ARESTA safety

Professional Height Safety Range

PRODUCT CATALOGUE

www.arestasafety.com

SAFETY, QUALITY AND INNOVATION

No tolerance is essential to height safety – because our lives depend on it.

ARESTA equipment is the result of extensive global research, innovation and a design ethos to create a harm free environment for the Fall Protection Safety industry. ARESTA safety equipment is fast becoming known for advanced protection and best performance whilst representing outstanding value for certified safety equipment. Always attentive to the needs of the industry, ARESTA is constantly developing new, innovative and ergonomic products that combine user comfort, precision engineering and strictest safety codes.

The quality ARESTA range provides technical solutions with a wide selection of height safety PPE for today's demanding challenges for safety when work at height.

Our mission is to create a harm free environment for working at height, by innovation in designing product safety, quality and innovation excellence and integrity in product design, training, delivery and support services.

ARESTA equipment is designed with the highest margins of safety and tested beyond the requirements of international standards, by independent testing houses that hold international safety standard accreditation.

Combining exceptional performance with superior strength and durability, all ARESTA height safety equipment is manufactured by world leaders with the highest levels of quality control including ISO9001:2008.

The stakes are high. When it comes to worker safety, there are no second chances.

For more resources and complete up to date information about the ARESTA range and distribution, visit

www.arestasafety.com

SATRA TECHNOLOGY

apave

EN 361:2002 by Apave

ARESTA RANGE

Providing the extra to make your day safer and more comfortable

Lanyards

Harnesses

Fall Arresters

Anchors

Tripods

Rescue

ARESTA Unique Webbing

The durable soft-feel webbing, with the option of elastication, makes the ARESTA harnesses one of the most wearable products in its class.

The high comfort of the ARESTA harnesses, provides the user with a safe and comfortable experience for long duration of use.

ARESTA Elasticated Rip-stop webbing

ARESTA elasticated webbing come with the rip-stop edge stitch preventing the webbing damage. The webbing gives the user more movement while keeping the user safe and secure.

QUICK CONNECTS SYSTEM

The ARESTA QUICK CONNECTS SYSTEM provides a fast and secure option to don a harness.

Once the harness is adjusted to suit the user, it is simply 3 clicks to don the harness, saving time and frustration having to re-adjust the harness.

> Providing the extra to make your day safer and more comfortable

EL — ELASTICATED

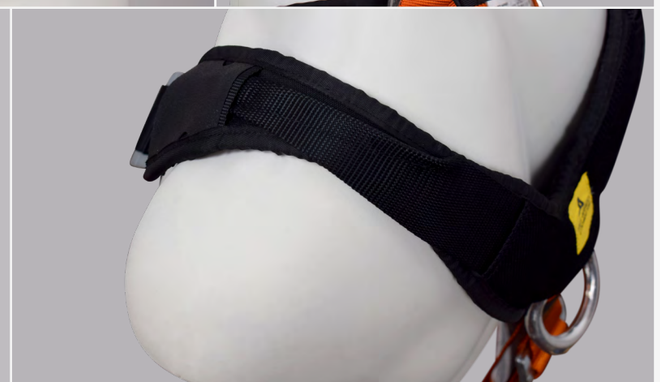
QC — QUICK CONNECTS

RS — RIP-STOP WEBBING

SB — STANDARD BUCKLE

6 — NUMBER OF ANCHORS

HARNESSES



ARESTA Multi Plus 6

Comfort Plus Abseil Harness

Designed for specialist rope access technicians and work positioning, the Comfort Plus Abseil Harness is streamlined in style, for agility and comfort for the wearer in a multitude of applications. The Comfort Plus Abseil Harness combines all the features and benefits of a rope access harness, with the addition of an easy chest adjustment, centre belt back work positioning attachment point, and a padded, widely spaced shoulder panel.

Versatile design allows use for a multitude of applications including general rope access and abseil, industrial fall arrest, work positioning and tower climbing.

Breathable mesh fabric in the waist belt, shoulder and leg pads gives the wearer support and comfort while helping to keep them cooler and dryer.

- Polyester webbing construction for durability and strength.
- Side work positioning attachment points.
- Quick connect buckles on leg straps.
- Ascender device can be retrofitted for abseil use.
- Front and rear free fall arrest D-ring attachment points.
- A rear attachment point on the waist belt for connecting a restraint lanyard.
- Limited free fall arrest attachment point (ventral attachment ring).
- Padded shoulder panels are widely spaced to reduce neck chafing, with moisture wicking 3D mesh lining for best neck and shoulder comfort.
- Gear loops to keep hardware and tools readily available.
- Extra wide, padded waist and leg straps for added comfort when hanging or working for long periods of time. Wicking 3D mesh lining.
- Lumbar and work positioning point.
- Velcro covered details.

Code AR+01160

Ref	Model	Size	Rated to kg	Breaking Strength	Material	Applications	Standards
Comfort Plus Abseil Harness	AR+ 01160	M L XL XXL	140	25KN	Polyester Webbing Steel Hardware		EN 361 EN 358

QC RS 6

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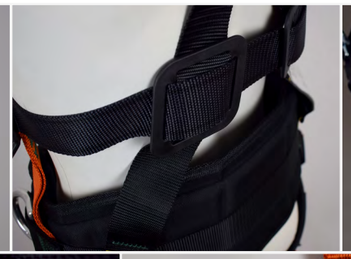
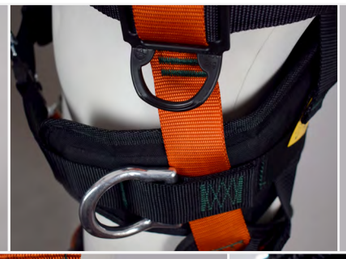
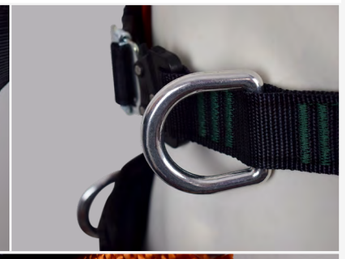
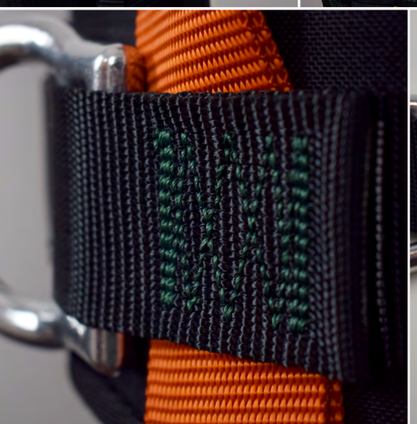
EN 361:2002 by Apave









ARESTA Multi Plus 5

Comfort Plus Harness with Positioning Belt and Quick Connect Buckles

The Multi Plus 5 harness is a multi-purpose, fully adjustable, general fall arrest harness for work positioning.

This harness provides all the comfort and benefits of Plus range harnesses. It is ideal for construction work, roof work and vertical climbing as well as general purpose and fall arrest.
Breathable mesh fabric in the shoulder, waist and leg pads gives the wearer support and comfort while helping to keep them cool and dry.

- Front and rear fall arrest attachment points.
- Offset (cranked) work positioning side attachment points.
- Breathable shoulder and waist padding keeps the harness in shape ready for easy fitting.
- Quick connect buckles on waist, chest and legs with adjustment providing correct and secure fit.
- Extra wide, Moisture wicking 3D mesh padded shoulder, waist and leg straps for added comfort when working for long periods of time.
- Polyester webbing construction for durability and strength.
- Tool loops on chest to keep tools handy.
- Fall indicators for continued safety inspections.
- Velcro covered labelling for long term inspections.
- Supplied with forged steel hardware.
- Comes with parking loops

EN 361 EN 358

Code AR+01150

Ref	Model	Size	Rated to kg	Breaking Strength	Material	Applications	Standards
Work Positioning Harness	AR+ 01150	M L XL XXL	140	25KN	Polyester Webbing Steel Hardware		EN 361 EN 358

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EN 361:2002 by Apave

ARESTA Multi Plus 3

Comfort Plus Harness with Quick Connect Buckles

The Multi Plus 3 harness provides all the comfort and benefits of the Plus range harnesses. This popular harness is ideal for construction work, roofers, vertical climbing as well as general purpose and fall arrest.

Multi Plus 3 Harnesses incorporates a colour scheme that is neutral yet eye catching with contrasting stitching. Ideal for the professional construction worker that demands comfort and premium safety. Breathable mesh fabric in the shoulder and leg pads gives the wearer support and comfort while helping to keep them cool and dry.

- Front fall arrest attachment point.
- Rear fall arrest D-ring attachment point.
- Breathable rear panel padding and back straps keep the harness in shape ready for easy fitting.
- Quick connect buckles with chest and leg adjustments providing correct and secure fit.
- Extra wide, padded leg straps for added comfort when working for long periods of time.
- Wide angled padded shoulders with moisture wicking 3D mesh pads, providing unrivalled shoulder and neck protection and comfort.
- Polyester webbing construction for durability and strength.
- Tool loops on chest to keep tools handy.
- Fall indicators for continued safety inspections.
- Velcro covered labelling for long term inspections.
- Supplied with forged steel hardware.
- Comes with parking loops

EN 361:2002

Code AR+01130

Ref	Model	Size	Rated to kg	Breaking Strength	Material	Applications	Standards
Multi Plus 3 harness	AR+ 01130	M L XL XXL	140	25KN	Polyester Webbing Steel Hardware		EN 361

QC RS 3

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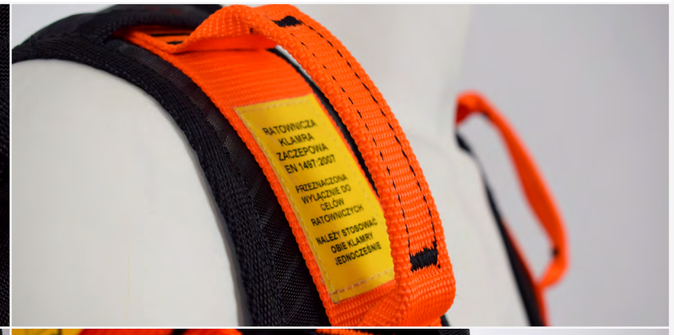
EN 361:2002 by Apave



ARESTA Multi Plus 3 EASYFIT

Easy-to-don fall arrest harness

EASYFIT fall arrest harness is easily donned thanks to its EASYFIT design: a vest the harness keeps its shape and the Quick Connect buckles (sternal and loop) allow the harness to be donned with both feet on the ground. It is certified European.

Comfortable throughout the workday:- anatomical design is close-fitting, while giving optimal freedom of movement- lightweight, breathable construction.
- allows installation of a LIFT spreader for descending in an upright position.

Easy to use:- shoulder straps equipped with self-locking buckles for quick and easy adjustment- two equipment loops.

Sternal attachment point: fall arrest system attachment
Dorsal attachment point: fall arrest system attachment

EN 361

Code AR+01135

Ref	Model	Size	Rated to kg	Breaking Strength	Material	Applications	Standards
Multi Plus 3 harness	AR+ 01130	M L XL XXL	140	25KN	Polyester Webbing Steel Hardware		EN 361

QC RS 3

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EN 361:2002 by Apave

ARESTA EASYFIT HI-VIS

Fall arrest harness with high-visibility vest built in

EASYFIT HI-VIZ fall arrest harness has a fluorescent-colored vest with reflective strips, making the worker highly visible. It is easily donned thanks to its EASYFIT design. A vest ensures the harness keeps its shape, and the Quick Connect buckles (sternal and leg loop) allow the harness to be donned with both feet on the ground.

