

# FALL PROTECTION RANGE

Fall Protection is put in place to prevent the risks associated with falling from heights, reducing impact force, restricting obstacle/ground collision and restricting users from fall hazard areas. Portwest offer a full range of fall protection products for working at height.

**50+**  
Exceptional Fall  
Protection Styles

## COLLECTIONS

- HARNESES
- ANCHORAGE DEVICES
- LANYARDS
- ARREST BLOCKS
- ACCESSORIES
- TOOL LANYARDS
- FALL PROTECTION KITS



## Harnesses

### EN 361:2002

**Personal protective equipment against falls from a height. Full body harness.**

This standard states that the harness has passed the free fall test involving a free fall drop with a 100kg weight in the harness to simulate a person. This shows how the harness will respond in a fall.

### EN 1497:2007

**Personal fall protection equipment - rescue harnesses**

This European standard specifies requirements, test methods, marking and information supplied by the manufacturer for rescue harnesses. Rescue Harnesses conforming to this standard are used as components of rescue systems, which are personal fall protection systems.

### EN 358:2018

**Personal protective equipment for work positioning and prevention of falls from a height. Belts and lanyards for work positioning or restraint.**

This standard confirms that the work positioning and lanyard have withstood a static force test for more than 3 minutes without releasing the load.

### EN 813:2008

**Personal fall protection equipment - Sit harnesses**

EN 813 specifies requirements, testing, marking and information to be supplied by the manufacturer for sit harnesses to be used in restraint, work positioning and rope access systems, where a low point of attachment is required.

## Arrest Blocks

### EN 360:2002

**Personal protective equipment against falls from a height. Retractable type fall arresters.**

This standard deals with fall arrester with self locking device and a self-retractable system for the lanyard. An energy dissipating element can be built-in to the equipment.

## Lanyards

### EN 354:2010

**Personal protective equipment against falls from a height. Lanyards.**

This standard indicates that the lanyard has withstood a free fall test without releasing the load or doing undue damage to it.

### EN 355:2002

**Personal protective equipment against falls from a height. Energy absorbers.**

This standard is for lanyards with shock absorbers. These are lanyards that are suitable for attachment to a full body harness and connection to an anchorage point. The shock absorber part of the lanyard reduces the shock caused in the event of a fall being arrested by slowing down the speed of the arrest.

## Connectors / Rope/Rope Grabs

### EN 362:2004

**Personal protective equipment against falls from a height. Connectors.**

This standard shows that all connectors in this range have passed the strength test required for this standard.

### EN 353-2:2002

**Personal protective equipment against falls from a height. Guided type fall arresters including a flexible anchor line.**

This standard describes the different test methods for traveling devices incorporated into systems made up of a line intended to be fixed (either temporarily or permanently) to a structure.

### EN 1891:1998

**Personal protective equipment for the prevention of falls from a height. Low stretch kernmantel ropes.**

This standard confirms that low stretch kernmantel ropes have the ability for low extension during normal work activities but the ability to withstand forces generated by a fall.

## Anchorage Device

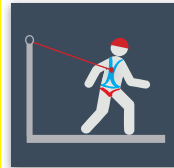
### EN 795 :2012

**Personal Fall Protection Equipment - Anchor Devices**

This standard pertains to anchorage devices to be used as part of a fall protection system. It tests the devices to make sure they can withstand the maximum dynamic force generated in a fall.

# Introduction to Fall Protection

There are 3 general terms used to categorise the use of fall protection equipment.

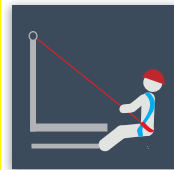


## Work Restraint

A risk assessment is carried out to determine the circumstances under which the risk of falling can be eliminated by limiting the user's movement to a safe distance from the fall hazard. This is an excellent preventative measure to insure a safe working environment at height.

### Areas of use -

- Roof top work
- Powered access equipment
- Fall protection on vehicles
- Facilities management
- And many more

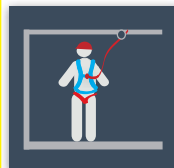


## Work Positioning

This refers to the application of fall protection equipment in scenarios where users need to be suspended in work positions for jobs that need to be carried out at height. Adequate training is required for the user in order to use fall protection equipment in this manner. It is common for this type of fall protection to be accompanied by a fall arrest system.

