



Safety Bulletin - April 2019

Safety Harness - Fall Arrest vs Rope Access

A harness allows all other devices and systems to be connected to the worker and forms the basis of all safety systems. There are two main safety harnesses, fall arrest (4-point harness) and rope access (5-point harness). Safety harnesses should be EN (European Norm) and CE (Conformité Européene - European Conformity) rated. Failure to comply to the correct ratings, may place your workers in danger.



Fall arrest harness (4-point)

2 x EN 361 Rated D-links

Purpose: attachment point for safety devices
Location: top front and top back (top D-links)

2 x EN 358 Rated D-links

Purpose: connection point for work positioning lanyard
Location: sides of harness waist level (side D-links)

Rope access harness (5-point)

2 x EN 361 Rated D-links

Purpose: attachment point for safety devices
Location: top front and top back (top D-links)

1 x EN 813 Rated D-link

Purpose: connection point for descending device and cowstails.
Location: middle waist (bottom D-link)

2 x EN 358 Rated D-links

Purpose: connection point for work positioning lanyard
Location: sides of harness waist level (side D-links)



A safety harness must meet the access method's requirements. Equipment must be appropriately rated to ensure the safety of all workers on site. For more information, contact info@gravitygh.co.za or visit www.gravitygear.co.za