EN 361:2002

Code AR-01012H

Ref	Model	Size	Rated to kg	Breaking Strength	Material	Applications				Standards
Multi-purpose Hi-Viz harness	AR-01012H	M L XL XXL	140	25KN	Polyester Webbing Steel Hardware					EN 361

QC RS 2

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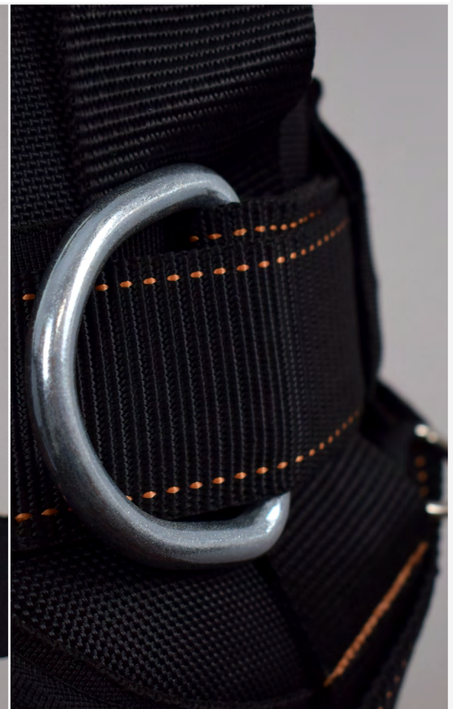
EN 361:2002 by Apave



ARESTA Summit - Stretch

4 Point Elasticated Harness with Quick Connect Buckles

ARESTA Stretch range offers unique stretchable harnesses designed for total wearer comfort. The elastic webbing used in these harnesses provides great freedom of movement, allowing the wearer to twist and flex freely during long hours of work.

A sternal attachment D-ring and a dorsal attachment D-ring for fall arrest
Quick connect buckles. High comfort soft elastic webbing.

Adjustable shoulder, chest-strap and thigh-straps; for easy adjustment

Ideally positioned sit-strap for extended comfort

Used for both Work Positioning and Fall Arrest purposes

Ideal for general trades, construction workers, roofing, vertical climbing, platforms and access equipment.

EN 361 EN 358

Code AR-01094

Ref	Model	Size	Rated to kg	Breaking Strength	Material	Applications	Standards
5 Point Harness	AR-01094	M-XXL	140	25KN	Polyester Webbing Steel Hardware		EN 361 EN 358

QC RS EL 4

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EN 361:2002 by Apave

ARESTA Scafell - Stretch

Elasticated Harness with Quick Connect Buckles

ARESTA Stretch range offers a unique stretchable harnesses designed for total wearer comfort. The elastic webbing used in these harnesses provides great freedom of movement, allowing the wearer to twist and flex freely during long hours of work.

1 Chest attachment D- ring and a dorsal attachment D- ring for fall arrest

Quick connect buckles. High comfort soft elastic webbing.

Adjustable shoulder, chest-strap and thigh-straps; for easy adjustment

Ideally positioned sit-strap for extended comfort

Ideal for general trades, construction workers, roofing, vertical climbing, platforms and access equipment.

Comes with parking loops.

EN 361

Code AR-01074

Ref	Model	Size	Rated to kg	Breaking Strength	Material	Applications	Standards
Elastic Harness	AR-01074	M-XXL	140	25KN	Polyester Webbing Steel Hardware		EN 361

QC RS EL 2

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EN 361:2002 by Apave

ARESTA Rushmore

Double Point Harness with Quick Connect Buckles

Versatile and functional compliance for a wide range of work at height.

1 Chest attachment D- Ring and a Dorsal attachment D- Ring for fall arrest.

Quick connect buckles. High comfort soft webbing.

Adjustable shoulder, chest-strap and thigh-straps; for easy adjustment
Shoulder and thigh-straps differentiated by a dual colour scheme.

Along with parking loops

Ideally positioned sit-strap for extended comfort

Ideal for general trades, construction workers, roofing, vertical climbing,
Platforms and access equipment.

EN 361

Code AR-01024

Ref	Model	Size	Rated to kg	Breaking Strength	Material	Applications	Standards
Utility Harness	AR-01024	M-XXL 3XL-4XL	140	25KN	Polyester Webbing Steel Hardware		EN 361

QC RS 2

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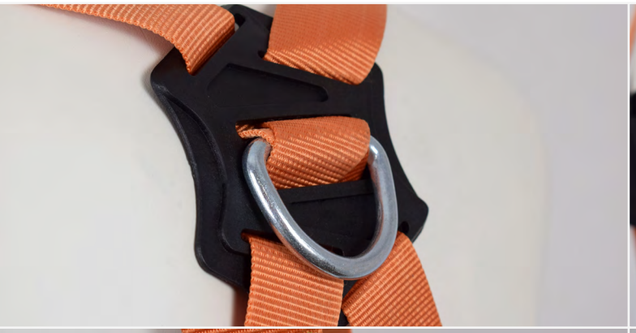
EN 361:2002 by Apave



ARESTA Snowden

Single Point Harness with Quick Connect Buckles

General purpose harness with rear D ring attachment point.

Quick connect buckles. High comfort soft webbing.

Adjustable chest-strap and thigh-straps; for easy adjustment.

Ideally positioned sit-strap for extended comfort.

Suitable for general tradesmen, construction workers, roofing, vertical climbing and access equipment.

Now with more adjustment.

EN 361

Code AR-01021

Ref	Model	Size	Rated to kg	Breaking Strength	Material	Applications	Standards
Fall restraint harness	AR-01021	M-XXL	140	25KN	Polyester Webbing Steel Hardware		EN 361

QC RS 1

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EN 361:2002 by Apave

ARESTA Malham

Rescue Harness with Quick Connect Buckles

Versatile harness designed for confined space rescue.

1 Sternal attachment D- Ring and a Dorsal attachment D-Ring for fall arrest; extension rescue strap with top D- Ring for rescue.

High comfort soft webbing.

Adjustable shoulder, Chest-Strap and thigh-straps; for easy adjustment
Shoulder and thigh-straps differentiated by a dual colour scheme.

Ideally positioned sit-strap for extended comfort.

Ideal for general trades, construction workers, roofing, vertical climbing, platforms, access equipment and confined space

EN 361

Code AR-01025

Ref	Model	Size	Rated to kg	Breaking Strength	Material	Applications	Standards
Rescue Harness	AR-01025	M-XXL	140	25KN	Polyester Webbing Steel Hardware		EN 361

QC RS 3

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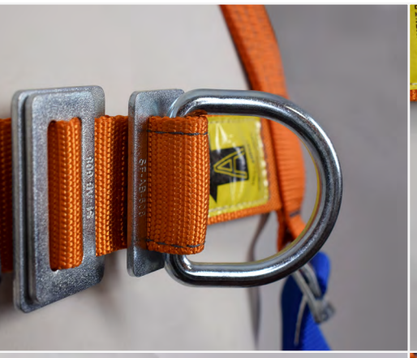
EN 361:2002 by Apave



ARESTA 24S

Double Point D-ring Harness with Standard Buckles

Versatile and functional compliance for a wide range of work at height.

1 Chest attachment D-ring and a dorsal attachment D-ring for fall arrest.

High comfort soft webbing.

Adjustable shoulder, Chest-Strap and thigh-straps; for easy adjustment
Shoulder and thigh-straps differentiated by a dual colour scheme.

Ideally positioned sit-strap for extended comfort

Ideal for general trades, construction workers, roofing, vertical climbing,
Platforms and access equipment.

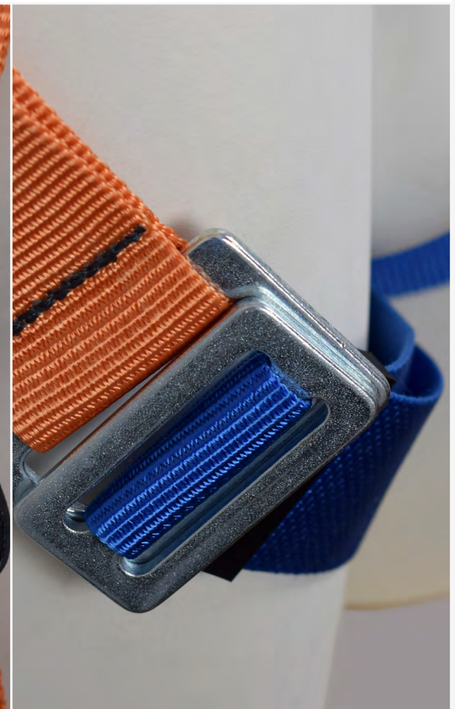
EN 361

Code AR-01024S

Ref	Model	Size	Rated to kg	Breaking Strength	Material	Applications	Standards
Utility Harness	AR-01024S	M-XXL 3XL-4XL	140	25KN	Polyester Webbing Steel Hardware		EN 361

SB RS 2

apave
EN 361:2002 by Apave



ARESTA 21S

Single Point Harness with Standard Buckles

General purpose harness with rear D-ring attachment point.

High comfort soft webbing.

Adjustable chest-strap and thigh-straps; for easy adjustment.

Ideally positioned sit-strap for extended comfort.

Suitable for general tradesmen, construction workers, roofing, vertical climbing and access equipment.

EN 361

Code AR-01021S

Ref	Model	Size	Rated to kg	Breaking Strength	Material	Applications				Standards
Utility harness	AR-01021S	M-XXL	140	25KN	Polyester Webbing Steel Hardware					EN 361

SB RS 1

apave
EN 361:2002 by Apave

ARESTA Work Positioning Belt

Work Positioning Belt with Quick Connect Buckles

Restraint Body belt

Work positioning belt only.

Fully adjustable quick connect buckles.
Utility belt for restraint or support when positioning.
Please note that this is not a fall arrest harness and it does not meet EN 361 standards.
Supplied standard with forged steel hardware.

EN 358

Code AR-01001

QC RS 2

ARESTA Sit-in-Harness

- Ideal for Work Positioning, Restraint System and Rope
- Access work
- Adjustable thigh-straps and waist belt
- 2 Lateral Metallic D-Rings for Work Positioning. 1 front
- Ventral attachment (Metallic D-Ring) for Rope Access
- The waist belt and the leg straps are provided with a soft Padding for best possible comfort

EN 358, EN 813

Code AR-01051

SB RS 3

ARESTA Tree Harness

The sit harness for arborists equipped with cushioned waist belt and suspension seat, adjusting buckles, side catch clamps and suspension point conform with quick connect buckles.

Comfortable putting on taking off.

The sit harness is the basic equipment for working at heights, mainly on trees, poles, building constructions, etc.

EN 358, EN 813

Code AR-01030

QC RS 3


ARESTA
by A-stabil
CE 0082 EN355:2002
Energy Absorbing Lanyard
Product Code : AR-03701/1.8
Serial No. : 200038
- 0017
DOM : 10 / 20
Material : Polyester
L.max. : 1.80mtr
(Including lanyard & connectors)
Model : EAL30211/L
WARNING!!!
Read the instructions before use.
DO NOT REMOVE THIS LABEL
YIC001S CE 1019 1910

LANYARDS

ARESTA Scaff

Single Elasticated Lanyard with Carabiner & Scaffold Hook

An essential item for any height safety kit. Elasticated webbing lanyard with 50mm scaff-hook and carabiner.

