



hilsen
Fall arrest systems and gear

2026 Product Range

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Useful Information

www.hilsen.co.za

Available from your *Hilsen* product distributor

Basic Harness Range

Our SABS Approved range of basic harnesses are our most cost effective offering but are still manufactured to the same exacting standards as our premium products.

All key stitch points are computer stitched for repeatable performance and quality assurance.

Applications	Exclusively designed for fall arrest. Products in this range are not to be used for work positioning or rescue. Belted versions will suit scaffolders.
Features	Easy to fit design and simple, lightweight construction make this range a fall arrest favourite.
Options	The Basic Range includes options complete with a waist belt for applications that require a tooling belt and options with a heavier duty 45mm chest strap per preference.
Adjustment	All Basic Range products are supplied with 45mm interlocking buckles on leg and chest straps, or 25mm dee rings on 25mm chest straps. Belted versions are supplied with 45mm interlocking buckles for waist belt adjustment.
Sizing	The Basic Range is manufactured in two size brackets. The 'standard size' suits size small, medium and large users while the 'oversize' version suits size extra large and double extra large users. See the <i>Hilsen</i> Sizing Guide for more information.
Lanyard sets	Unless otherwise specified, all Basic Range harnesses are supplied complete with a permanently attached, twin leg fall arrest lanyard set with energy absorbing element. Hook termination options including smaller snap hooks or larger scaffold hooks.
Accessories	Basic Range products can all be fitted with a Harness Step to mitigate the effects of suspension trauma. This range is best paired with a Gear Bag 20.
Packaging	Harnesses complete with lanyards are individually packed in sealed plastic bags. The products are then bulk packed in polypropylene bulk bags at ten units per bag.
Certification	A Certificate of Conformance and Instructions for Use are included in product packaging. Standards applicable to products in the Basic Range, as specified, include: - SANS 50354:2003 - Lanyards - SANS 50355:2003 - Energy absorbers - SANS 50361:2003 - Full body harnesses

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BASIC HARNESS (SN2)

Harness and lanyard set are supplied complete and permanently attached

Code: 10C



Application	Fall arrest.
Hard points	Dorsal position (for fall arrest).
Features	Easy to fit and lightweight.
Adjustment	Interlocking buckles on leg straps and 25mm dee rings on chest strap.
Lanyard set	This harness is supplied complete with a permanently attached fall arrest lanyard set, including an energy absorbing element and two legs terminating in snap hooks.
Sizing	The 'standard' size suits small to large users and the 'oversize' version suits 2XL and 3XL users (see the <i>Hilsen</i> Sizing Guide on the back cover for more information).
Optional extras	Harness Step (Code 8.35 or 8.35B). Gear Bag 20 (Code 3.02).



SANS 50361:2003 Full body harnesses; SANS 50355:2003 Energy absorbers; SANS 50354:2003 Lanyards

BASIC HARNESS (SC2)

Harness and lanyard set are supplied complete and permanently attached

Code: 20C



Application	Fall arrest.
Hard points	Dorsal position (for fall arrest).
Features	Easy to fit and lightweight.
Adjustment	Interlocking buckles on leg straps and 25mm dee rings on chest strap.
Lanyard set	This harness is supplied complete with a permanently attached fall arrest lanyard set, including an energy absorbing element and two legs terminating in scaffold hooks.
Sizing	The 'standard' size suits small to large users and the 'oversize' version suits 2XL and 3XL users (see the <i>Hilsen</i> Sizing Guide on the back cover for more information).
Optional extras	Harness Step (Code 8.35 or 8.35B). Gear Bag 20 (Code 3.02).



SANS 50361:2003 Full body harnesses; SANS 50355:2003 Energy absorbers; SANS 50354:2003 Lanyards

BASIC BELTED HARNESS (SC2)

Harness and lanyard set are supplied complete and permanently attached

Code: 30C



Application	Fall arrest.
Hard points	Dorsal position (for fall arrest).
Features	Easy to fit and lightweight with integrated waist belt.
Adjustment	Interlocking buckles on leg straps and waist belt, 25mm dee rings on chest strap.
Lanyard set	This harness is supplied complete with a permanently attached fall arrest lanyard set, including an energy absorbing element and two legs terminating in scaffold hooks.
Sizing	The 'standard' size suits small to large users and the 'oversize' version suits 2XL and 3XL users (see the <i>Hilsen</i> Sizing Guide on the back cover for more information).
Optional extras	Harness Step (Code 8.35 or 8.35A or 8.35B). Gear Bag 20 (Code 3.02).



SANS 50361:2003 Full body harnesses; SANS 50355:2003 Energy absorbers; SANS 50354:2003 Lanyards

BASIC HARNESS (SC2 45MM CHEST)

Harness and lanyard set are supplied complete and permanently attached

Code: 20C45



Application	Fall arrest.
Hard points	Dorsal position (for fall arrest).
Features	Easy to fit and lightweight with 45mm chest strap.
Adjustment	Interlocking buckles on leg straps and chest strap.
Lanyard set	This harness is supplied complete with a permanently attached fall arrest lanyard set, including an energy absorbing element and two legs terminating in scaffold hooks.
Sizing	The 'standard' size suits small to large users and the 'oversize' version suits 2XL and 3XL users (see the <i>Hilsen</i> Sizing Guide on the back cover for more information).
Optional extras	Harness Step (Code 8.35 or 8.35B) Gear Bag 20 (Code 3.02)



SANS 50361:2003 Full body harnesses; SANS 50355:2003 Energy absorbers; SANS 50354:2003 Lanyards

BASIC BELTED HARNESS (SC2) 45MM CHEST

Harness and lanyard set are supplied complete and permanently attached

Code: 30C45



Application	Fall arrest.
Hard points	Dorsal position (for fall arrest).
Features	Easy to fit and lightweight with integrated waist belt and 45mm chest strap.
Adjustment	Interlocking buckles on leg straps, waist belt and chest strap.
Lanyard set	This harness is supplied complete with a permanently attached fall arrest lanyard set, including an energy absorbing element and two legs terminating in scaffold hooks.
Sizing	The 'standard' size suits small to large users and the 'oversize' version suits 2XL and 3XL users (see the <i>Hilsen</i> Sizing Guide on the back cover for more information).
Optional extras	Harness Step (Code 8.35 or 8.35A or 8.35B) Gear Bag 20 (Code 3.02)



SANS 50361:2003 Full body harnesses; SANS 50355:2003 Energy absorbers; SANS 50354:2003 Lanyards

BASIC HARNESS (SC2) 2 POINT

Harness and lanyard set are supplied complete and permanently attached

Code: 20E



Application	Fall arrest.
Hard points	Dorsal position (for fall arrest), frontal position (for partial fall arrest and vertical fall arrest system attachment).
Features	Easy to fit and lightweight.
Adjustment	Interlocking buckles on leg, shoulder and chest straps.
Lanyard set	This harness is supplied complete with a permanently attached fall arrest lanyard set, including an energy absorbing element and two legs terminating in scaffold hooks.
Sizing	Available in sizes small to 2XL (see the <i>Hilsen</i> Sizing Guide on the back cover for more information).
Optional extras	Harness Step (Code 8.35 or 8.35B). Gear Bag 20 (Code 3.02).



SANS 50361:2003 Full body harnesses; SANS 50355:2003 Energy absorbers; SANS 50354:2003 Lanyards

Performance Harness Range

Our core range of harnesses are SABs Approved and manufactured to the same exacting standard as our premium products. All key stitch points are computer stitched for repeatable performance and quality assurance.

Applications

Applications across this range could include fall arrest, restraint, work positioning and underground mining, as specified.

Products in this range are not to be used for rescue.

Features

Versatility, padding options and a full range of adjustment make the Performance Range our core offering.

Options

From our Performance Harness to our Performance X-Max you should find exactly what you are looking for.

Options include frontal attachment points for vertical lifeline access, underground mining options and options with side attachment points for work positioning.

Adjustment

Performance Range products are supplied with 45mm interlocking buckles on shoulder, leg, waist and chest straps, per specification.

Premium options may include QR (quick release) buckles or floating (roller) buckles, as specified.

Sizing

Sizes small, medium, large, XL and 2XL.

Bigger sizes can be arranged through your *Hilsen* product distributor.

See the *Hilsen* Sizing Guide for more information.

Lanyard sets

Performance Range harnesses are supplied without lanyard sets, which are quoted on and supplied separately.

This allows you to pair a specific harness with the correct lanyard set for the required application.

See our full Fall Arrest Lanyard Range for options.

Accessories

The Performance Range harnesses can be fitted with a Harness Step to mitigate the effects of suspension trauma.

The Performance Range can be paired with a Gear Bag 50.

Certification

A Certificate of Conformance and Instructions for Use are included in product packaging.

Standards applicable to products in the Performance Range as specified include:

SANS 50354:2003 - Lanyards

SANS 50355:2003 - Energy absorbers

SANS 50358:2008 - Work positioning

SANS 50361:2003 - Full body harnesses

SANS 50362:2008 - Connectors

Packaging

Harnesses complete with lanyards are individually packed in sealed plastic bags.

The products are then bulk packed in polypropylene bulk bags at ten units per bag.

www.hilsen.co.za

Available from your *Hilsen* product distributor

PERFORMANCE HARNESS

Code: 8.37



- Application** Fall arrest.
- Hard points** Dorsal position (for fall arrest).
- Features** Easy to fit, lightweight, full adjustment.
- Padding** Dorsal point and leg straps are padded.
- Adjustment** Interlocking buckles on leg, chest and shoulder straps.
- Lanyard set** The Performance Harness is supplied separately and can be paired with a suitable *Hilsen* lanyard set.
- Sizing** Available in sizes small to 2XL (see the *Hilsen* Sizing Guide on the back cover for more information).
- Optional extras** Harness Step (Code 8.35 or 8.35B).
Gear Bag 50 (Code 3.03).



SANS 50361:2003 Full body harnesses

PERFORMANCE HARNESS (PADDED)

Code: 8.37A



- Application** Fall arrest.
- Hard points** Dorsal position (for fall arrest).
- Features** Easy to fit, lightweight, full adjustment and waist belt.
- Padding** Dorsal point, leg straps and waist belt are padded.
- Adjustment** Interlocking buckles on leg, chest, waist and shoulder straps.
- Lanyard set** The Performance Harness is supplied separately and can be paired with a suitable *Hilsen* lanyard set.
- Sizing** Available in sizes small to 2XL (see the *Hilsen* Sizing Guide on the back cover for more information).
- Optional extras** Harness Step (Code 8.35 or 8.35A or 8.35B).
Gear Bag 50 (Code 3.03).



SANS 50361:2003 Full body harnesses

PERFORMANCE HARNESS (BELAY LOOPS)

Code: 8.37B



Belay loop

- Application** Fall arrest.
- Hard points** Dorsal position (for fall arrest), belay loops (for partial fall arrest and vertical fall arrest system attachment).
- Features** Easy to fit, lightweight, full adjustment, belay loops.
- Padding** Dorsal point and leg straps are padded.
- Adjustment** Interlocking buckles on leg, chest and shoulder straps.
- Lanyard set** The Performance Harness is supplied separately and can be paired with a suitable *Hilsen* lanyard set.
- Sizing** Available in sizes small to 2XL (see the *Hilsen* Sizing Guide on the back cover for more information).
- Optional extras** Harness Step (Code 8.35 or 8.35B).
Gear Bag 50 (Code 3.03).



SANS 50361:2003 Full body harnesses

PERFORMANCE HARNESS (2 POINT)

Code: 8.37C



Application	Fall arrest and vertical fall arrest system attachment.
Hard points	Dorsal position (for fall arrest), frontal position (for partial fall arrest and vertical fall arrest system attachment).
Features	Easy to fit, lightweight, full adjustment, frontal dee ring.
Padding	Dorsal point and leg straps are padded.
Adjustment	Interlocking buckles on leg, chest and shoulder straps.
Lanyard set	The Performance Harness is supplied separately and can be paired with a suitable <i>Hilsen</i> lanyard set.
Sizing	Available in sizes small to 2XL (see the <i>Hilsen</i> Sizing Guide on the back cover for more information).
Optional extras	Harness Step (Code 8.35 or 8.35B). Gear Bag 50 (Code 3.03).



SANS 50361:2003 Full body harnesses

PERFORMANCE HARNESS (3 POINT)

Code: 8.37D



Application	Fall arrest and work positioning.
Hard points	Dorsal position (for fall arrest) and on waist belt (for work positioning).
Features	Easy to fit, lightweight, full adjustment and waist belt.
Padding	Dorsal point, leg straps and waist belt are padded.
Adjustment	Interlocking buckles on leg, chest, waist belt and shoulder straps.
Lanyard set	The Performance Harness is supplied separately and can be paired with a suitable <i>Hilsen</i> lanyard set.
Sizing	Available in sizes small to 2XL (see the <i>Hilsen</i> Sizing Guide on the back cover for more information).
Optional extras	Harness Step (Code 8.35 or 8.35A or 8.35B). Gear Bag 50 (Code 3.03).



SANS 50361:2003 Full body harnesses; conforms to 50358:2008 Work positioning

PERFORMANCE HARNESS (4 POINT)

Code: 8.37E



Application	Fall arrest, vertical fall arrest system attachment and work positioning.
Hard points	Dorsal position (for fall arrest), frontal position (for partial fall arrest and vertical fall arrest system attachment), on waist belt (for work positioning).
Features	Easy to fit, lightweight, full adjustment and waist belt.
Padding	Dorsal point, leg straps waist belt are padded.
Adjustment	Interlocking buckles on leg, chest, waist belt and shoulder straps.
Lanyard set	The Performance Harness is supplied separately and can be paired with a suitable <i>Hilsen</i> lanyard set.
Sizing	Available in sizes small to 2XL (see the <i>Hilsen</i> Sizing Guide on the back cover for more information).
Optional extras	Harness Step (Code 8.35 or 8.35A or 8.35B).