### Areas of use -

- Telecom
- Utilities
- Industrial rope access
- Confined space
- And many more



## Fall Arrest

Fall arrest systems aim to avoid all circumstances where the risk of falling is a hazard by arresting the fall in a safe and controlled manner. This enables the user to perform their work at height without fear of serious injury. Careful consideration is given when setting up these systems to ensure adequate clearance for the user from the ground and to avoid any contact with obstacles in the event of a fall. Moreover, a rescue plan in the event of a fall arrest occurring, is included as part of the planning process since prolonged suspension at height can be dangerous.

### Areas of use -

- Scaffolding
- Wind energy
- Tower crane erection and maintenance
- High bay pallet racking
- And many more

# Principles of Height Safety

There are 3 main principles to consider when planning for working at height.

## Avoidance

Consider all reasonable alternatives for the work not to be performed at height if practical or possible.

## Prevention

If the work must be performed at height, deploy the appropriate preventative measures and work restraint systems.

## Mitigation

In circumstances where the risk of falling cannot be prevented, consider the use of netting or other soft landing equipment together with a suitably developed work positioning and/or fall arrest system using the appropriate fall protection equipment.

## DID YOU KNOW?

Where Portwest Fall Protection products are unused and stored in a clean, dry environment they have a potential lifetime of:

- TEXTILE PPE = 10 YEARS
- METALLIC PPE = LIMITLESS

Once used, equipment should be inspected by the user before each use, and a mandatory annual inspection conducted by a trained and competent person.

# Application of Height Safety

When considering the application of fall protection it can be easier to break it down to its 3 main areas, Anchorage points, full body harnesses and Connection devices, the ABC of fall protection.



## Anchorage

As the name suggests this is the point of the system that will hold the weight in the event of a fall, it can be permanent or temporary depending on the requirements of the situation but it must be able to take a load of at least 10 kN.

## Full Body Harness

The harness is designed to securely hold your whole body in the event of a fall when used as part of a fall arrest system.

## Connection

The connecting devices link your full body harness to its anchorage point. Lanyard and arrest blocks are the most common connecting devices.

## Warning

**Training** – Fall arrest training is an essential requirement for anyone working at height.

**Rescue plan** - It is imperative that any fall arrest system includes a rescue plan as suspension at height after a fall can be hazardous for the user if experienced over a prolonged period.

# How to Put On a Harness

1



Hold the harness up by the back dorsal D-ring.

2



Proceed to sling the harness over the shoulders as you would a back pack.

3



Starting at the top, attach the chest and waist belt connections.

4



Reaching under each leg, grab the leg straps and wrap around each thigh and then attach to the connection points at the waist.

5



In order to ensure that the leg straps are tightened correctly, a fist (but not a closed fist) should fit between the strap and the leg.

6



Finally tighten all straps to a comfortable but firm fit.

# Harness

## FP71 Portwest Ultra 1 Point Harness EN 361

10

This full body harness features a rear dorsal D-ring, quick release buckles for easy fitting and 3 adjustment points. Rip indicators are installed to aid with inspections.



Nylon Webbing, Alloy Steel, Heat Treated

Black/Orange S/M/L -XL/XXL

MAX  
140kg

To achieve the weight of up to 140kg, this harness must be worn with 140kg lanyard.



## FP72 Portwest Ultra 2 Point Harness EN 361

10

This full body harness features a rear dorsal D-Ring and front D-Rings with 3 adjustment points. Quick release buckles for easy fitting. Rip indicators are installed to aid with inspections.



Nylon Webbing, Alloy Steel, Heat Treated

Black/Orange S/M/L -XL/XXL

MAX  
140kg

To achieve the weight of up to 140kg, this harness must be worn with 140kg lanyard.



All Portwest harnesses can be fitted with RFID Asset Management Tags

Find out more on page 581

# Harness

## FP73 Portwest Ultra 3 Point Harness

EN 358  
EN 361



This full body harness features rear dorsal and front D-Rings with side D-Rings. Quick release buckles for easy fitting & 4 adjustment points. Rip indicators are installed to ease with inspections.



**Nylon Webbing, Alloy Steel, Heat Treated**  
**Black/Orange S/M/L-XL/XXL**



To achieve the weight of up to 140kg, this harness must be worn with 140kg lanyard.



## FP74 Single 140kg Lanyard with Shock Absorber

EN 354  
EN 355  
EN 362



This single ended lanyard features a shock absorber, a scaffold hook and a snap hook. It is tested to withstand a 140KG user and is 180cm long including connectors when fully extended.