Includes shock absorber. The shock absorber will tear to absorb the energy in the event of a fall. Standard simple lanyard for attachment to anchor points, providing safe fall arrest system.

Shock absorber end connects to the fall arrest point on the harness.

Codes
AR-03908-18 1.8 meters
AR-03908-15 1.5 meters

EN 355, EN 354

ARESTA Twin Scaff

Twin Elasticated Lanyard with Carabiner Scaffold Hooks

Very popular elasticated webbing lanyard for the scaffolding, construction industry, plant maintenance, roof maintenance. Twin legs ensure the worker is attached at all times whilst moving from anchor to anchor.

Includes a carabiner at the harness end and 50mm scaff-hooks at the anchorage end.
The shock absorber will tear to absorb the energy in the event of a fall.

Codes
AR-03701-18 1.8 meters
AR-03701-15 1.5 meters

EN 355, EN 354

ARESTA Scaff Lite

Lightweight Single Elasticated Lanyard with 60mm Aluminium Scaffold Hook

The lightweight lanyard reduces the fatigue, making the product ideal for long work duration

Includes shock absorber. The shock absorber will tear to absorb the energy in the event of a fall.

Standard simple lanyard for attachment to anchor points, providing safe fall arrest system.

Shock absorber end connects to the fall arrest point on the harness.

Code
AR-03909-18 1.8 meters

EN 355, EN 354

ARESTA Twin Scaff Lite

Lightweight Light Elasticated Lanyard with 60mm Aluminium Scaffold Hooks

The Aluminium scaffold hook reduces the weight of the lanyard, making it a lot easier to use.

The shock absorber will tear to absorb the energy in the event of a fall
Carabiner and 60mm scaff-hooks

Code
AR-03702-18 1.8 meters

EN 355, EN 354

ARESTA Retrax

2m Retracting Lifeline with Scaffold hook & Carabiner

Compact and ergonomically designed for ease-of-use. Ideal for direct connection to most harnesses. Compatible with shoulder and foot level connections and available in a number of configurations, with a capacity of 140kg, offers versatility for many applications. Locks quickly and stops a fall within centimeters - providing more protection at low heights. In addition, tension is always kept on the lifeline reducing dragging, snagging and trip falls. Swiveling anchorage loop Impact-resistant housing Compatible with a shoulder or foot connection Energy absorber/ impact indicator 2m Retractable lifeline 100% Tie-off configuration.

Code
AR-05HB-2N 2 meters

EN 360

ARESTA Twin Retrax

Twin 2m Retracting Lifeline with Scaffold hooks & Carabiner

Compact and ergonomically designed for ease-of-use. Ideal for direct connection to most harnesses. Compatible with shoulder and foot level connections and available in a number of configurations, with a capacity of 140kg, offers versatility for many applications. Locks quickly and stops a fall within centimeters - providing more protection at low heights. In addition, tension is always kept on the lifeline reducing dragging, snagging and trip falls. Swiveling anchorage loop Impact-resistant housing Compatible with a shoulder or foot connection Energy absorber/ impact indicator 2m Retractable lifeline Twin connector 100% Tie-off configuration

Code
AR-05HB-2NT 2 meters

EN 360

ARESTA MEWP

Adjustable Webbing Restraint Lanyard

Adjustable webbing restraint lanyard for the MEWP industry, construction industry, plant maintenance, roof maintenance.

Codes
AR-02404-10 length is 1m
AR-02404-15 length is 1.5m
AR-02404-20 length is 2m

EN 358

ARESTA MEWP Fixed

Adjustable Webbing Restraint Lanyard

Fixed webbing lanyard for the MEWP industry, construction industry, plant maintenance, roof maintenance.

Ideal the MEWP drivers

Codes
AR-02201-10 Total length is 1m
AR-02201-15 Total length is 1.5m
AR-02201-20 Total length is 2m

EN 358

ARESTA Scaff Restraint

2m Adjustable Rope Lanyard with Scaffold Hook and Carabiner

Designed for a variety of uses to prevent a worker falling at height, especially for working on scaffolding. A three-bar adjuster allows the user length adjustment to suit the working area. Lanyard length is measured between the bearing points of the hooks.

Code
AR-03706 20 2 meters

EN 358

ARESTA Fixed Scaff Restraint

1.5m Fixed Twin Rope Lanyard with Scaffold Hooks and Carabiner

Designed for a variety of uses to prevent a worker falling at height, especially for working on scaffolding.
Two tails for full attachment while transitioning.
Kernmantle rope for additional strength.

Code
AR-02301 15 1.5 meters

EN 358

Available in a single option

ARESTA Rope Lanyard

Adjustable Rope Lanyard

Adjustable rope lanyard for the MEWP industry, construction industry, plant maintenance, roof maintenance.

Codes
AR-02405-10 length is 1m
AR-02405-15 length is 1.5m
AR-02405-20 length is 2m

EN 358

ARESTA Rope Fixed Lanyard

Fixed Rope Lanyard

Fixed rope lanyard for the MEWP industry, construction industry, plant maintenance, roof maintenance.

Codes
AR-02801-05 Total length is 0.5m
AR-02801-10 Total length is 1m
AR-02801-15 Total length is 1.5m
AR-02801-20 Total length is 2m

EN 358

HELMETS

Helmets are designed to protect you from falling objects. When you become the falling object, a multi-impact helmet is the only effective way to minimise the risk of serious head trauma.

The standard for mountaineers.
Impact tested with two 5kg strikers: a hemispherical striker is dropped from 2m onto the crown of the helmet and a flat striker from 500mm on to the front, rear & side by tilting the headform to 0°. Exceeds the shock absorption and impact tests of EN12492 & EN397. Non releasing chinstrap F >500N.

Available in:

Grey
White
Black
Yellow
Red
Orange
Blue
Green

ARESTA Plus Helmet

ARESTA Plus-impact helmet designed with a durable ABS plastic shell, combined with a light weight and comfortable fit for all-day protection. Built tough to industry approved multi-impact. Certification (EN12492) and conforms to EN397, with a lifespan of up to 5 years. The ARESTA helmet provides excellent value for optimum head protection.

- High visibility reflective strip
- 10 air intakes, for breathability, vents mesh covered to prevent debris entry.
- External Nylon 6.6 Head lamp holder clips.
- Non releasing chinstrap so helmet is retained in position during a fall.
- Two integrated slots for mounting all popular brands of ear defenders.
- Chin strap loop can be clipped to a harness if required
- Size adjustment system and up-n-down adjustment system for perfect fit.
- Inner lining fully detachable and washable.

Code
AR+04035

Visors

Scratch & fog resistant visors for complete protection.
Simple, direct fit to the ARESTA helmet, provides protection for eyes from flying particles. Impact resistant. Two locking positions- lowered when working and raised for storage. Low profile design when visor is raised. Compatible to overlap corrective glasses.

Codes
AR+V20 Clear
AR+V21 Smoke Mirror

Headlamp

Professional headlamp, 350 lumens
Dimmable LED .SOS signal feature.
Red Flashing LED.
Angle adjustment.

Code
AR+04055

KITS

IPAF MEWP Kit 4

Code AK-M04

ARESTA Rushmore
Double Point Harness with Quick Connect Buckles

General purpose harness with front and rear D ring attachment points, quick connect buckles, high comfort webbing.
Suitable for general tradesmen, construction workers, roofing, vertical climbing and access equipment.
Simple and effective fall arrest harness for total safety compliance.

EN 361:2002

ARESTA MEWP
2m Adjustable Webbing Lanyard

30mm webbing
2m maximum length

EN 358:2000

ARESTA Kit Bag
A durable lightweight backpack.
Ideal for keeping your kit together

ARESTA Screwgate Carabiner
Steel screw-gate carabiner

EN 362

IPAF MEWP Kit 3

Code AK-M03

ARESTA Snowden
Single Point Harness with Quick Connect Buckles

General purpose harness with rear D ring attachment point, quick connect buckles, high comfort webbing.
Suitable for general tradesmen, construction workers, roofing, vertical climbing and access equipment.
Simple and effective fall arrest harness for total safety compliance.

EN 361:2002

ARESTA MEWP
2m Adjustable Webbing Lanyard

30mm webbing
2m maximum length

EN 358:2000

ARESTA Kit Bag
A durable lightweight backpack.
Ideal for keeping your kit together

ARESTA Screwgate Carabiner
Steel screw-gate carabiner

EN 362

IPAF MEWP Kit 4S

Code AK-M04S

ARESTA DOUBLE POINT
Double Point Harness

General purpose harness with front and rear D ring attachment points, high comfort webbing.
Suitable for general tradesmen, construction workers, roofing, vertical climbing and access equipment. Simple and effective fall arrest harness for total safety compliance.

EN 361:2002

ARESTA MEWP
2m Adjustable Webbing Lanyard

30mm webbing
2m maximum length

EN 358:2000

ARESTA Kit Bag
A durable lightweight backpack.
Ideal for keeping your kit together

ARESTA Screwgate Carabiner
Steel screw-gate carabiner

EN 362

IPAF MEWP Kit 3S

Code AK-M03S

ARESTA SINGLE POINT
Single Point Harness

General purpose harness with rear D ring attachment point, high comfort webbing.
Suitable for general tradesmen, construction workers, roofing, vertical climbing and access equipment. Simple and effective fall arrest harness for total safety compliance.

EN 361:2002

ARESTA MEWP
2m Adjustable Webbing Lanyard

30mm webbing
2m maximum length

EN 358:2000

ARESTA Kit Bag
A durable lightweight backpack.
Ideal for keeping your kit together

ARESTA Screwgate Carabiner
Steel screw-gate carabiner

EN 362

IPAF MEWP Kit 2
Code AK-M02

ARESTA Rushmore
Double Point Harness with Quick Connect Buckles

General purpose harness with front and rear D ring attachment points, quick connect buckles, high comfort webbing.
Suitable for general tradesmen, construction workers, roofing, vertical climbing and access equipment.
Simple and effective fall arrest harness for total safety compliance.

EN 361:2002

ARESTA MEWP
2m Adjustable Webbing Lanyard

30mm webbing
2m maximum length

EN 358:2000

ARESTA Screwgate Carabiner
Steel screw-gate carabiner

EN 362

ARESTA Pump Bag

IPAF MEWP Kit 1
Code AK-M01

ARESTA Snowden
Single Point Harness with Quick Connect Buckles

General purpose harness with rear D ring attachment point, quick connect buckles, high comfort webbing.
Suitable for general tradesmen, construction workers, roofing, vertical climbing and access equipment.
Simple and effective fall arrest harness for total safety compliance.

EN 361:2002

ARESTA MEWP
2m Adjustable Webbing Lanyard

30mm webbing
2m maximum length

EN 358:2000

ARESTA Screwgate Carabiner
Steel screw-gate carabiner

EN 362

ARESTA Pump Bag

IPAF MEWP Kit 2S
Code AK-M02S

ARESTA DOUBLE POINT
Double Point Harness

General purpose harness with front and rear D ring attachment points, high comfort webbing.
Suitable for general tradesmen, construction workers, roofing, vertical climbing and access equipment. Simple and effective fall arrest harness for total safety compliance.

