



Designers, Manufacturers & Suppliers of Quality Height Safety & Rescue Equipment, Training & Consultancy

User Body Mass and Harness Standards

For its EN361 Full Body Harnesses with NO Rescue Attachment to EN1497, **P&P** recommends that user body mass, including clothing and tools, does not exceed 150kg. Whether in Restraint, Work Positioning or Fall Arrest, the harness is designed to support the body and is constructed of materials that will provide maximum protection as long as the following conditions are satisfied.

1. The harness must fit correctly and be properly adjusted. See section “Fitting Your Harness”
2. If the harness is used in Restraint, there must be no risk of a fall and an anchorage of sufficient strength must be chosen that prevents the user reaching a position, where a fall is possible. For a single person in restraint, it is recommended that the minimum breaking strength of the anchor point should be equivalent to at least three times the user’s body mass, in the direction in which the load is to be applied in service. (BS8437: 2005)
3. A simple Work Positioning System consists of full body harness incorporating an EN358 work positioning belt. The work positioning lanyard is attached to the harness side ‘D’ rings and looped around a structural member or EN795 anchorage to give a hands free environment. In the event that a fall is possible then a secondary Fall Arrest System **MUST** be used.
4. If the harness is used in Fall Arrest i.e. a fall is possible, then a load limiting or energy absorbing device **MUST** be used to limit the maximum force on the harness/anchorage to 6kN. (A requirement of the European Standards). Specifiers/Users **MUST** ensure, if for example total user mass is in excess of 100Kg, that the load limiting or energy absorbing device is rated to limit the force on the body/anchorage to 6kN. See **P&P** user manual “Energy Absorbing Lanyards” for a detailed explanation of Fall Factor and body mass, available as a free download from www.ppsafety.co.uk
5. When used in fall arrest, ONLY harness attachment points marked with an “A” must be used. Minimum anchorage point strength 12kN.
6. Harnesses manufactured by **P&P** incorporating a Rescue Attachment to EN1497 are given a Safe Working Load (SWL) of 136kg for rescue. The Rescue Attachment, although NOT designed for Fall Arrest, has also been tested to EN361: 2002 dynamic and static strength to ensure the overall strength of the attachment, in case of misuse.

If the user body mass, including clothing and tools exceeds 150kg, consult your supplier or **P&P Safety Limited**.