SANS 50361:2003 Full body harnesses; conforms to 50358:2008 Work positioning

PERFORMANCE HARNESS (MINING)

Code: 8.37F



Application	Fall arrest and underground mining.
Hard points	Dorsal position (for fall arrest).
Features	Easy to fit, rugged and has integrated miners belt and Standing Step (Code 8.35A).
Padding	Dorsal point, leg straps and waist belt are padded.
Adjustment	Interlocking buckles on leg, chest, waist belt and shoulder straps.
Lanyard set	The Performance Harness is supplied separately and can be paired with a suitable <i>Hilsen</i> lanyard set.
Sizing	Available in sizes small to 2XL (see the <i>Hilsen</i> Sizing Guide on the back cover for more information).
Optional extras	Gear Bag 50 (Code 3.03).



SANS 50361:2003 Full body harnesses

PERFORMANCE HARNESS (MINING 450)

Code: 8.37J



Application	Fall arrest, vertical fall arrest system attachment and underground mining.
Hard points	Dorsal position (for fall arrest), frontal position (for partial fall arrest and vertical fall arrest system attachment).
Features	Easy to fit, rugged and has integrated miners belt and Standing Step (Code 8.35A).
Padding	Dorsal point and shoulders, leg straps and waist belt.
Adjustment	Interlocking buckles on legs and waist, floating buckles on shoulders and QR buckle on chest strap.
Lanyard set	The Performance Harness is supplied separately and can be paired with a suitable <i>Hilsen</i> lanyard set.
Sizing	Available in sizes small to 2XL (see the <i>Hilsen</i> Sizing Guide on the back cover for more information).



SANS 50361:2003 Full body harnesses

PERFORMANCE HARNESS (MINING AMP)

Code: 8.37K



Application	Fall arrest and underground mining.
Hard points	Dorsal position (for fall arrest), frontal chest position (for rescue and utility).
Features	Easy to fit, rugged and has integrated miners belt and Standing Step (Code 8.35A).
Padding	Dorsal point, leg straps and waist belt are padded.
Adjustment	Interlocking buckles on legs, chest strap and waist, floating buckles on shoulders.
Lanyard set	The Performance Harness is supplied separately and can be paired with a suitable <i>Hilsen</i> lanyard set.
Sizing	Available in sizes small to 2XL (see the <i>Hilsen</i> Sizing Guide on the back cover for more information).
Optional extras	Gear Bag 50 (Code 3.03).



SANS 50361:2003 Full body harnesses

PERFORMANCE HARNESS (AMS)

Code: 9.10



Application	Fall arrest and vertical fall arrest system attachment.
Hard points	Dorsal position (for fall arrest), frontal position (for partial fall arrest and vertical fall arrest system attachment).
Features	Easy to fit, lightweight, with frontal hard point and Harness Step (Code 8.35).
Padding	Dorsal point and shoulders, leg straps and waist belt.
Adjustment	Interlocking buckles on leg, chest and shoulder straps.
Lanyard set	The Performance Harness is supplied separately and can be paired with a suitable <i>Hilsen</i> lanyard set.
Sizing	Available in sizes small to 2XL (see the <i>Hilsen</i> Sizing Guide on the back cover for more information).
Optional extras	Gear Bag 50 (Code 3.03).



SANS 50361:2003 Full body harnesses

PERFORMANCE HARNESS (AMS-A)

Code: 9.10A



Application	Fall arrest.
Hard points	Dorsal position (for fall arrest) and on chest straps (for rescue and utility).
Features	Easy to fit and rugged, with Standing Step (Code 8.35A), pull tabs on floating buckles.
Padding	Dorsal point and shoulders, leg straps and waist belt.
Adjustment	QR buckles on leg, chest and waist straps, floating buckles on shoulder straps.
Lanyard set	The Performance Harness is supplied separately and can be paired with a suitable <i>Hilsen</i> lanyard set.
Sizing	Available in sizes small to 2XL (see the <i>Hilsen</i> Sizing Guide on the back cover for more information).
Optional extras	Gear Bag 50 (Code 3.03).



SANS 50361:2003 Full body harnesses

PERFORMANCE HARNESS (BIL)

Code: 9.13



Application	Fall arrest, vertical fall arrest system attachment and work positioning.
Hard points	Dorsal position (for fall arrest), frontal position (for partial fall arrest and vertical fall arrest system attachment), on waist belt (for work positioning).
Features	Easy to fit and rugged, with Standing Step (Code 8.35A), recovery handles on shoulder straps.
Padding	Dorsal point, over shoulders, leg straps and waist belt.
Adjustment	QR buckles on leg and waist belt, interlocking buckles on shoulder and chest straps.
Lanyard set	The Performance Harness is supplied separately and can be paired with a suitable <i>Hilsen</i> lanyard set.
Sizing	Available in sizes small to 2XL (see the <i>Hilsen</i> Sizing Guide for more information).



SANS 50361:2003 Full body harnesses; conforms to 50358:2008 Work positioning

PERFORMANCE HARNESS (X-MAX)

Code: 8.37H



Belay loop

Application	Fall arrest and work positioning.
Hard points	Dorsal position (for fall arrest), belay loops (for partial fall arrest and vertical fall arrest system attachment) and on waist belt (for work positioning).
Features	Easy to fit, rugged, attachment points on waist, belay loops.
Padding	Dorsal point and shoulders, leg straps and waist belt.
Adjustment	QR buckles throughout apart from floating buckles on shoulders.
Lanyard set	The Performance Harness is supplied separately and can be paired with a suitable <i>Hilsen</i> lanyard set.
Sizing	Available in sizes small to 2XL (see the <i>Hilsen</i> Sizing Guide on the back cover for more information).
Optional extras	Standing Step (Code 8.35 or 8.35A or 8.35B).



SANS 50361:2003 Full body harnesses; conforms to 50358:2008 Work positioning

PERFORMANCE KIT (COMPLETE)

Code: 9.14



Application	Fall arrest, vertical fall arrest system attachment and work positioning.
Kit Contents	a. Performance Harness (4 Point) (Code 8.37E). b. Lanyard SC2 (Code 8.21). c. Work Positioning Lanyard (Code 10.05). d. Open Round Slings (Codes 10.01 and 10.02). e. Gear bag 50 (Code 3.03).
(a) Harness	Dorsal position (for fall arrest), frontal position (for partial fall arrest and vertical fall arrest system attachment), on waist belt (for work positioning). Padding on dorsal point, leg straps and waist belt. Interlocking buckles on leg, chest, waist belt and shoulder straps.
(b) Lanyard SC2	Fall arrest system. Terminating in two scaffold hooks. Energy absorbing element. Double leg configuration. 45mm webbing type. 1.75m long (including energy absorber). Carabiner connector.
(c) WP Lanyard	Work positioning lanyard. Not to be used for fall arrest! Adjustable webbing lanyard (floating buckle). Maximum adjusted length of 2m. 45mm webbing with protective sleeve. Carabiner and snap hook at terminations.
(d) Open Slings	Temporary anchor point for a fall arrest system. 1 x 60cm length and 1 x 120cm length. 25mm tubular webbing. Minimum breaking strength of 22kN.
(e) Gear Bag 50	Volume 28 litres. Water resistant heavy duty PVC fabric. Shoulder straps.
Optional extras	Standing Step (Code 8.35A). Order an additional Work at Height PPE Pack, not supplied as standard.



SANS 50361:2003 Full body harnesses, SANS 50355:2003 Energy absorbers, SANS 50354:2003 Lanyards; conforms to SANS 50358:2008 Work positioning, SANS 50362:2008 Connectors, SANS 50566:1997 Slings

Technical Harness Range

The Technical Range is manufactured for work at heights specialists. The products are SABS Approved and manufactured from premium quality materials and components. All key stitch points are computer stitched for repeatable performance and quality assurance.

Applications	Applications across this range could include fall arrest, restraint, work positioning, rope access and rescue.
Features	Full range of adjustment, padded throughout, multiple attachment points in designs specified for rope access.
Options	We include standard multi application products in this range as well as a selection of site specified products. There are several options specifically for rescue as well as options manufactured using aluminium components. There is a range for Powerlines and Live Work applications.
Adjustment	Technical Range products are supplied with 45mm steel interlocking buckles as well as QR buckles and, wherever specified, aluminium buckles.
Sizing	Sizes small, medium, large, XL and 2XL. Bigger sizes can be arranged through your <i>Hilsen</i> product distributor. See the <i>Hilsen</i> Sizing Guide for more information.
Lanyard sets	Technical Range harnesses are supplied without lanyard sets, which are quoted on and supplied separately. This allows you to pair a specific harness with the correct lanyard set for the required application. See our full Fall Arrest Lanyard Range for options.
Accessories	Technical Range products are paired with a Gear Bag 50.
Certification	A Certificate of Conformance and Instructions for Use are included in product packaging. Standards applicable to products in the Technical Range as specified include: - SANS 50354:2003 - Lanyards - SANS 50355:2003 - Energy absorbers - SANS 50358:2008 - Work positioning - SANS 50361:2003 - Full body harnesses - SANS 50362:2008 - Connectors - SANS 50813:1997 - Sit harness
Packaging	Harnesses complete with lanyards are individually packed in sealed plastic bags. The products are then bulk packed in polypropylene bulk bags at ten units per bag.

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Available from your *Hilsen* product distributor

TECHNICAL HARNESS (5 POINT)

Code: 8.41C



- Application** Fall arrest, work positioning, vertical fall arrest system attachment, rope access and rescue.
- Hard points** Dorsal position (fall arrest), frontal chest (partial fall arrest), frontal waist (rope access and rescue), on waist belt (work positioning).
- Features** Easy to fit, gear loops on waist belt.
- Padding** Padding on shoulders, waist and legs.
- Adjustment** Interlocking buckles on leg and chest straps and QR buckle on waist.
- Lanyard set** The Technical Harness is supplied separately and can be paired with a suitable *Hilsen* lanyard set.
- Sizing** Available in sizes small to 2XL (see the *Hilsen* Sizing Guide for more information).
- Optional extras** Standing Step (Code 8.35A).



SANS 50361:2003 Full body harnesses; conforms to SANS 50358:2008 Work positioning, SANS 50362:2008 Connectors, SANS 50813:1997 Sit harness

TECHNICAL HARNESS (5 POINT QR)

Code: 8.41D



- Application** Fall arrest, work positioning, vertical fall arrest system attachment, rope access and rescue.
- Hard points** Dorsal position (fall arrest), frontal chest (partial fall arrest), frontal waist (rope access and rescue), on waist belt (work positioning).
- Features** Easy to fit, gear loops on waist belt, QR buckles.
- Padding** Padding on shoulders, waist and legs.
- Adjustment** Interlocking buckles on chest straps and QR buckle on waist and leg straps.
- Lanyard set** The Technical Harness is supplied separately and can be paired with a suitable *Hilsen* lanyard set.
- Sizing** Available in sizes small to 2XL (see the *Hilsen* Sizing Guide for more information).
- Optional extras** Standing Step (Code 8.35A).



SANS 50361:2003 Full body harnesses; conforms to SANS 50358:2008 Work positioning, SANS 50362:2008 Connectors, SANS 50813:1997 Sit harness

TECHNICAL HARNESS (5 POINT ASCENT)

Code: 8.41F



- Application** Fall arrest, work positioning, vertical fall arrest system attachment, rope access and rescue.
- Hard points** Dorsal position (fall arrest), frontal chest (partial fall arrest), frontal waist (rope access and rescue), on waist belt (work positioning).
- Features** Supplied with chest ascender and cow tails.
- Padding** Padding on shoulders, waist and legs.
- Adjustment** Interlocking buckles on leg and chest straps and QR buckle on waist.
- Lanyard set** The Technical Harness is supplied separately and can be paired with a suitable *Hilsen* lanyard set.
- Sizing** Available in sizes small to 2XL (see the *Hilsen* Sizing Guide for more information).
- Optional extras** Standing Step (Code 8.35A).



SANS 50361:2003 Full body harnesses; conforms to SANS 50358:2008 Work positioning, SANS 50362:2008 Connectors, SANS 50813:1997 Sit harness

TECHNICAL HARNESS (PROFESSIONAL)

Code: 8.46



Application	Fall arrest, work positioning, vertical fall arrest system attachment, rope access and rescue.
Hard points	Dorsal position (fall arrest), frontal chest (partial fall arrest), frontal waist (rope access and rescue), on waist belt (work positioning).
Features	Comprehensive adjustment, gear loops on waist belt.
Padding	Padding on dorsal position, shoulders, waist and legs.
Adjustment	Interlocking buckles on back of harness and QR buckles on waist and leg straps.
Lanyard set	The Technical Harness is supplied separately and can be paired with a suitable <i>Hilsen</i> lanyard set.
Sizing	Available in sizes small to 2XL (see the <i>Hilsen</i> Sizing Guide for more information).
Optional extras	Gear Bag 50 (Code 3.03).



SANS 50361:2003 Full body harnesses; conforms to SANS 50358:2008 Work positioning, SANS 50362:2008 Connectors, SANS 50813:1997 Sit harness

TECHNICAL KIT (COMPLETE)

Code: 9.15



Application	Fall arrest, work positioning, vertical fall arrest system attachment, rope access and rescue.
Kit Contents	a. Technical Harness (5 Point) (Code 8.41C). b. Lanyard SC2 (Code 8.21). c. Work Positioning Lanyard (Code 10.05). d. Open Round Slings (Codes 10.01 and 10.02). e. Gear bag 50 (Code 3.03).
(a) Harness	Easy to fit, gear loops on waist belt. Hard points on dorsal position (fall arrest), frontal chest (partial fall arrest), frontal waist (rope access and rescue), on waist belt (work positioning). Padding on shoulders, waist and legs Interlocking buckles on chest straps and QR buckle on waist and leg straps.
(b) Lanyard SC2	Fall arrest system. Terminating in two scaffold hooks. Energy absorbing element. Double leg configuration. 45mm webbing type. 1.75m long (including energy absorber). Carabiner connector.
(c) WP Lanyard	For work positioning, not to be used for fall arrest! Adjustable webbing lanyard (floating buckle). Maximum adjusted length of 2m. 45mm webbing with protective sleeve. Carabiner and snap hook at terminations.
(d) Open Slings	Temporary anchor point for a fall arrest system. 1 x 60cm length and 1 x 120cm length. 25mm tubular webbing. Minimum breaking strength of 22kN.
(e) Gear Bag 50	Volume 28 litres. Water resistant heavy duty PVC fabric. Shoulder straps.
Optional extras	Standing Step (Code 8.35A) Order an additional Work at Height PPE Pack, not supplied as standard.



