

1. PURPOSE

This Standard Operating Procedure (SOP) establishes the requirements for the safe selection, inspection, use and storage of fall arrest harnesses and lanyards when conducting work at heights.

The procedure is intended to:

- Prevent falls from height;
- Reduce the risk of injury or fatality;
- Ensure compliance with Western Australian WHS legislation;
- Align with applicable Australian Standards including AS/NZS 1891.4.

2. SCOPE

This procedure applies to:

- SFM Employees;
- Contractors and their employees;
- Pen holders, their employees & contractors
- Any person required to use fall arrest equipment.

This procedure applies to all work conducted:

- At heights;
- Over water;
- On vessels;
- On elevated structures;
- On hardstands, scaffolds, cranes, elevated work platforms, and fixed access systems.

3. EQUIPMENT REQUIREMENTS

3.1 Harnesses

Harnesses must:

- Comply with AS/NZS 1891;
- Be correctly sized and fitted;
- Have legible inspection tags and be in date.

3.2 Lanyards

Lanyards must:

- Be suitable for the task;
- Include energy absorbers where required;
- Be as short as practicable;
- Be compatible with anchor systems;
- Have legible inspection tags and be in date.

3.3 Anchor Points

Anchor points should:

- Be rated and approved (15kN);
- Be compatible with the system;
- Be positioned to minimise free fall and swing fall risks;
- Comply with AS/NZS 5532 where applicable.



4. PRE-USE INSPECTIONS

Users shall inspect all equipment before each use.

4.1 Inspect for:

- Cuts;
- Fraying;
- Abrasion;
- UV damage;
- Heat damage;
- Corrosion;
- Chemical contamination;
- Damaged stitching;
- Distorted hardware;
- Missing labels or tags.

4.2 Defective Equipment

Defective equipment shall:

- Be immediately tagged "OUT OF SERVICE";
- Be removed from use;
- Be reported to supervision.

Equipment subjected to a fall arrest event must be removed from service immediately.

5. HARNESS USE

5.1 Before Use

Workers shall:

- Review the SWMS/risk assessment;
- Inspect equipment;
- Verify anchor points;
- Establish exclusion zones where required.

5.2 Fitting The Harness

Workers shall:

- Hold harness by dorsal attachment point;
- Ensure straps are untangled;
- Put on shoulder straps;
- Connect leg straps;
- Connect chest strap;
- Tighten all straps securely;
- Ensure snug fit without restriction.

The dorsal attachment point shall be positioned between the shoulder blades.



5.3 Connecting To The System

Workers shall:

- Maintain 100% tie-off where required;
- Connect only to approved anchor points;
- Minimise slack in lanyards;
- Avoid sharp edges;
- Keep anchor point above

5.4 While Working

Workers shall:

- Maintain three points of contact where possible;
- Avoid overreaching;
- Remain within safe working zones;
- Monitor weather conditions;
- Stop work during unsafe conditions.

Harness users shall not:

- Tie knots in lanyards;
- Use damaged equipment;
- Alter equipment;
- Attach multiple lanyards to unsuitable connectors;
- Work alone unless approved and monitored.

6. ENVIRONMENTAL CONSIDERATIONS

Special controls shall apply for:

- Working over water;
- Wet or slippery surfaces;
- Windy conditions;
- Vessel movement;
- Corrosive marine environments.

Additional controls may include:

- Lifejackets/PFDs;
- Secondary attachment systems;
- Spotters;
- Tool lanyards;
- Dropped object prevention.

7. STORAGE AND CARE

Equipment shall be:

- Stored clean and dry;
- Protected from sunlight;
- Protected from chemicals and oils;
- Stored away from sharp objects;
- Hung or stored to prevent deformation.

Equipment shall not be stored:

- In direct sunlight;
- In damp areas;
- Near chemicals or battery compartments

8. TRAINING AND COMPETENCY

Workers required to use fall arrest equipment should receive training in:

- Working at heights;
- Harness fitting and use;
- Equipment inspection;
- Anchor point selection;
- Fall clearance;
- Rescue procedures;
- Emergency response.

Training records shall be maintained.