EN 361:2002

ARESTA MEWP
2m Adjustable Webbing Lanyard

30mm webbing
2m maximum length

EN 358:2000

ARESTA Screwgate Carabiner
Steel screw-gate carabiner

EN 362

ARESTA Pump Bag

IPAF MEWP Kit 1S
Code AK-M01S

ARESTA SINGLE POINT
Single Point Harness

General purpose harness with rear D ring attachment point, high comfort webbing.
Suitable for general tradesmen, construction workers, roofing, vertical climbing and access equipment. Simple and effective fall arrest harness for total safety compliance.

EN 361:2002

ARESTA MEWP
2m Adjustable Webbing Lanyard

30mm webbing
2m maximum length

EN 358:2000

ARESTA Screwgate Carabiner
Steel screw-gate carabiner

EN 362

ARESTA Pump Bag

Scaffolder Kit 8E
Code AK-S08E

ARESTA Scafell - Stretch
Elasticated Harness with Quick Connect Buckles

Aresta Stretch range offers unique stretchable harnesses designed for total wearer comfort. The elastic webbing used in these harnesses provides great freedom of movement, allowing the wearer to twist and flex freely during long hours of work.
1 Chest attachment D-Ring and a Dorsal attachment D-Ring for Fall Arrest.
Quick connect buckles. High comfort soft elastic webbing.

EN 361:2002

ARESTA Twin Scaff
Elasticated lanyard with carabiner & scaffold hooks

Twin elasticated 2 meter lanyard

EN 355, EN 359

ARESTA Kit Bag
A durable lightweight backpack.
Ideal for keeping your kit together

Scaffolder Kit 6E
Code AK-S06E

ARESTA Scafell - Stretch
Elasticated Harness with Quick Connect Buckles

Aresta Stretch range offers unique stretchable harnesses designed for total wearer comfort. The elastic webbing used in these harnesses provides great freedom of movement, allowing the wearer to twist and flex freely during long hours of work.
1 Chest attachment D-Ring and a Dorsal attachment D-Ring for Fall Arrest.
Quick connect buckles. High comfort soft elastic webbing.

EN 361:2002

ARESTA Scaff
Elasticated lanyard with carabiner & scaffold hooks

Single elasticated 2 meter lanyard

EN 355, EN 359

ARESTA Kit Bag
A durable lightweight backpack.
Ideal for keeping your kit together

Scaffolder Kit 8
Code AK-S08

ARESTA Rushmore

Double Point Harness with Quick Connect Buckles

General purpose harness with front and rear D ring attachment points, quick connect buckles, high comfort webbing.
Suitable for general tradesmen, construction workers, roofing, vertical climbing and access equipment. Simple and effective fall arrest harness for total safety compliance.

EN 361:2002

ARESTA Twin Scaff
Elasticated lanyard with carabiner & scaffold hooks

Twin elasticated 2 meter lanyard

EN 355, EN 359

ARESTA Kit Bag
A durable lightweight backpack.
Ideal for keeping your kit together

Scaffolder Kit 6
Code AK-S06

ARESTA Rushmore

Double Point Harness with Quick Connect Buckles

General purpose harness with front and rear D ring attachment points, quick connect buckles, high comfort webbing.
Suitable for general tradesmen, construction workers, roofing, vertical climbing and access equipment. Simple and effective fall arrest harness for total safety compliance.

EN 361:2002

ARESTA Scaff
Elasticated lanyard with carabiner & scaffold hooks

Single elasticated 2 meter lanyard

EN 355, EN 359

ARESTA Kit Bag
A durable lightweight backpack.
Ideal for keeping your kit together

Scaffolder Kit 2
Code AK-S02

ARESTA Rushmore
Double Point Harness with Quick Connect Buckles

General purpose harness with front and rear D ring attachment points, quick connect buckles, high comfort webbing.
Suitable for general tradesmen, construction workers, roofing, vertical climbing and access equipment.
Simple and effective fall arrest harness for total safety compliance.

EN 361:2002

ARESTA Scaff
Elasticated lanyard with carabiner & scaffold hooks

Single elasticated 2 meter lanyard

EN 355, EN 359

ARESTA Pump Bag

Scaffolder Kit 2S
Code AK-S02S

ARESTA
Double Point Harness with Standard Buckle

General purpose harness with rear D ring attachment point.
High comfort, soft webbing.
Adjustable shoulder, chest-strap and thigh straps for easy adjustment.
Ideally positioned sit-strap for extended comfort.
Suitable for general tradesmen, construction workers, roofing, vertical climbing and access equipment.

EN 361:2002

ARESTA Scaff
Elasticated lanyard with carabiner & scaffold hooks

Single elasticated 2 meter lanyard

EN 355, EN 359

ARESTA Pump Bag

Scaffolder Kit 4S
Code AK-S04S

ARESTA
Double Point Harness with Standard Buckle

General purpose harness with rear D ring attachment point.
High comfort, soft webbing.
Adjustable shoulder, chest-strap and thigh straps for easy adjustment.
Ideally positioned sit-strap for extended comfort.
Suitable for general tradesmen, construction workers, roofing, vertical climbing and access equipment.

EN 361:2002

ARESTA Twin Scaff
Elasticated lanyard with carabiner & scaffold hooks

Single elasticated 2 meter lanyard

EN 355, EN 359

ARESTA Pump Bag

Scaffolder Kit 6S
Code AK-S06S

ARESTA
Double Point Harness with Standard Buckle

General purpose harness with rear D ring attachment point.
High comfort, soft webbing.
Adjustable shoulder, chest-strap and thigh straps for easy adjustment.
Ideally positioned sit-strap for extended comfort.
Suitable for general tradesmen, construction workers, roofing, vertical climbing and access equipment.

EN 361:2002

ARESTA Scaff
Elasticated lanyard with carabiner & scaffold hooks

Single elasticated 2 meter lanyard

EN 355, EN 359

ARESTA Kit Bag
A durable lightweight backpack.
Ideal for keeping your kit together

ANCHORS

ARESTA - Adjustable Horizontal Lifeline

Horizontal fall protection line

Adjustable horizontal lifeline (horizontal fall protection line).
Fitted with loops with thimble at both endings. Line length adjuster (tensioner) is made of galvanized steel.
To be used for works requiring frequent mobility in the horizontal.
Horizontal lifeline AE 300 complies with EN 795 (portable anchor points for fall protection equipment).
In order to connect horizontal anchor line AE 300 to full body harness, use an energy absorber with lanyard only. Line tensioning wrench included.

Codes

AE 300 10	10.0m	3.70 kg
AE 300 20	20.0m	5.15 kg

EN 795

ARESTA - Anchor Strap

Temporary anchor strap

Webbing sling AZ 700 is formed by polyamide webbing 45mm wide. Inner side of the sling has non-slip rubber protective coating.
It is suitable for protection of 3 users at a time with device AE 320.

Material: polyester, rubber, galvanized steel
Webbing width: 45 mm
Static strength: 30 kN

Codes

AZ 700 090	90 cm
AZ 700 140	140 cm
AZ 700 200	200 cm

ARESTA -Webbing Sling

Webbing sling anchor

Webbing sling is:
1. A component of fall protection equipment – when combined with an energy absorber forms connecting and absorbing device complying with EN 354,
2. A component of fall protection equipment, intended for connection of connecting and absorbing device to a structural anchor point.

Webbing width: 20 mm

Codes

ZS-60	60 cm
ZS-120	120 cm
ZS-150	150 cm
ZS-200	200 cm

ARESTA -Bar Roof Anchor

Temporary sheet metal roof anchor

Light aluminium alloy anchor beam AT 061 is a component of fall protection equipment and can be used as a portable anchor device. The beam can be used in building openings (windows and doors), 300 to 1270mm wide. It is fitted with two fixing plates.

Material: aluminium
Dimensions: 1422 x 122 x 100 mm
Weight: 3.2 kg

Static strength: min. 12 kN

Code
AT 061

ARESTA Tether Plate

Diversionary anchor plate

A safe secure diversionary anchorage point for metal roofing tasks. For use only as a diversionary anchor and total restraint applications. The device gives the operator the advantage of 360 degree working area on the roof surface. Not intended as a primary fall arrest anchorage. It can be used on metal clad roofs fixing directly to the metal surface with a minimum of x3 recommended roof screws. (See instruction manual) It can also be used on trim deck roofs.

- Simple and effective.
- For diversionary anchorage point.
- Full fitting and instructions included for installation and use.

Code
AZ-160

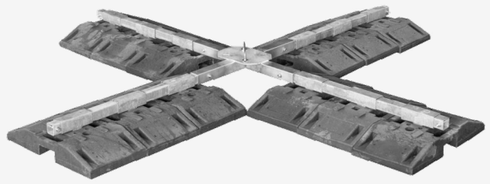
ARESTA T-Bar Roof Anchor

Temporary sheet metal roof anchor

Simple and effective for roof access onto sheet metal roofs. Fits to edge of the roof sheeting (in the gutter line) with simple cam clamps to hold in place. By attaching a ropeline and throwing the rope to the opposite side of the roof, it means workers can access the roof area and add other fall arrest anchorages on the upper roof area as required.

- Fall arrest rated for one person.
- Does not require any fixings.
- Only suitable for sheet metal roofing with a minimum of 0.42m thickness. Use only on roofing which is sound and well fixed.
- Essential anchor for an worker that needs to access rooftops such as plumbers, servicing technicians, installers, painters.

Code
AZ-200



ARESTA Weighted Roof Anchor

Temporary roof anchor

Deadweight IM 200 is a portable anchor point for use on a flat roof of adequate load capacity. Comprises 12 elements (weights) and the main cross piece with mounted pole
PROTON I (300mm). The IM 200 device should be placed so that it rests firmly on the roof surface.

Material: hot-dip galvanized steel, rubber
Total weight: 374 kg
Weight of a single weight: 25,5 kg
Dimensions: 3020.5 x 3020.5 x 400 mm

Code
IM 200

ARESTA Wire Anchor Sling

Temporary anchor sling

Connecting lanyard AZ 410 is a component of fall protection equipment. When combined with an energy absorber (e.g. ABM) forms a connecting and absorbing device.
Connecting lanyard is a portable anchor point complying with EN 795/B. Connecting lanyard AZ 430 is a portable anchor point complying with EN 795/B. It is suitable for protection of 3 users at a time with device AE 320.

Material: galvanized steel cable, 6.3mm dia, fitted with loops with thimbles at both endings. The middle part of the lanyard is protected by a transparent plastic tube.

