

# Fall Protection

Fall protection solutions should only be installed by a competent company and be inspected at agreed or specified service intervals to maintain safety standards. As fall protection experts, we offer a full design service, installation of the product and can provide ongoing inspection and certification.

# Fall Protection

**With falls from height being the most common cause of fatality and serious injury in the workplace, fall protection is vitally important.**

Our team of engineers can help you develop a comprehensive risk reduction plan for work at heights, descent and rescue.

**arco**® Professional Safety Services



## Risk Identification

We conduct a review of the tasks being undertaken and identify areas of risk to assets and users. During this process, we also consider the duration and frequency of tasks and user competency.



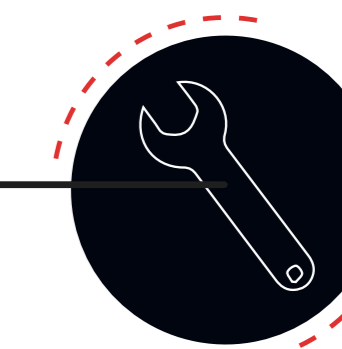
## Access and Rescue Design

In consideration of the risks identified, we create a design for access and rescue provision. The safest most practical solution is designed which is determined by site constraints and the hierarchy of control. This can be any solution from a simple run of guardrail to a series of rope access anchors.



## Product Selection

Not all solutions require an installation. Some work may be made safer by using different equipment, whether this is Personal Protective Equipment (PPE) or using a scaffold tower or Mobile Elevated Working Platform (MEWP). Where installed equipment is required, we can provide proprietary or bespoke products to suit your site.



## Installation and Assembly

We offer a full design and installation service. Working nationally, our highly skilled engineers are qualified to safely work in most business sectors, ranging from construction through to nuclear sites.



## Inspection, Testing and Certification

If you are unsure whether the systems you have are compliant with current standards or provides the required access, we offer auditing services. This includes an inspection of the existing system/s and a recommendations report. Where shortfalls are identified we will make recommendations for remedial action to ensure that your anchor system adheres to the latest standards.



## Recertification

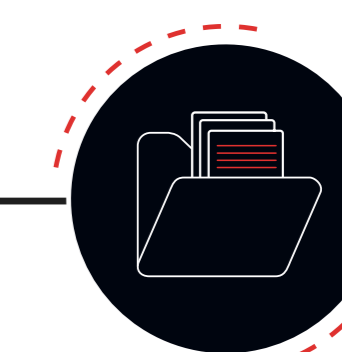
Different installations require different inspection and testing approaches. Whether your installation requires a thorough examination in accordance with Lifting Operations and Lifting Equipment Regulations (LOLER), an annual test in accordance with BS 7883: 2019, or you have PPE that needs checking, we can offer all these services, many of which can be completed on-site.



## Training

As part of the risk identification review, any training shortfalls may be identified, for example if you have had a change in system operation or new staff. Our training team can recommend and offer training on the use of most fall protection systems.

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## Asset Tracking System

Our online customer asset tracking platform captures all installation and certification history in one place. It allows customers to view and manage the re-testing of fall protection systems, PPE inspections, training expiry dates, certificates, and associated documents 24/7.

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# Fall Protection



## Abseil Anchors and Rails

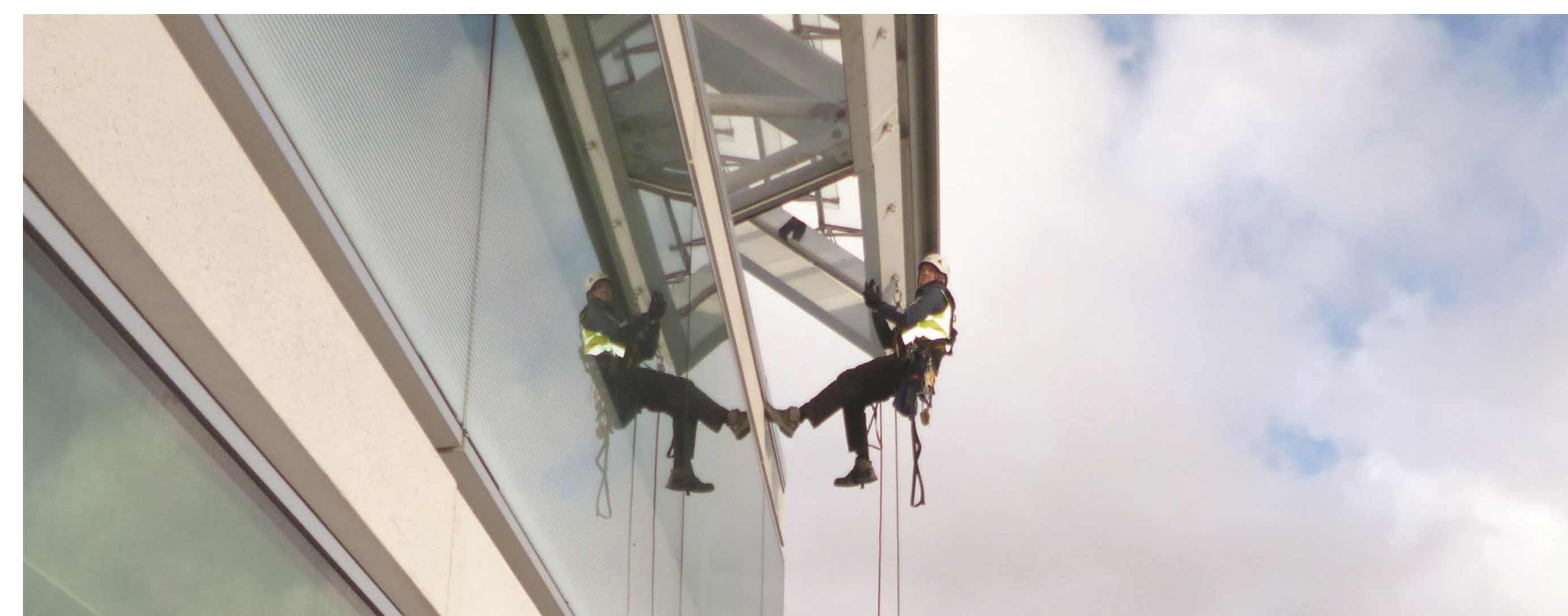
**Primary Regulations:** EN 795:2012, BS 8610:2017, BS 7985:2013, BS 7883:2019