**Polyester Webbing, Alloy Steel, Heat Treated, Zinc**  
**Black/Orange**



## FP75 Double 140kg Lanyard with Shock Absorber

EN 354  
EN 355  
EN 362



This double ended lanyard features a shock absorber, a scaffold hook and a snap hook. It is tested to withstand a 140KG user and is 180cm long including connectors when fully extended.

**Polyester Webbing, Alloy Steel, Heat Treated, Zinc**  
**Black/Orange**



# Harness

## FP19 Portwest 4 Point Comfort Plus



### Harness

EN 813  
EN 358  
EN 361  
EN 1497



Ergonomically designed with the users comfort in mind, the 4 Point Comfort Plus Harness has been engineered from lightweight aluminium, optimising strength and durability. It provides 4 points of attachment, one rear D ring, two side D rings and an upper and lower chest D ring. Quick release buckles for easy fitting. Ideal for work positioning or suspension work.

Polyester Webbing, Aluminium, Alloy Steel, Heat Treated

Red/Blue One Size



**Ergonomically Designed with Comfort in Mind**

## FP18



### Portwest 3 Point Comfort Plus Harness

EN 358  
EN 361  
EN 1497

Nylon Webbing, Alloy Steel, Heat Treated

Red/Yellow One Size



## FP15



### Portwest 2 Point Comfort Plus Harness

EN 358  
EN 361

Nylon Webbing, Alloy Steel, Heat Treated

Black/Yellow One Size



# Harness

## FP17 Portwest 3 Point Comfort

**Harness**  
EN 358  
EN 361



Ergonomic harness with a sliding dorsal D-ring. Features two chest loops, a breathable contoured back pad, two side D-rings and flat bar buckles which are easy to use and fail safe. Constructed using polyester straps for ultimate durability. The waist, chest and leg adjusters offer excellent fit and user comfort.

Polyester Webbing, Alloy Steel, Heat Treated  
 Red/Blue One Size



**Premium Quality,  
Maximum Strength**

## FP14 Portwest 2 Point Comfort Harness

EN 358  
EN 361

Polyester Webbing, Alloy Steel, Heat Treated, Polyester Mesh  
 Red/Blue One Size



Rear D-ring

Padded belt



## FP10 Portwest 2 Point Plus Harness

EN 361

Nylon Webbing, Alloy Steel, Heat Treated  
 Red/Yellow One Size



Rear D-ring

Padded belt





**FP13****Portwest 2 Point Harness**  
EN 361

This full body harness features front and back D-rings and is widely used in the construction industry. It is light weight and easy to use.

- Polyester Webbing, Alloy Steel, Heat Treated
- Red/Blue One Size

**FP12****Portwest 2 Point Harness**  
EN 361

Lightweight harness with a sliding dorsal D-Ring. Features two chest loops and an adjustable quick release chest strap. Constructed using polyester webbing straps.

- Polyester Webbing, Alloy Steel, Heat Treated
- Red/Blue One Size

**FP11****Portwest 1 Point Harness**  
EN 361

Suitable for fall arrest or work restraint systems, our entry level full body harness is light weight and easy to use, allowing you a secure fit.

- Polyester Webbing, Alloy Steel, Heat Treated
- Red/Blue One Size

**FP08****Portwest Work Positioning Belt**  
EN 358

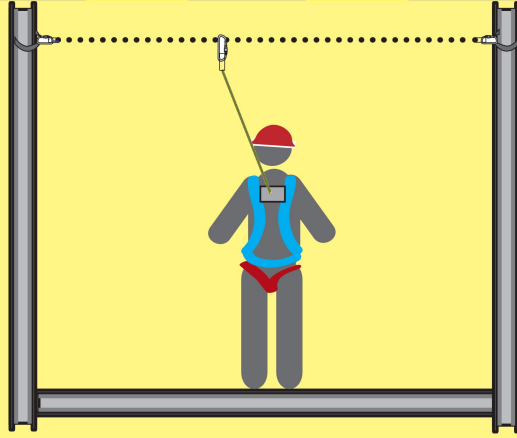
Fully adjustable padded belt, complete with two side D-rings that can also be moved to rear if needed.