Codes

AZ 410	1.0 m
AZ 420	2.0 m
AZ 430	3.0 m
AZ 430	5.0 m
AZ 430	10.0 m

EN 795/B

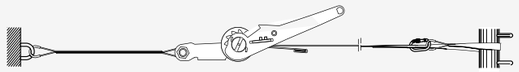
Ref	Model	Size	Weight	Rated to	Breaking Strength	Material	Applications				Standards
			g	kN							
Temporary static line	AR-5001	19m x 35mm		22kN	25KN	Polyester Webbing Steel Hardware					EN795 CLASS B

ARESTA Life line

20m temporary life line

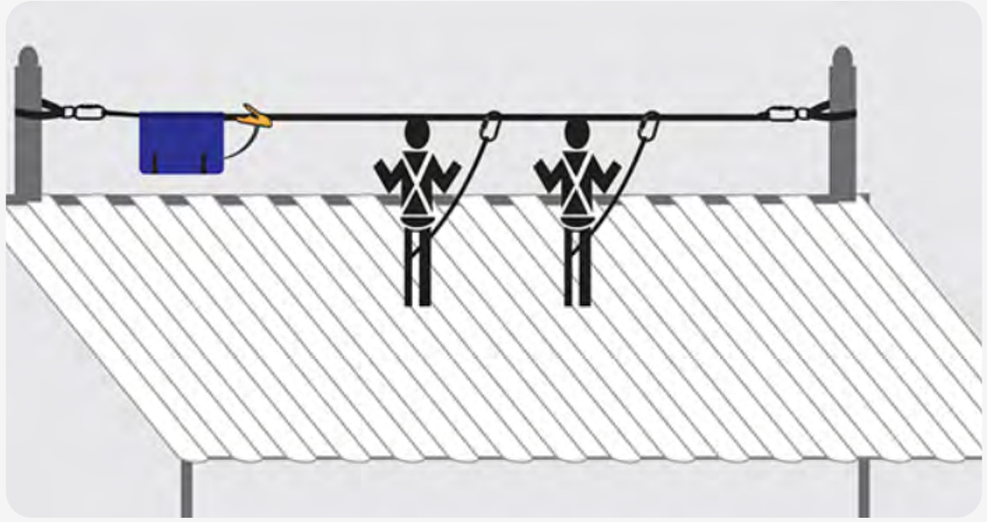
Adjustable horizontal lifeline static 3 man system - the structural anchor points have to be situated on the same level and have minimal static resistance 18kN (1 person), 20kN (2 persons), 22kN (3 persons). Ideal for construction, roofing industry, open trenches, scaffolding and formwork.

Code AR-5001
EN 355 EN359



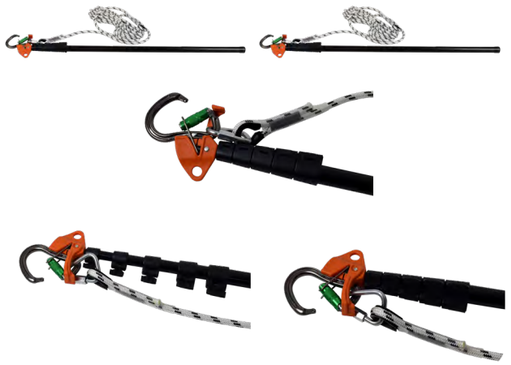
- Protection for up to three users
- Zinc plated and powder coated tensioner
- 19mx35mm polyester working rope
- Snap-lock connectors
- 20m webbing line
- Supplied with Kit Bag.

- The shape of the structural anchor points should not allow self-acting disconnection of the lifeline.
- The structural anchor points have to be situated on the same level and have minimal static resistance 18kN (1 person), 20kN (2 persons), 22kN (3 persons)
- The adjustable lifeline should be tensioned to 2kN between 2 structural anchor points.



Horizontal lifelines, depending on their geometry (see diagram) and angle of sag, subjected to greater loads than the impact load imposed by an attached component. When the angle of horizontal lifeline sag is less than 30 degrees, the impact force imparted to the lifeline by an attached lanyard is greatly amplified. For example, with a sag angle of 15 degrees, the force amplification is about 2:1 and at 5 degrees sag, it is about 6:1. Depending on the angle of sag, and the line's elasticity, the strength of the horizontal lifeline and the anchorages to which it is attached should be increased a number of times over that of the lanyard. Horizontal lifelines shall have a tensile strength capable of supporting a fall impact load of at least 5,000 pounds (22.2 kN) per employee using the lifeline, applied anywhere along the lifeline.

RESCUE KITS



ARESTA - Telescopic Rescue pole
Telescopic pole

Designed for remote reach access for rescue and working height.

- 1mm extruded aluminium pole sections
- Chanelled pole sections reduce flex and twist
- Double internal pole collar for added stiffness
- External pole section locking mechanism
- Vinyl end cap
- Six section flip lock, terminating at 15mm diameter for additional strength
- 2.7mm stainless steel gate trap
- Nylon 6 orange head
- Designed specifically for use with EN 362 triple locking/ double action and captive eye karabiners

Ultra Compact: 44 - 193cm
Super Standard: 63 - 310cm
Ultra Long: 100 - 542cm

Code
BT-542

ARESTA - Rescue triangle
Rescue triangle

Rescue Triangle specifically used for evacuating people from height. Used for rescue purposes only.

Simple to safely contain a victim. Not for lifting.
One person only.
Max user weight 130kg.

Code
DX-301

ARESTA -Rescue Stretcher Kit

A lightweight, non-flammable, rescue stretcher specially designed for use in confined spaces with limited access including rescue at height, helicopter & military operations and water rescue. Compact for transport and storage, the stretcher can be rolled to fit into a backpack. When assembled, the stretcher has rigid strength giving excellent support to the casualty. The sled shape helps the stretcher to slide over any rough terrain and flexible to fit all body shapes + sizes.

Supplied as a kit including:
- Transport backpack with straps for pulling the stretchers with casualty.
- Sling straps for horizontal transport.
- 10.5mm rope for vertical transport.
- Four additional holders for transport by a group of rescuers.

Code
DX-030

ARESTA - Foldable Stretcher
Rescue heli stretcher kit

Designed for a range of emergency situations. Versatile stretcher widely used by helicopter, fire and rescue brigades, military and ambulance services and confined space retrieval. Special narrow design makes it easier to manoeuvre around cabin doors and small spaces, and can be stored conveniently for use in the helicopter or rescue vehicle. Quick and easy to use, the stretcher folds into a compact unit. Unique X design straps across the patient's body give support and stability.

Supplied as a set containing: Metal stretcher, canvas interior, webbing victim straps with quick connect buckles. Lifting webbings for helicopter or crane use.

Braking force: less than 10kN.
Static strength: not less that 5kN.
Max load: 300kg.

Code
DX-020

ARESTA Prot Guard

Prot 4 work positioning device with lever mechanism

Prot 4 work positioning device with lever mechanism
Work positioning device with rope grip shortener for perfect length. Range of rope lengths available.
Ventura Kernmantle polyamide rope.
14mm diameter.
Aluminium alloy rope shortener
Complete with snap hook.
Rope protecting tube.
Rated to 15kN

Codes
AF-130/020 2m
AF-130/030 3m
AF-130/050 5m
AF-130/100 10m
AF-130/150 15m
AF-130/200 20m

EN 358

ARESTA Empire Rescue Descent Kit

Rescue descent kit

ARESTA Empire Rescue Descent Kit

Rescue descent kit

The Empire is an evacuation and rescue unit designed to rescue/ recover a person at height by descending. The controlled descent device is simple to use and gives a basic rescue system to situations where the victim is reasonably accessible. It can also be used for an effective temporary static line with an integral self rescue ability.

Should a fall occur, the rescuer can release the device and control the release of extra rope, allowing the attached victim to slowly lower to the ground.

- Kit includes:
- Controlled descent device,
- 11mm escape rope, 50m length,
- Anchor strap, release knife,
- PVC Storage Pack
- Escape device is used for lowering only.

EN 341: 1992 Class C

Code
AR-010

RETRACTABLE BLOCKS

Aresta SIngle Retractable Lanyard
Mini Block with
Scaffold Hook 2m

Aresta Double Retractable Lanyard
Mini Double Block with
Scaffold Hook 2m

ARESTA Lynx Mini Block
Kevlar webbing retractable lanyard

Housing Features Built-in galvanized steel swivel shackle resists corrosion and prevents twisting of the line.
3/4"(20mm) Kevlar webbing has a Tensile strength In excess of 3960lbs(18kN), Webbing Length 2.0m with energy absorber & snap hook SF-1602 Swivel.
Polymer Housing and Drum are Durable and lightweight and Resistant to Corrosion.
It passes the test for Fall Factor 2 and can be used Horizontally
EN 360:2002.

Codes

AR-05HB-2N — Lynx Mini Block with Scaffold Hook 2m

AR-05HB-2NT — Lynx Mini Double Block with Scaffold Hook 2m

Ref	Model	Size	Rated to	Tensile Strength	Material	Standards
			KG			
2m Lynx Mini block with scaffold hook	AR-05HB-2N	2m	140kg	18KN	Kevlar Webbing Steel Hardware	EN 360
2m Lynx Mini Double Block with scaffold hook	AR-05HB-2NT	2m	140kg	18KN	Kevlar Webbing Steel Hardware	EN 360

ARESTA Lynx Wire Block
Retractable Block Polymer Casing with Wire Rope & Snap-hook

Casing Made up of high impact strength polymer, to prevent breakage and is nearly indestructible.
Comes with Galvanized Steel Wire Rope of Dia 4.5mm
Is provided with Snap Hook with load indicator at attachment end.
Minimum Breaking Strength > 12kN.

EN 360:2002

Codes

AR 0505-LE — Lynx Retractable block wire rope 5 meter

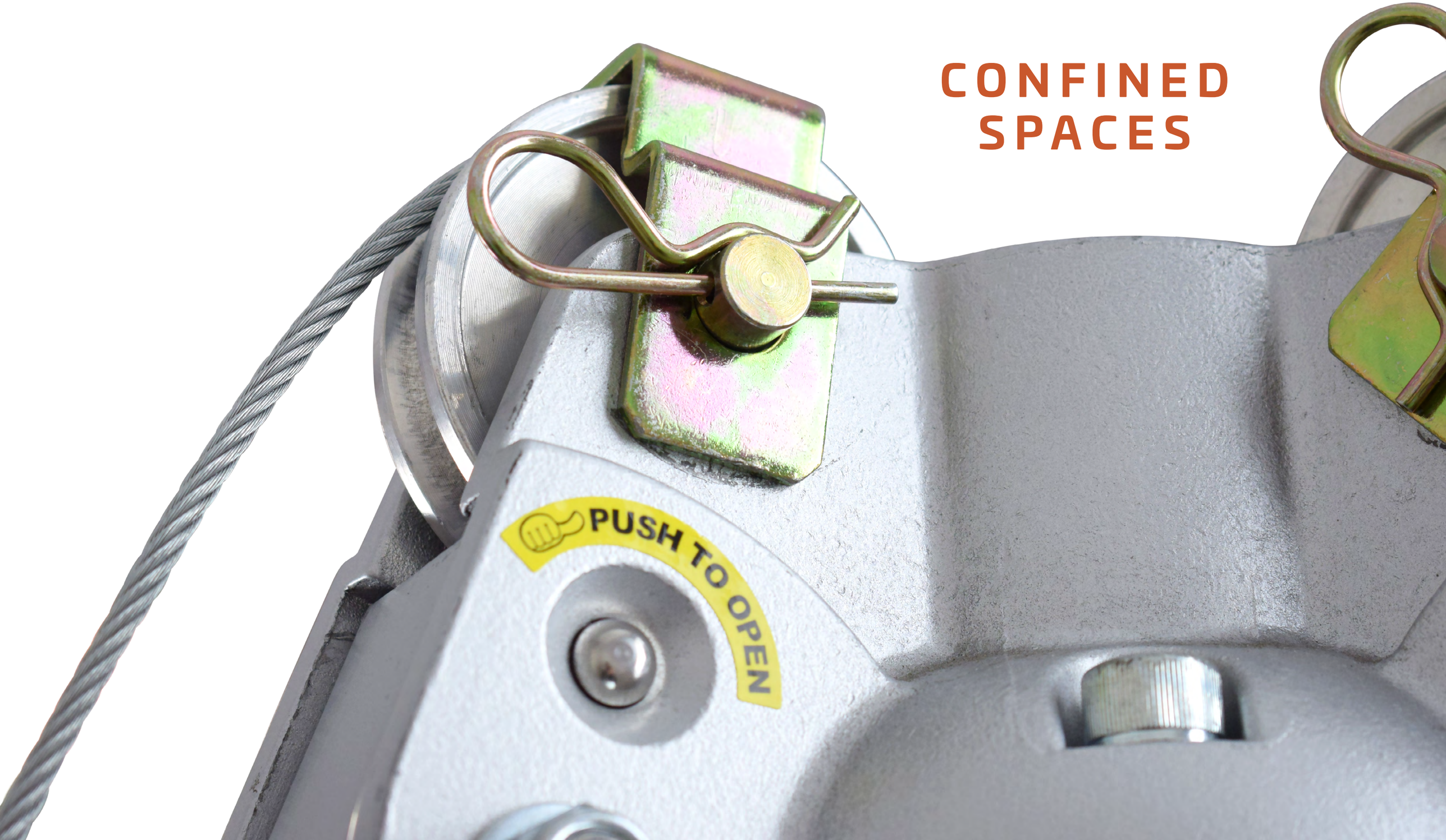
AR 0510-LE — Lynx Retractable block wire rope 10 meter

