

# REQUIRED SAFETY EQUIPMENT



# Roofers Kit Instructions for Use

“The height safety equipment provided should be used in accordance with the manufacturers instruction manual & the set up for the given application should be completed by a competent person who has been trained to set up a height safety system using the appropriate PPE. If in doubt, ask your employer or seek advice from a registered training organization who can train you to the unit standards including 15757”



**Warning**

- These harnesses aren’t designed to constantly support the weight of a person for a period of time. In the event of a fall the user must be rescued as soon as possible
- Always have a rescue plan ready should it be required
- In the event of a fall the harness should be withdrawn from service immediately!

## SAFETY FIRST

If you are collecting the equipment for someone else please make sure this sheet is given to the equipment user to read. This sheet should be given to the site supervisor if the equipment is being hired for commercial use so that the information is available to all users.

**Before starting any job, be sure to spend a few minutes planning and understanding the hazards and risks of the job. Do this by:**

- Thinking about and observing your surroundings
- Running through the steps of the job in your mind
- Identifying the hazards, how you can get hurt and how you’ll prevent it
- Knowing what plant and equipment you need
- Only starting when you can do the job safely
- Ensuring you are trained or experienced for the task
- Communicating with everyone involved

**Points to consider when planning a task. Can you:**

- Come into contact with an energy source (e.g. heat, electricity, substance under pressure) or hazardous materials
- Be struck-by or against anything
- Be caught in, on or between anything
- Slip, trip or fall on the same or to a lower level
- Strain or sprain a muscle
- Cause damage to plant, equipment or property
- Spill or pollute something

**✓ DO’S**

1. HOOK ON TO THE HIGHEST ANCHORAGE POINT AVAILABLE
2. ENSURE THE FALL SPACE BELOW YOU IS FREE FROM DANGERS, HAZARDS AND OBSTRUCTIONS IN THE EVENT OF A FALL
3. ENSURE THERE IS PLENTY OF CLEARANCE BENEATH YOUR WORK AREA
4. USE ONLY COMPONENTS THAT ARE COMPATIBLE WITH HIGHT SAFETY EQUIPMENT
5. ENSURE THE ANCHORAGE POINT IS CAPABLE OF HOLDING A SHOCK LOAD OF 1500KG

**✗ DON’TS**

1. ATTACH TO ANYTHING BELOW THE LEVEL OF YOUR FEET
2. USE SIDE-MOUNTED CONNECTION POINTS FOR FALL ARREST APPLICATIONS. SIDE MOUNTED CONNECTION POINTS ARE ONLY FOR USE WITH A POLE STRAP
3. EXTEND YOU LANYARD BEYOND 2M LENGTH
4. EXPOSE SAFETY LANYARDS TO SHARP OR ABRASIVE EDGES AS THIS MIGHT CUT OR COMPROMISE THE STRENGTH OF THE WEBBING. IN PARTICULAR, AVOID LOOPING OVER ABRASIVE SURFACES
5. USE YOUR HEIGHT SAFETY EQUIPMENT IF IT IS SHOWING ANY SIGNS OF WEAR OR DAMAGE.
6. EXPOSE YOURSELF TO UNNECESSARY DAMAGE OR THE RISK OF A FALL

**Correct Fitting of a Harness**

1. Inspect harness to make sure it is fit for your height safety application and that all components are in excellent working condition
2. Hold harness by the rear / Dorsal Dee Ring and arrange it to avoid any crossed or twisted straps
3. Don the harness as you would put on a jacket
4. The D Ring must be positioned between the shoulder blades
5. Connect the chest strap across the upper body, and then connect the waist strap (*Adjust shoulder strap to approx. 100mm of extra webbing above buckle to ensure sub-pelvic strap is positioned correctly and forms a seat*)
6. Secure left leg strap to left leg buckle and right leg strap to right leg buckle, making sure the webbing is not twisted
7. Adjust all straps and buckles for a firm, comfortable fit. Have a work mate check all connections
8. The belay loops must be brought together and fixed with an approved connector

Note: Never use single belay loops – always use in pairs

**Pre-Use Check and Safety: ( Harness )**

- Fully inspect harness webbing for cuts, tears, burns, abrasion and damage due to contact with heat, paint, solvents etc
- Check harness has current compliance certificate
- Fully Inspect stitching for broken, cut or worn threads plus damage or weakening of threads from rotting, mildew or ultra violet exposure
- Inspect snap hooks, buckles, adjusters and “D” rings for distortion of hook or latch, cracks in forging folds (bends), wear at swivel and latch pivot points and open rollers. Also check for free movement of the latch including broken, weak or misplaced latch springs. Ensure it is free from dirt, paint, rust or other obstructions, check the double-acting latch opening and that a lock bolt is fitted to the latch on the harness end of the lanyard.

