply to virtually all industrial sectors and place a duty on employers, the self employed and any person who controls the work of others (including facilities managers and building owners), to do all that is reasonably practicable to prevent anyone from falling.

Work at height now relates to all heights where a person can fall a distance, and not just to work at 2 meters or above.

**The Regulations set out a simple hierarchy for managing and selecting equipment for work at height:**




**Hierarchy of Protective Measures**

| SELECTION PRIORITY | EQUIPMENT CATEGORY | COLLECTIVE MEASURES | PERSONAL MEASURES |
|---|---|---|---|
| HIGHEST | Work equipment which prevents a fall | Protected platforms<br>Guardrails<br>Barriers<br>Multi-user MEWP's | Personal fall prevention & fall restraint systems, single-user MEWP's |
| | Work equipment which minimises the height & consequences of a fall | High level safety nets & soft landing systems (rigged close to the work) | Other personal fall protection equipment and fall arrest systems |
| | Work equipment which minimises the consequences of a fall | Low level safety nets & soft landing systems | Other injury prevention systems (inflatable jackets & life jackets) |
| LOWEST | Work equipment which does neither (eg ladders stepladders, trestles) | Instruction, supervision & training of users to minimise the risk of them suffering a fall | |
| | | SOURCE: BS 8437:2005 | |

**Training**

All instruction and training for work at height must be carried out in accordance with BS 8454 Code of practice for the delivery of training and education for work at height and rescue.

**Rescue**

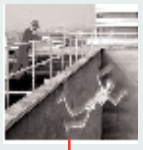
An understanding of the rescue requirements associated with the use of equipment, the procedures and time limitations are vital, especially when considering PPE.

**Innovation**

The Regulations allow the use of other work equipment that would not normally be permitted, for example life jackets when working at low fall height over still or slow flowing water.

**Competence**

The Work at Height Regulations require that everyone who works at height or is responsible for work at height is competent. This means they must also understand any potential hazards associated with the work or equipment and be able to detect any technical defects or omissions in the work or equipment.



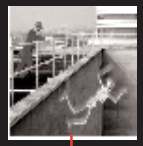
# MOBILE MAN ANCHOR

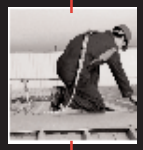
## INTRODUCTION

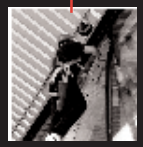
The CE Approved Mobile Man Anchor is an item of Personal Protective Equipment (PPE) which has been specifically designed to provide short term safety for low frequency operations where guardrails are not provided. The unit is ideal for short term maintenance operations to flat roofs or to the plant and equipment installed at roof level such as AC units, telecommunications equipment etc.

Safesite's Mobile Man Anchor is extremely compact, portable, easily assembled and features a unique design incorporating a shock absorber which reduces the total weight of the unit, making the product more "user friendly". The Mobile Man Anchor has been designed to be used with an approved shock absorbing rope grab and rope and full body harness to provide safe access at all times.

The unit is fully galvanised to BS EN ISO 1461: 1999 Hot Dip Galvanised Coatings Specification and test methods. The Anchor Weights are supplied with suction cut rubber boots. This protects the roof membrane, increases friction resistance and enables the anchor to be used on all roof membranes, even in wet weather.







The Mobile Man Anchor fully complies with BS EN 795: Protection against falls from height – Anchor devices – Requirements and testing. The unit has also been designed to ensure compliance with the following Regulations:

- Work at Height Regulations 2005
- Construction (Health, Safety & Welfare) Regulations 1996
- Construction (Design & Management) Regulations 1994
- Workplace (Health, Safety & Welfare) Regulations 1992
- Manual Handling Operations Regulations 1992

## BUILDING HEIGHT & SAFE WORKING

Safesite's Mobile Man Anchor can be utilised on buildings over 4m high when used as a fall arrest system in conjunction with a shock absorbing rope grab device with 14mm twisted rope. If the system is to be used on buildings below 4m, it must then be used in conjunction with a fixed length lanyard and used as a restraint system as opposed to fall arrest.

The length of the shock absorbing rope grab device should not exceed the height of the building in order to avoid the possibility of the pendulum effect. To overcome this, the Mobile Man Anchor should be placed perpendicular to the roof edge where the operative is likely to be working.

No part of the Mobile Man Anchor should be placed closer than 2.5m from the nearest roof edge. The unit should not be placed on any surfaces affected by ice, grease or similar slippery conditions which may impair the performance of the unit.

## ROOF PITCH & SAFE WORKING

The Mobile Man Anchor can be used on any flat roof or industrial steel cladded pitched roof up to 15 degrees pitch provided that the unit is positioned on the opposite pitch to where the operative intends to work. When placed on a roof slope, the Mobile Man Anchor must be at least 2.5m from the ridge. In all cases, the roof structure must be capable of taking the load of the Mobile Man Anchor (250kg) combined with the weight of the operative, plus any additional equipment required.

## LINKED MOBILE MAN ANCHOR SYSTEMS

Safesite's Mobile Man Anchor can be installed as a complete restraint and fall arrest system by linking a series of units at approx 10m centres via the standard Safesite Horizontal Lifeline System components. The installation provides "fall restraint" for operatives whilst they travel between each Mobile Man Anchor and "fall arrest" once they have connected directly to an individual Mobile Man Anchor and disconnected from the horizontal line.

