



Low Height Work - Fall Risks

What is considered a 'fall risk'?

In the past, there has been a lot of discussions and confusion as to when a person is 'working at height'. A person at height is not just somewhere between 2m or 200m. If we refer to the Occupational Health and Safety Act (85 of 1993) under Construction Regulations, it gives us a clear definition of when a person is working at height or as it is referred to, a 'fall risk' -

"Fall risk" means any potential exposure to falling either from, off or into

There are many different ways to work safely from a low height. Below we will look at some of the most popular methods in order to achieve this:

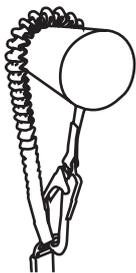
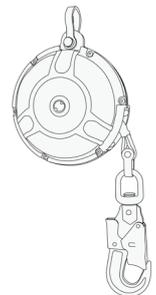


Low Level FAS

A system which is pre-assembled and a great option for low height work on structures such as transformers, billboards or containers. This system is beneficial for workers especially in more difficult low height work as this system is rigged up in a 'rig for rescue' situation. What this means is a rescuer does not need to attach any additional equipment as it is already set up for a rescue situation, thus a casualty can be rescued with ease.

Retractable Fall Arrest Lanyards

Much like a safety belt in a vehicle, this device follows you, ensuring the worker that it is always ready to arrest a fall as it will lock immediately when a fall occurs. This is a great option for where people work less than 6m from ground level. The retractable fall arrest lanyard varies in 2m lengths up until 20m.

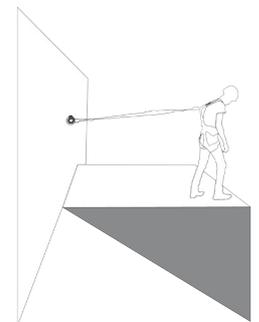


Shortening a Shock Absorbing Lanyard

Without having to use additional equipment, a worker can shorten his/her shock absorbing lanyard in order to decrease the falling distance.

Work Restraint

A system where a worker is physically prevented from reaching an edge on a structure, thus preventing a fall.



Another great option is installing **Permanent Lifelines**. All of these amazing and simple systems and services can be found at Gravity Training. For more information do not hesitate to contact us