AR 0520-LE — Lynx Retractable block wire rope 20 meter

AR 0530-LE — Lynx Retractable block wire rope 30 meter

Ref	Model	Size	Weight	Rated to	Tensile Strength	Material	Standards
			kg	KG			
5m Lynx wire block	AR-0505-LE	5m	1..8	140kg	12KN	Wire Steel Hardware	EN 360: 2002
10m Lynx wire block	AR-0510-LE	10m	5.72	140kg	12KN	Wire Steel Hardware	EN 360: 2002
20m Lynx wire block	AR-0520-LE	20m	1.08kg	140kg	12KN	Wire Steel Hardware	EN 360: 2002
30m Lynx wire block	AR-0530-LE	30m	2.54kg	140kg	12KN	Wire Steel Hardware	EN 360: 2002

CONFINED SPACES



ARESTA Lynx Tripod
2.4M Tripod

- For access in Confined Spaces..
- Strength of anchorage point greater than 12 kN
- Provided with inbuilt fixture for attaching our winch
- Provided with Tripod Kit Bag
- Fully adjustable telescopic legs, adjustable height from 1.35 - 2.4m
- Wheelbase (Footprint) : 2.1m Diameter
- Weight : 20 kg
- Maximum load capacity : 500 kgf

Code
TM-240

EN 795 CLASS B

Ref	model	size	Rated to	Breaking Strength	Material	Standards
			kgf			
2.4m Tripod	TM-240	1.35-2.4m	500kg	12KN		EN 795 CLASS B

ARESTA Winch

25m winch

- To be used for raising or lowering of personnel or material into confined spaces.
- Equipped with bolting fixture for robust fitting on to the tripod AR-TM10
- Lifting Load Capacity : 135 Kgs (330 lbs).
- Wire Length: 20 m, 25m.
- As per EN 1496:2006 Class A.
- To be used with a Retractable Fall Arrester when deployed for raising or lowering a person.

Code

AR-TM-W25	25m

EN 1496:2006 Class A

ARESTA Lynx Retrectable Block

Retractable Block With Retrieval System

- The locking pin on the side of the casing at the base of the handle allows this dual system to work in independent Fall Arrest & Winch modes.
- Can be easily mounted on the leg of Tripod using specialized brackets
- Minimum Breaking Strength> 12KN.
- As per EN 360:2002 & EN 1496:2006 Class A.
- Unique Features:
- The Dual mode- helps easy movement of user while working in confined spaces.
- Retractable mode - enables easy mount of user in confined spaces.
- Winch mode- enables easy retrieval.
- Length of Wire Rope up to 30m.
- Comes with SF-1602 Snap Hooks with impact indicator.

Code

TM-015R	15m
TM-020R	20m
TM-030R	30m

EN 1496:2006 Class A

ARESTA Lynx Pulley

- Aluminium Single Pulley
- With single side attachment

Code

PL-101

EN 1496:2006 Class A

ARESTA Connector
Triple Lock Aluminium Carabiner

- Strength in Main Direction: 30kN / 6744LBS
- Strength in Transverse Direction: 8kN / 1800LBS
- Weight: 104 g
- Finish: Anodized
- Opening: 22 mm
- Width: 72 mm
- Length: 116 mm

Code
AR-0025D
EN 362
EN 12275

ARESTA Connector
Screw Gate Aluminium Carabiner

- Strength in Main Direction: 25kN / 5620LBS
- Strength in Transverse Direction: 8kN / 1798LBS
- Weight: 95 g
- Finish: Anodized
- Opening: 23 mm
- Width: 74 mm
- Length: 107 mm

Code
AR-0016S
EN 362
EN 12275

ARESTA Clamp
Temporary scaffold clamp

Temporary scaffold clamping device, unique design grips to both vertical and horizontal scaffold pipes. Gives more opportunity to quickly provide a secure temporary anchor point for a worker to attach onto, given there is normally a secure vertical scaffold pipe available before horizontal bracing is installed.

- Grips securely, which increases when more force is applied.
- Pincer action opening.
- For pipes of diameter 44.5mm to 50mm.

Code
AZ-300
EN 795 Class B

ARESTA Screw Gate Oval Carabiner
Length 110mm
Width 58mm
Opening 18mm
Code PJ-501

ARESTA Screw Gate Oval Carabiner With Pin
Length 107mm
Width 57mm
Opening 17mm
Code PJ-501P

ARESTA Triple Lock D Carabiner
Length 119mm
Width 77mm
Opening 18mm
Code PJ-500

ARESTA Black High Strength D Carabiner
Length 106mm
Width 59mm
Opening 18mm
Code PK-0005

ARESTA Screw Gate Oval Carabiner
Length 110mm
Width 58mm
Opening 18mm
Code AR-0011D

ARESTA Chrome Plated Scaffhook
Length 217mm
Width 100mm
Opening 50mm
Code PJ-595

ARESTA Quicklink
Length 90mm
Width 35mm
Opening 17mm
Code PJ-507

ARESTA Aluminium Scaffold Hook
Length 254mm
Width 115mm
Opening 64mm
Code PJ-596

ARESTA Drawstring bag
Oriole pump bag
Code OBP

ARESTA Back Pack
Multi pocket back pack
Code ABP01

WORKING AT HEIGHT

A Brief Guide

Introduction

This brief guide describes what you, as an employer, need to do to protect your employees from falls at height. It will also be useful to employees and their representatives.

Following this guidance is normally enough to comply with the Work at Height Regulations 2005 (WAHR). You are free to take other action, except where the guidance says you must do something specific.

Falls from height are one of the biggest causes of workplace fatalities and major injuries. Common causes are falls from ladders and through fragile roofs. The purpose of WAHR is to prevent death and injury from a fall from height. Work at height means work in any place where, if there were no precautions in place, a person could fall a distance liable to cause personal injury. For example you are working at height if you:

- are working on a ladder or a flat roof;
- could fall through a fragile surface;
- could fall into an opening in a floor or a hole in the ground.

Take a sensible approach when considering precautions for work at height. There may be some low-risk situations where common sense tells you no particular precautions are necessary and the law recognises this. There is a common misconception that ladders and stepladders are banned, but this
is not the case. There are many situations where a ladder is the most suitable equipment for working at height. Before working at height you must work through these simple steps:

- avoid work at height where it is reasonably practicable to do so;
- where work at height cannot be avoided, prevent falls using either an existing place of work that is already safe or the right type of equipment;
- minimise the distance and consequences of a fall, by using the right type of equipment where the risk not be eliminated.

Figure 1 gives further guidance and examples for each of the above steps to help you comply with the law.You should:

- do as much work as possible from the ground;
- ensure workers can get safely to and from where they work at height;
- ensure equipment is suitable, stable and strong enough for the job, maintained and checked regularly;
- make sure you don't overload or overreach when working at height;
- take precautions when working on or near fragile surfaces;
- provide protection from falling objects;
- consider your emergency evacuation and rescue procedures.

Who do the Regulations apply to?

If you are an employer or you control work at height (for example if you are a
contractor or a factory owner), the Regulations apply to you.

How do you comply with these Regulations?

Employers and those in control of any work at height activity must make sure work is properly planned, supervised and carried out by competent people. This includes using the right type of equipment for working at height.

Low-risk, relatively straightforward tasks will require less effort when it comes to planning. Employers and those in control must first assess the risks.

Take a sensible, pragmatic approach when considering precautions for work at height. Factors to weigh up include the height of the task; the duration and frequency; and the condition of the surface being worked on. There will also be certain low-risk situations where common sense tells you no particular precautions are necessary.

How do you decide if someone is 'competent' to work at height?

You should make sure that people with sufficient skills, knowledge and experience are employed to perform the task, or, if they are being trained, that they work under the supervision of somebody competent to do it.

In the case of low-risk, short duration tasks (short duration means tasks that take less than 30 minutes) involving ladders, competence requirements may be no more than making sure employees receive instruction on how to use the equipment safely (eg how to tie a ladder properly) and appropriate training. Training often takes place on the job, it does not always take place in a classroom.

When a more technical level of competence is required, for example drawing up a plan for assembling a complex scaffold, existing training and certification schemes drawn up by trade associations and industry is one way to help demonstrate competence.

What measures should you take to help protect people?

Always consider measures that protect everyone who is at risk (collective protection) before measures that protect only the individual (personal protection). Collective protection is equipment that does not require the person working at height to act to be effective, for example a permanent or temporary guard rail.

Personal protection is equipment that requires the individual to act to be effective.

An example is putting on a safety harness correctly and connecting it, via an energy-absorbing lanyard, to a suitable anchor point.

Working at height Page 3 of 7

The step-by-step diagram in Figure 1 should be used alongside all other advice in
this leaflet. You do not always need to implement every measure in Figure 1. For
example when working on a fully boarded and guarded scaffold that is already up,
not being altered or taken down, workers would not need to wear personal fall-arrest equipment as well.

What are the most common causes of accidents when working at height?

Roof work is high risk and falls from roofs, through fragile roofs and fragile roof lights are one of the most common causes of workplace death and serious injury. As well as in construction, these accidents can also occur on roofs of factories, warehouses and farm buildings when roof repair work or cleaning is being carried out. The following are likely to be fragile:

- roof lights;
- liner panels on built-up sheeted roofs;
- non-reinforced fibre cement sheets;
- corroded metal sheets;
- glass (including wired glass);
- rotted chipboard;
- slates and tiles.

What do you need to consider when planning work at height?

The following are all requirements in law that you need to consider when planning and undertaking work at height. You must:

- take account of weather conditions that could compromise worker safety;
- check that the place (eg a roof) where work at height is to be undertaken is safe. Each place where people will work at height needs to be checked every time, before use;
- stop materials or objects from falling or, if it is not reasonably practicable to prevent objects falling, take suitable and sufficient measures to make sure no one can be injured, eg use exclusion zones to keep people away or mesh on scaffold to stop materials such as bricks falling off;
- store materials and objects safely so they won't cause injury if they are disturbed or collapse;
- plan for emergencies and rescue, eg agree a set procedure for evacuation.

Think about foreseeable situations and make sure employees know the emergency procedures.

Don't just rely entirely on the emergency services for rescue in your plan.

FIGURE 1

Step-by-step Diagram

STEP 1

Can you AVOID working at height in the first place? If NO, go to PREVENT

Do as much work as possible from the ground.