SANS 50361:2003 Full body harnesses, SANS 50355:2003 Energy absorbers, SANS 50354:2003 Lanyards; conforms to SANS 50358:2008 Work positioning, SANS 50362:2008 Connectors, SANS 50566:1997 Slings



TECHNICAL HARNESSES

TECHNICAL HARNESS (TRANS)

Code: 9.09



Application	Fall arrest, work positioning, vertical fall arrest system attachment, rope access and rescue.
Hard points	Dorsal position (fall arrest), frontal chest (partial fall arrest), frontal waist (rope access and rescue), on waist belt (work positioning).
Features	Easy to fit, gear loops on waist belt.
Padding	Padding on shoulders, waist and legs.
Adjustment	Interlocking buckles on leg and chest straps and QR buckle on waist.
Lanyard set	The Technical Harness is supplied separately and can be paired with a suitable <i>Hilsen</i> lanyard set.
Sizing	Available in sizes small to 2XL (see the <i>Hilsen</i> Sizing Guide for more information).
Optional extras	Standing Step (Code 8.35A).



SANS 50361:2003 Full body harnesses; conforms to SANS 50358:2008 Work positioning, SANS 50362:2008 Connectors, SANS 50813:1997 Sit harness

TECHNICAL HARNESS (ELITE)

Code: 9.11



Application	Fall arrest, work positioning, vertical fall arrest system attachment, rope access and rescue.
Hard points	Dorsal position (fall arrest), frontal chest (partial fall arrest), frontal waist (rope access and rescue), on waist belt (work positioning).
Features	Lightweight aluminium fittings throughout.
Padding	Padding on dorsal position, shoulders, waist and legs.
Adjustment	Interlocking buckles on back of harness and waist, QR buckles on leg straps.
Lanyard set	The Technical Harness is supplied separately and can be paired with a suitable <i>Hilsen</i> lanyard set.
Sizing	Available in sizes small to 2XL (see the <i>Hilsen</i> Sizing Guide for more information).
Optional extras	Gear Bag 50 (Code 3.03).



SANS 50361:2003 Full body harnesses; conforms to SANS 50358:2008 Work positioning, SANS 50362:2008 Connectors, SANS 50813:1997 Sit harness

TECHNICAL HARNESS (MINING)

Code: 9.19



Application	Fall arrest, underground mining. Not suitable for rope access or rescue.
Hard points	Dorsal position (for fall arrest), frontal position (for partial fall arrest and vertical fall arrest system attachment).
Features	Integrated cap lamp belt. Reflectivity on back and over shoulders.
Padding	Padding on shoulders, waist and legs.
Adjustment	Interlocking buckles on shoulder straps and QR buckles on waist, chest and leg straps.
Lanyard set	The Technical Harness is supplied separately and can be paired with a suitable <i>Hilsen</i> lanyard set.
Sizing	Available in sizes small to 2XL (see the <i>Hilsen</i> Sizing Guide for more information).



SANS 50361:2003 Full body harnesses

FAS RESCUE KIT

Code: 9.16



Application	Descent rescue kit for pick off rescue.
System	Vertical descending system, rescuer descends to the fall victim, rescuer lowers both to safety below.
Options	Code 9.16/20 - supplied with a 20m rope. Code 9.16/30 - supplied with a 30m rope.
Contents	a. Kernmantel static rope 11mm diameter. b. Anchor strap (1.5m long). c. Descent device. d. Carabiners (X2). e. Rescue knife and sheath. f. Gear bag.
Conforms to	SANS 50362:2008 Connectors, SANS 50795:1996 Anchor devices, EN 341:2011 Descender devices for rescue, SANS 50353-2: 2003 Guided type fall arrestors, SANS 51891:1998 Low stretch kernmantel ropes.
Kit identifiers	Bag colour is red. Bag is labelled 'Fall Arrest System - Rescue'.

TECHNICAL KIT (POWERLINES)

Code: 9.08X



Application	Fall arrest, work positioning, vertical fall arrest system attachment.
Kit Contents	a. Technical Harness (Powerlines type). b. Lanyard SC2 (Adjustable). c. Work Positioning Lanyard (Webbing type). d. Open Round Slings (1.5 meters). e. Gear Bag (Technical).
(a) Harness	Hard points on dorsal position (fall arrest), frontal chest (partial fall arrest), on waist belt (work positioning). Padding on shoulders, waist and legs. Interlocking buckles on chest straps and leg straps. QR buckle on waist.
(b) Lanyard SC2	Fall arrest system. Terminating in two scaffold hooks. Energy absorbing element. Double leg adjustable configuration. 25mm tubular webbing type. Carabiner connector.
(c) WP Lanyard	For work positioning, not to be used for fall arrest! Adjustable webbing lanyard (floating buckle). Maximum adjusted length of 2 meters. 45mm webbing with protective sleeve. Carabiner and snap hook at terminations.
(d) Open Slings	Temporary anchor point for a fall arrest system 2 x 150cm length Minimum breaking strength of 22kN
(e) Gear Bag	Volume 28 litres. Water resistant heavy duty PVC fabric. Shoulder straps.
Conforms to	SANS 50361:2003 Full body harnesses, SANS 50355:2003 Energy absorbers, SANS 50354:2003 Lanyards, SANS 50362:2008 Connectors, SANS 50358:2008 Work positioning, SANS 50566:1997 Slings.
Options	Code 9.08X - Adjustable fall arrest lanyard set. Code 9.08 - Non-adjustable fall arrest lanyard set.
Kit identifiers	Bag colour is blue. Bag is labelled 'Fall Arrest System - Powerlines'.

TECHNICAL KIT (SUB AND AUX)

Code: 9.08CX



Application	Fall arrest, work positioning, vertical fall arrest system attachment.
Components	All fittings are aluminium.
Webbing	All webbing is flame retardant and non-conductive.
Kit Contents	Identical to 9.08BX Technical Kit (Live Work) but with one additional lanyard with captive eye carabiners.
Conforms to	SANS 50361:2003 Full body harnesses, SANS 50355:2003 Energy absorbers, SANS 50354:2003 Lanyards, SANS 50362:2008 Connectors, SANS 50358:2008 Work positioning, SANS 50566:1997 Slings. Specification 240-100979499 Personal Protective Equipment for Work at Height.
Options	Code 9.08CX - Adjustable fall arrest lanyard set. Code 9.08C - Non-adjustable fall arrest lanyard set.
Kit identifiers	Bag colour is black. Bag is labelled 'Fall Arrest System - Sub and Aux'.

TECHNICAL KIT (LIVE WORK)

Code: 9.08BX



Application	Fall arrest, work positioning, vertical fall arrest system attachment.
Components	All fittings are aluminium.
Webbing	All webbing is flame retardant and non-conductive.
Kit Contents	a. Technical Harness (Live Work type). b. Lanyard SC2 (Adjustable). c. Work Positioning Lanyard (Webbing type). d. Open Round Slings (1.5 meters). e. Gear Bag (Technical).
(a) Harness	Hard points on dorsal position (fall arrest), frontal chest (partial fall arrest), on waist belt (work positioning). Padding on shoulders, waist and legs. Interlocking buckles on chest straps, QR buckles on legs and waist.
(b) Lanyard SC2	Fall arrest system, lanyards terminating in pylon hooks. Energy absorbing element. Double leg adjustable configuration. Captive eye carabiner connector.
(c) WP Lanyard	For work positioning, not to be used for fall arrest! Adjustable webbing lanyard with protective sleeve. Maximum adjusted length of 2m. Captive eye carabiners at terminations.
(d) Open Slings	Temporary anchor point for a fall arrest system. 2 x 150cm length. Minimum breaking strength of 22kN.
(e) Gear Bag	Volume 28 litres. Water resistant heavy duty PVC fabric. Shoulder straps.
Conforms to	SANS 50361:2003 Full body harnesses, SANS 50355:2003 Energy absorbers, SANS 50354:2003 Lanyards, SANS 50362:2008 Connectors, SANS 50358:2008 Work positioning, SANS 50566:1997 Slings. Specification 240-100979499 Personal Protective Equipment for Work at Height.
Options	Code 9.08BX - Adjustable fall arrest lanyard set. Code 9.08B - Non-adjustable fall arrest lanyard set.
Kit identifiers	Bag colour is black. Bag is labelled 'Fall Arrest System - Live Work'.

Fall Arrest Lanyard Range

We manufacture a wide range of fall arrest lanyard sets suited to a variety of generalised or specific applications.

Unless otherwise specified, lanyard sets incorporate an energy absorbing element.

Similarly, unless otherwise specified lanyard sets are double legged and terminate in 22kN scaffolding hooks and an oval screw gate carabiner.

Alternative termination options are available.

Products are SABS Approved and all key stitch points are computer stitched for repeatable performance and quality assurance.

Applications Applications across this range could include fall arrest (where an energy absorbing element is incorporated), or restraint (where it is not).

Features Energy absorbing elements are heat sealed in transparent protective covers.

Options The Fall Arrest Lanyard Range includes standard webbing options, some of them adjustable or elasticated, as well as rope alternatives and specialised lanyards for high heat (hot work) applications.

Termination options include smaller jaw opening snap hooks suitable for lifeline applications as well as alternatives to the standard oval carabiner.

Manufacturing the lanyard set as a permanently attached and integral part of the full body harness being ordered is always an option.

Lanyard length Per SABS Standard any of our fall arrest lanyard sets can be manufactured to a maximum length of 2 meters, with a minimum permissible length of 1 meter.

Unless otherwise specified lanyard sets are supplied at a standard length of 1.75 meters.

Certification A Certificate of Conformance and Instructions for Use are included in product packaging.

Standards applicable to the Fall Arrest Lanyard Range include:

SANS 50354:2003 - Lanyards

SANS 50355:2003 - Energy absorbers

SANS 50362:2008 - Connectors

Packaging Harnesses supplied with permanently attached lanyard sets are packed together as a unit in sealed plastic bags.

Lanyard sets supplied alone are packed individually in sealed plastic bags.

The products are then bulk packed in polypropylene bulk bags at ten units per bag.

www.hilsen.co.za

Available from approved distributors



LANYARD SET (SC2)

Code: 8.21



Connectors:



Carabiner

or



Snap hook

or



Quick link

Application

Fall arrest system.

Hooks

Two scaffolding hooks.

Features

Energy absorbing element with backup safety strap.
Double legged webbing lanyard (45mm).

Sizing

Lanyard length standard at 1.75m, including energy absorbing element, hooks and connector.

Connector

Oval screw gate carabiner as standard.

Options

Customisable lanyard length of between 1m and 2m.
Available in single leg configuration.
Available with smaller snap hooks.
Available with snap hook or quick link connector.

Extras

Lanyard set (paired with a harness) suited to a Gear Bag 50 (Code 3.03).



SANS 50354:2003 Lanyards, SANS 50355:2003 Energy absorbers, conforms to SANS 50362:2008 Connectors, SANS 50363:2003 Fall arrest systems

LANYARD SET (SC2 ROPE 12MM)

Code: 8.50



Connectors:



Carabiner

or



Snap hook

or



Quick link

Application

Fall arrest system.

Hooks

Two scaffolding hooks

Features

Energy absorbing element with backup safety strap
Double legged rope lanyard (12mm 3 strand rope).

Sizing

Lanyard length standard at 1.75m, including energy absorbing element, hooks and connector.

Connector

Oval screw gate carabiner as standard.

Options

Customisable lanyard length of between 1m and 2m.
Available in single leg configuration.
Available with smaller snap hooks.
Available with snap hook or quick link connector.

Extras

Lanyard set (paired with a harness) suited to a Gear Bag 50 (Code 3.03).



SANS 50354:2003 Lanyards, SANS 50355:2003 Energy absorbers, conforms to SANS 50362:2008 Connectors, SANS 50363:2003 Fall arrest systems

LANYARD SET (SC2 ROPE 11MM KERNMANTLE)

Code: 8.50A



Connectors:



Carabiner

or



Snap hook

or



Quick link

Application

Fall arrest system.

Hooks

Two scaffolding hooks.

Features

Energy absorbing element with backup safety strap
Double legged rope lanyard (11mm kernmantle rope).

Sizing

Lanyard length standard at 1.75m, including energy absorbing element, hooks and connector.

Connector

Oval screw gate carabiner as standard.

Options

Customisable lanyard length of between 1m and 2m.
Available in single leg configuration.
Available with smaller snap hooks.
Available with snap hook or quick link connector.

Extras

Lanyard set (paired with a harness) suited to a Gear Bag 50 (Code 3.03).



SANS 50354:2003 Lanyards, SANS 50355:2003 Energy absorbers, conforms to SANS 50362:2008 Connectors, SANS 50363:2003 Fall arrest systems

LANYARD SC2 (ADJUSTABLE)

Code: 8.43



Connectors:



Carabiner

or



Snap hook

or



Quick link

Application

Fall arrest system.

Hooks

Two scaffolding hooks.

Features

Energy absorbing element with backup safety strap
Double legged webbing lanyard (25mm webbing).
Adjustable lanyard leg length.

Sizing

Lanyard length adjustable down from a maximum of 1.75m, including energy absorbing element, hooks and connector.

Connector

Oval screw gate carabiner as standard.

Options

Available in single leg configuration.
Available with smaller snap hooks.
Available with snap hook or quick link connector.

Extras

Lanyard set (paired with a harness) suited to a Gear Bag 50 (Code 3.03).



SANS 50354:2003 Lanyards, SANS 50355:2003 Energy absorbers, conforms to SANS 50362:2008 Connectors, SANS 50363:2003 Fall arrest systems

LANYARD SC2 (ELASTICATED)

Code: 8.49



Connectors:



Carabiner

or



Snap hook

or



Quick link

Application

Fall arrest system.

Hooks

Two scaffolding hooks.

Features

Energy absorbing element with backup safety strap.
Double legged webbing lanyard (45mm).
Elasticated lanyard with tubular webbing sleeves.

Sizing

Lanyard length standard with a maximum extension of 1.75m, including energy absorbing element, hooks and connector.