The Safesite Horizontal Lifeline provides the operative with handsfree operation so that when a bracket/Mobile Man Anchor is encountered, the link device attaching the operative to the system glides over the bracket without the need to detach. Operatives can however attach to a particular Mobile Man Anchor if they wish to use it as a fall arrest system. This type of installation is ideal when a free standing solution is required in order to avoid penetrating the membrane or for when the roof design is not suitable for structural fixings such as those associated with Horizontal Lifeline installations.

This linking of equipment ensures compliance with HS/G-33 1998 which requires "demarcated" safe areas/routes to ensure operatives remain within a specific area. Providing the operative is either attached to the Safesite Horizontal Lifeline or Mobile Man Anchor they will remain protected from falling or accessing unprotected areas.

Note: Consideration must also be given to ensure that while the operative is attached to the Safesite Horizontal Lifeline and using the system as a "fall restraint", they are unable to reach any roof edge/void. If the operative does need to approach the roof edge then this is a "fall arrest" situation and they must attach directly to the Mobile Man Anchor shock absorber only.

## TESTING & CE APPROVAL

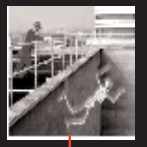
Safesite's Mobile Man Anchor has been extensively tested by SATRA to BS EN 795: Protection against falls from a height – Anchor devices – Requirements and testing. The unit was tested on t he following roof surfaces and has been awarded CE Approval accordingly.

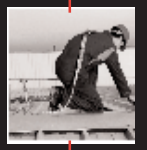
- Single Ply Membrane
- HT Mineral Grade Felt
- Swept Stone Chippings
- Paving Slabs
- Asphalt
- Steel Cladding

## BS EN 795 Test Procedure

The test involved a 100kg weight free falling a distance of 2.5m to reach a maximum velocity. The Mobile Man Anchor then had to bring this force to a complete rest within a horizontal movement not exceeding 1.0m. This was achieved via the extension of the shock absorber coupled with horizontal movement of the complete unit. This test was then successfully duplicated using a 120kg weight. Full independent test documentation is available upon request.

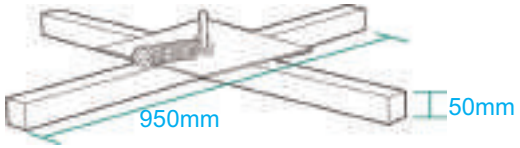
In addition to the above testing, the Mobile Man Anchor has also been tested with a shock absorbing rope grab device with 14mm twisted rope connected to the shock absorber of the Mobile Man Anchor over steel & concrete sharp edges, thus representing on site utilisation of the system. The same test load as BS EN 795 was applied to the system. This testing successfully demonstrated the compatibility of the shock absorbing rope grab device with **14mm** twisted rope when used horizontally in combination with a Safesite Mobile Man Anchor over sharp edges.





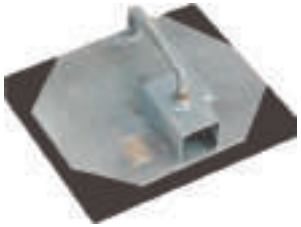
SPECIFICATION

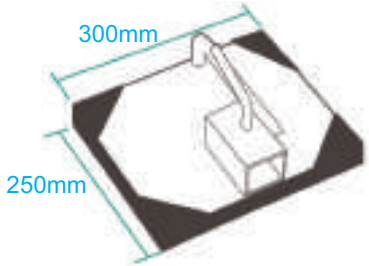
# Safesite Mobile Man Anchor Specification




## MOBILE MAN ANCHOR CROSS FRAME - MMA 001

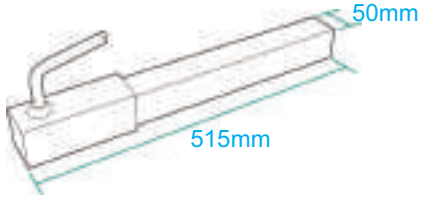
This unit is the heart of the system and provides the means of connecting the man anchor weights to the shock absorber anchorage point. Material: Galvanised steel to BS EN ISO 1461. Net weight: 13kg.






## MOBILE MAN ANCHOR WEIGHT - MMA 002

This component is one of twelve that are used to provide the overall weight of the system. Material: Galvanised steel to BS EN ISO 1461. Net weight: 19kg.



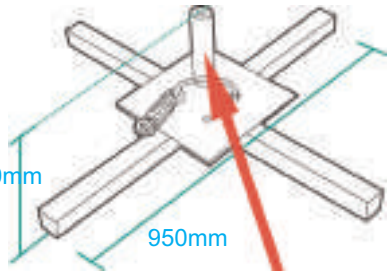

## MOBILE MAN ANCHOR EXTENSION ARM - MMA 003

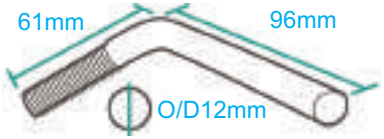
This unit is utilised to connect the second and third weight of each arm to the cross frame. Material: Galvanised steel to BS EN ISO 1461. Net weight: 2kg

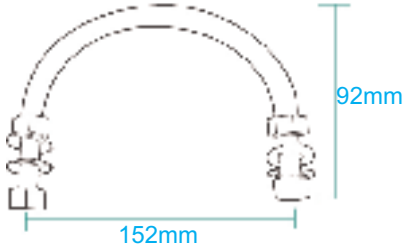
## LINKED MOBILE MAN ANCHOR - CABLE SUPPORT POST - MMA 004

This standard frame (MMA 001) is fitted with a cable support post. This arrangement links a series of Mobile Man Anchors at approximately 10m centres using the Safesite Horizontal Lifeline System to provide a fall restraint/arrest system. This has the advantage of being freestanding as opposed to being traditionally fixed to the structure.