- Polyester Webbing Black/Red One Size



# Anchorage Device

Anchorage devices are common fall protection solutions in work areas that lack existing anchor points for personnel tie-off. They are certified to the EN 795 standard, making them approved anchor points for any elevated work area that poses a risk of fall to the worker. These points are responsible for connecting the user to a lifeline or lanyard making them must-haves for the safety of workers at height.



## FP01 Temporary Horizontal Lifeline EN 795

20 metres

4

Constructed with precision engineering and rigorously tested to meet industry standards, the temporary horizontal lifeline is quick and easy to install, extending up to 20 metres in length. Once elevated, this lifeline allows up to two workers to move safely along the line.



Polyester, Alloy Steel, Heat Treated  
Black/Yellow  
20 metres



Attached Bag for Easy Transport and Storage



2 metres

## FP02 Webbing Anchorage Sling EN 795

48  
24

Engineered using heavy duty polyester webbing for ultimate durability, the 2 metre webbing anchorage sling allows the user to create a safe and reliable connection point which adjusts to a wide variety of anchorage points.



Polyester  
Yellow  
2 metres



1 metre

## FP05 Cable Anchorage Sling EN 795

80  
20

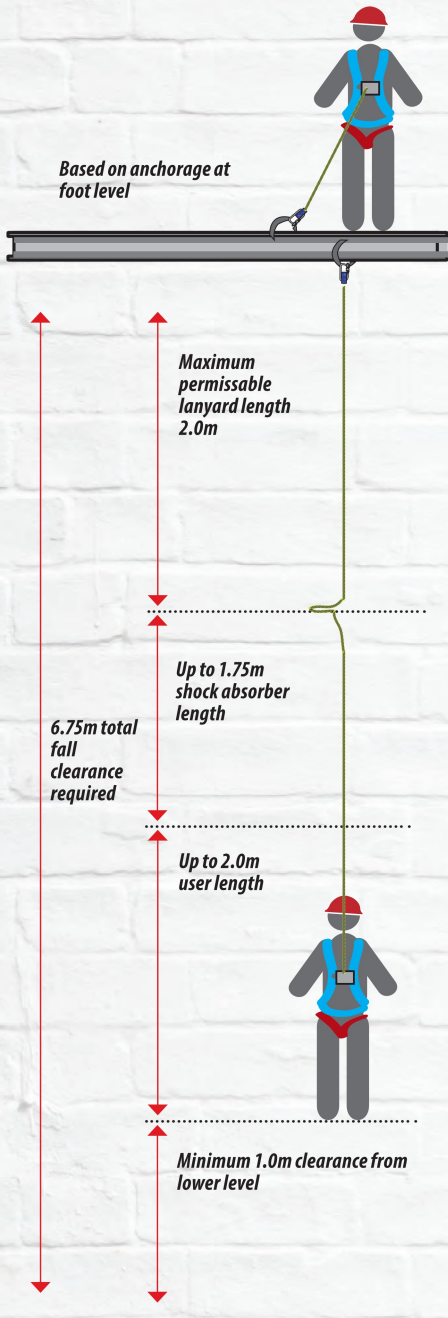
Designed with a thimble loop on each end and protective plastic casing around the wire, the 1 metre steel sling allows for easy anchorage to a variety of structures.



Steel Rope, PVC  
Silver 1 metre

# Lanyard

## Lanyard Fall Clearances



### FP23 Single Lanyard With Shock Absorber

EN 354  
EN 355  
EN 362

This lanyard is 180 cm in total, including 120cm rope, tear open energy absorber, snap hook and a scaffold hook.

Polyester Rope, Aluminium, Alloy Steel, Heat Treated, PVC  
White



### FP25 Double Lanyard With Shock Absorber

EN 354  
EN 355  
EN 362

The double end lanyard has two 120cm ropes with a tear open energy absorber, two scaffold hooks and one snap hook. 180cm in total including scaffold hooks and snap hook.

Polyester Rope, Aluminium, Alloy Steel, Heat Treated, PVC  
White



### FP56 Single Kernmantle Lanyard With Shock Absorber

EN 354  
EN 355  
EN 362

This single kernmantle rope lanyard features a scaffold hook and a carabiner. It is 180cm long including connectors.

Polyester Rope, Alloy Steel, Heat Treated, Aluminium, PVC  
White



### FP55 Double Kernmantle Lanyard With Shock Absorber

EN 354  
EN 355  
EN 362

This double kernmantle rope lanyard features a scaffold hook and a carabiner. It is 180cm long including connectors.