Some practical examples include:

- using extendible tools from ground level to remove the need to climb a ladder
- installing cables at ground level
- lowering a lighting mast to ground level
- ground level assembly of edge protection

STEP 2

Can you PREVENT a fall from occurring? If NO, go to MINIMISE

You can do this by:

- using an existing place of work that is already safe, e.g. a non fragile roof with a permanent perimeter guard rail or, if not
- using work equipment to prevent people from falling

Some practical examples of collective protection when using an existing place of work:

- a concrete flat roof with existing edge protection, or guarded mezzanine floor, or plant or machinery with fixed guard rails around it

Some practical examples of collective protection using work equipment to prevent a fall:

- mobile elevating work platforms (MEWPs) such as scissor lifts
- tower scaffolds
- scaffolds

An example of personal protection using work equipment to prevent a fall:

- using a work restraint (travel restriction) system that prevents a worker getting into a fall position

STEP 3

Can you MINIMISE the distance and/or consequences of a fall?

If the risk of a person falling remains, you must take sufficient measures to minimise the distance and/or consequences of a fall.

Practical examples of collective protection using work equipment minimise the distance and consequences of a fall:

- safety nets and soft landing systems, e.g. air bags, installed close to the level of the work

An example of personal protection used to minimise the distance and consequences of a fall:

- industrial rope access, e.g. working on a building facade fall-arrest system using a high anchor point

Use of ladders and stepladders

For tasks of low risk and short duration, ladders and stepladders can be a sensible and practical option.

If your risk assessment determines it is correct to use a ladder, you should further MINIMISE the risk by making sure workers:

- use the right type of ladder for the job
- are competent (you can provide adequate training and/or supervision to help)
- use the equipment provided safely and follow a safe system of work
- are fully aware of the risks and measures to help control them

Follow HSE guidance on safe use of ladders and stepladders

> For each step, consider what is reasonably practicable and use 'collective protection' before 'personal protection'

FALL PROTECTION STANDARDS

These set the standard for the manufacture of equipment and application of safety systems. Fall protection systems should conform to the relevant Safety Standards. Safety standards are the minimum acceptable requirement.

European Standards (EN)

EN 341 Rescue descender devices

EN 353 Guided type fall arrester

EN 354 Lanyards

EN 358 Work positioning systems

EN 360 Retractable type fall arrester

EN 361 Full body harnesses

EN 362 Work connectors

EN 397 Industrial safety helmet

EN 566 Slings

EN 567 Rope clamps

EN 795/B Portable anchor devices

EN 813 Half harnesses

EN 1496 Rescue lifting devices

EN 1498 Rescue loops

EN 1891 Low stretch Kernmantle ropes

EN 12278 Pulleys

EN 12492 Helmets for mountaineers

EN 12841 Rope adjustment systems

EN 14052 High performance industrial safety helmets

Australian / New Zealand Standards AS/NZS relating to height safety;

AS/NZS 1891.1:2007 Safety belts an harnesses
AS/NZS 1891.2:2001 Industrial fall-arrest systems and devices - Horizontal lifeline and rail systems
AS/NZS 1891.3:1997 Industrial fall-arrest systems and devices
AS/NZS 1891.4:2009 Industrial fall-arrest systems and devices - Selection, use and maintenance
AS/NZS 1801:1997 Occupational protective helmets
AS/NZS 1892.1:1996 Portable ladders: Metal
AS/NZS 1892.2:1996 Portable ladders: Timber
AS/NZS 1892.3:1996 Portable ladders: Reinforced plastic
AS/NZS 4387:1996 Safety mesh
AS/NZS 4994.1 2009 Temporary Edge Protection
AS/NZS 4488:1997 Industrial rope access systems
AS/NZS 4576:1995 Guidelines for scaffolding
Part 1: Specifications, Part 2: Selection, use and maintenance
AZ/NZS 5532:2014 Manufacturing requirements for single-point anchor device used for harness-based work at height

US Standards (ANSI) Z359-1

Safety Requirements for Personal Fall Arrest Systems, Subsystems, and Components

This standard establishes requirements for the performance, design, marking, qualifications, instructions, training, inspection, use, maintenance, and removal from service of connectors, full body harnesses, lanyards, energy absorbers, anchorage connectors, fall arresters, vertical lifelines, and self-retracting lanyards comprising personal fall arrest systems for users within the capacity range of 130 to 310 pounds.

This standard addresses only personal fall arrest systems incorporating full body harnesses.

This standard addresses equipment for personal protection against falls from heights and applies to the manufacturers, distributors, purchasers, and users of such equipment.

Before any equipment shall bear the mark Z359-1 all requirements of this standard must be met.

CARE, MAINTENANCE AND INSPECTION

Height Safety and Fall Arrest plans must include proper care and maintenance of all personal protective equipment along with the associated items necessary for a complete fall protection/fall arrest system.

Training sessions related to care and maintenance should be held at regular intervals depending on the nature of the work.

Frequent training sessions are more appropriate for an employer with a transient work force than for an employer with a mature stable work force.

EN, AS/NZS, OHS, ANSI and OSHA standards require that training is given by a competent, accredited person or training organisation. The user is responsible to be qualified for work at height, ensuring that he/she knows how to properly inspect, use, store and maintain the equipment.

Storage

Personal protection equipment (harnesses, lanyards, etc.) along with connectors and other related items should be stored in a clean, dry environment free from direct sunlight, dust, excessive heat and harmful chemicals.

Maintenance/Cleaning

Personal protection equipment should be cleaned periodically using specialist cleaner, or a mild detergent and water. Wash with a soft, non-abrasive brush or sponge and allow to air dry after removing the excess water with a dry cloth.

DO NOT put personal protection equipment in clothes dryer or use a blow dryer. Excessive heat may melt the webbing and alter the strength. DO NOT use chemicals to clean heavily soiled gear. Chemicals may destroy webbing, equipment and function.

Frequency of inspection

User Inspection

Personal fall protection/fall arrest systems should be inspected by worker/user, prior to every use. The user should also check all equipment before each use to be sure a formal inspection has been performed within the last six months.

Competent Person Inspection

All components of personal fall protection/fall arrest systems must be inspected by a competent person at intervals of no more than 18 months. Inspection reports must be recorded on a formal Inspection Log, and filed for safe keeping.

We are all required to inspect our own height safety equipment before and after each use.

All items of equipment which are in regular use shall be subjected to periodic formal inspection (test and tagging) and where applicable, servicing in accordance with the manufacturer's instructions and requirements of EN standard. Where an operator is not competent to carry out this inspection, the inspection shall be carried out by an operator who is competent or a height safety supervisor.

The inspection shall be carried out in accordance with manufacturer's instructions. Some manufacturer's will only warrant a system/product that has been inspected or repaired by an accredited installer/service agent.

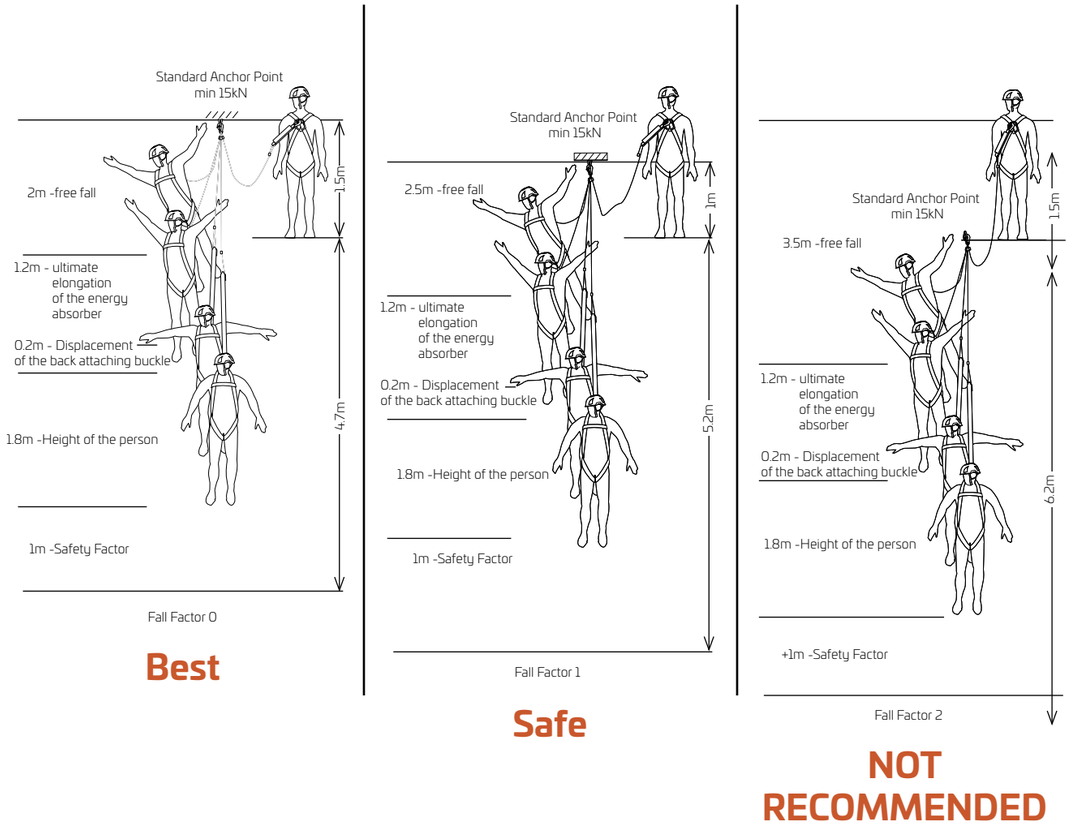
12 monthly inspection	Fall arrest devices (type 1) Ropes & adjusters/fall arrest devices (linostop, positioning devices)
12 monthly inspection	Harnesses Lanyards with shock absorbers Retractable webbing lanyards All ropes, finished & cut lengths Shock absorbers Webbing sling anchors, temporary static lines Work positioning lanyards
12 monthly inspection	Fall arrest devices (type 1) Ropes & adjusters/fall arrest devices (linostop, positioning devices)

FALL DISTANCE & FALL FACTOR

When setting up fall arrest systems, fall factors and fall distance are critical factors to be considered. With the equipment set up to reduce the shock to the harness of less than 6kN a maximum fall factor of 1 is critical. The fall factor is the length of the fall, divided by the length of the lanyard.

- Required free distance below working level, for worker protected with energy absorber and 2m lanyard
- Diagram show free distance required below working surface, depending on location of the structural anchor point.
- For best safety, always anchor above the shoulder (Fall Factor 0) whenever possible.

- Worst case scenario, free distance below working surface must be 6.2m (see drawing below) for fall factor of 2. A fall actor of 2 is very dangerous and not recommended but may be only option in some circumstances.



> The fall factor is the length of the fall, divided by the length of the lanyard

CHOOSING THE BEST RESTRAINT TECHNIQUE

The best method of hazard control is eliminating the potential of a fall. Decide if the identified hazards are significant, how badly harmed would they be if they fell and how likely a fall could be?