Connector

Oval screw gate carabiner as standard.

Options

Available in single leg configuration.
Available with smaller snap hooks.
Available with snap hook or quick link connector.

Extras

Lanyard set (paired with a harness) suited to a Gear Bag 50 (Code 3.03).



SANS 50354:2003 Lanyards, SANS 50355:2003 Energy absorbers, conforms to SANS 50362:2008 Connectors, SANS 50363:2003 Fall arrest systems

LANYARD SC2 (STUBBY)

Code: 8.51



Connectors:



Carabiner

or



Snap hook

or



Quick link

Application

Fall arrest system.

Hooks

Two scaffolding hooks.

Features

Energy absorbing element with backup safety strap
Double legged webbing lanyard (45mm).

Sizing

Lanyard length of 1m including energy absorbing element, hooks and connector.

Connector

Oval screw gate carabiner as standard.

Options

Available in single leg configuration.
Available with smaller snap hooks.
Available with snap hook or quick link connector.

Extras

Lanyard set (paired with a harness) suited to a Gear Bag 50 (Code 3.03).



SANS 50354:2003 Lanyards, SANS 50355:2003 Energy absorbers, conforms to SANS 50362:2008 Connectors, SANS 50363:2003 Fall arrest systems

LANYARD SC2 (HIGH HEAT)

Code: 8.52



Connectors:



Carabiner

or



Snap hook

or



Quick link

Application

Fall arrest system.

Hooks

Two scaffolding hooks.

Features

Energy absorbing element with backup safety strap
Double legged steel wire rope lanyard (6mm to 8mm
PVC coated) for high heat work.

Sizing

Lanyard length standard at 1.75m, including energy
absorbing element, hooks and connector.

Connector

Oval screw gate carabiner as standard.

Options

Available in single leg configuration.
Available with smaller snap hooks.
Available with snap hook or quick link connector.

Extras

Lanyard set (paired with a harness) suited to a Gear
Bag 50 (Code 3.03).



SANS 50354:2003 Lanyards, SANS 50355:2003 Energy absorbers, conforms to SANS
50362:2008 Connectors, SANS 50363:2003 Fall arrest systems

LANYARD SC2 (PROFESSIONAL)

Code: 8.47



Connectors:



Carabiner

or



Snap hook

or



Quick link

Application

Fall arrest system.

Hooks

Two scaffolding hooks.

Features

Energy absorbing element with backup safety strap.
Double legged webbing lanyard (45mm).
Hook back point on each leg.

Sizing

Lanyard length standard at 1.75m, including energy
absorbing element, hooks and connector.

Connector

Oval screw gate carabiner as standard.

Options

Available in single leg configuration.
Available with smaller snap hooks.
Available with snap hook or quick link connector.

Extras

Lanyard set (paired with a harness) suited to a Gear
Bag 50 (Code 3.03).



SANS 50354:2003 Lanyards, SANS 50355:2003 Energy absorbers, conforms to SANS
50362:2008 Connectors, SANS 50363:2003 Fall arrest systems

LANYARD SC2 (ADAPTABLE)

Code: 8.45



Connectors:



Carabiner

or



Snap hook

or



Quick link

Application

Fall arrest system.

Hooks

Two scaffolding hooks.

Features

Energy absorbing element with backup safety strap.
Double legged webbing lanyard (45mm).
3 hook back points on each leg with high wear
sleeves between points.

Sizing

Lanyard length standard at 1.75m, including energy
absorbing element, hooks and connector.

Connector

Oval screw gate carabiner as standard.

Options

Available in single leg configuration.
Available with smaller snap hooks.
Available with snap hook or quick link connector.

Extras

Lanyard set (paired with a harness) suited to a Gear
Bag 50 (Code 3.03).



SANS 50354:2003 Lanyards, SANS 50355:2003 Energy absorbers, conforms to SANS
50362:2008 Connectors, SANS 50363:2003 Fall arrest systems

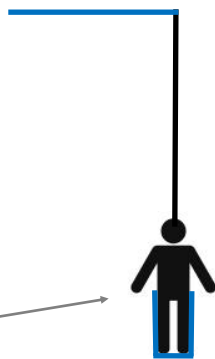
HARNESS STEP

Code: 8.35



Fall victim

Deployed step



Application

Safety device to mitigate suspension trauma.

Fitment

Manufactured as an integral component of any suitable *Hilsen* harness, as specified.

To deploy

- Pull connector downward to release step.
- Pull step out of cover until fully deployed.
- Feed connector through webbing loop.
- Hook connector onto a webbing eye.
- Insert foot (or both feet) into harness step.
- Stand up to relieve pressure from leg straps.

Adjustment

- Remove foot (or feet) from harness step.
- Move connector to another webbing eye.
- Insert foot (or both feet) into harness step.

Be aware

Training is required to use this device.

More info

For more information on the risks of suspension trauma contact your *Hilsen* product distributor.

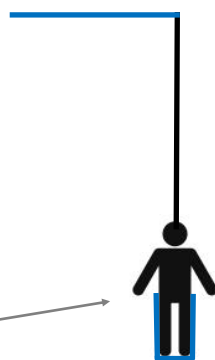
STANDING STEP

Code: 8.35A



Fall victim

Deployed step



Application

Safety device to mitigate suspension trauma.

Fitment

Manufactured as an integral component of any suitable *Hilsen* harness, as specified.

To deploy

- Pull on webbing tabs to release step.
- Pull step out of pouch until fully deployed.
- Adjust step using floating buckle.
- Insert foot (or both feet) into step.
- Stand up to relieve pressure from leg straps.

Adjustment

- Remove foot (or feet) from step.
- Adjust step using floating buckle.
- Insert foot (or both feet) into step.
- Stand up to relieve pressure from leg straps.

Be aware

Training is required to use this device.

More info

For more information on the risks of suspension trauma contact your *Hilsen* product distributor.

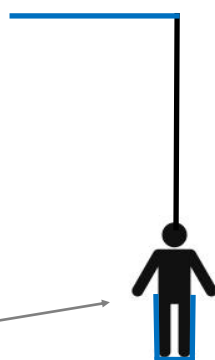
COMPONENT HARNESS STEP

Code: 8.35B



Fall victim

Deployed step



Application

Safety device to mitigate suspension trauma.

Fitment

- Unit supplied as a separate component.
- Select anchor point on harness at waist.
- Loop unit around harness strap.
- Feed back through webbing eye.
- Allow unit to hang freely from waist.

To deploy

- Pull connector downward to release step.
- Pull step out of cover until fully deployed.
- Feed connector back through webbing.
- Hook connector onto a webbing eye.
- Insert foot (or both feet) into harness step.

Adjustment

- Remove foot (or feet) from harness step.
- Move connector to another webbing eye.
- Insert foot (or both feet) into harness step.

Be aware

Training is required to use this device. For more information on the risks of suspension trauma contact your *Hilsen* product distributor.

Access Systems Range

The Access Range includes lifeline kits for the installation of temporary and portable attachment points for safe work at heights.

Temporary and portable fall arrest rescue systems are used to retrieve a fall victim and either haul them upwards, or lower them downwards, to safety.

Manufactured from premium quality materials and components for quality assurance.

Applications

Installation of temporary and portable lifelines.

Installation of temporary and portable rescue systems.

Gear for confined space access and rescue.

Features

Made for purpose kits and equipment, serial numbered and certified with instructions for use.

Supplied in durable gear bags, as specified.

Options

Selected kits are available in custom rope line or webbing line lengths within certain restrictions, as specified.

Note: Horizontal lifeline kits exceeding a specified maximum length must be installed with intermediary anchor points as instructed.

Rope and webbing options.

Lifeline kits for vertical or horizontal access.

Rescue kits for descent, ascent and descent as well as remote retrieval.

Harness pairing

Users should take care to ensure that the full body harnesses to be used with access kits are suitable for intended use.

Certification

A Certificate of Conformance and Instructions for Use are included in product packaging.

Standards applicable to products in the Lifeline Range, as specified, include:

SANS 50362:2008 - Connectors

SANS 50795:1996 - Anchor devices

SANS 50353-2:2003 - Guided type fall arrestors

SANS 51891:1998 - Low stretch kernmantle ropes

SANS 50363:2003 - Fall arrest systems

EN341:2011 - Descender devices for rescue

Packaging

Access kits are supplied in durable gear bags, as specified.

The products may then be packed in polypropylene bulk bags at several units per bag.

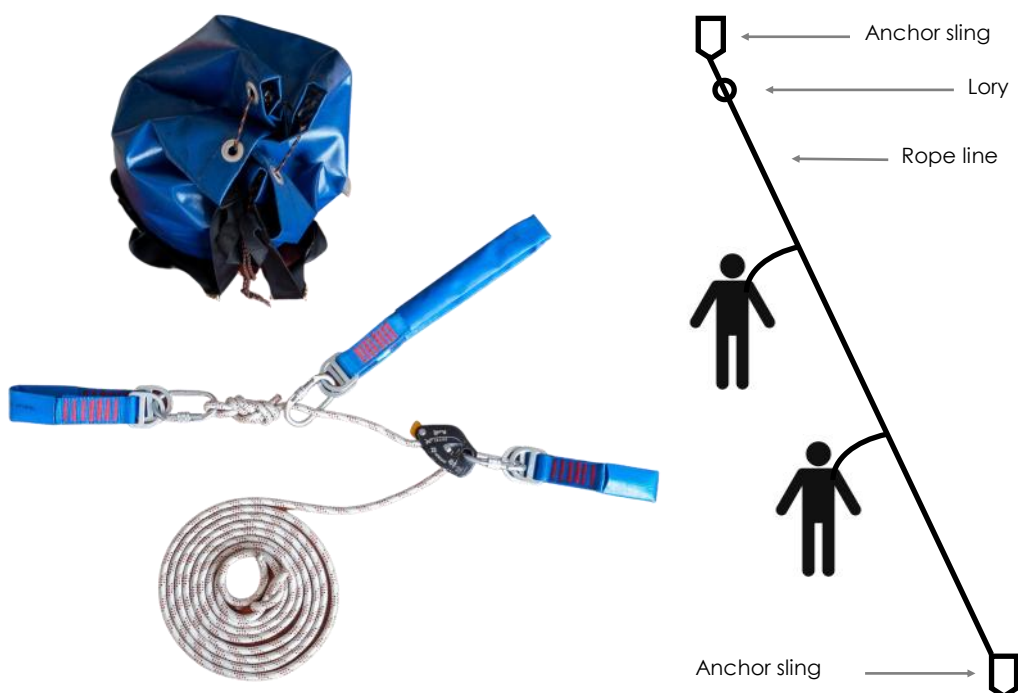


www.hilsen.co.za

Available from approved distributors

TEMPORARY HORIZONTAL LIFELINE KIT (ROPE)

Code: 9.03B



Application

Temporary and portable rope lifeline to be used in conjunction with a fall arrest system.

Kit Contents

Anchor slings (2), rope line (options on length), carabiner connectors (3), descent device, jumar handle, gear bag. Intermediate anchor slings (lines longer than 20 meters).

Installation

Attach the anchor slings to suitable anchor points. Tension the line using the descent device. For lines longer than 20m, install intermediate anchor slings.

Limitations

Maximum of two persons attached at any time.

Training

Unit Standard ID: 229995 Install, use and perform basic rescues from fall arrest systems and implement fall protection plan.

Conforms to

SANS 50362:2008 Connectors, SANS 50795:1996 Anchor devices, SANS 50353-2: 2003 Guided type fall arrestors, SANS 51891:1998 Low stretch kernmantel ropes, SANS 50363:2003 Fall arrest systems.

TEMPORARY HORIZONTAL LIFELINE KIT (WEBBING)

Code: 9.03



Application

Temporary and portable rope lifeline to be used in conjunction with a fall arrest system.

Kit Contents

Anchor slings (2), webbing line (options on length), carabiner connectors (2), steel 50mm ratchet, gear bag. Intermediate anchor slings (lines longer than 20 meters). Gear bag is integral to the kit.

Installation

Attach the anchor slings to suitable anchor points. Tension the line using the ratchet. For lines longer than 20m, install intermediate anchor slings.

Limitations

Maximum of two persons attached at any time.

Training

Unit Standard ID: 229995 Install, use and perform basic rescues from fall arrest systems and implement fall protection plan.

Conforms to

SANS 50795:1996 Anchor devices.
SANS 50362:2008 Connectors.

TEMPORARY VERTICAL LIFELINE KIT (ROPE)

Code: 9.04



Application

Temporary and portable vertical access system with anchored static rope and mobile fall arrestor.

Kit Contents

Anchor sling, kernmantle rope 11mm (options on length), mobile fall arrestor, carabiners (2), gear bag.

Installation

Attach the anchor sling and rope to a suitable top anchor point. Feed the rope through the mobile fall arrestor attached to the user's harness. Keep the rope between the mobile fall arrestor and the anchor sling free when ascending or descending.

Limitations

Maximum of one person attached at any time.
Requires a harness with frontal attachment point.

Training

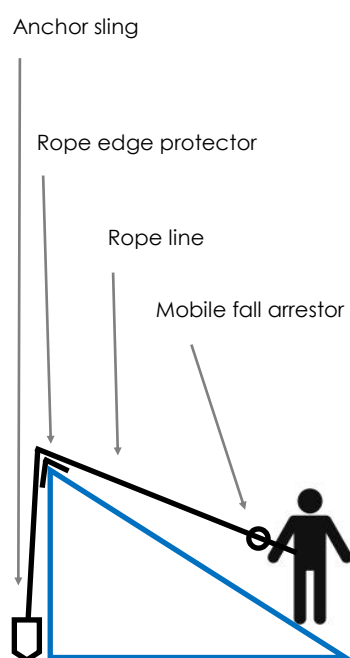
Unit Standard ID: 229995 Install, use and perform basic rescues from fall arrest systems and implement fall protection plan.

Conforms to

SANS 50362:2008 Connectors, SANS 50795:1996 Anchor devices, SANS 50353-2: 2003 Guided type fall arrestors, SANS 51891:1998 Low stretch kernmantel ropes, SANS 50363:2003 Fall arrest systems.