**Service Requirement:** Every six months.

**Detail:** Not all areas at height can be accessed from the confines of a guardrail or balcony. Abseiling, also known as rope access, allows a small number of workers to get to areas below their abseil anchor, that would be otherwise difficult to access. Abseil rails provide easy horizontal travel to above the work area. Abseil anchors should be designed to BS 8610:2017 and installed and maintained in accordance with BS 7883:2019. Abseiling should only be done by competent workers who are trained in rope access and rescue to IRATA requirements.

### Our Offer:

- Design
- Installation
- Inspection
- Certification



Abseil, Anchors and Rails

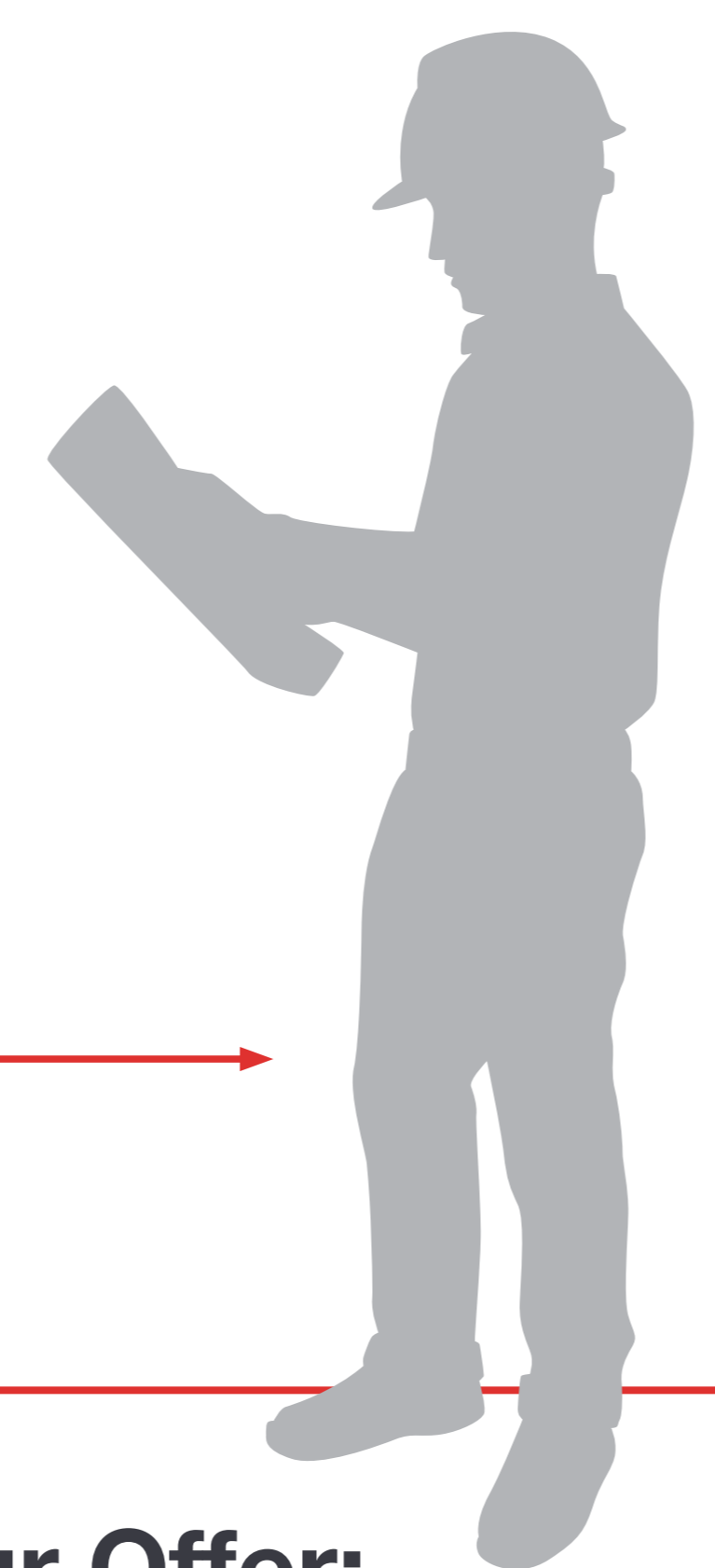


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## Fixed Guardrails

**Primary Regulations:** BS EN ISO14122-3:2016, BS 6180:2011  
**Service Requirement:** Between 6 months and 3 years, typically based on use and location.  
**Detail:** Fixed guardrails are a type of collective protection. As a physical barrier they protect several workers at the same time. Training for use of collective protection is not required. Fixed Guardrails are directly attached to the roof or parapet of a structure. They should be designed to provide a top rail height of 1100mm.