Mobile Man Anchor Cross Frame: Galvanised steel to BS EN 1461. Net weight: 13.6kg. Cable support post: Stainless steel AISI 316L grade. Net weight: 0.885kg.

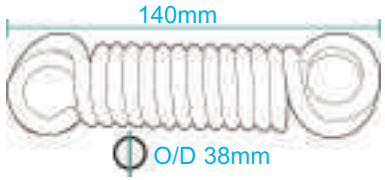



## L-BOLT - MMA 005 & HANDLE - MMA 006

The L-Bolt provides the means of securing the components to the system. Material: Stainless steel A2-50 grade. Net weight: 0.13kg. The Handle provides the attachment of the shock absorber to the Mobile Man Anchor Cross Frame. Material: Stainless steel A2-50. Net weight: 0.285kg.




## SHOCK ABSORBER - MMA 007

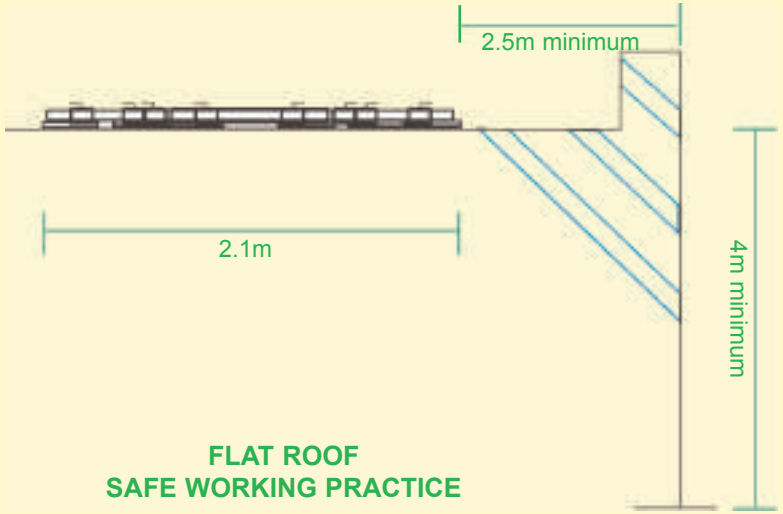
This component absorbs the shock loading should an operative fall whilst connected to the Mobile Man Anchor. The component is designed to be disposed of should it be activated. Material: Bright zinc plated steel. Net weight: 0.85kg.

ASSEMBLY GUIDE

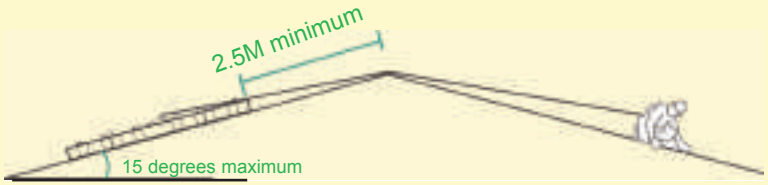
# Complies with BS EN 795 Class E Anchorage Devices

## MOBILE MAN ANCHOR USER INSTRUCTIONS

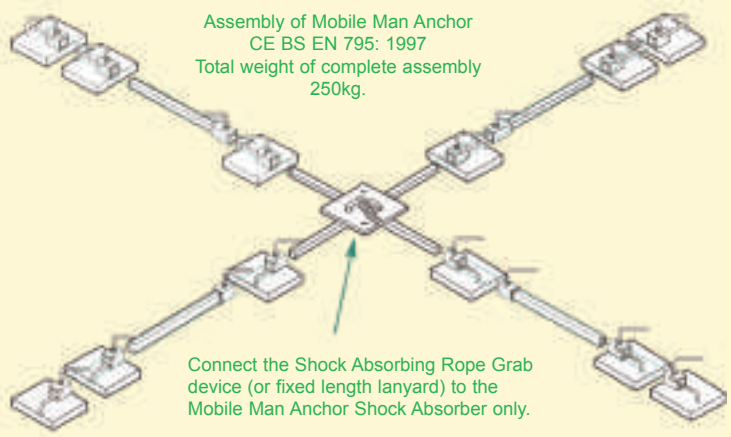
- Please ensure all operatives have read fully and understood all instructions for the safety equipment before using.
- Only one person to be connected at any one time.
- Recommended maximum weight of person 100kg.
- On a flat roof make sure that the Mobile Man Anchor will be used at least 2.5m from the edge of the roof. See diagram.
- Minimum building height 4m when using the unit as a fall arrest system. When building height is less than 4m, operatives must use a fixed length lanyard which restricts their movement to avoid falling from the edge of the building.
- When used on steel cladded roofs up to 15 degrees pitch always place the Mobile Man Anchor on the opposite pitch to the one you are working on. Always position the Mobile Man Anchor a minimum of 2.5m from the ridge on the opposite pitch. When working on the verge detail remember to position the Mobile Man Anchor at least 2.5m from the verge and only work opposite the Mobile Man Anchor in order to avoid the pendulum effect down the facade of the building.
- Sweep any loose materials from the surface of the roof covering where the Mobile Man Anchor will be placed. (Do not use on icy, greasy or any slippery surfaces that may impair the Mobile Man Anchor's performance.) Ensure that the rubber boot is in place and in good condition before using.
- Slide 1 No. Mobile Man Anchor Weight onto each of the cross frame legs and tighten the locking handles in a clockwise direction. See diagram for exact layout.
- Slide 1 No. Extension Arm onto each of the cross frame legs and tighten the locking handles in a clockwise direction. See diagram for exact layout.
- Slide a further 2 No. Weights onto each of the Extension Arms and tighten the locking handles in a clockwise direction. See diagram for exact layout.
- Connect Karabiner (or similar approved clip) of the shock absorbing rope grab device (or fixed length lanyard) only to the loose end of the spring shock absorber on the Mobile Man Anchor.
- Never connect to any other part of the Mobile Man Anchor. Check the spring shock absorber is in good condition and that it is not stretched or damaged in any way. If the spring is elongated do not use the unit and return the whole assembly to Safesite Limited for repair/replacement.
- All operatives must read & fully understand the full body harness instructions before using.
- Once the operative is wearing the harness connect the karabiner on the end of the shock absorbing rope grab device (or fixed length lanyard) to either the chest or rear D-rings of the harness.
- Make sure all connections are fixed correctly and that the system has been assembled correctly. The system is now ready for use.
- If you are in any doubt please contact Safesite's Technical Department on 01293 529977.




