

Alsamex Fall Arrest Units
Soft landing system for collective fall arrest safety

USER GUIDE



Introduction

Falls from heights are major hazards for many industries. Every year, workers falling in buildings (built or in construction) and from vehicles account for a significant percentage of fatal or serious injuries. Falls from heights below 2m can still cause serious injury. The severity of injury is not just related to the distance of a fall. It can also depend on other factors such as how the person fell and arrested their fall, their age and body weight. The first priority of the Work at Height Regulations 2005 is to do all that is reasonably practicable to prevent anyone falling. The Regulations set out a simple hierarchy to manage work at height.

"..Every employer, in selecting work equipment for use in work at height, shall give collective protection measures priority over personal protection measures ..." [The Work at Height (Amendment) Regulations 2007]

Where working at height can not be avoided use work equipment to prevent falls or where the risk of falls can not be eliminated, use equipment to minimise the distance and consequences of any fall.

The ALSAMEX FALL ARREST UNITS will help you comply with the Work at Height Regulations. They have been tested in accordance with Filled Collective Fall Arrest Systems specification PAS59 : 2004 dynamic performance (maximum deceleration, g force requirement) published by the BSI and impact tested using test method BS EN 364: 1993

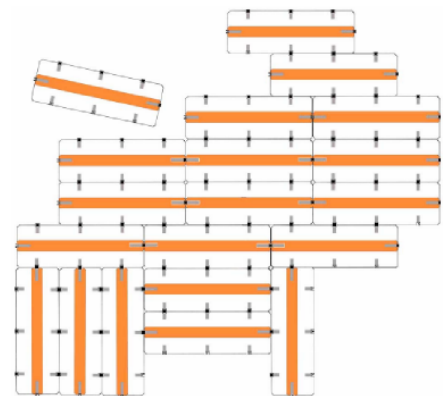
Collective and passive cushioning equipment such as Alsamex fall arrest units should take priority over personal and non-passive equipment such as personal fall arrest systems and harnesses

Collective - The equipment protects more than one person at a time

Passive - Does not normally need any action by the user(s) once installed

Main Points

- All work at height must be properly planned and supervised and carried out in a safe manner
- Alsamex Fall Arrest Units facilitate mobility because they have no connection between you and the units and are designed to catch anyone who falls from a height and carry no additional risk during rescue after any fall
- Installing the units is a simple non-hazardous process and may be carried out by your own personnel using the installation guide provided or following basic Toolbox training
- The units must be installed as close to the working level as possible in order to minimise the distance a worker could fall
- Interconnected and modular, the ALSAMEX FALL ARREST UNIT is a tubular sleeve construction. The modular design and multi straps enable different configurations and connection patterns





Safety caution : General safety awareness is just as important with this product, as with all other safety products. Good safety systems alone can not guarantee to eliminate all hazards and risk of injury. Effective safety operation is dependent on proper use and general safety considerations by users of the system. E.g. If a worker's fall was partially broken by bumping into something as they fell, safety could be compromised



Although Alsamex Fall Arrest units are treated with Flame Retardants to reduce the risk of fire, like many other plastics materials, this product is combustible and should be kept away from flame and other sources of ignition.

- ✓ Consider fire hazards. No smoking, hot work or welding above units. Keep the units away from flame and other sources of ignition

Discussion Points

- The units are filled with shock absorbent polystyrene loosefill. The end-discs allow controlled air release under impact.
- The design includes high quality fixings and the product striping system gives a quick visual assurance of correct installation
- The integral system enables simple modular assembly to cover both large and small areas and is not reliant on outer perimeter constraints
- Specially designed dimensions of 2100mm length x 700mm roll diameter ensure easy handling and storage, fitting, and best cushioning performance
- No form of air filling or outside energy source is required – the protection is provided by the engineered cushion filling, manufactured by Alsamex.
- Age & fitness affects a person's ability to withstand the effects of a fall

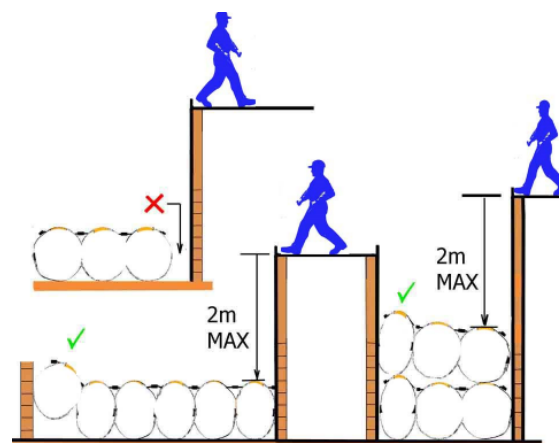
Manual Handling

The weight of each unit is light (approx 7 Kg) which enables safe and easy handling. The Alsamex Fall Arrest Units are relatively rigid and are easy to handle when lifted