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Fixed Guardrails

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# Fall Protection



## Freestanding Guardrails

**Primary Regulations:** BS EN 13374:2013+A1:2018, BS 13700:2021  
**Service Requirement:** Between 6 months and 3 years, typically based on use and location.  
**Detail:** Freestanding guardrails are a type of collective protection. As a physical barrier they protect several workers at the same time. Training for use of collective protection is not required. Freestanding guardrails are typically installed when it is preferable to not penetrate the structure. They should be a top rail height of 1100mm and will require a minimum number of counterweights as ballast. Freestanding guardrails are most suitable to flat roofs or ones with a pitch less than 7°.

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Freestanding Guardrails

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# Fall Protection



## Vertical Lifelines and Ladders

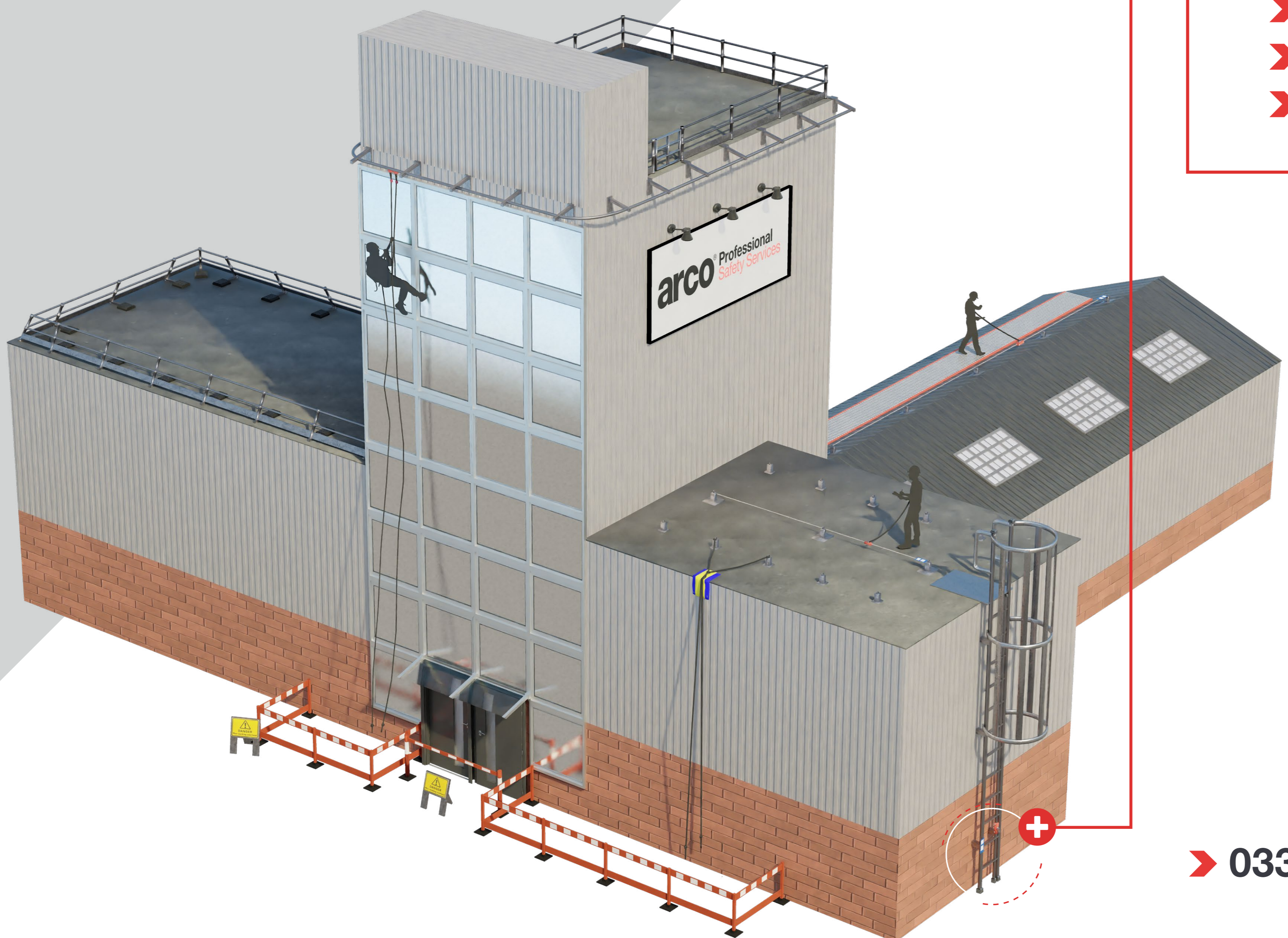
**Primary Regulations:** EN 353:1, BS EN ISO 14122-4:2016, BS 4211:2005+A1:2008

**Service Requirement:** Annually.

**Detail:** For safe vertical access where a staircase cannot be provided a vertical ladder or ships type ladder may be installed. The inspection frequency of the ladder is subject to its location and use. The risk of a fall whilst using a ladder can be mitigated by the use of a vertical lifeline, which can be either rigid or flexible in type. Workers will need to use PPE and training is required to use these systems. Inclined systems are also available.

