

Fall Arrest Guidance Note

- Fall Arrest Systems do not prevent falls & they should only be used when no other practical means of access is available.
- This guidance note highlights the two fall arrest systems commonly used in Hong Kong & the reduced breaking strength of knotted ropes.
- Many new buildings in Hong Kong have permanent 6kN anchors & fall arrest systems that comply with international codes & are only compatible with shock absorbing lanyards. Workers should never hook onto permanent works fall arrest anchors & systems without appropriate lanyards.

The traditional Non-Shock Absorbing Lanyard is used by most workers in Hong Kong and should only be connected to appropriately designed anchors / systems.

20kN

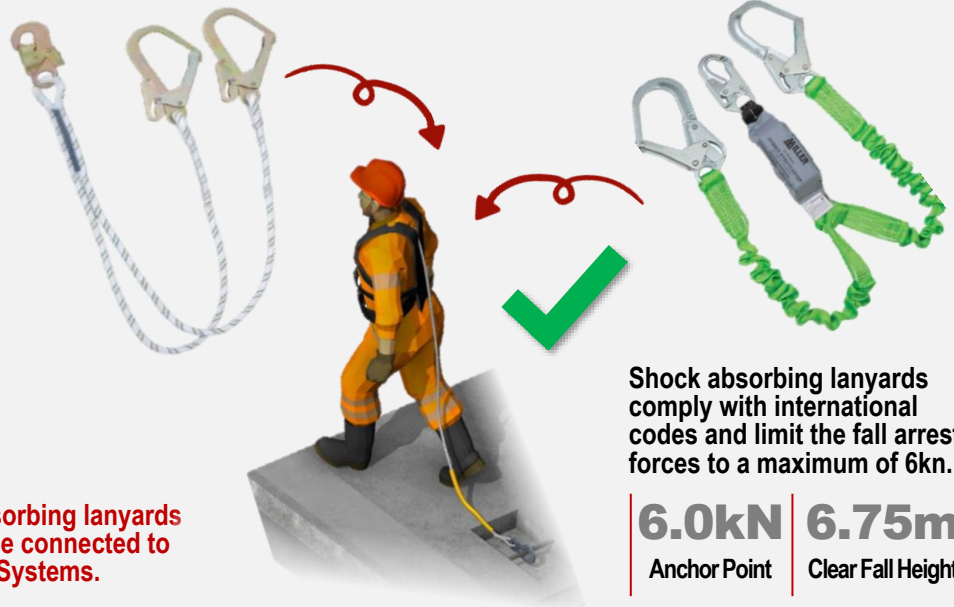
Anchor Point

5.0m

Clear Fall Height



Non-shock absorbing lanyards should never be connected to 6kN Anchors / Systems.



Shock absorbing lanyards comply with international codes and limit the fall arrest forces to a maximum of 6kn.

6.0kN

Anchor Point

6.75m

Clear Fall Height

Inertia Fall Arrestors should always be installed above head height & connected directly to the harness D ring.



6.0 kN

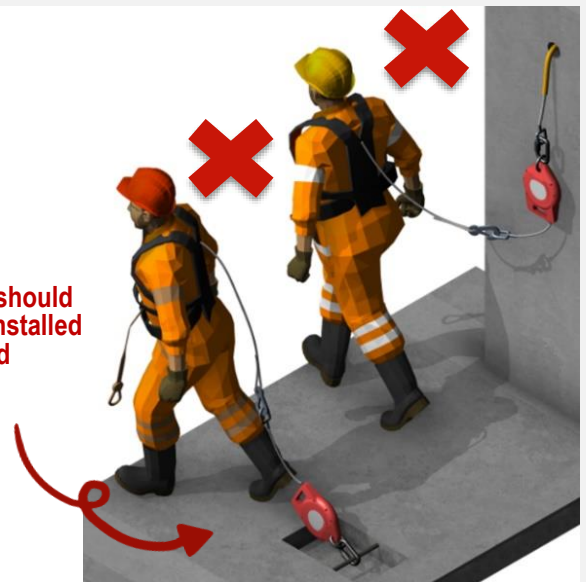
Anchor Point

1.1–2.85m

Clear Fall Height



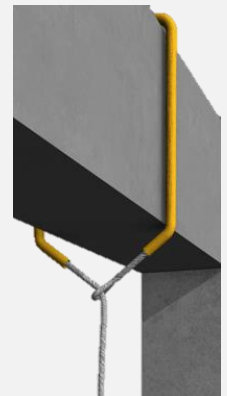
Inertia Fall Arrestors should never be installed below head height.



Do not hook onto knotted ropes.

The breaking strength of a knotted rope can be reduced by 50%, and workers hooking onto knotted ropes may not be protected in the event of a fall from any height.

Workers should always use approved fall arrestors when hooking onto vertical lifelines in accordance with the Hong Kong Guidance Notes.



個人防墮指引

- 防墮系統本身不能防止下墮，只有在沒有其他可行的措施時，才可考慮作為最後防線。
- 本指引會探討了兩種香港常用的防墮系統以及繩結對有關強度的影響。
- 香港大多數建築物都安裝有永久性的6千牛頓防墮系統，這些系統符合國際標準，並且必須與減震尾繩共同使用。如果沒有減震裝置，工人切勿鉤上永久性的防墮系統。

香港大多數工人都使用傳統的非減震尾繩，只能連接設計恰當的繫穩點。

20千牛頓 繫穩點 | **5.0m** 下墮距離



非減震尾繩不能連接到6千牛頓繫穩點。



減震尾繩符合國際標準，並減低最大下墮重量至6千牛頓。

6.0千牛頓 繫穩點 | **6.75米** 下墮距離

伸縮式防墮器應安裝在頭部以上高度並直接連接至安全帶D形環。



6.0千牛頓 繫穩點 | **1.1-2.85米** 下墮距離



LIFE LINE < 14° 救生繩不應傾斜超過14度

切勿將伸縮式防墮器安裝在頭部以下的高度。



請勿懸掛在已打結的繩索上。打結的繩索的斷裂強度可以降低50%。不論從任何高度墜下，繫於已打結繩索上的工人可能得不到保護。

根據勞工處指引，工人在使用救生繩時應使用合規格的抓繩器。