- ✓ Although less than 10Kg, when carrying the unit, keep a straight back, your chin up and arms & unit close to the body
- ✓ If carrying over long distance or up stairways, hold the unit by the side straps, keeping the centre near waist level
- ✓ Consider access & egress, ensure units are not obstacles, especially around foot of ladders

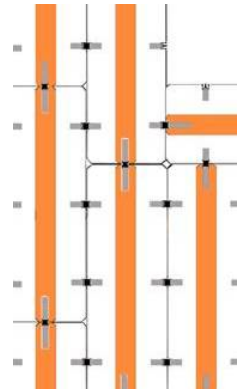
Fall heights

The ALSAMEX FALL ARREST UNITS are designed to be used with a maximum free fall height of 2 metres above the top surface of the units. If a greater height is involved a second layer can be easily installed provided that a maximum 2 metres free height is maintained.



Installation

The units should be installed by trained personnel. All supporting base or floor surfaces on which the ALSAMEX FALL ARREST UNITS will be installed should first be brushed clear of any debris and sharp objects. Surfaces should give firm and adequate support for the units in the event of any fall, over the complete area onto which the units are placed. In the case of any opening in floors, e.g. Stairwell openings, these should also be temporarily boarded with firm and adequate support covering the whole area, before the units are placed over them. Ensure the units cover all of the floor area under the working area. For increased support, lay the units at right angles to any boarding or beam underneath. Although not essential, for additional security, connect the units in a brickwork pattern or perpendicular, where practical



Placing and securing the units

The ALSAMEX FALL ARREST UNIT is easy to install and quick to check. The logical method is to start in one corner of the floor with the colour stripe on the unit uppermost, fastening the interconnecting clips together. All clips should be fastened across the area of the floor, except those on the perimeter edge. The ends of the units should be pushed hard together, which makes the end fixing easier, and ensures a continuous protection along the length. The three side clips connecting the units can be closed without having to apply side pressure on the units, as the units are held closely together by the positions of the straps.

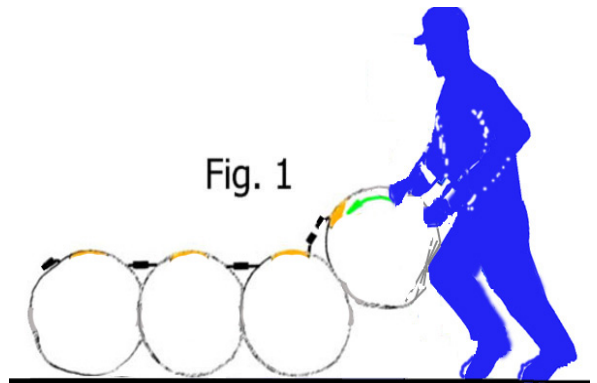
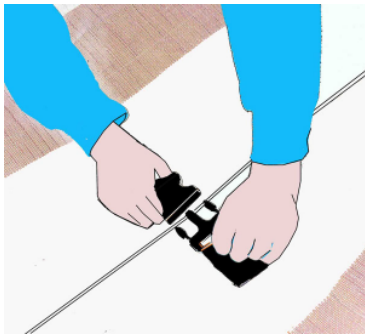


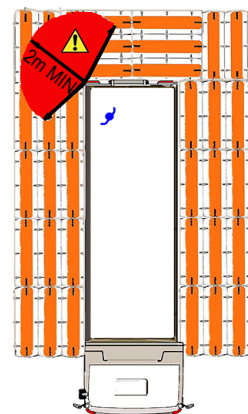
Fig. 1



An easy method is achieved by flattening the unit by hand whilst on its side and to connect using the simple technique as shown in Fig. 1. Connect one unit to another at a time using either all 3 of the side quick-release buckles or one end quick-release buckle. Where the width of the floor space does not allow the full width of the unit for the final row before the wall, either the unit can be allowed to ride partially up the wall or, if preferred, the last row or two of units can be squeezed into an elliptical shape to fit into a smaller width and,

in doing so, the filler is displaced to give more height to the units involved. Ensure no quick-release buckles are left unconnected, excluding the outer perimeter buckles. Units can also be fixed at right angles to each other if the system is required to fit around one or more corners, or to make up a distance between the ends of the main run and the ends of the main wall.

For edge protection such as scaffold & trailer fall arrest, ensure that the positioning of the units is flush with the edge of the trailer or working platform/surface. Ensure there is sufficient coverage to protect the potential fall area. The projection coverage distance out from the trailer or working platform/surface should be a minimum of 2metres.