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Vertical Lifelines and Ladders

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# Fall Protection



## Horizontal Lifelines

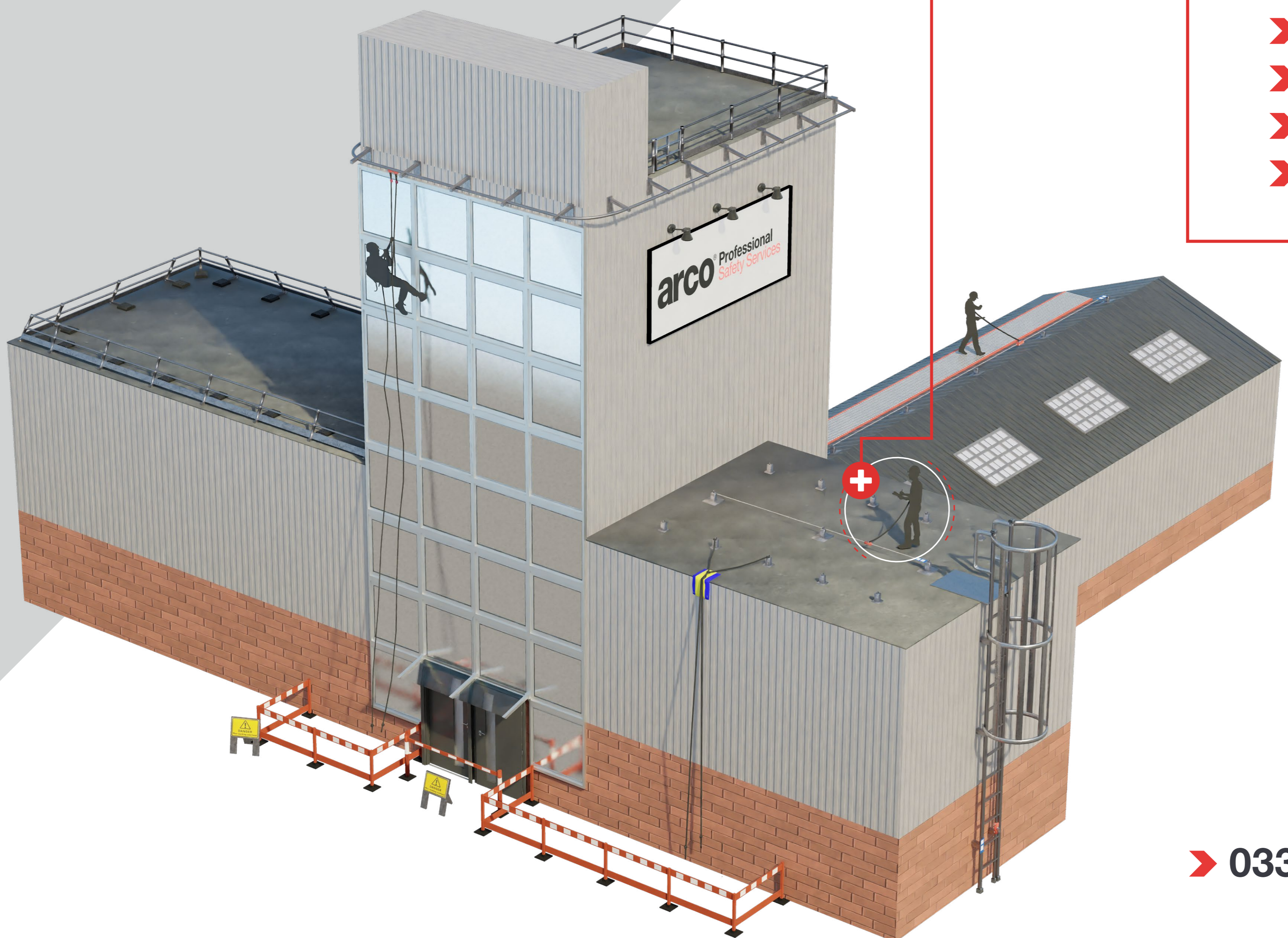
**Primary Regulations:** EN 795 Type C or D: CEN/TS 16415:2013  
**Service Requirement:** Annually.

**Detail:** In areas where access is not possible from behind a balcony the risk of a fall can be mitigated by use of a horizontal lifeline. These can be used in restraint or fall arrest mode. There are several types of horizontal lifelines; a rigid rail system or a flexible wire system. They can be fitted directly to roof sheets, to off-the-shelf or bespoke posts and brackets. Use of PPE and training is required to use these systems. Inclined systems are also available.



### Our Offer:

- Design
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Horizontal Lifelines