ROOFERS KIT (ROPE)

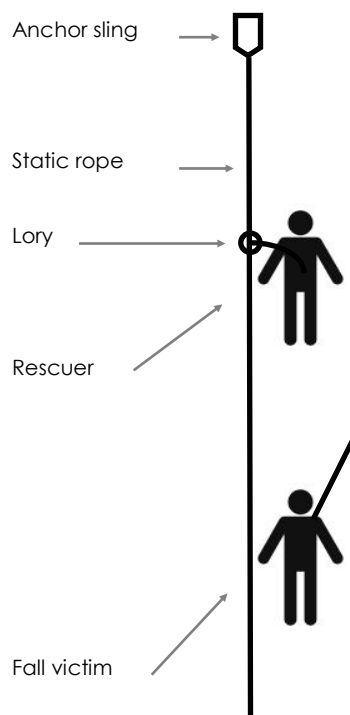
Code: 9.16



- Application** Temporary and portable vertical access system with an anchored static rope and mobile fall arrestor.
- Kit Contents** Anchor sling, kernmantle rope 11mm (options on length), mobile fall arrestor, carabiners (2), gear bag.
- Installation** Attach the anchor sling and rope line to a suitable anchor point. Feed the rope through the mobile fall arrestor attached to the user's harness. Use the rope edge protectors as required.
- Limitations** Maximum of one person attached at any time. Requires a harness with frontal attachment point.
- Training** Unit Standard ID: 229995 Install, use and perform basic rescues from fall arrest systems and implement fall protection plan.
- Conforms to** SANS 50362:2008 Connectors, SANS 50795:1996 Anchor devices, SANS 50353-2: 2003 Guided type fall arrestors, SANS 51891:1998 Low stretch kernmantel ropes, SANS 50363:2003 Fall arrest systems.

RESCUE KIT (DESCENT)

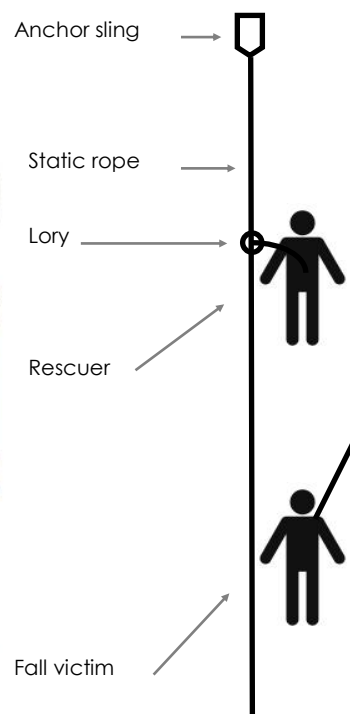
Code: 9.05



- Application** Temporary and portable vertical descending system where the rescuer descends to the fall victim.
- Kit Contents** Anchor sling, static rope 11mm (up to 150m rope length), descent device (Lory), rescue knife, quick draw, twist-lock carabiner connectors (2), gear bag.
- Installation** Attach the anchor sling and rope to a suitable anchor point above the fall victim, rescuer descends to the victim, both rescuer and fall victim descend to safety.
- Limitations** Maximum of one rescuer and one fall victim attached at any time.
- Training** Required: Unit Standard ID: 229995 Install, use and perform basic rescues from fall arrest systems.
- Conforms to** SANS 50362:2008 Connectors, SANS 50795:1996 Anchor devices, EN 341:2011 Descender devices for rescue, SANS 50353-2: 2003 Guided type fall arrestors, SANS 51891:1998 Low stretch kernmantel ropes.

RESCUE KIT (ASCENT AND DESCENT)

Code: 9.01



- Application** Temporary and portable vertical ascending and descending system where the rescuer descends to the fall victim, (or the fall victim ascends on their own).
- Kit Contents** Anchor sling, kernmantle rope 11mm (up to 150m rope length), descent device (Lory), jumar with leg strap, rescue knife, quick draw, twist-lock carabiner connectors (5), gear bag.
- Installation** Attach the anchor sling above the fall victim, rescuer descends and/or ascends to the victim, attaches to the victim, then they descend to safety.
- Limitations** Maximum of one rescuer and one fall victim attached at any time.
- Training** Required: Unit Standard ID: 229995 Install, use and perform basic rescues from fall arrest systems.
- Conforms to** SANS 50362:2008 Connectors, SANS 50795:1996 Anchor devices, EN 341:2011 Descender devices for rescue, SANS 50353-2: 2003 Guided type fall arrestors, SANS 51891:1998 Low stretch kernmantel ropes.

RESCUE KIT (REMOTE RETRIEVAL)

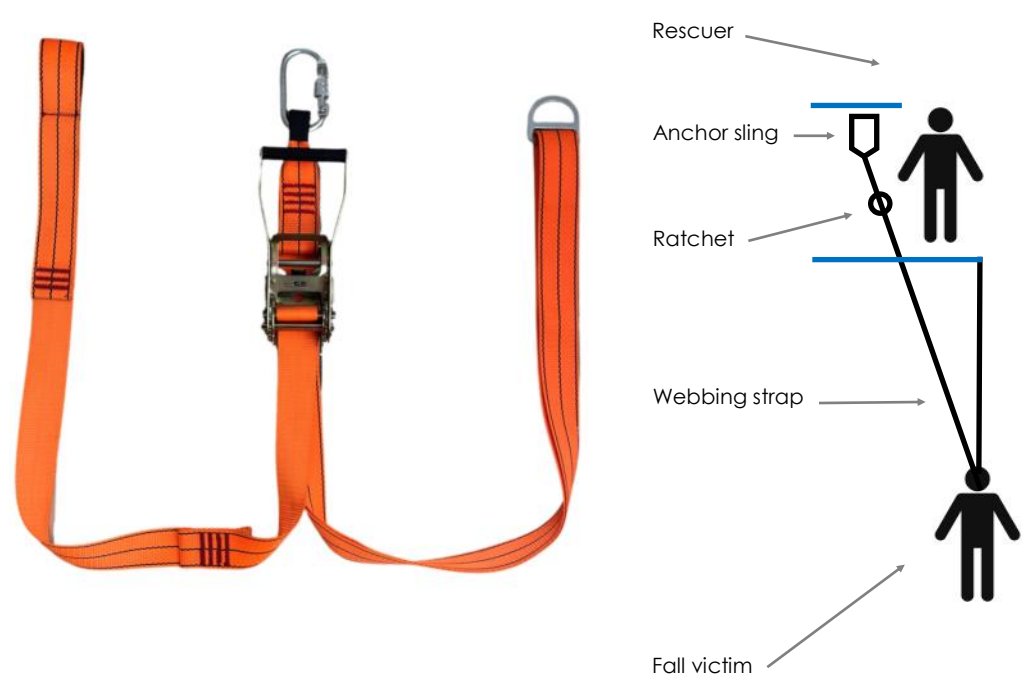
Code: 9.02



- Application** Portable vertical ascending and descending system, with 3:1... 4:1... or 5:1 pulley setup options.
- Kit Contents** Anchor slings (2), static rope 11mm (up to 600m rope length), extension pole and hook, rigging plate, lory, single pulleys (3), jumar handles (2), tape ladder, twist-lock carabiner connectors (8), gear bag.
- Installation** Set up to a suitable top anchor point. Connect the rope line to the fall victim using the telescopic retrieval pole and hook. Haul to safety using the pulley system.
- Limitations** Maximum of one rescuer and one fall victim attached at any time.
- Training** Required: Unit Standard ID: 229995 Install, use and perform basic rescues from fall arrest systems, and US ID: 229999 Perform advanced fall arrest rescues.
- Conforms to** SANS 50362:2008 Connectors, SANS 50795:1996 Anchor devices, EN 341:2011 Descender devices for rescue, SANS 50353-2: 2003 Guided type fall arrestors, SANS 51891:1998 Low stretch kernmantel ropes.

RATCHET KIT (RETRIEVAL SYSTEM)

Code: 9.11



- Application** Temporary and portable retrieval system, to be used as an additional system to a separate rescue kit.
- Kit Contents** Webbing strap with dee ring (up to 30m line length), ratchet 50mm, twist-lock carabiner connector (1).
- Installation** Attach the retrieval system to an anchor point and to the fall victim, haul the victim upwards to relieve the pressure on their fall arrest lanyard. Release the fall arrest lanyard and continue with the rescue.
- Limitations** The retrieval system is not equivalent to a rescue system and should not be used as a rescue system.
The retrieval system may only be used with a suitable rescue system.
Maximum of one fall victim attached at any time.
- Training** Required: Unit Standard ID: 229995 Install, use and perform basic rescues from fall arrest systems.
- Conforms to** SANS 50362:2008 Connectors.

RESCUE TRIPOD AND WINCH

Code: 9.14



- Application** Mobile tripod with hand winch and cable suitable for lifting gear or persons and for confined space rescue.
- Kit Contents** Tripod (aluminium), hand winch, cable 30m, carabiner connector, footer strap, gear bag.
- Features** Tripod legs are independently adjustable, hand winch fitted with release latch, two way rotating handle, fixed pulley and 3 attachment points on tripod head, footer strap connects base of legs.
- Limitations** Maximum of one person attached at any time.
- Training** Required: Unit Standard ID: 229995 Install, use and perform basic rescues from fall arrest systems.
- Optional extras** Suitable safety harness, bosuns chair, spreader bar.
- Conforms to** SANS 50362:2008 Connectors, EN 795-B:2012 Anchor devices.



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Gear Range

The Gear Range includes equipment and accessories necessary for safe work at height and rescue.

Options

Beyond the core range of stock items offered in this catalogue we are able to source and supply a wider range of gear and components for safe work at heights.

Certification

A Certificate of Conformance and instructions for use are either included in product packaging or are available on request.

Standards applicable to products in the Gear Range as specified include:

SANS 50362:2008 - Connectors

SANS 50795:1996 - Anchor devices

SANS 50353-2:2003 - Guided type fall arrestors

SANS 51891:1998 - Low stretch kernmantle ropes

SANS 50363:2003 - Fall arrest systems

SANS 50566:1997 - Slings

EN 567:2013 Mountaineering equipment - Rope clamps

EN 12841-A:2006 - Rope adjustment devices



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Fall Arrestors

We stock and supply a range of fall arrestors which comply to EN standards.

Applications

Fall arrest.

Features

Rugged block housing, high quality components.

Options

Available in a range of extension lengths from 2m out to 20m, available in webbing type lanyard and steel cable lanyards with some twin configurations.

Certification

Certificate of Conformance and instructions for use are included in product packaging or available on request.

Standards applicable to products in the Fall Arrestor Range as specified include:

SANS 50362:2008 - Connectors

EN 360:2023 - Retractable lanyards

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Available from approved distributors

RESCUE STRETCHER

Code: 9.15



- Application** Rope rescue and confined space rescue.
- Description** Rugged, lightweight evacuation stretcher.
- Features** Packs into a carry bag for easy storage and transport and is supplied with four lifting slings, restraint straps to secure the victim, carry handles.

BOSUNS CHAIR

Code: 10.52



- Application** Allows for long duration, ergonomically appropriate, seated work while suspended from a rope.
- Attachment** Onto an anchored static rope.
- Features** Padded seat with eyelets for gear attachment, adjustable straps, durable PVC cover. Padded and adjustable back rest, chest strap.

SPREADER BAR

Code: 10.51



- Application** For confined space access or rescue, attach to a tripod and rescue winch system.
- Features** Adjustable straps.
- Size** 40cm wide bar.
- Note** Must be used with a harness specifically for confined space access.

OPEN ROUND SLINGS



- Application** Temporary anchor point on a structure.
- Options** **Code 10.01** - 60cm length.
Code 10.02 - 120cm length.
- Features** 25mm tubular webbing, capacity 22kN.
- Conforms to** SANS 50566:1997 Slings.

ANCHOR SLINGS 45MM



- Application** Temporary anchor point on a structure.
- Options** **Code 10.04** - 50cm length.
Code 10.03 - 150cm length.
- Features** 45mm webbing, protective sleeve, capacity 22kN.
- Conforms to** SANS 50795:1996 Anchor devices.

ANCHOR SLINGS 75MM



- Application** Temporary anchor point on a structure.
- Options** **Code 10.06** - 50cm length.
Code 10.05 - 150cm length.
- Features** 75mm webbing, protective sleeve, capacity 25kN.
- Conforms to** SANS 50795:1996 Anchor devices.

TOOLING LANYARD TYPE A

Code: 6.01



- Application** For securing tooling while working at height.
- Features** Elasticated webbing lanyard with toggle and carabiner.
- Size** 80cm at maximum extension.
- Capacity** 5kg maximum load capacity.
- Options** Heavy duty version available.

TOOLING LANYARD TYPE B

Code: 6.03



- Application** For securing tooling while working at height.
- Features** Elasticated webbing lanyard with toggle both ends.
- Size** 80cm at maximum extension.
- Capacity** 5kg maximum load capacity.
- Options** Heavy duty version available.

WRIST LANYARD

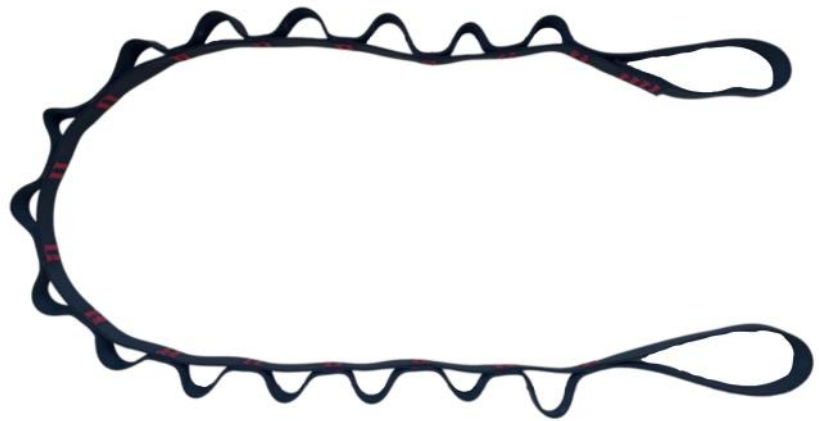
Code: 6.02



- Application** For securing tooling while working at height.
- Features** Velcro fastening wrist lanyard, corded loop.
- Size** 30cm.
- Capacity** 2kg maximum load capacity.

