

Restraint Systems explained

While the primary focus of height safety in Australia and New Zealand is Fall Arrest, it is also important to consider the role of Restraint products. First, we need to understand the differences:

	Fall Arrest	Restraint
Products	Designed to safely absorb forces and prevent serious injury in the event of a fall.	Designed to restrict a worker's movement so there is zero risk of fall.
Worker	Free to move around their work space. Responsible for preventing themselves from falling.	Restricted to a very specific work space. Can rely on equipment to prevent them from falling
Standards	Complies with AS/NZS Standards	Does not comply with AS/NZS Standards

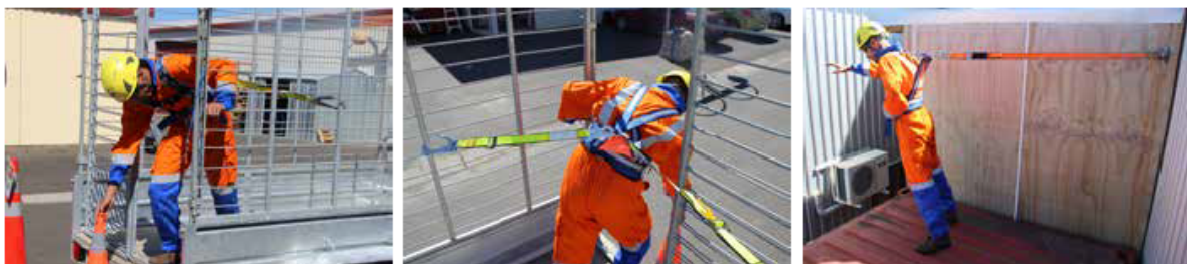
While there are no AS/NZS standards covering restraint products, we apply the same tests to them as we do our fall arrest products. For example, we static load the attachment points with 15kN for three minutes just as we would for any product that meets the 1891.1:2007 standard.

Restraint products are necessary in some work situations where a worker must operate in a position that would be too dangerous to rely solely on a fall arrest system. Examples include:

- Working in a fixed position on a gantry or other platform at height.
- Working from a trailer or moving vehicle.

The key phrase to keep in mind is Zero Fall Risk. Restraint products are only used correctly when they guarantee there is no risk of fall whatsoever.

QSI recommends you use a full body harness and fall arrest system as a backup to your restraint system. In other words, set up your work environment with suitable fall arrest equipment, then add a restraint system to restrict movement and prevent a fall. It is your responsibility to perform a full risk assessment of your situation to ascertain whether a fall arrest system is required.



Padded restraint belt with shoulder straps and rigging d-ring

Features:

Padded restraint belt with rigging D-ring, one side D-ring, Quick Release Buckle on waist and reflective tape on shoulder straps and back of belt. The shoulder and chest straps help spread the load across the body for increased comfort and stability.

- MBL: 15kN
- **NOT TO BE USED FOR FALL ARREST.**



Padded restraint belt with shoulder straps, fluoro triangle and dorsal d-ring

Features:

Padded restraint belt with dorsal D-ring and D-rings at both hips. Quick Release Buckles on waist and chest, reflective tape on shoulder straps and back of belt, and fluoro triangle panel at rear.

- MBL: 15kN
- **NOT TO BE USED FOR FALL ARREST.**