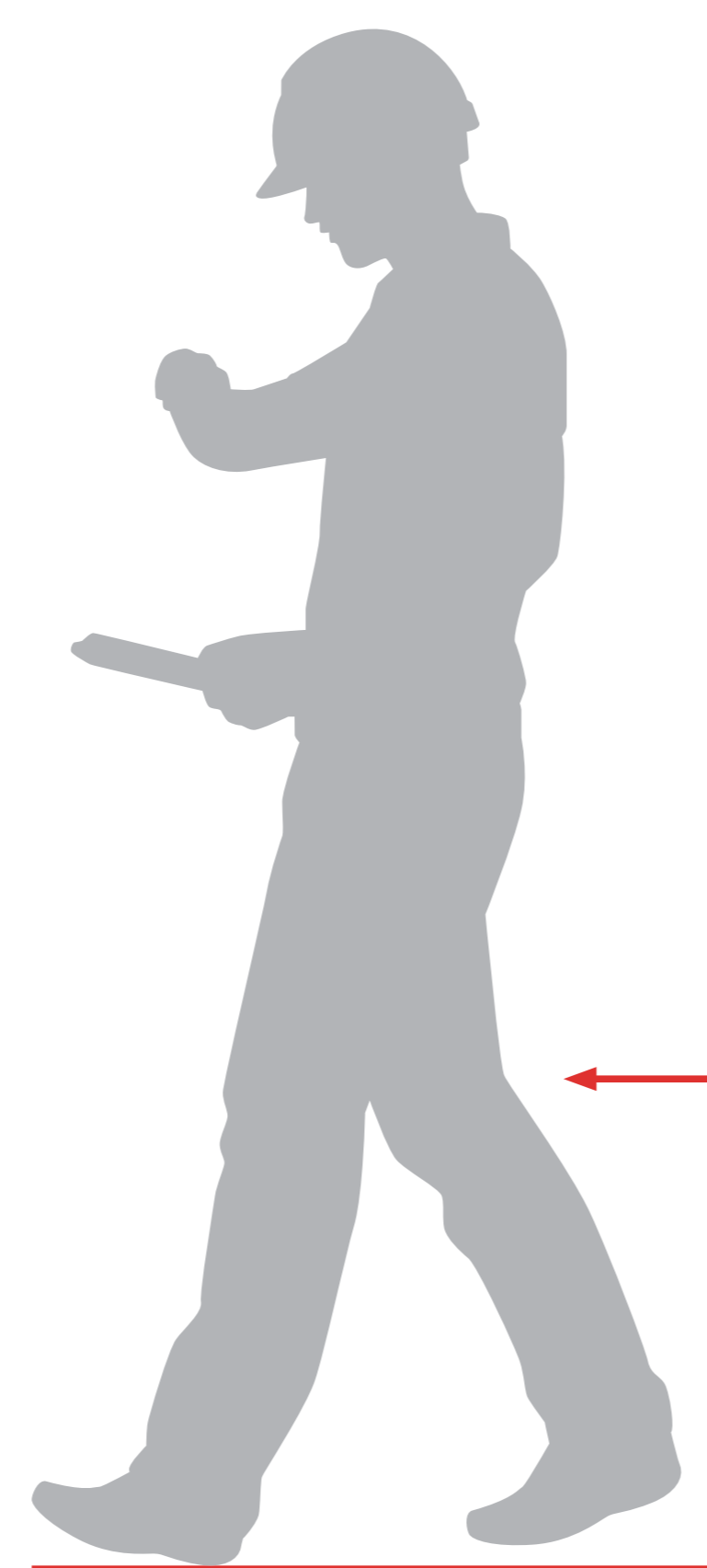
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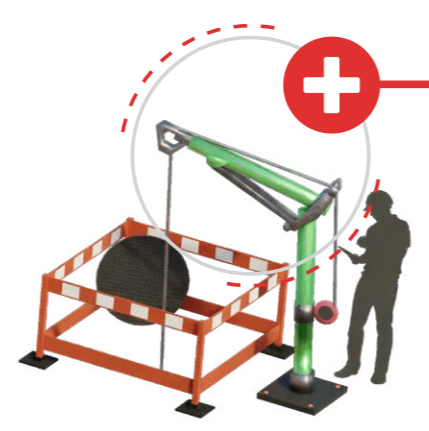
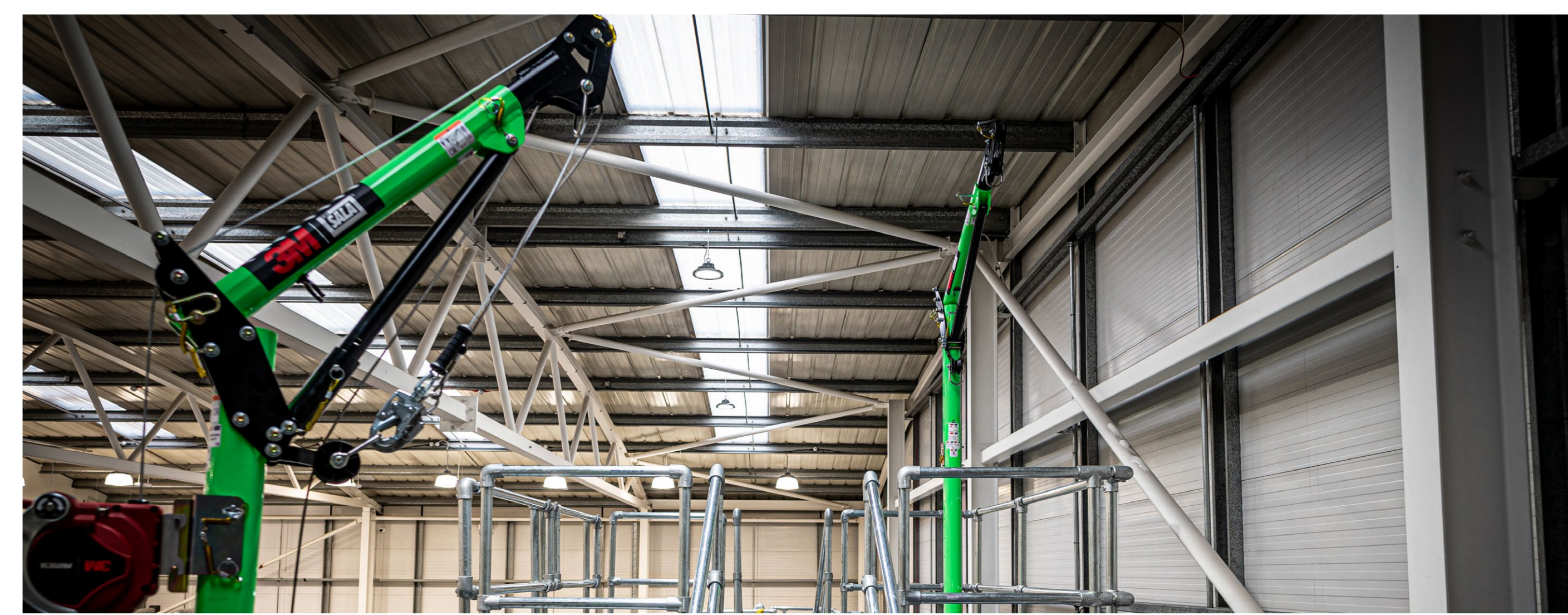
# Fall Protection



## Davit Arms

**Primary Regulations:** EN 795 Type B, CEN/TS 16415:2013  
**Service Requirement:** Every six months or annually, based on use and configuration.  
**Detail:** A davit arm is part of the system used to safely lower and raise people from height or in confined spaces to enable routine duties to be performed. Where workers are required to access confined spaces, a means of rescue is required. Davit arms are a method of providing an anchor adjacent to the work area. They can provide a rescue anchor above a work area such as for access covers or ladders, or a side entry as required for some silos. The use of davit arms requires additional PPE to be worn and training to be undertaken.