DAISY CHAIN 1.3M

Code: 0.02



- Application** Variable anchor sling while working at height.
- Size** 1.3m as standard. Custom lengths per request.

ROPE PROTECTORS



- Application** Protect kernmantel rope against abrasion.
- Options** **Code 10.21** - 50cm length.
Code 10.35 - 100cm length.
- Features** Fold over Velcro-closing, webbing and 550gsm PVC cover.

KERNMANTEL ROPES

Code: 12.02



- Application** Low stretch static rope for safe work at height, rescue.
- Features** Weight: 84g/m, 11mm rope, nylon core, polyester outer.
- Performance** Elongation: maximum 2.8%, strength: fall arrest 5.7kN, unknotted 37.7kN, knotted 15kN.
- Conforms to** SANS 51891:1998 - Low stretch kernmantel ropes.

JUMAR HANDLE**Code: 10.14**

- Application** Mobile locking handle for fixed rope.
- Features** Lightweight aluminium handle.
To suit 8mm to 12mm rope.
Capacity 140kg.
- Conforms to** EN 567:2013 Mountaineering equipment - Rope clamps.

ASCENT DEVICE/BACKUP**Code: 10.15**

- Application** Mobile fall arrestor.
- Features** Lightweight aluminium body.
To suit 11mm to 12mm rope.
Capacity 100kg.
- Conforms to** EN 353-2:2002 Guided type fall arrestors.
EN 12841-A:2006 Rope adjustment devices.

ROPE GRAB GOLD**Code: 10.16**

- Application** Rope grab.
- Features** Steel body.
To suit 16mm rope only.
- Conforms to** EN 353-2:2002 Guided type fall arrestors.

ROPE GRAB BLUE/SILVER**Code: 10.17**

- Application** Rope grab.
- Features** Lightweight aluminium handle.
To suit 11mm/12mm rope.
- Conforms to** EN 353-2:2002 Guided type fall arrestors.

SWIVEL HOOK (AL1)**Code: 10.23**

- Application** Swivel hook.
- Features** Lightweight aluminium.
Swivel type hook.
Twist lock gate.
- Conforms to** SANS 50362:2008 Connectors.

SWIVEL HOOK (ST1)**Code: 10.24**

- Application** Swivel hook.
- Features** Steel swivel type hook.
Double action gate.
- Conforms to** SANS 50362:2008 Connectors.

CARABINER SCREWGATE (ST1) Code: 10.10



- Application** Connector.
- Features** Alloy steel.
Screw gate locking mechanism.
Capacity 23kN.
- Conforms to** SANS 50362:2008 Connectors.

CARABINER AUTOLOCK (ST1) Code: 10.11



- Application** Connector.
- Features** Alloy steel.
Autolock mechanism.
Capacity 22kN.
- Conforms to** SANS 50362:2008 Connectors.

CARABINER (AL1) Code: 10.12



- Application** Connector.
- Features** Aluminium.
Autolock mechanism.
Capacity 25kN.
- Conforms to** SANS 50362:2008 Connectors.

CARABINER AL AUTOLOCK Code: 10.25



- Application** Connector.
- Features** Aluminium.
Autolock mechanism.
Captive eye pin.
Capacity 22kN.
- Conforms to** SANS 50362:2008 Connectors.

QUICK LINKS/MAILLONS



- Application** Connector.
- Features** Alloy steel with screw gate mechanism.
- Options** **Code 10.26** - 5mm connector.
Code 10.27 - 7mm connector.
Code 10.28 - 10mm connector.

ROPE PULLEYS Code: 10.02



- Application** Rope pulley.
- Features** Lightweight aluminium body.
To suit 11mm to 15mm rope.
Capacity 32kN.
- Conforms to** EN 12275:2013 Connectors, EN 12278:2007 Pulleys.

BUCKLE QUICK RELEASE (ST1) Code: 10.03



Application Webbing buckle.

Features Alloy steel.
Two piece bayonet type buckle set.
To suit 50mm webbing.
Capacity 9kN.

BUCKLE FLOATING (TYPE ST1) Code: 10.04



Application Webbing buckle.

Features Alloy steel.
One piece roller pin type buckle.
To suit 50mm webbing.
Capacity 18kN.

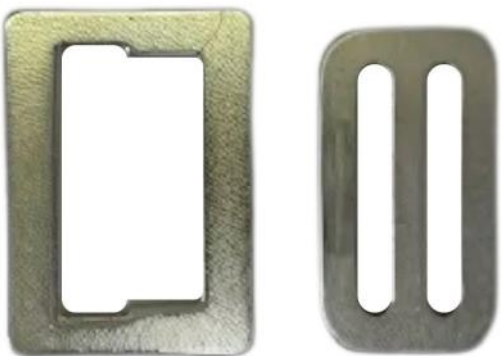
DEE RING 45MM (TYPE ST1) Code: 10.05



Application Webbing buckle/attachment point.

Features Alloy steel.
To suit 50mm webbing.
Capacity 30kN.

BUCKLE SET 2/3 (TYPE ST1)



Application Webbing buckle set.

Features Alloy steel two piece interlocking buckle set.
To suit 50mm webbing. Capacity 9kN.

Options **Code 10.06** - 2 Bar buckle.
Code 10.07 - 3 Bar buckle.

BUCKLE SET 2/3 (TYPE AL1)



Application Webbing buckle set.

Features Aluminium two piece interlocking buckle set.
To suit 50mm webbing. Capacity 9kN.

Options **Code 10.20** - 2 Bar buckle.
Code 10.21 - 3 Bar buckle.

H BUCKLES



Application H type webbing buckle.

Features To suit 35mm webbing.
Capacity 9kN.

Options **Code 10.22** - H Buckle steel.
Code 10.23 - H Buckle aluminium.

HILSEN FALL ARRESTORS (TYPE J)



Application	Use as part of a fall arrest system.
Features	Rugged casing. Aluminium swivel hook and carabiner connector. Dyneema webbing 20mm (webbing type). Stainless steel cable 5mm (cable type).
Safe load	140kg.
Options	Code 7.09 - Webbing type (2 meter). Code 7.10 - Webbing type (3.5 meter). Code 7.11 - Webbing type (6 meter). Code 7.12 - Cable type (10 meter). Code 7.13 - Cable type (15 meter). Code 7.14 - Cable type (20 meter).
Conforms to	EN360:2023 Retractable lanyards. SANS 50362:2008 Connectors.

HILSEN FALL ARRESTORS (TYPE P)



Application	Use as part of a fall arrest system.
Features	Rugged casing. Double action snap hook and carabiner connector. Dyneema webbing 20mm (webbing type). Stainless steel cable 5mm (cable type).
Safe load	140kg.
Options	Code 7.15 - Webbing type (2 meter). Code 7.16 - Webbing type (3 meter). Code 7.17 - Webbing type (6 meter). Code 7.18 - Cable type (6 meter). Code 7.19 - Cable type (10 meter). Code 7.20 - Cable type (15 meter). Code 7.21 - Cable type (20 meter).
Conforms to	EN360:2023 Retractable lanyards. SANS 50362:2008 Connectors.

FALL ARRESTORS (TYPE H)



Application	Use as part of a fall arrest system.
Features	Rugged casing, complete with aluminium snap hook and carabiner connector.
Safe load	140kg.
Options	Code 7.00 - Webbing type (Compact). Code 7.07 - Webbing type (2.5 meter). Code 7.01 - Webbing type (3.5 meter). Code 7.02 - Webbing type (6 meter). Code 7.08 - Cable type (6 meter). Code 7.03 - Cable type (10 meter). Code 7.04 - Cable type (15 meter). Code 7.05 - Cable type (20 meter).
Conforms to	EN360:2023 Retractable lanyards. SANS 50362:2008 Connectors.



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Work Positioning Range

The Work Positioning Range conforms to product performance standards and is manufactured from premium quality materials and components. All key stitch points are computer stitched for repeatable performance and quality assurance.

- Applications** Specifically designed for work positioning applications. These products cannot be used for fall arrest.
- Features** Full range of adjustment, padding and attachment points to specification.
- Options** With or without padding, choice of lanyard material to specification. Choice of lanyard length and connector.
Work positioning belt features, tool loops, buckles can all be customised.
Range of sizes, small to 2XL.
- Adjustment** Waist adjustment on belt. Work positioning lanyards are adjustable.



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Fall arrest systems and gear

Work Restraint Range

The Work Restraint Range conforms to product performance standards and is manufactured from premium quality materials and components. All key stitch points are computer stitched for repeatable performance and quality assurance.

- Applications** Specifically designed for work restraint applications. These products cannot be used for fall arrest.
- Features** Full range of adjustment, padding and attachment points to specification, with restraint lanyards.
- Options** With or without padding, choice of lanyard material to specification. Choice of lanyard length and connector.
Range of sizes, small to 2XL.
- Adjustment** Waist adjustment on belt. The chain type lanyard has multiple attachment points for custom lanyard length.

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WORK POSITIONING BELT (BASIC)**Code: 7.18B**

- Application** Work positioning. Not to be used for fall arrest!
- Features** Adjustable padded webbing belt with standard buckle, gear loops on waist belt. Dee ring attachment points on waist belt, to suit a work positioning lanyard.
- Conforms to** SANS 50358:2008 Work positioning.

WORK POSITIONING BELT (75MM)**Code: 7.18C**

- Application** Work positioning. Not to be used for fall arrest!
- Features** Adjustable padded 75mm webbing belt with standard buckle. Dee ring attachment points on waist belt, to suit a work positioning lanyard.
- Conforms to** SANS 50358:2008 Work positioning.

WORK POSITIONING BELT (PRO)**Code: 7.18P**

- Application** Work positioning. Not to be used for fall arrest!
- Features** Adjustable padded webbing belt with standard buckle, gear loops on waist belt. Dee ring attachment points on waist belt. Integral work positioning lanyard included.
- Conforms to** SANS 50358:2008 Work positioning.

LINESMANS BELT**Code: 7.18L**

- Application** Work positioning. Not to be used for fall arrest!
- Features** Adjustable padded webbing belt with standard buckle, tool loops on waist belt. Dee ring attachment points on waist belt, to suit a work positioning lanyard.
- Conforms to** SANS 50358:2008 Work positioning.

WORK POSITIONING LANYARD (W)**Code: 7.18W**

- Application** Work positioning. Not to be used for fall arrest!
- Features** Adjustable webbing lanyard (floating buckle), maximum adjusted length of 2m, 45mm webbing protective sleeve.
- Connectors** Carabiner and snap hook at ends.
- Conformance** SANS 50354:2003 Lanyards, SANS 50362:2008 Connectors.

WORK POSITIONING LANYARD (R)**Code: 7.18R**

- Application** Work positioning. Not to be used for fall arrest!
- Features** Adjustable rope lanyard (rope grab), maximum adjusted length of 2m, 16mm rope and protective sleeve.
- Connectors** Carabiner (on rope grab) and snap hook end.
- Conformance** SANS 50354:2003 Lanyards, SANS 50362:2008 Connectors.

RESTRAINT BELT & WEBBING LANYARD

Code: 7.83



Application	Work restraint. Not to be used for fall arrest!
Attachment	On back of the waist belt.
Features	45mm waist belt, 45mm lanyard with snap hook.
Adjustment	Waist belt (standard buckle).
Lanyard	45mm webbing lanyard. Lanyard cannot be longer than 2 meters.
Options	Can be supplied with or without waist padding, frontal dee ring, cap lamp straps, reflectivity or scaffold hook.

RESTRAINT BELT & WIRE ROPE LANYARD

Code: 7.84



Application	Work restraint. Not to be used for fall arrest!
Attachment	On back of the waist belt.
Features	45mm waist belt, steel wire rope lanyard with snap hook.
Adjustment	Waist belt (standard buckle).
Lanyard	6 to 8mm steel wire rope lanyard with PVC sleeve. Lanyard cannot be longer than 2 meters.
Options	Can be supplied with or without waist padding, frontal dee ring, cap lamp straps, reflectivity or scaffold hook.

RESTRAINT BELT & CHAIN LANYARD

Code: 7.85



Application	Work restraint. Not to be used for fall arrest!
Attachment	On back of the waist belt.
Features	45mm waist belt, chain lanyard with hook back links and ending in snap hook.
Adjustment	Waist belt (standard buckle).
Lanyard	6mm steel chain lanyard with steel hook back links. Lanyard cannot be longer than 2 meters.
Options	Can be supplied with or without waist padding, frontal dee ring, cap lamp straps, reflectivity or scaffold hook.



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Bag Range

The Bag Range offers a versatile range of functionality for many applications, including gear stowage, rescue and utility.

- | | |
|---------------------|--|
| Applications | Storage and transport of fall arrest and rescue systems. Some waterproof options are available as well as bags and pouches for underground mining. |
| Features | High quality PVC and canvas fabric. Carry and shoulder straps. Customisable colours on specified bags. |



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Fall arrest systems and gear

Belts & Other Products

Hilsen manufacture a wide range of cap lamp belts for underground mining, typically to carry cap lamp batteries and self-rescuer devices.

Also offered are a diverse range of assorted product including leggings and specialised harnesses for tree felling and brush cutting.

- | | |
|---------------------|---|
| Applications | Underground mining and assorted applications. |
| Options | Cap lamp belts with options on webbing, buckles, cap lamp belt buckles, reflectivity and padding.

Options with shoulder straps and extra attachment points are available.

Range of sizes on cap lamp belts, small to 2XL. |

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GEAR BAG 20

Code: 3.02



- Capacity** Height 40cm, diameter 25cm.
Volume 20 litres.
- Features** Water resistant heavy duty PVC fabric.
Fold over top with clip.
Shoulder strap.
Ideal for a single personal fall arrest system.

GEAR BAG 50

Code: 3.03



- Capacity** Height 40cm, diameter 30cm.
Volume 28 litres.
- Features** Water resistant heavy duty PVC fabric.
Toggle and eyelet top fastening.
Two adjustable shoulder straps.
Carry handle.