**FLAT ROOF**
**SAFE WORKING PRACTICE**




**PITCHED ROOF**
**SAFE WORKING PRACTICE**







RECERTIFICATION

# SAFESITE MOBILE MAN ANCHOR RE-CERTIFICATION

- Periodic inspections by a competent person are required under Regulation 5 of the "Workplace (Health, Safety & Welfare) Regulations 1992, BS EN 365 and BS7883. The frequency will depend upon environment, location and use, but should be at least every 12 months.

- Walk & visually inspect the complete system installation (where applicable) in relation to the general client's needs. Establish if any modifications, additional products are required to reflect any refurbishment or additional plant and equipment that has been installed and requires access.

- Check installation configuration (where applicable) is complete as per the original installation drawing/ plan.

- Ensure that the system has not been modified/tampered with by unauthorised persons.

## DETAILED COMPONENT INSPECTION:-

- **Cross Frame (1)**
  - Check arms on cross for distortion or dents and ensure that this does not affect the fitting of the weight or extension arm.
  - Check metal plat for distortion or cracks.
  - Check handle is securely in place.
  - Check **shock absorber** for any signs of "pulling" – no elongation.
  - CHECK FOR ANY GENERAL CORROSION.

- **Extension Arms (4)**
  - Check arms for distortion along length.
  - Ensure that any dents at widest end do not affect the connection to the cross frame.
  - Look for signs of cracks in metal – especially around any "bruised" areas.
  - Check for any general corrosion.

# RECERTIFICATION

- **Counter weights (12)**

  - Check all rubber boots are in good order – no tears and no missing rubber. If rubber is damaged or missing, replace with a new rubber boot.
  - Check L-bolts are still present and in good order to lock and unlock (ease of movement). ENSURE GREASING IS CARRIED OUT ANNUALLY.
  - Check box section and handle for dents, cracking etc. Make sure arm slides through easily and is secure when L-bolts are tightened.
  - Check for any general corrosion.

- Any galvanised components showing signs of corrosion should be wire brushed thoroughly and galvanised spray/paint applied as appropriate. If rusted significantly, take digital photographs and include in inspection report.

- Once all other inspection points are completed, check that the whole device is fixed securely in position with no obvious distortions in balance.

- In the event of a fall, the Mobile Man Anchor MUST be returned to the manufacturer for re-testing. When used in anger, the shock absorber on the Mobile Man Anchor will elongate. As soon as this is observed, the device MUST be taken out of service until re-certificated by the manufacturer.

**Note:**
**ENSURE THAT THE PRODUCT IS INSTALLED AT LEAST 2.5M FROM THE ROOF EDGE. IF USED AS A FALL ARREST SYSTEM, CHECK THE BUILDING HEIGHT IS IN EXCESS OF 4M. ENSURE THE PRODUCT IS POSITIONED ON A SUITABLE MEMBRANE THAT HAS BEEN INCLUDED WITHIN THE TESTING PROGRAMME.**




# Fall Arrest & Restraint System
# Linked Mobile Man Anchor System

The Safesite Mobile Man Anchor can be installed as a complete restraint and fall arrest system in conjunction with the Safesite Horizontal Life Line. A series of Mobile Man Anchors can be linked at approximate 10m centres via the “Safesite” horizontal life line. This installation provides “fall restraint” for operatives whilst they travel between each Mobile Man Anchor and “fall arrest” once they have connected directly to an individual Mobile Man Anchor and disconnected from the horizontal life line.

The “Safesite” horizontal life line provides the operatives with hands-free operation so that when a bracket/Mobile Man Anchor is encountered, the shuttle attaching the operative to the system glides over the bracket without the need to detach, unless one wishes to attach to a particular Mobile Man Anchor in order to utilise it as a fall arrest system.

This type of installation is ideal if one requires a free standing solution in order to avoid roof membrane penetration, or the roof design is not suitable for structural fixings associated with horizontal life line installations.