### Working while in the Harness

- Connect lanyard to approved anchor points only
- Periodically re-check the straps for correct fitting
- Remember to always have a rescue plan ready should it be required

### Removing the Harness

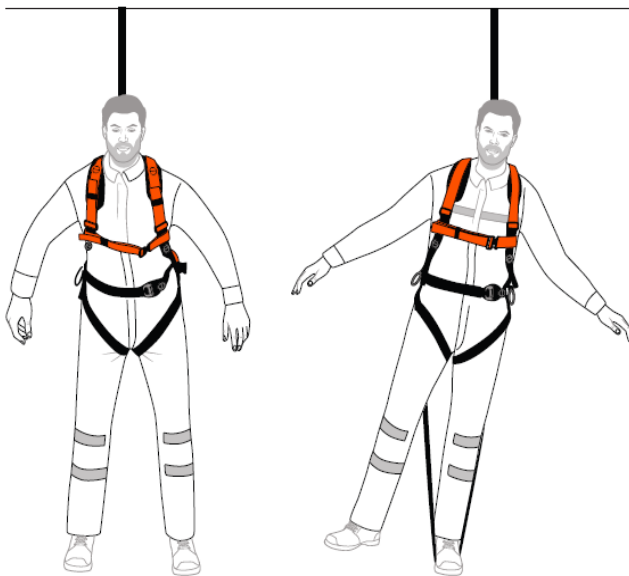
- Loosen all adjustable straps
- Remove arms and legs from harness loops
- Store harness carefully and out of the elements

## SUSPENSION TRAUMA STEP BY STEP

BEFORE UNDERTAKING ANY WORK TASK THAT INVOLVES DANGEROUS HEIGHTS THAT COULD RESULT IN A SUSPENDED FALL, MAKE SURE YOU KNOW HOW TO USE YOUR STANDING STEP (FITTED AS STANDARD EQUIPMENT TO THE TACTICIAN AND ELITE HARNESS RANGES). **IT MAY SAVE YOUR LIFE!**

**LINQ HEIGHT SAFETY** recommends that prior to using your height safety harness you familiarise yourself with the device and its operation and understand and practice the standing step. As well as conduct any other mandatory checks suggested in our instructions.

**ADJUST** the harness's standing step suspension strap to suit your leg length. Generally this will be 100mm shorter than your own leg length to achieve a comfortable position post fall.



1. When suspended after a fall, locate the trauma pack and pull the zipper so as to release the trauma strap
2. Once the pack has been released from the one side, locate the female buckle and then insert the male buckle
3. Once the buckles are co-joined, adjust the length of the strap to a length that will allow you to stand into the strap, so as to relieve the pressure of your body on the leg straps of the harness

**It is recommended that a wearer should practice trauma strap deployment so as to familiarise yourself with the actions needed in the event of a fall incident**

### Pre-Use Check and Safety: ( Lanyard )

- Fully inspect harness webbing for cuts, tears, burns and abrasion damage, especially where there is contact with hardware
- Check for damage due to contact with heat, paint, solvents or corrosives
- Ensure the absorber pack is intact (not deployed/used) and showing no sign of damage due to rotting, mildew or ultra violet exposure
- Ensure the lanyard is adjusted to its shortest length possible to prevent the user from reaching zones where the risk of a fall from height exists

### Pre-Use Check and Safety: (Snap Hooks & Karabiners)

- Distortion of hook or latch
- Cracks or forging folds
- Wear at swivels and latch pivot pin
- Free movement of latch over its full travel
- Broken, Weak or misplaced latch springs
- Free from dirt or other obstructions

### Pre-Use Check and Safety: ( D-Rings )

- Excessive vertical movement of the straight portion of the D Ring at its attachment point on the belt, so that the corners between the straight and curved sections of the D become completely exposed
- Cracks, especially at the intersection of the straight and curved portions
- Distortion of other physical damage of the D Ring
- Excessive loss of cross-section due to wear

### Pre-Use Check and Safety: (Buckles and Adjusters )

- Distortion of other physical damage
- Cracks and forging laps where applicable
- Belt Tongues
- Open Rollers

### Pre-Use Check and Safety: (Sewing )

- Broken, cut or worn threads
- Damage or weakening of threads due to contact with heat, corrosives, solvents or mildew

### Pre-Use Check and Safety: (Ropes )

- Cuts, abrasion or fraying
- Stretching
- Damage due to contact with heat, corrosives, solvents etc
- Deterioration due to ultraviolet light or mildew

DO A PRACTICE DEPLOYMENT OF YOUR STANDING STEP AND SET UP THE IDEAL LENGTH AS PER ABOVE PRIOR TO EMBARKING ON ANY WORK AT HEIGHTS DETAILS. AT ALL TIMES AFTER A FALL AND WHILE IN SUSPENSION: **DO NOT PANIC**, REMAIN CALM AND DEPLOY YOUR STANDING STEP