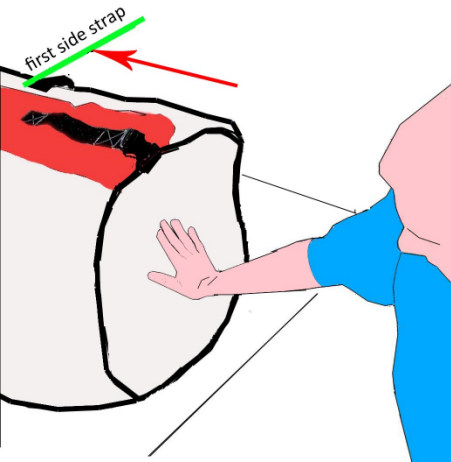


Perimeter protection – to keep the perimeter clips and fabric in good order, protection from falling mortar can be achieved wherever necessary by sheeting but this should not cover the connected clips which should at all times be uncovered and visible for daily inspection. If units are used outside, ensure handles of the adjacent units are secured to a structure to avoid movement e.g. from strong winds.

Equipment check

Just like other equipment, care in handling and use is important to extend the life of the units. When complete, the installation can be easily and quickly checked visually.

- ✓ Before using the ALSAMEX FALL ARREST UNIT, check that the units are undamaged, brushed free of any dirt or mortar, and that all interconnecting clips are in are in good order.
- ✓ Safeguard your own safety and that of your workmates by ensuring correct installation and regular inspections. The stripes on the top surfaces will show continuous lines and the connected clips will prevent any gaps forming
- ✓ **Visually inspect daily, before use even if already installed**



It is recommended that a formal and thorough inspection be carried out at least once every year when indicated by the inspection tag attached to the unit. If more than one Year has been punched, the highest year is the current next inspection date. Report any obvious defects or any concerns immediately e.g. torn fabric/straps, broken buckles or over-compressed units. Any units where the compression level is in doubt should be checked by placing the unit on the floor unconnected and flat against a solid wall. Place the flat palm of your hand in the centre of the cylindrical end panel at the opposite end and gently push. If you are able to push your hand without resistance beyond the first side strap the unit should be removed from service.

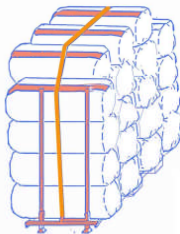
Like any accident, near-miss or incident, always report any fall on to the units

- ✓ For traceability, when reporting any defect or incident please make a note of the year of manufacture and serial number, as shown on the Caution tag attached to the unit.
- ✓ The Alsamex Fall Arrest Units are made of durable water resistant woven polypropylene and have a hardwearing outer skin and minimal external stitching to come apart providing good life expectancy.

- ✓ **Alsamex stillages and a selection of restraint straps are also available to secure, transport and store the fall arrest units.**

ALSAMEX		www.alsamexfallarrest.co.uk										
Tel. 01462 672 951		sales@alsamex.co.uk										
Maximum free fall height 2m		Approx 7 Kg										
Each Unit is 2.1m x 0.7m DIA												
Tested in accordance with Filled Collective Fall Arrest Systems specification PAS9:20XX dynamic performance												
<small>WARNING: To be installed only in accordance with manufacturer's instructions by trained & competent personnel. This module must be withdrawn from use after it has been subjected to an impact. Check year of manufacture and date of Next Inspection for validity in accordance with manufacturer's instructions. SAFETY CAUTION: Like many other plastics materials, this product is combustible and should be kept away from flame and other sources of ignition</small>												
Alsamex Fall Arrest Unit		Serial No. 140503										
Manufactured: 01/14												
NEXT INSPECTION DUE :												
Month	1	2	3	4	5	6	7	8	9	10	11	12
Year	13	14	15	16	17	18	19	20	21	22		
	month			year								

Like any accident, near-miss or incident, always report any fall on to the units



Where practical avoid dragging the units to avoid units being snagged that could cause ripping of fabric or unnecessary wear & tear

- X** Do not throw scaffold, tools or other objects on to units. Unnecessary walking over the units should be avoided
- X** Do not carry the units up ladders, hand them up to a workmate or hoist them up
- X** To reduce the risk of damage to the quick-release buckles whilst uninstalling, disconnecting and removing the Units, always ensure the buckle clips are completely & fully disengaged.
- X** If any heavy equipment has been dropped onto the units, they will need checking to ensure that they have not been excessively compressed.
- X** Any over compressed units should be withdrawn from service and replaced by serviceable ALSAMEX FALL ARREST UNITS.

Remember safety first every time

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