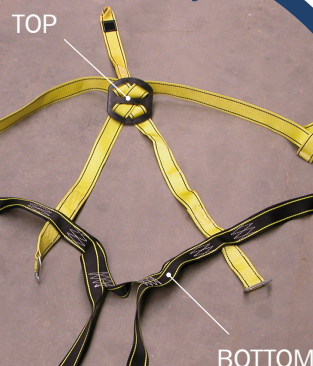


PERSONAL PROTECTIVE EQUIPMENT FOR WORK AT HEIGHT

PPE - PERSONAL PROTECTIVE EQUIPMENT - FOR WORK AT HEIGHT MAY VARY DEPENDING ON THE SITUATION IN WHICH YOU ARE WORKING. FOR THIS REASON, IT IS IMPORTANT TO KNOW THE ELEMENTS OF WHICH THEY ARE COMPOSED AND TO KNOW THAT ON THEIR OWN, THEY DO NOT CONSTITUTE PPE; THEY ONLY WORK AS PPE WHEN SEVERAL OF THESE DEVICES ARE COMBINED IN AN APPROPRIATE MANNER.

AFALL ARREST HARNESS:

a device consisting of synthetic fibre bands which is adapted to the body by means of adjustment elements and which is intended to arrest and absorb the impact of falls.



LANYARD:

may be made of synthetic fibres such as rope or webbing, chain or wire rope, etc., and is attached to the harness and the fall arrester or anchorage point.



RETRACTABLE FALL ARRESTER:

fall arrester device with an automatic locking function and a tensioning and retracting system for the lanyard element, which is wrapped around the device and functions like a vehicle safety belt.



SLIDING TYPE FALL ARRESTER:

a device with an automatic locking function and a guiding element which moves along the anchorage line.



ANCHORAGE POINT:

structural point where the lifeline, a retractable device or a lanyard is attached.



ENERGY DISSIPATER OR ENERGY ABSORBER:

element intended to reduce the effects of the tension produced by a fall.



CONNECTORS:

elements linking the various devices of the fall arrest system and the latter to the structural anchorage point. They have a manual or automatic latch and lock.



ANCHORAGE LINES:

there are two types of anchorage lines: rigid and flexible. **Rigid** anchor lines can be a rail or a wire rope; they are fixed to a structure and prevent lateral movement of the line. The **flexible**

ones can be a rope of synthetic fibres or a wire rope, and are attached to an anchorage point which is generally higher than the working area.



Never use a positioning belt as a fall arrest system, as in the event of a fall, the belt could cause irreparable damage to your spine. **Whenever there is a possibility of falling, use a harness.**



If you have to anchor yourself to a metal profile or an element with sharp corners, **avoid leaving the carabiner loaded against a corner or open as if it were a hook.**