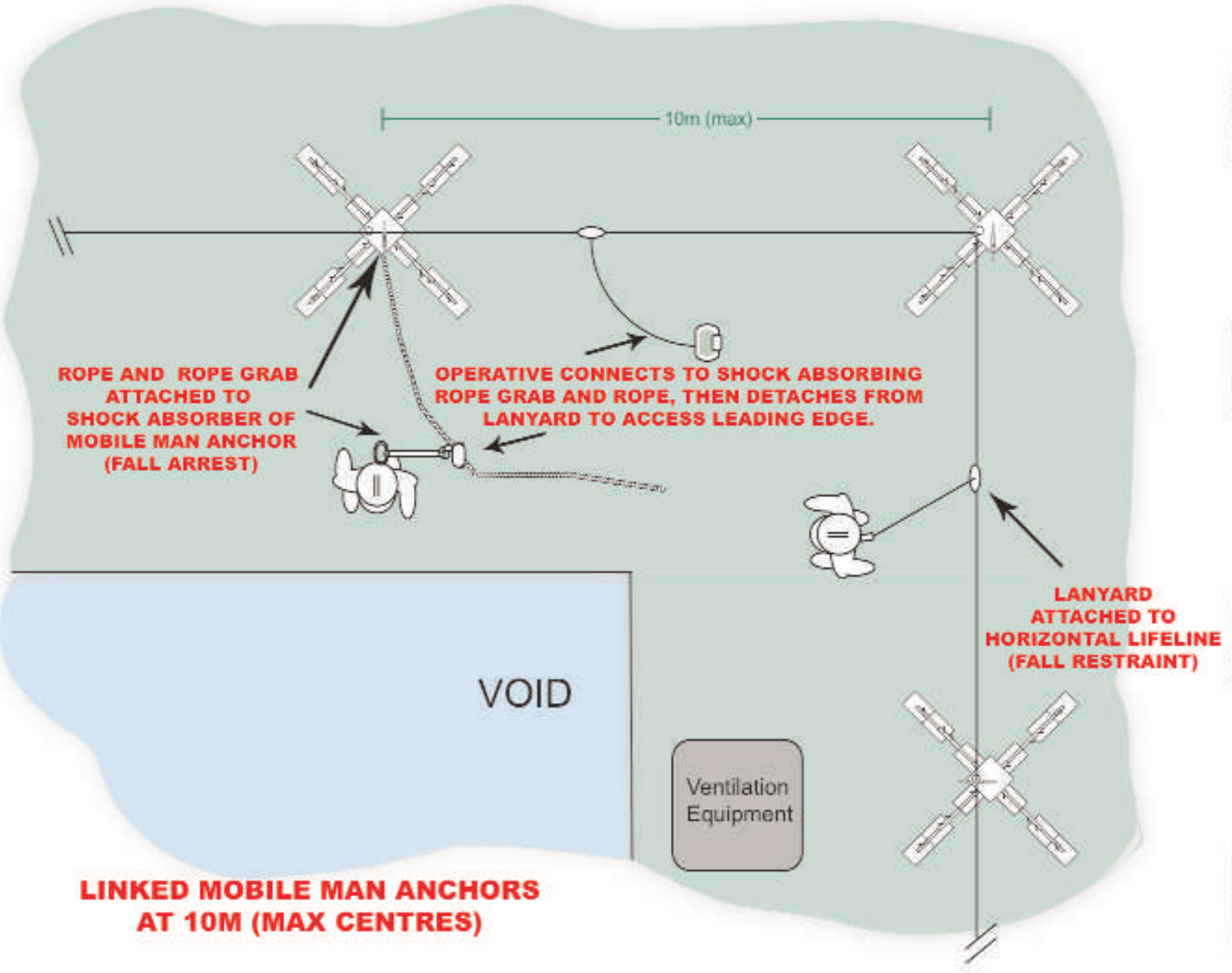
This configuration of equipment ensures compliance with HS/G-33 1998 requiring “demarcated” safe areas/routes to ensure operatives remain within a specific given area. Providing the given operative is either attached to the “Safesite” horizontal life line or Mobile Man Anchor they will remain protected from falling or accessing unprotected areas.

Consideration must be given to ensure that whilst the operative is in the “fall restraint” situation, attached to the horizontal life line, that they remain unable to reach any roof edge/void. If the operative needs to approach the roof edge, “fall Arrest” solution, they must attach directly to the Mobile Man Anchor only.

Please see system operation overleaf and other sections as follows:

Shuttle operation page 27
Mobile Man Anchor Specification page 19
Re-certification of the Mobile Man Anchor pages 21-22
How to Wear your Harness pages 29-30