- Our Offer:**
- Design
  - Installation
  - Inspection
  - Certification



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Davit Arms



# Fall Protection



## Walkways

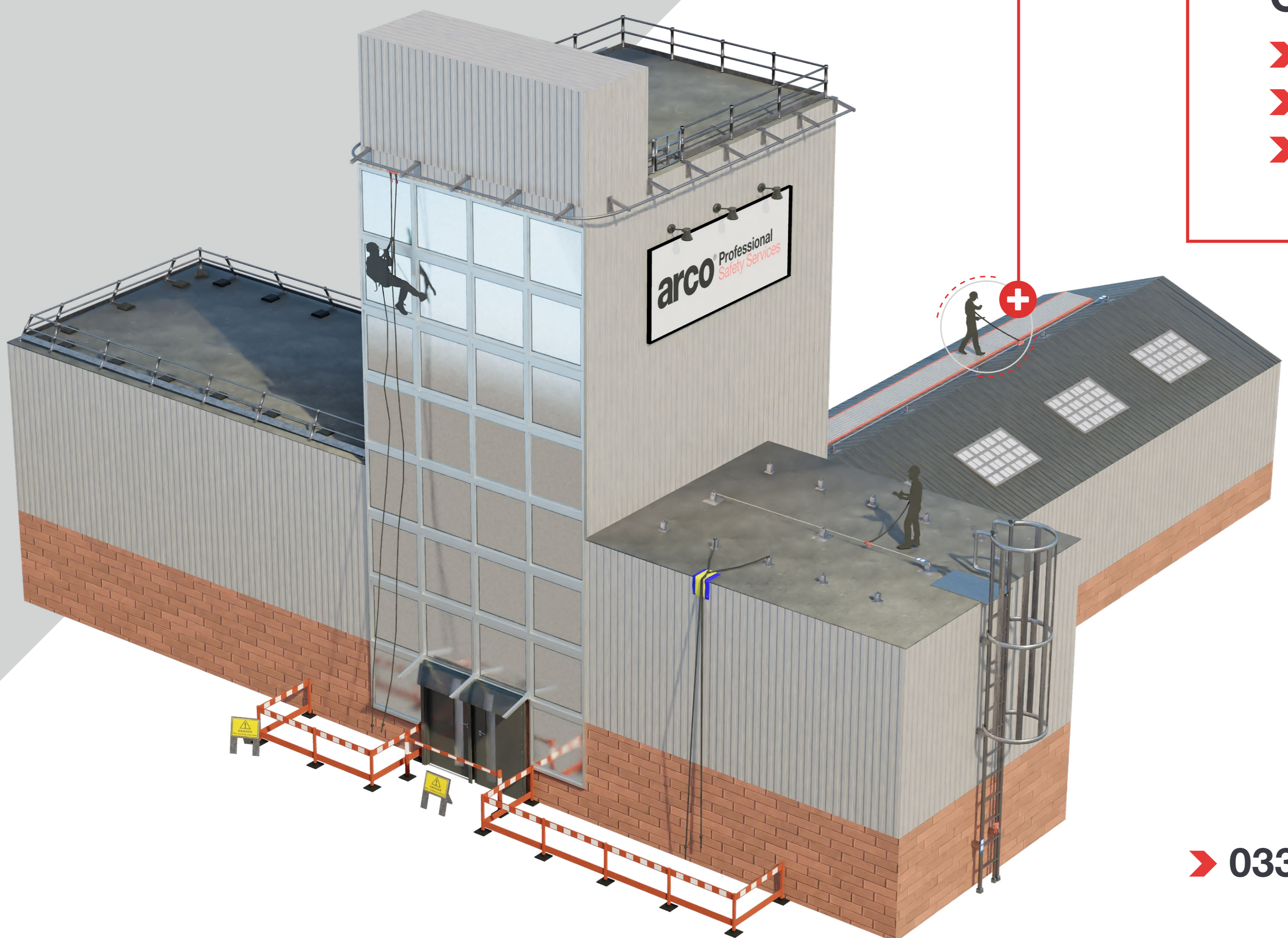
**Primary Regulations:** EN 516 Class 1C  
**Service Requirement:** None.

**Detail:** Walkways offer the workers a safe and obvious non-slip walking route. Available in different materials and colours, walkways are often either fixed to the roof sheet or laid on the flat roof. Walkways allow works to traverse areas of a building that may otherwise be too steep or slippery. These can be fitted to a wide range of surfaces and locations including roofs with a pitch up to around 35°. Walkways do not always require use of PPE. They can complement the use of guardrails or horizontal lifelines.