Work positioning

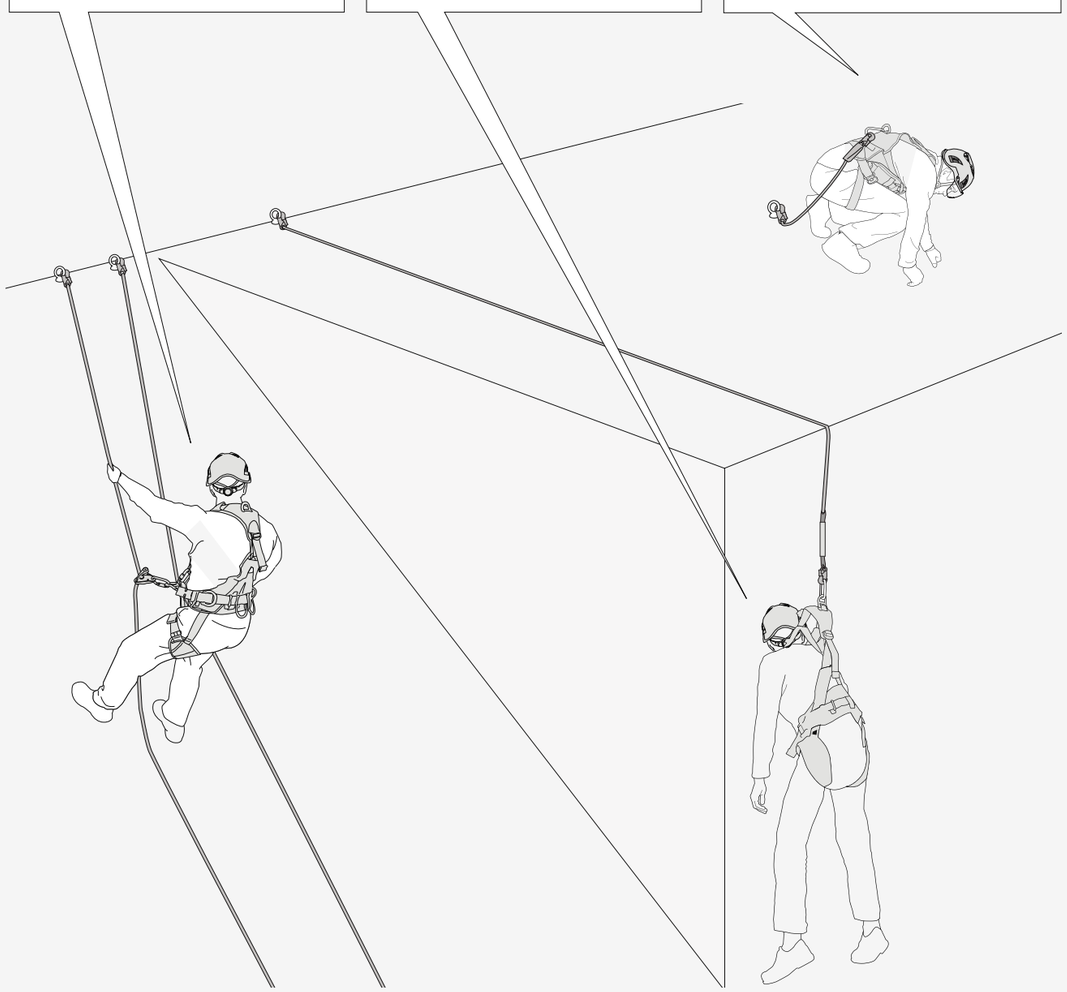
Work positioning systems enable a person to work supported in harness under tension in a way that a fall is prevented.

Fall arrest (Free fall)

Any fall, or part of a fall in excess of 600mm, either vertically or on a slope, on which it is not possible to walk without the assistance of a handrail or line.

Restraint technique

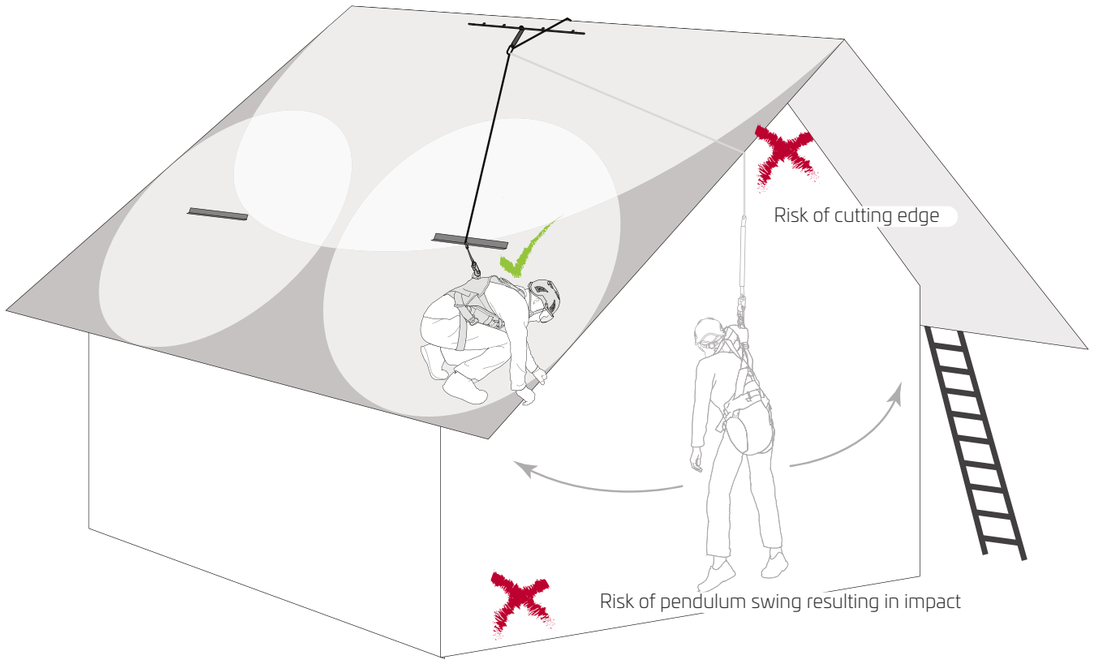
Preventing the possibility of a fall by removing the risk is preferable when working at heights. The worker cannot physically reach the edge using the correct PPE.



MINIMISING THE POTENTIAL FALL DISTANCE

Diversionary anchors provide continuous travel restraint protection and reduce the risk of a pendulum effect in a fall.

The pendulum effect is a potential hazard resulting from lateral movement or swing during a slip or fall. Appropriate positioning of single anchorage, diversionary anchors or the horizontal lifelines can reduce the risk of a pendulum effect in the event of a fall.



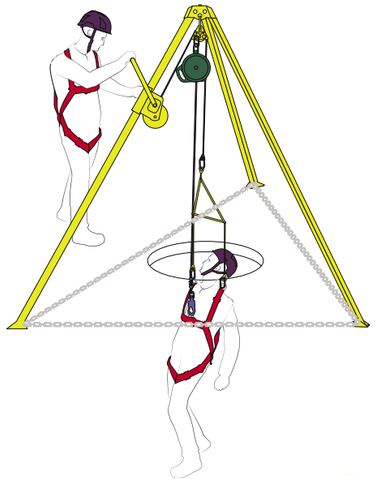
ARESTA
Mult Plus 5 harness

ARESTA Plus
helmet

Linostop with
adjuster

Temporary roof
anchoring device

CONFINED SPACE



ARESTA Lynx Tripod
3M Tripod

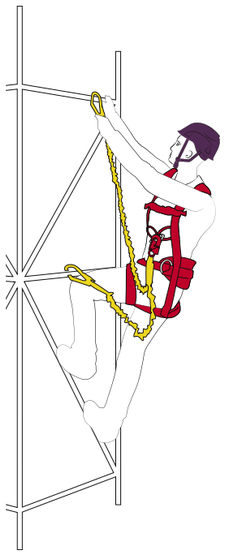
ARESTA Lynx
Retractable block
with retrieval system

ARESTA Lynx winch
25m winch

ARESTA Plus helmet

ARESTA Malham
Rescue harness with
EEZE-KLICK buckles

Scaffolding & pylons



ARESTA Summit - Stretch
5 Point elasticated harness
with EEZE-KLICK buckles

ARESTA Plus
helmet

ARESTA Scaff
2m Elasticated
lanyard with
snaphook & scaffold
hooks

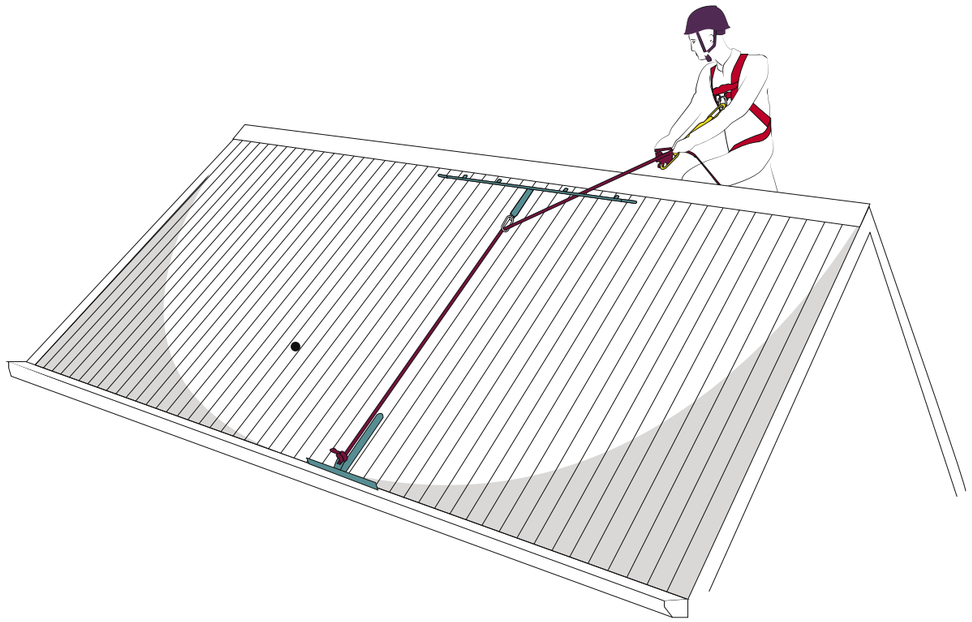
Vertical fixed ladder

ARESTA Scafell - Stretch
Elasticated harness with EEZE-
KLICK buckles

ARESTA Plus
helmet

ARESTA Scaff
1.5 Elasticated lanyard
with
snaphook & scaffold
hooks

METAL ROOF ANCHOR & ACCESS



ARESTA
Multi Plus 3 harness

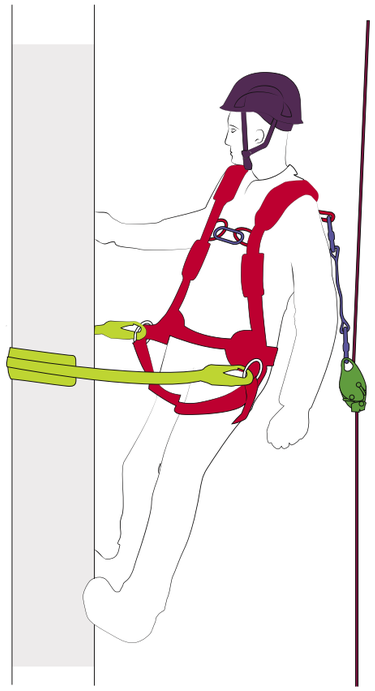
ARESTA Plus
helmet

Linostop with
adjuster

Temporary roof
anchoring device

Temporary roof
anchoring device

LINESMAN & RIGGER



ARESTA Prot 4 work positioning
device with lever mechanisim

ARESTA
Multi Plus 5 harness
with positioning belt

ARESTA Plus
helmet

ARESTA Auto rope
grab device

ARESTA 10.5mm
Kernmantle static
rope

ARESTA Screw gate
oval carabiner

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