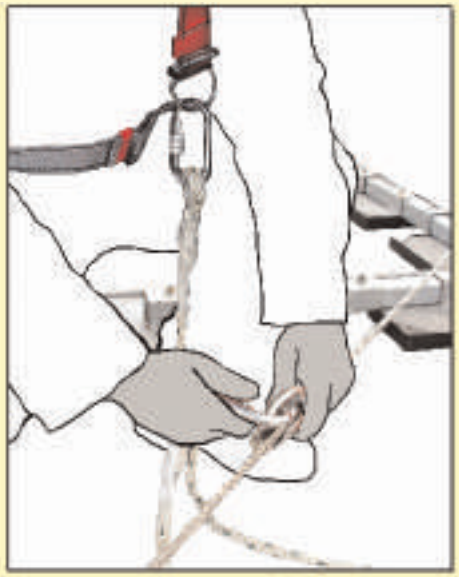
# LINKED MOBILE MAN ANCHOR




**LINKED MOBILE MAN ANCHORS AT 10M (MAX CENTRES)**




# SYSTEM OPERATION



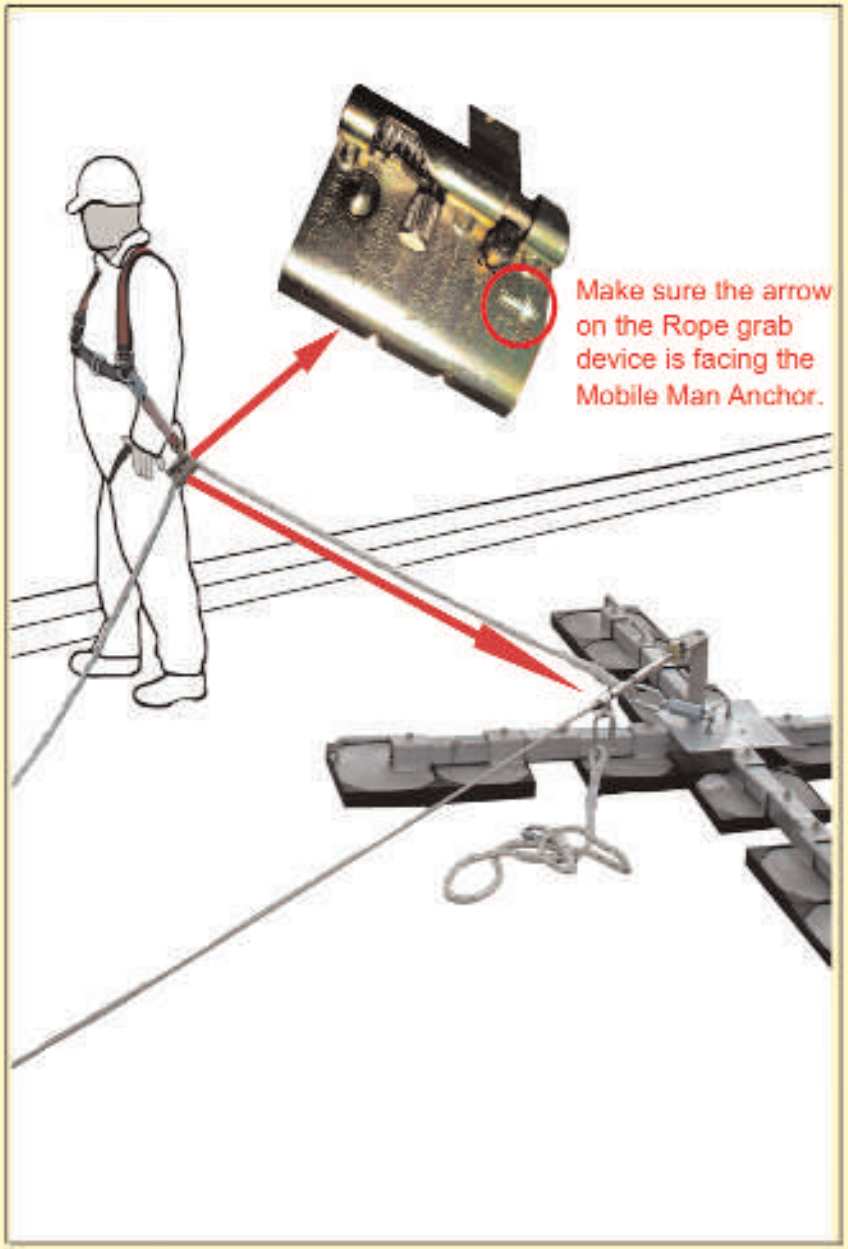
To reach the roof edge of a building, simply connect a 2m shock absorbing lanyard, or specific length of restraint lanyard, to the horizontal stainless steel cable via the shuttle. You can now walk to the position on the roof requiring access/maintenance. Please see complete Shuttle Operation on page 27.

Once this position has been reached, connect a hock absorbing rope grab device with 14mm twisted rope or a secondary shock absorbing lanyard to the "spring/shock absorber" on the Mobile Man Anchor.

Connect the karabiner of the shock absorbing rope grab device or shock absorbing lanyard to the chest (preferred position fall restraint) or rear "D" dorsal attachment point (preferred position fall arrest) on the harness. See How to Wear Your Harness section on pages 29-30.

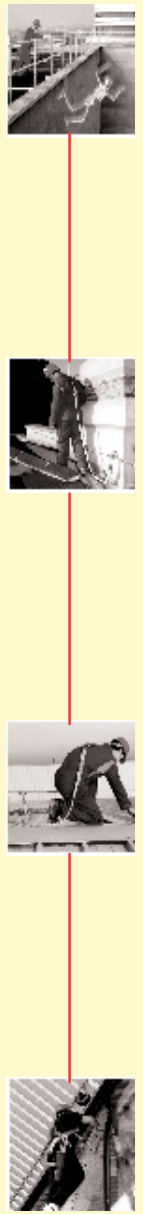
You are now connected to the Mobile Man Anchor via the shock absorbing rope grab device/secondary shock absorbing lanyard and still connected to the horizontal stainless steel cable via the primary 2m shock absorbing lanyard/restraint lanyard.

Detach the primary 2m shock absorbing lanyard/ restraint lanyard from the stainless steel cable and walk towards the edge whilst connected to the Mobile Man Anchor via the shock absorbing rope grab device/secondary shock absorbing lanyard.