Polyester Rope, Alloy Steel, Heat Treated, Aluminium, PVC  
White



# Lanyard

**Fall  
Protection  
You Can  
Depend On**



121



**FP50 Single Webbing Lanyard With Shock Absorber**



EN 354  
EN 355  
EN 362

This lanyard is made with polyester webbing and includes an energy absorber, a self locking carabiner and scaffold hook. It is 180cm long including connectors.

Polyester Webbing, Alloy Steel, Heat Treated, Aluminium, PVC  
 Blue



**FP51 Double Webbing Lanyard With Shock Absorber**



EN 354  
EN 355  
EN 362

Double ended lanyard featuring high quality webbing, hooks, carabiner and shock absorber. It is 180cm long including connectors.

Polyester Webbing, Alloy Steel, Heat Treated, Aluminium, PVC  
 Blue



**FP53 Single Elasticated Lanyard With Shock Absorber**



EN 354  
EN 355  
EN 362

This single ended elasticated lanyard features a shock absorber, a scaffold hook, a carabiner and is made from elasticated polyester webbing. It is 180cm long including connectors when fully extended.

Polyester Webbing, Alloy Steel, Heat Treated, Aluminium, PVC  
 Hi-Vis Yellow



**FP52 Double Elasticated Lanyard With Shock Absorber**



EN 354  
EN 355  
EN 362

This double ended elasticated lanyard features a shock absorber, two scaffold hooks, a carabiner and is made from elasticated polyester webbing. It is 180cm long including connectors when fully extended.

Polyester Webbing, Alloy Steel, Heat Treated, Aluminium, PVC  
 Hi-Vis Yellow





### FP20 Kernmantle Restraint Lanyard

EN 354  
EN 358

16



Developed for continuous protection while working at heights, this strong, durable 150cm Kernmantle Rope Lanyard has a scaffold hook and carabiner.

Polyester Rope, Alloy Steel, Heat Treated, Aluminium  
 White

New



### FP24 Single Rope Restraint Lanyard

EN 354  
EN 358

16



This 150cm lanyard is made from Polyester rope with two carabiners at each end.

Polyester Rope, Alloy Steel, Heat Treated  
 White



### FP21 Single Restraint Lanyard

EN 354  
EN 358

16



This 150cm lanyard is made from polyester rope with a scaffold hook and a carabiner.

Polyester Rope, Alloy Steel, Heat Treated, Aluminium  
 White



### FP22 Adjustable Restraint Lanyard

EN 354  
EN 358

16



Adjustable rope lanyard ideal for work restraint. It is 200cm in length including connectors.