### Our Offer:

- Design
- Installation
- Inspection



Walkways

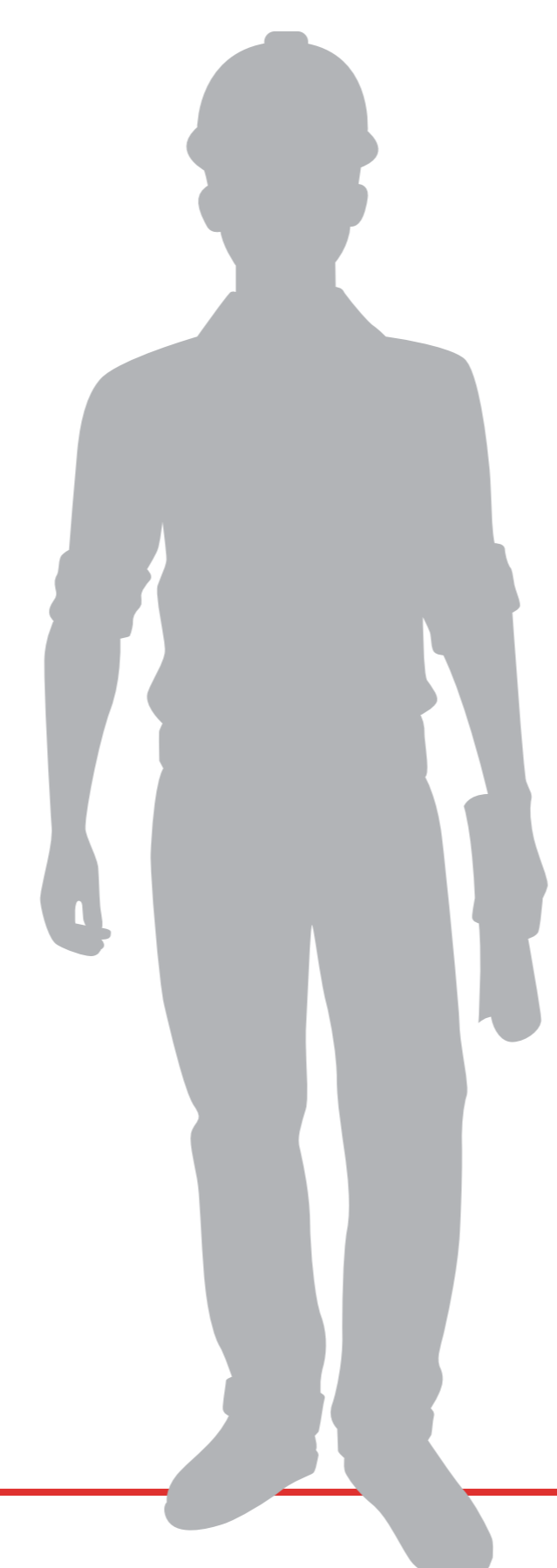
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## Rooflight Protection

**Primary Regulations:** EN 516 Class 1C, ACR(M) 001:2014  
**Service Requirement:** None.

**Detail:** Where a worker is accessing a roof and fragile roof areas are present there is a risk of a fall. Rooflight covers protect workers from a fall by providing a visual reminder and physical barrier to the fragile area. Rooflight protection also compliments the use of other forms of personnel protection including horizontal life lines.