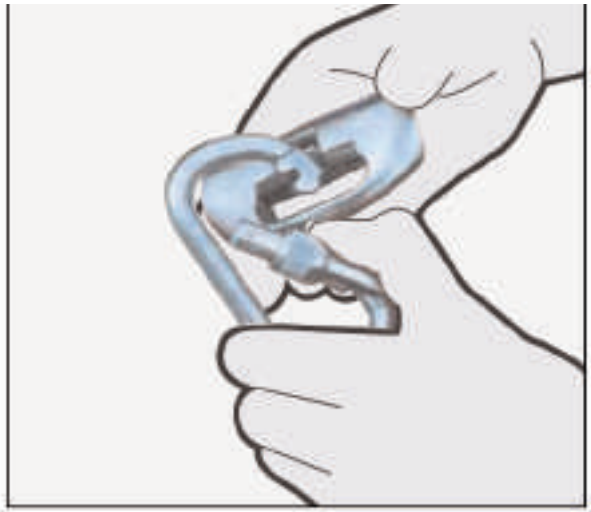

This is now classified as a fall arrest situation.
(Reverse the procedure to return.)

Shock Absorbing Rope Grab Operation.

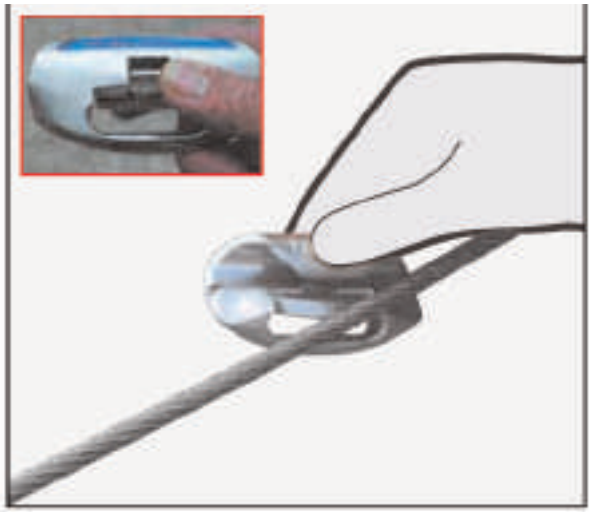


# SHUTTLE OPERATION

Ensure the screw gate karabiner is connected to the required PPE BEFORE connection to the shuttle. Take the shuttle and screw gate karabiner in two hands. Unscrew the screw gate karabiner.

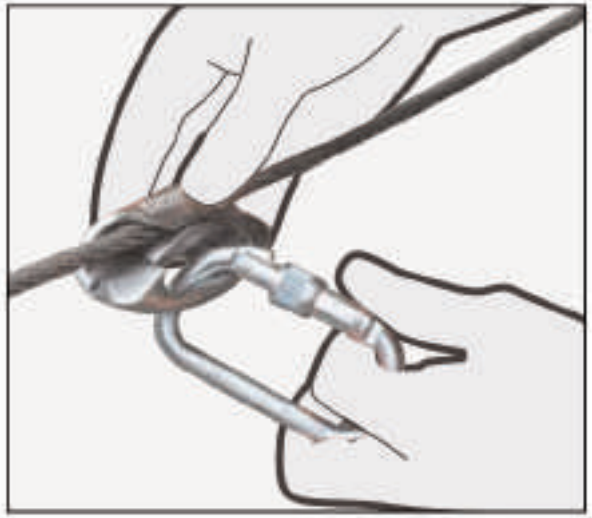


Once the screw gate karabiner is unscrewed push the karabiner together utilising your thumb as shown and detach the karabiner from the shuttle.

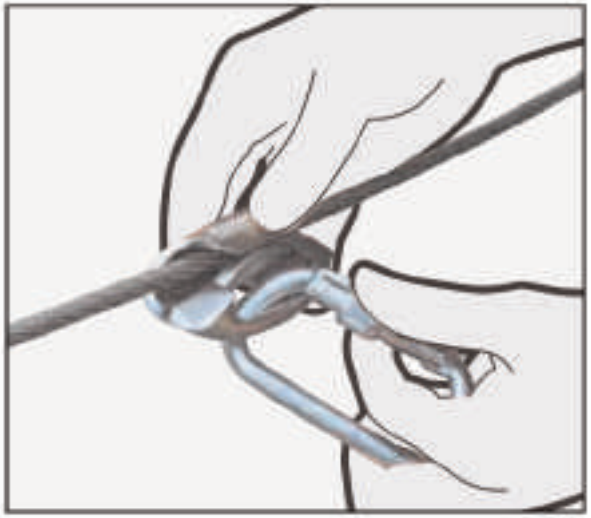


Whilst holding the shuttle as shown, utilise your forefinger to press in the small spring latch at the rear of the shuttle. Whilst holding in the spring latch, position the shuttle on the 8mm cable and release the spring latch.

Take the karabiner in one hand and push the karabiner together utilising your thumb as shown, to open the karabiner and position the shuttle as shown.



Thread the karabiner through the hole in the shuttle and release the karabiner so that it closes.



Whilst holding the shuttle and karabiner as shown, screw the screw gate karabiner to lock the device and ensure the karabiner cannot be opened via pushing together with your thumb as per stage two.

# Safesite Personal Protective Equipment

1 POINT FALL ARREST HARNESS – SR21
Fully adjustable. Rear attachment harness. One dorsal attachment D Ring Conforms to EN 361. Net weight: 0.8kg

3 POINT FALL ARREST HARNESS – SS23
Fully adjustable. Front and rear attachment harness. One dorsal attachment D Ring, 2 lateral attachment D Rings. Conforms to EN 361 Net weight: 1.3kg

Y-LANYARD – AL432
Twin tailed lanyard. Length 1m.
Conforms to EN 354.
Net weight: 0.23

LIFE JACKET HARNESS – L157-2
One dorsal fall arrest point, two side waist working position points. Twin chamber automatic inflation on contact with water. Emergency light and whistle. Conforms to EN 358, EN 361 and EN 399 Class 275N. Net weight: 3.2kg

RESCUE HARNESS – AB210D
One dorsal attachment D Ring. One rescue D Ring. Two lateral attachment D Rings. Two external attachment D Rings for fall arrest. Conforms to EN 358, EN 361 and EN 1498. Net weight: 1.8kg

SCAFFOLD HARNESS – S1000
One dorsal attachment point with connected 1.75m s hock-absorbing lanyard and 50mm opening automatic snap hook. Conforms to EN 361 and EN 355. Net weight: 1.65kg

# HOW TO WEAR YOUR HARNESS


After carrying out an inspection of the harness hold the rear dorsal “D” ring and shake the harness and untangle all the webbing and unfasten all buckles.