GEAR BAG 100

Code: 3.09



- Capacity** Height 80cm, diameter 30cm.
Volume 56 litres.
- Features** Water resistant heavy duty PVC fabric.
Toggle and eyelet top fastening.
Two adjustable shoulder straps.
Carry handle.

GEAR BAG 200



- Capacity** Length 80cm, diameter 40cm. Volume 100 litres.
- Features** Water resistant heavy duty PVC fabric.
Heavy duty zip and zip protector.
Two carry handles and two carry straps.
- Options** **Code 3.15** - Gear Bag 200.
Code 3.16 - Gear Bag 200 HD (Reinforced bottom).

GEAR BAG TECHNICAL

Code: 3.19



- Capacity** Height 50cm, diameter 30cm.
Volume 50 litres.
- Features** Water resistant heavy duty PVC fabric.
Buckle and fold over top fastening.
Two adjustable shoulder straps.
Carry handle.

DUFFEL BAGS



- Capacity** **Code 3.21** - Small (31 litres).
Code 3.22 - Medium (54 litres).
Code 3.23 - Large (86 litres).
- Features** Water resistant heavy duty PVC fabric.
Heavy duty zip.
Two carry handles and eyelet tabs.

HARNESS BAGS



- Capacity** **Code 3.24** - Small (5 litres).
 Code 3.25 - Medium (7 litres).
 Code 3.26 - Large (11 litres).
- Features** Water resistant heavy duty canvas fabric.
 Zip closing.
 Carry handle and ID sleeve.
 Ideal for safety harnesses.

DRY BAGS



- Capacity** **Code 3.27** - Small (5 litres).
 Code 3.28 - Medium (10 litres).
 Code 3.29 - Large (15 litres).
 Code 3.30 - XL (20 litres).
- Features** Water proof heavy duty PVC fabric with welded seams.
 Fold over buckle fastening.
 Adjustable shoulder strap.

RESCUE BACKPACK

Code: 3.38



- Capacity** Height 60cm, width 30cm, depth 30cm.
 Volume 54 litres.
- Features** Water proof heavy duty PVC fabric with welded seams.
 Padded back, shoulder straps and waist straps.
 Zip up side pouch.
 Carry handle.

GEAR POUCH

Code: 3.17



- Capacity** Height 22cm, width 13cm, depth 10cm.
 Volume 2.8 litres.
- Features** Water resistant PVC fabric.
 Fold over top with velcro.
 Zip up front pocket with clear PVC front panel.

COMBI BAG

Code: 3.18



- Capacity** Height 40cm, width 45cm, depth 20cm.
 Volume 36 litres.
- Features** Water resistant PVC fabric.
 Shoulder straps.
 Reinforced bottom and sides.
 Zip up front pocket.

TOOLING BAG

Code: 3.31



- Capacity** Height 25cm, width 25cm, depth 50cm.
 Volume 30 litres.
 Maximum load of 30 kilograms.
- Features** Water resistant PVC fabric.
 Hoist straps .
 Bottom and sides reinforced with webbing.

CAP LAMP BELT (50MM)

Code: 7.20/C001



- Application** Belt for underground mining.
- Features** Easy to fit and lightweight.
50mm polypropylene reflective webbing belt.
Integrated gear straps to carry a cap lamp battery and self-rescuer device.
- Belt adjustment** Steel interlocking buckle on waist belt.
- Sizing** Available in sizes small to 2XL.
- Options** **Code 7.20** - With J-hook and eyelets (on gear strap).
Code 7.21 - With roller buckles (on gear strap).

CAP LAMP BELT (50MM PADDED)

Code: 7.22/C005



- Application** Belt for underground mining.
- Features** Easy to fit and lightweight.
Padded waist.
50mm polypropylene reflective webbing belt.
Integrated gear straps to carry a cap lamp battery and self-rescuer device.
- Belt adjustment** Steel interlocking buckle on waist belt.
- Sizing** Available in sizes small to 2XL.
- Options** **Code 7.22** - With J-hook and eyelets (on gear strap).
Code 7.23 - With roller buckles (on gear strap).

CAP LAMP BELT (50MM & SHOULDER STRAPS)

Code: 7.24/C002



- Application** Belt for underground mining.
- Features** Easy to fit and lightweight.
Padded waist.
Adjustable shoulder straps.
50mm polypropylene reflective webbing belt.
Integrated gear straps to carry a cap lamp battery and self-rescuer device.
- Belt adjustment** Steel interlocking buckle on waist belt.
- Sizing** Available in sizes small to 2XL.
- Options** **Code 7.24** - With J-hook and eyelets (on gear strap).
Code 7.25 - With roller buckles (on gear strap).

CAP LAMP BELT (50MM SINGLE PRONG)

Code: 7.79/C004



- Application** Belt for underground mining.
- Features** Easy to fit and lightweight.
50mm polypropylene reflective webbing belt.
Integrated gear straps to carry a cap lamp battery and self-rescuer device.
- Belt adjustment** Steel single prong buckle and eyelets on waist belt.
- Sizing** Available in sizes small to 2XL.
- Options** **Code 7.79** - With J-hook and eyelets (on gear strap).
Code 7.80 - With roller buckles (on gear strap).

SHOULDER STRAPS FOR CAP LAMP BELT

Code: 7.26/C006



- Application** Shoulder straps to suit most cap lamp belts.
- Features** Easy to fit and lightweight.
50mm polypropylene webbing.
- Adjustment** Plastic buckles on shoulder straps.
- Sizing** One size fits all.

CAP LAMP BELT (50MM CLASP BUCKLE)

Code: 7.27/C011



- Application** Belt for underground mining.
- Features** Easy to fit and lightweight.
50mm polypropylene reflective webbing belt.
Integrated gear straps to carry a cap lamp battery and self-rescuer device.
- Belt adjustment** Clasp type buckle on waist belt.
- Sizing** Available in sizes small to 2XL.
- Options** **Code 7.27** - With J-hook and eyelets (on gear strap).
Code 7.28 - With roller buckles (on gear strap).

CAP LAMP BELT (45MM)

Code: 7.08



- Application** Belt for underground mining.
- Features** Easy to fit and lightweight.
45mm polyester webbing belt.
Integrated gear straps to carry a cap lamp battery and self-rescuer device.
- Belt adjustment** Steel interlocking buckle on waist belt.
- Sizing** Available in sizes small to 2XL.
- Options** **Code 7.08** - With J-hook and eyelets (on gear strap).
Code 7.09 - With roller buckles (on gear strap).
Webbing colours available, blue, red, green, yellow.

CAP LAMP BELT (45MM PADDED)

Code: 7.54



- Application** Belt for underground mining.
- Features** Easy to fit and lightweight.
45mm polyester webbing belt.
Padded waist.
Integrated gear straps to carry a cap lamp battery and self-rescuer device.
- Belt adjustment** Steel interlocking buckle on waist belt.
- Sizing** Available in sizes small to 2XL.
- Options** **Code 7.54** - With J-hook and eyelets (on gear strap).
Code 7.55 - With roller buckles (on gear strap).
Webbing colours available, blue, red, green, yellow.

CAP LAMP BELT (45MM PADDED & SHOULDER STRAPS)

Code: 7.10



- Application** Belt for underground mining.
- Features** Easy to fit and lightweight.
45mm polyester webbing belt.
Padded waist.
Adjustable shoulder straps.
Integrated gear straps to carry a cap lamp battery and self-rescuer device.
- Belt adjustment** Steel interlocking buckle on waist belt.
- Sizing** Available in sizes small to 2XL.
- Options** **Code 7.10** - With J-hook and eyelets (on gear strap).
Code 7.11 - With roller buckles (on gear strap).
Webbing colours available, blue, red, green, yellow.

CAP LAMP BELT (45MM QR & SHOULDER STRAPS)

Code: 7.41



- Application** Belt for underground mining.
- Features** Easy to fit and lightweight.
45mm polyester webbing belt.
Padded waist and shoulders.
Adjustable shoulder straps.

Integrated gear straps to carry a cap lamp battery and self-rescuer device.
- Belt adjustment** Quick release buckle on waist belt.
- Sizing** Available in sizes small to 2XL.
- Options** **Code 7.41** - With J-hook and eyelets (on gear strap).
Code 7.42 - With roller buckles (on gear strap).

Webbing colours available, blue, red, green, yellow.

CAP LAMP BELT (45MM 2-POINT & SHOULDER STRAPS)

Code: 7.09



- Application** Belt for underground mining.
- Features** Easy to fit and lightweight.
45mm polyester webbing belt.
Padded waist.
Adjustable shoulder straps.
Dee rings on waist, front and back.
25mm chest strap.
Integrated gear straps to carry a cap lamp battery and self-rescuer device.
- Belt adjustment** Quick release buckle on waist belt.
- Sizing** Available in sizes small to 2XL.
- Options** **Code 7.09** - J-hook and eyelets (on gear strap).
Code 7.12 - Roller buckles (on gear strap).

Webbing colours available, blue, red, green, yellow.

BRUSH CUTTER HARNESS

Code: 5.03



- Application** To harness a brush cutter to the user.
- Features** Durable webbing construction.
Adjustable to suit user.
- Options** Webbing colours available, blue, red, green, yellow.

RESPIRATOR BAGS



- Application** Storage of half mask respirator with twin cartridges.
- Capacity** 20cm x 13cm x 13cm.
- Features** Zip top closure.
Adjustable waist strap and buckle.
- Options** **Code 3.10** - Canvas fabric.
Code 3.11 - PVC fabric.

RESCUE KNIFE & SHEATH

Code: 3.22



- Application** Webbing cutter for use in fall arrest rescue.
- Features** High quality plastic body holds steel blade.
Complete with rope tether and velcro closing protective sheath.

TREE CUTTER HARNESS

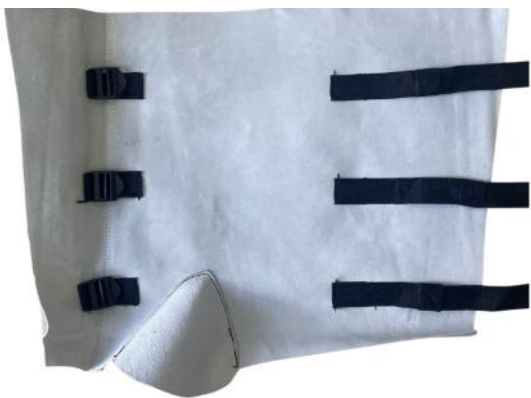
Code: 5.04



- Application** Tree felling.
- Features** Durable webbing construction.
Side D rings for work positioning.
Suspension strap and D rings.
Adjustable leg straps and waist belt.
- Options** Webbing colours available, blue, red, green, yellow.

BUSH LEGGINGS

Code: 5.02



- Application** Ankle to knee protection from brush.
(Not suitable protection against snake bite).
- Features** Chromed leather.
Adjustable straps, buckle fastening (one size fits all).
With metatarsal protector.
Supplied as a pair of leggings.

SNAKE BITE LEGGINGS

Code: 5.01



- Application** Protection from snake bite between ankle and knee.
- Features** Durable and washable canvas outer fabric layer.
Adjustable straps (one size fits all).
Velcro fastening.
Plastic side loops.
With metatarsal protector.
Supplied as a pair of leggings.
- Endorsement** Product developed with, tested by and endorsed by *African Reptiles and Venom*.

26

Status: Build

Details ➡

91

Status: Verified

Details ➡

124

Status: Inspected

Details ➡

124

Total Active

Details ➡



Hilsen Verify

The *Hilsen Verify* software allows us to efficiently control inspections on and verify your personal protective equipment against falls from a height.

How it works

We build a scannable RF tag into your fall arrest gear at point of manufacture.

When your gear is despatched from the factory it is already pre-loaded onto the verification database.

All pertinent details can be recorded for each item of gear, including date of manufacture, gear type and the unique serial number assigned.

What is verified

Date of manufacture (remaining life is auto calculated).

Any OEM inspections we conduct for you.

Any in-house inspections you conduct yourself*.

Gear type.

Location of verification points.

A history of inspection results per serial number.

A confirmation image of gear inspection failures where we conduct the inspection.

*(you provide us with your inspection capture data, which we then upload for you seamlessly).

Inspections

All inspections are conducted according to the *Hilsen* Inspection Protocol, by accredited *Hilsen* inspectors.

Our set protocol ensures that the same benchmarks and outcomes are followed, whether we conduct an OEM inspection for you or you conduct your own inspection.

Reporting

We provide on request, verification certification of your gear and its status, or a full inspection history by serial number.

We can send you a full inventory report.

You can also select your report recipients and scheduled reporting can be automated.

Security

The tracking software and database are cloud based, synchronisation at inspection point only requires internet connectivity and then data is updated live.

Data is encrypted.

Monthly billing

We assess your specific needs in consultation with your *Hilsen* Distributor and agree a fixed monthly fee which is reviewable annually.

More info

To find out more about *Hilsen Verify*, or for a demo, contact your *Hilsen* Product Distributor.

www.hilsen.co.za

Available from your *Hilsen* product distributor

Diagrams

Hook position on anchor point



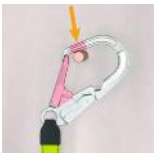
Anchor not seated in cradle.
Do not do this!



Loading on the gate of the hook.
Do not do this!



Gate is open on hook.
Do not do this!



Point loading on the hook.
Do not do this!



Side loading on the hook.
Do not do this!

Examples of damage



The label is damaged and details are illegible.
Immediately withdraw!



The hook is damaged and cannot function properly.
Immediately withdraw!



A hole has been made in the webbing, damaging it.
Immediately withdraw!



Damaged energy absorber cover.
Immediately withdraw!

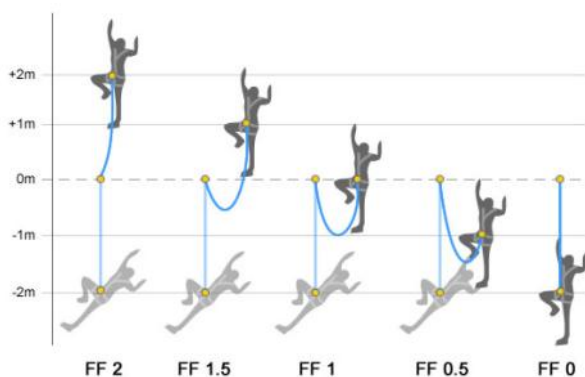


Lanyard webbing is damaged with a small cut on one edge.
Immediately withdraw!