Polyester Rope, Alloy Steel, Heat Treated, Aluminium  
 White

**IMPROVED**  
Added carabiner for easier connecting



### FP26 Work Positioning Lanyard with Grip Adjuster

EN 358

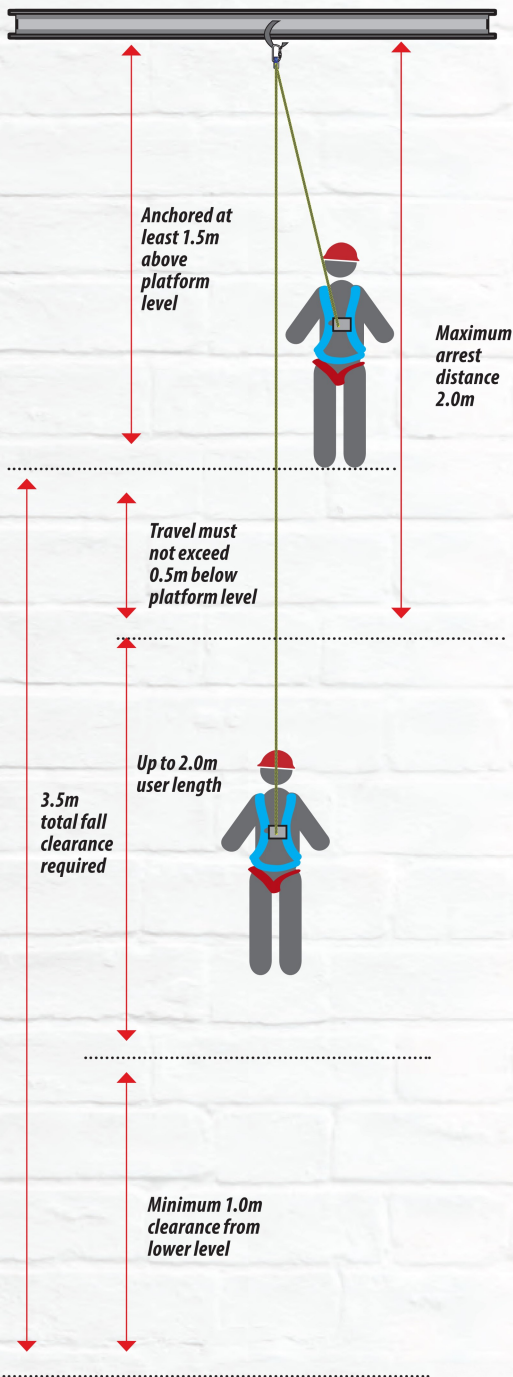
18



Designed to optimise strength, durability, and flexibility. This 2 metre adjustable kernmantle rope lanyard is ideal for work positioning. A snap hook and an adjustable rope grab, allows for quick and easy positioning when working at height.

Kernmantle Rope, Steel Alloy, Heat Treated  
 White

## Fall Arrest Block Clearance



## Automatic Fall Arrest Block

Automatic fall arrest blocks could be compared to the seatbelt of a car. The life line is coiled inside high quality durable housing where it can extend and retract. This means the line is under constant tension ensuring that there is no slack thus reducing the risks of trip or slip hazards. In the event of a fall the arrest block will lock and stop your fall after a short distance. Designed to be used with all Portwest harnesses and connectors.



### FP41 10m Retractable Fall Arrest Block

EN 360  
EN 362



FP41 10m



New

FP42 6m

### FP42 6M Retractable Fall Arrest Block

EN 360  
EN 362



This fall arrest block comprises of a retractable lifeline made of 4.8mm wire rope which is stored on a reel within a protective housing. The reel is spring-based to wind the retractable lifeline in. The reel incorporates an inertia brake mechanism, which allows the lifeline to be slowly extracted and automatically retracted to accommodate the user's body movements. It also comprises of a swivel snap hook with a double safety lock and fall indicator.



Steel Rope, ABS Plastic Shell, Alloy Steel, Heat Treated  
 Black



### FP40 Web Fall Arrest Block

EN 360  
EN 362



3 metre retractable webbing lifeline including a carabiner and swivel snap hook with double safety lock with load indicator. Manufactured using ultra high molecular weight polyethylene webbing, this arrest block is high strength, light weight, UV and water resistant.

ABS Plastic Shell, Polyethylene Webbing 3 metres, Alloy Steel, Heat Treated  
 Hi-Vis Orange



### FP48 Self Retract Lifeline

EN 360  
EN 362



1.35 metre retractable webbing lifeline including a carabiner, shock absorber and swivel snap hook with double safety lock and load indicator. The webbing is manufactured using ultra high molecular weight polyethylene. This next generation arrest block is high strength, light weight, UV resistant and water resistant.

ABS Plastic Shell, Polyethylene Webbing 1.35 metres, Alloy Steel, Heat Treated, PVC  
 Black

# Accessories Range



**FP35 Scaffold Hook**  
EN 362

25 Steel forged scaffold hook. Length: 220mm, Gate opening: 52mm. Breaking load: 25kN.

Alloy Steel, Heat Treated  
Silver One Size



**FP36 12mm Detachable Rope Grab**  
EN 353-2

In the event of a fall the rope grab becomes locked and prevents decline. Attachment ring allows connection of lanyard or any number of other products. Removable feature allows rope grab to be attached or detached anywhere along the lifeline. Trailing feature allows rope grab to follow user providing freedom of movement.

Stainless Steel  
Silver One Size



**FP30 Screwgate Carabiner**  
EN 362

100  
10

Steel oval carabiner with screw lock, length: 106mm, opening: 19mm. Breaking load: 25kN.

Alloy Steel, Heat Treated, Zinc  
Silver One Size



**FP33 Twist Lock Carabiner**  
EN 362

100  
10

This twist-lock carabiner features a 20mm gate opening for securing a connecting device such as a fall arrest lanyard to an anchorage point. Breaking load: 20kN.

Steel Alloy, Heat Treated  
Silver



**FP32 Aluminium Twist Lock Carabiner**  
EN 362

100  
10

This lightweight twist-lock carabiner features a 20mm gate for securing a connecting device such as a fall arrest lanyard to an anchorage point. Breaking load: 23kN.