Establish the position for your arm to pass through via holding the rear dorsel “D” ring and front support webbing strap.


Slip the harness on to your shoulder as shown.


Ensure the webbing remains untwisted whilst you pass your other arm through to place the harness on your shoulder.


Ensure the harness is positioned correctly on the shoulders and the dorsel “D” ring is in the correct position.


Adjust the shoulder straps by pulling or releasing the slack end so the subpelvic strap is firmly placed under the buttocks.

**Warning:- The life span of s Safesite Harness is a maximum of ten years from the date of manufacture or a maximum of five years from the date of first utilisation on site.**


Pull each thigh strap through the legs and fasten the male buckle through the female buckle.


Adjust tension by pulling or releasing the slack end of the strap.


Repeat on other leg.


Adjust both straps tension by pulling or releasing the slack end of the strap.


Fasten the chest strap male buckle through the female buckle and adjust so that the shoulder straps are centred on each shoulder.


Individually adjust each torso strap by pulling or releasing the slack end so that the dorsel “D” ring is in the centre of the operatives back and the sub-pelvic strap is firmly placed under the buttocks. Ensure that the plastic loops are positioned at the far ends of any straps.

## SYSTEM 2000 GUARDRAIL

Safesite's British Board of Agrément Approved guardrail has been specifically designed to provide permanent edge protection where regular access for maintenance and inspection is required. The system's unique cantilevered design provides permanent edge protection without the need to mechanically fix the system through the roofing membrane or building's
structure.

## HERCULE HORIZONTAL FALL ARREST

Safesite's Hercule horizontal fall arrest track system is ideal for areas where low ground clearance means that conventional fall arrest solutions would not be able to arrest a fall in time. This overhead enclosed track system has been designed with the operative and maintenance of the system as key design features.

## HORIZONTAL LIFELINE FALL ARREST

Horizontal Lifeline Systems are the perfect answer to providing fall arrest protection where guardrails are not suitable or for when a virtually invisible solution is required. Safesite's Horizontal Lifeline provides the operative with complete and continual "handsfree" protection throughout the length of the system.

## VERTICAL FALL ARREST

Railbloc – CE approved vertical fall arrest track system for use on masts, gantries, ladders, silos etc. Often ladders depend upon hoops to protect the operatives, however in many instances these can cause severe injuries and in some cases fatalities. Railbloc has been developed in order to overcome these problems and to ensure operative safety and protection from potential falls.

## STEEL FABRICATION

For occasions when standard systems are not suitable, Safesite's experienced design team are able to consider the risk assessments and method statements of a specific operation and design a bespoke solution that will comply with current regulations.

## DEMARCATION

Safesite's high visibility, maintenance-free demarcation system will remain in place no matter what the weather. This non-fall arrest product meets the Health & Safety Executive's recommendation that demarcation systems should be immediately obvious and project above the main roof decking.

## ANCHORAGE SYSTEMS

There are instances such as for window cleaning and minor maintenance work where access is required from the interior as well as the exterior. To ensure operative fall arrest safety Eyebolts, Roof Anchors and Ladder Restraints are the ideal solution.

## MOBILE VALLEY FRAME

The Safesite Mobile Valley Frame has been designed to provide short term protection where lifelines or guardrails are not provided. The compact, portable and easy to assemble system is ideal for maintenance of valleys, northern lights and box gutter details on fragile roofs such as asbestos and glass houses.

## CABLOC

Vertical fall arrest protection based upon a vertical tensioned cable system and arrestor device. Cabloc has been developed for use in areas where wind loading would inhibit the use of Railbloc or for instances where a track system would encumber the general use of the existing system.

# REFERENCE AND FURTHER INFORMATION

For more information on falls from height go to: www.hse.gov.uk/falls/index.htm

General Health & Safety Information is available from hseinformation@natbrit.com tel 08701 545500

The HSE has also produced a free Height Safe Action Pack which can be ordered on
Tel: 08457 181819, email: hsebooks@prolog.uk.com

The following are a selection of relevant Regulations when considering workplace safety or work at height and are available from HSE, PO Box 1999, Sudbury, Suffolk CO10 2WA Tel: 01787 881165 Fax: 01787 313996 www.hsebooks.co.uk

Construction (Health, Safety and Welfare) Regulations 1996

Construction (Design and Management) Regulations 1994
(Currently under review)

Provision and Use of Work Equipment Regulations 1998

Lifting Operations and Lifting Equipment Regulations 1998

Workplace (Health, Safety and Welfare) Regulations 1992

Health and Safety at Work etc

Management of Health and Safety at Work Regulations 1999

Personal Protective Equipment at Work Regulations 1992 (As Amended)

Work at Height Regulation 2005

www.hse.gov.uk/spd/ecdir.pdf

For further information or to book a site survey, please contact
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