### Our Offer:

- Design
- Installation
- Inspection



Rooflight Protection

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# Fall Protection

## Anchors

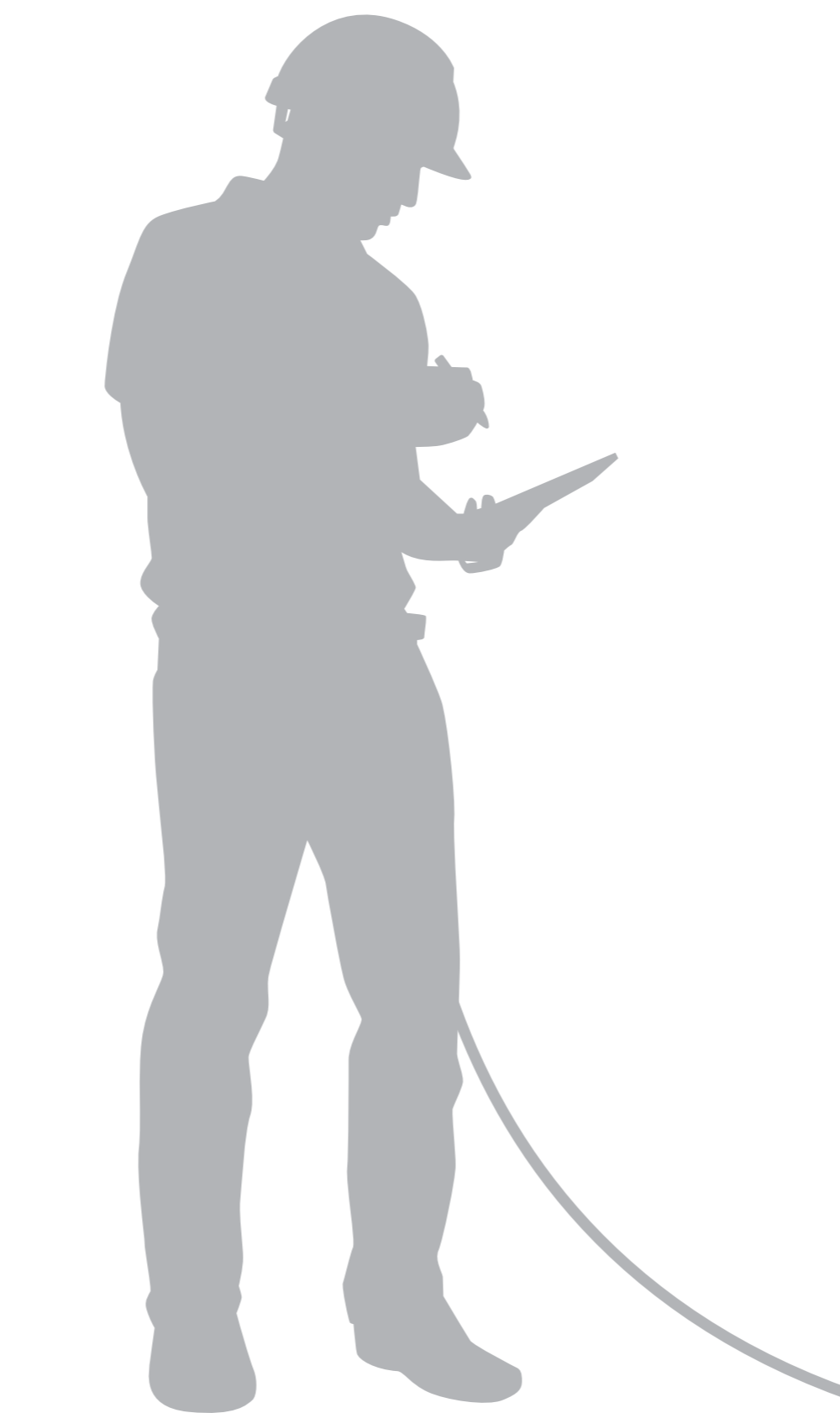
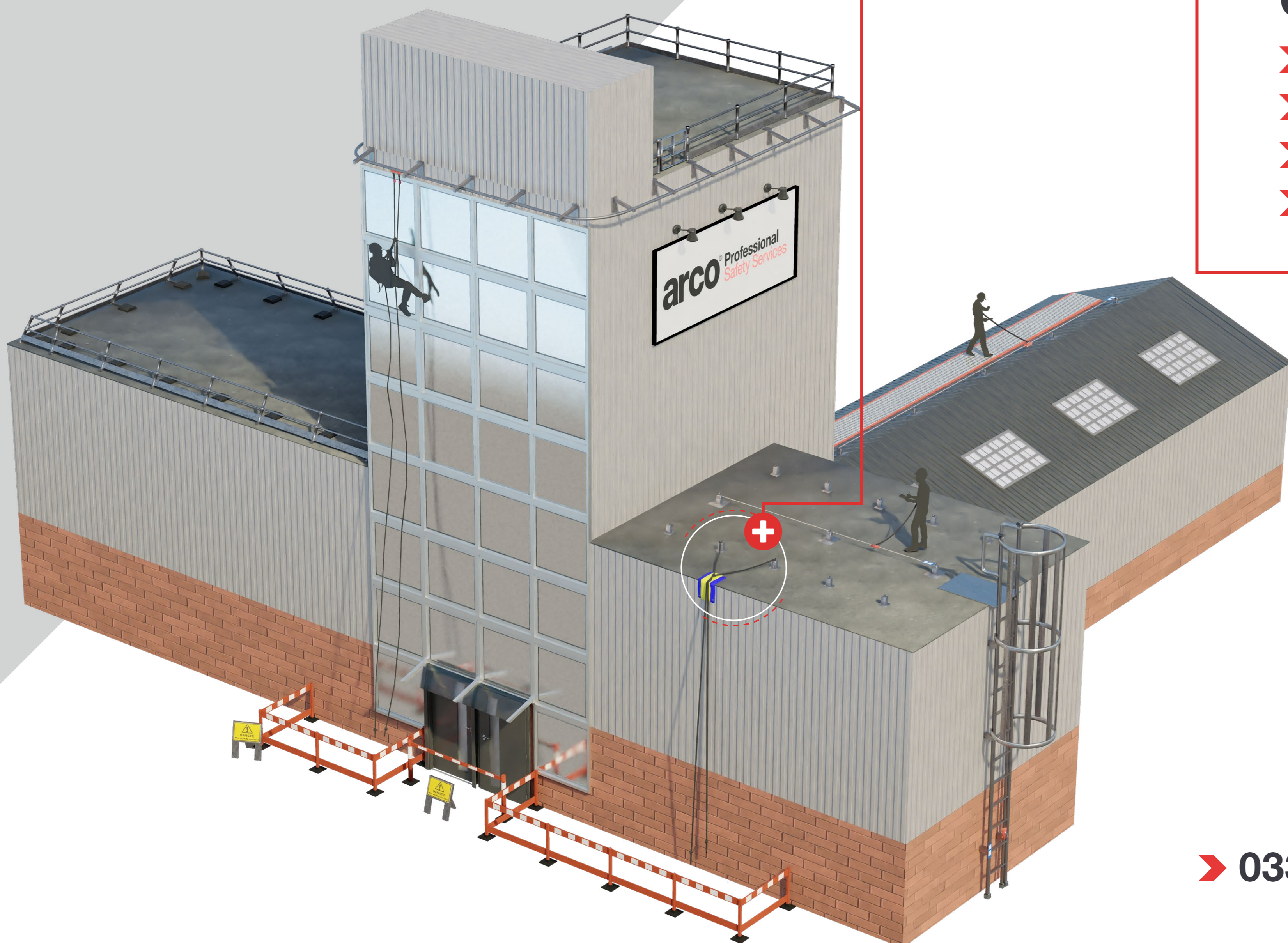
**Primary Regulations:** EN 795:2012, BS 8610:2017, BS 7883:2019

**Service Requirement:** Every six months or annually, based on use and configuration.

**Detail:** All fall protection systems and rope access systems require a reliable point of connection. Anchor systems comprise the anchor device and structural anchor that fixes it to the substrate. Anchor systems can be a simple eye bolt, a post and base plate or complex continuous wire or rail based system. Regardless of the type of anchor used, the anchor device must be able to resist the loads that are required of it. Only competent persons with correct training and PPE should use anchors.

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