Aluminium  
Silver One Size



**FP27 10m x 12mm**

**FP27 10 Metre Static Rope**  
EN1891

20



**FP28 15m x 12mm**

**FP28 15 Metre Static Rope**  
EN1891

12



**FP29 30m x 12mm**

**FP29 30 Metre Static Rope**  
EN1891

6

Kernmantle Rope  
White



# Tool Lanyard



## FP34 Tool Lanyard

x24  
10



Essential for anyone working at height, the tool lanyard can be attached to the user's wrist or person. This can be done using the carabiner or elasticated drawstring, leaving the other end attached to your tool. This item prevents your tool from becoming a dangerous falling object and a safety hazard when working at height. Safe Working Load 2kg.

Polyester  
 Black 90cm



## FP54 Double Tool Lanyard

x24  
10



Double elasticated tool lanyard for multiple tools. This item prevents tools from becoming dangerous falling objects and a safety hazard when working at height. Safe Working Load 3kg.

Polyester Webbing, Aluminium  
 Black



## FP45 Quick Connect Clips (x3)

x24  
10



3 pack of interchangeable connectors which attaches to the FP44 Tool Lanyard. Quick and easy exchange of multiple tools.

Polyester Webbing, Plastic  
 Hi-Vis Green 30cm

30cm



## FP44 Quick Connect Tool Lanyard

x24  
10



A versatile tool lanyard which prevents falling objects from a height. Specifically designed to be interchangeable with FP45, suitable for quick and easy exchanges of multiple tools. Safe Working Load 1kg

Polyester Webbing, Plastic  
 Hi-Vis Green 90cm



## FP49 Helmet Lanyard

x24  
10



Introducing the ultimate in helmet safety, the helmet lanyard is essential when working at height. One end of the lanyard attaches to the helmet and the other end attaches to the users clothing, preventing the helmet from falling and causing injury.

Polyester Webbing, Plastic  
 Hi-Vis Green 80cm

80cm



## FP46 Coiled Tool Lanyard

x24  
10



This Coiled Tool Lanyard keeps the length of the lanyard close to the anchoring point. This item prevents tools attached being dropped from height. The swivel carabiner is designed to prevent tangles. Safe Working Load 0.5kg.

Steel Rope, PVC Coated  
 Hi-Vis Green



## FP99 Nylon Drawstring Bag

60

This versatile drawstring bag is high strength yet lightweight, making it ideal for securely holding your fall protection products.

100% Nylon, PU Coated  
 Black 75cm X 55cm



## FP98 Suspension Trauma Safety Straps

80  
10

2

The straps are designed to be used after a fall has occurred to stop the harness from damaging your circulation when you are suspended in it.

Polyester Webbing  
 Black  
White Adjustable size-





# Fall Protection Kit

## FP62 Fall Arrest Kit

- 2 Point Harness
- Single Lanyard with Shock Absorber, Snap Hook and Scaffold Hook
- Nylon Drawstring Bag



## FP63 Industrial Kit

- 2 Point Harness
- Steel Rope Fall Arrest Block
- Single Lanyard with Carabiner and Scaffold Hook
- Carabiner
- Nylon Drawstring Bag



## FP64 Scaffolding Kit

- 2 Point Harness Comfort Plus
- Double Lanyard with Shock Absorber, Snap Hook and 2 Scaffold Hooks
- Nylon Drawstring Bag



## FP65 Construction Kit

- 2 Point Harness Comfort Plus
- Single Lanyard with Carabiner and Scaffold Hook
- Double Lanyard with Shock Absorber, Snap Hook and 2 Scaffold Hooks
- Nylon Drawstring Bag



# Fall Protection Kit

## FP66 10m Roofing Kit

- 2 Point Harness
- Carabiner
- 12mm Detachable Rope Grab
- 10 metre Kernmantle Static Rope
- Nylon Drawstring Bag



## FP67 15m Ascending/Descending Kit

- 2 Point Harness
- Carabiner
- 12mm Detachable Rope Grab
- 15 metre Kernmantle Static Rope
- Nylon Drawstring Bag



## FP68 30m Ascending/Descending Kit

- 2 Point Harness
- Carabiner
- 12mm Detachable Rope Grab
- 30 metre Kernmantle Static Rope
- Nylon Drawstring Bag