The hook is excessively corroded.
Immediately withdraw!

Fall factors



Describes the severity of a fall. The fall factor is dependent on the height of the initial anchor point relative to the position of the person falling.

A fall factor of 0 (highest possible attachment point) is inherently safer than a fall factor of 2 (lowest possible point).

Instructions for Use of Fall Arrest Equipment

Important! Adequate training on correct use of the equipment must be provided to the user by a competent person before the equipment is issued for use. Simply reading these instructions is not adequate training.

A fall arrest system is designed to arrest your fall in a controlled way should you accidentally fall.

Every employer must, where necessary, provide an employee with equipment and to provide adequate training on how to use the equipment correctly. It is the responsibility of the user to use the equipment in the correct manner.

A full body harness is the only acceptable body holding device that can be used in the fall arrest system.

Ensure that you have the correct size harness for your body shape and size. Once adjusted, the harness webbing should be close fitting but not uncomfortably tight. Ensure after fitment of the harness that all surplus webbing is neatly tucked away to avoid snagging.

When working at a place where there is a possibility of falling accidentally (on a ladder, a platform, scaffolding, a structure or near a hole), then the fall arrest system must be attached to a suitable anchor point at all times.

The capacity to be attached to an anchor point at all times is often only possible using a double legged lanyard and by using the two lanyards in tandem.

Choice of attachment point is important (see 'Diagram: Fall factors'). A higher point of attachment will result in a shorter fall and therefore exposure to a smaller force during fall arrest.

The anchor point, or structural member chosen to serve as the anchor point, must have a minimum required strength sufficient to withstand a force of 6kN and be suitable for safe use. Be mindful when choosing an attachment point of the risk of a lateral 'pendulum' fall scenario.

Be mindful of the 'minimum free space' (MFS) below when working at heights. MFS is the distance from the anchor point to an obstruction below. This equipment is for use where there is a minimum of 5.5m of MFS available. Be aware of obstructions below when considering MFS.

At the work station, hooks should wherever possible be connected to the attachment point together side by side. Placing hooks separately on anchor points that are far apart may result in a dangerous fall arrest.

Do not work with lanyards hanging under arm or around or over a part of the structure. Best practice is working with lanyards hanging freely between the harness attachment point and the hook attachment point.

Hooks must attach in such a way that in a fall the force of the arrest is directed longitudinally through the length of the hook (see 'Diagram: Hook position on anchor point').

Wherever possible, make the fall arrest system a personal issue item.

When connecting lanyard and harness, they must be connected at an attachment point on the harness marked 'A', using a suitable connector.

Be mindful that the equipment is electrically conductive.

Avoid trailing or looping of lanyards over hard edges.

Important! The fall arrest system must not be used by a person with any medical condition that could affect their safety when using the equipment in normal or emergency use.

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Risk of Suspension Trauma

When a fall has been arrested (and the fall victim is suspended in the full body harness awaiting rescue), there is a significant risk that the fall victim may suffer 'suspension trauma'.

The problem stems from the restriction of blood flow through the femoral artery, caused by the mass of a fall victim bearing down on leg straps while suspended in an industrial safety harness.

The problem can be resolved by using a harness design that specifically allows for ergonomically correct intentional suspension (usually from a rope). See the Technical Harness Range for options.

For reasons of economy or efficacy it is not always possible to issue every user with a rope access harness for fall arrest purposes.

In order to mitigate the risk of suspension trauma where a user is wearing a fall arrest harness not designed for rope access, an alternative solution is to make use of a harness step.

Hilsen manufacture a range of add on products to mitigate the effects of prolonged suspension, see the Harness Step Range.

In any event it is essential that the fall victim is reached and rescued in as short a time as possible and it is essential that there is in place an effective rescue plan as well as suitably trained personnel on hand to affect a rescue.

Information on suspension trauma is available to download or print at: www.hilsen.co.za

Code: 8.35A STANDING STEP



To deploy

- Pull on webbing tabs to release step.
- Pull step out of pouch until fully deployed.
- Adjust step using floating buckle.
- Insert foot (or both feet) into step.
- Stand up to relieve pressure from leg straps.

Adjustment

- Remove foot (or feet) from step.
- Adjust step using floating buckle.
- Insert foot (or both feet) into step.
- Stand up to relieve pressure from leg straps.

Training. Is required to use this device.

Instructions for Use of Fall Arrest Equipment

Instructions for care and maintenance. Take care to protect the equipment from damage. The webbing may be damaged by abrasion or exposure to heat. Steel components may corrode if exposed to damp conditions. Store in a dry and secure place.

The equipment can if required be washed periodically in warm, soapy water. Do not use solvents to clean the equipment. After washing the equipment can be dried naturally. Do not expose the equipment to severe heat sources.

When transporting the equipment avoid exposure to sharp edges, chemical contamination or exposure to heat sources. Wherever possible minimise exposure of the equipment to direct sunlight and other UV sources, which will degrade webbing.

Hook springs may be lubricated from time to time.

Instructions for periodic examination. The manufacturer recommends that at least every 12 months the fall arrest system (or component) be inspected by a competent person.

A 'competent person' for purposes of periodic examination is a person knowledgeable of the current periodic examination requirements, recommendations and instructions issued by the manufacturer applicable to the equipment. Periodic examination is an in-depth examination of the equipment for defects (damage or wear).

It is important to understand that the safety of the user depends on the continued efficiency and durability of the equipment.

Periodic examination must be conducted strictly in accordance with the manufacturer's periodic examination procedures.

If an inspection tag is to be affixed to the equipment it should be affixed in such a way that it will not impede correct functioning of the equipment.

Information on manufacturer accreditation for inspections (which include recommended information for record keeping), are available to download or print at: www.hilsen.co.za

Instructions for repair. Under no circumstances may the fall arrest system or any of its components be altered, repaired or modified in any way without the express prior written consent of the manufacturer.

Only the manufacturer may assess for purposes of repair, and then if possible, repair the equipment. The equipment may not be modified in any way to make it more comfortable, lighter or 'easier to use'.

Do not knot lanyard legs to shorten them. Do not restrict the energy absorber or cover in any way. Do not cut or hole the harness or lanyard webbing in any way. Do not mark any webbing with paint or ink.

Instructions and support for record keeping. It is the responsibility of the user organisation to provide the record and to enter onto the record the details required.

Records must be kept for each fall arrest system, component or subsystem (by serial number), recording all pertinent information relating to the history of that system including all periodic examinations and a record of the daily five-point check.

Records must include details such as product type, manufacturer details, serial number, year of manufacture, expiry date, purchase date, date of first use and inspection history.

Templates of inspection forms (which include recommended information for record keeping), are available to download at: www.hilsen.co.za

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Daily equipment check

The manufacturer recommends that the user should visually inspect the fall arrest system (or component) daily prior to use according to a daily 5 point check.

Point 1 - Check connectors and hooks. The connectors should only open by means of a double mechanical action, and they should be spring loaded to close automatically if released.

A degree of corrosion on metal connectors or hooks is tolerable provided these components remain in good working order.

Point 2 - Check webbing (including stitching). The webbing must be intact and undamaged. A small (as small as 5mm) cut, hole or burn in the webbing at any point would render the fall arrest system unsafe for use.

Point 3 - Check energy absorber. The cover of the energy absorber must be intact. If it appears that the energy absorber may have been stressed or partially deployed the fall arrest system must be withdrawn.

Point 4 - Check buckles and other hardware. Each buckle set must be in good working order. A degree of corrosion on buckles and other hardware is tolerable provided these components remain in good working order.

Point 5 - Check labels. Labels must clearly display the following information: manufacturers or suppliers name or trademark, serial number, model and type, date of manufacture (month and year), date of withdrawal from service, SABS mark and applicable standard.

If the above information is not clear the fall arrest system (or component) may not be used.



Instructions for Use of Fall Arrest Equipment

Product limitations. The equipment is intended for 'fall arrest', 'work positioning', 'work restraint', 'rope access and rescue', as specified. It may not be used for any other purpose and may not be used outside of its limitations.

The equipment is suitable for users up to 100kg in mass, including the mass of the user, their apparel and any equipment attached to their person, without fall factor restriction.

Users with mass exceeding 100kg but no more than 140kg must attach the fall arrest system at fall factor 1, or above, without exception.

The equipment becomes obsolete 10 years from manufacture date, regardless of the condition of the equipment.

'Fall arrest' equipment is used to arrest an accidental fall and is not necessarily suitable to be suspended in intentionally.

'Work restraint' equipment is used to restrain the possible range of movement of the user and thereby completely remove the possibility of an accidental fall.

'Rope access and rescue' equipment is specialised equipment that allows for the user to be intentionally suspended by a rope.

Maximum permissible length from anchor point to harness attachment point is 2 meters.

Information on working at heights is available to download or print at: www.hilsen.co.za

When to withdraw equipment from use. Equipment must be withdrawn from use immediately should any doubt arise about its condition for safe use, or where the equipment has been used to arrest a fall. In either case the person inspecting the equipment must:

- immediately withdraw the fall arrest system (or component) from service,
- bring the matter to the attention of management so that corrective action may be taken,
- not use the fall arrest system (or component) unless it is inspected by a competent person and confirmed in writing to be fit for use.

Equipment must be withdrawn from use immediately should the date of use pass the stated date of withdrawal.

Product quality standards (as applicable)

SABS EN 361/SANS 50361:2003 - Full body harnesses

SABS EN 355/SANS 50355:2003 - Energy absorbers

SABS EN 354/SANS 50354:2003 - Lanyards

The equipment marked, with a unique serial number, is certified by the manufacturer as conforming to the SANS product quality standards listed above (as applicable) and is marked with the SABS mark of approval for these standards under permit numbers 10853/17054, 17055 and 17064.

SABS standards that the equipment conforms to (as applicable), include:

SANS 50363 - Fall arrest systems

SANS 50365 - General requirements for instructions for use and for marking

SANS 50358 - Work positioning

SANS 50362 - Connectors

SANS 50813 - Sit harness

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Hilsen Sizing Guide

Hilsen full body harnesses are manufactured in a range of sizes to suit the specific individual needs of product users.

Body mass is generally the first parameter for estimating correct full body harness sizing. We recommend ordering your Hilsen full body harness according to the following sizing guidelines.

Harness size	Body mass range
Small	Less than 70 kilograms
Medium	Between 70 and 80 kilograms
Large	Between 80 and 90 kilograms
X Large	Between 90 and 100 kilograms
2X Large	Between 100 and 120 kilograms
3X Large	Between 120 and 130 kilograms
4X Large	Between 130 and 140 kilograms

Sizing considerations. It is important for the user to properly fit a full body harness. An improper fit may be uncomfortable, or present a snagging hazard due to excess adjustment webbing.

Additionally, in a fall scenario a loose fitting full body harness may allow the fall victim to be arrested in a sub-optimal position.

Hilsen full body harnesses of all sizes allow for a reasonable range of adjustment via a set of buckles (configuration details are dependent on the design), allowing for the user to be suited to more than one harness size.

We should also acknowledge that a persons body mass is only one measure of 'size' (with body shape and height being other considerations), when selecting harness size.

What this guideline table seeks to avoid are the extremes of a user fitting a harness that is much too big or much too small. Use the guidelines table as your starting point. In most cases it will pair user and harness size correctly.

A note on product weight limitations.

The equipment is suitable for users up to 100kg in mass, including the mass of the user, their apparel and any equipment attached to their person, without fall factor restriction.

Users with mass exceeding 100kg but no more than 140kg must attach the fall arrest system at fall factor 1, or above.

For more advice on product weight limitations or sizing contact your Hilsen Distributor.

Up to 100kg: no fall factor restriction.

Above 100kg but no more that 140kg: fall factor restriction applies.



Useful Terminology

Working at height. Refers to frequently high-risk work that is undertaken in any place where, if the necessary safety precautions were not in place, a person could accidentally fall and suffer a personal injury.

A hierarchy of safety measures. If work at heights is to be carried out, these should then be followed to prevent falls from occurring. These measures may include installation of a permanent or temporary handrail, provision of a properly constructed working platform complete with guardrails. If none of these are practicable or where the work is of short duration, suspension equipment could be used, or collective fall arrest equipment could be provided (for example safety nets) or individual fall arrest systems could be provided (for example safety harnesses).

Fall arrest. Refers to the action of stopping the downward free fall of a person who has accidentally fallen with the aid of specialised equipment. A fall arrest system should offer significant freedom of movement for workers who are carrying out their assigned duties while also protecting them from serious falls when they are working at height. A safety harness and fall arrest lanyard, a retractable fall arrestor/lifeline or an installed vertical lifeline and mobile fall arrestor are all examples of fall arrest systems.

Work Restraint. Refers (when working at height) to the act of removing the risk of a person ever accessing a position where they may fall. In other words restraint equipment physically limits the range of movement of the user of the equipment to completely eliminate the risk of a fall. An example of restraint equipment would be a belt or harness and a restraint lanyard.

Work positioning. Refers in general to the use of equipment (when working at height) to place or secure the user in a particular position to enable them to work efficiently. Examples of work positioning could include use of a work positioning lanyard attached to a safety harness or even being suspended on a rope (using rope access equipment). Importantly, using a work positioning system does not remove the need for (or take the place of) a fall arrest system. The two systems are often used simultaneously.

Rope access. Industrial climbing, is a form of work positioning, which applies practical ropework for workers to access difficult-to-reach locations without the use of scaffolding, cradles or an aerial work platform. Rope access technicians descend, ascend, and traverse ropes for access and work while suspended by their harness. Sometimes a work seat (bosuns chair) may be used. The support provided by the rope system is intended to eliminate the likelihood of a fall altogether, but a back-up fall arrest system is used to cover the unlikely failure of the rope system as the primary means of support.

Disclaimer

These products must be used strictly in accordance with these instructions and without deviation. These products are used entirely outside of the manufacturers control and accordingly the manufacturer cannot be held liable for any loss, claim or liability arising from any failure of the product from any cause whatsoever.

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