SLOVENSKI STANDARD
SIST EN 363:2019

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Nadomešča:
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Osebna varovalna oprema za zaščito pred padci - Sistemi za osebno zaščito pred padci

Personal fall protection equipment - Personal fall protection systems

Persönliche Absturzschutzausrüstung - Persönliche Absturzschutzsysteme

Équipement de protection individuelle contre les chutes de hauteur - Systèmes individuels de protection contre les chutes

Ta slovenski standard je istoveten z: EN 363:2018

ICS:

13.340.60	Zaščita pred padci in zdrsi	Protection against falling and slipping

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EUROPEAN STANDARD

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English Version

Personal fall protection equipment - Personal fall protection systems

Équipement de protection individuelle contre les chutes de hauteur - Systèmes individuels de protection contre les chutes

Persönliche Absturzschutzausrüstung - Persönliche Absturzschutzsysteme

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EUROPEAN COMMITTEE FOR STANDARDIZATION
COMITÉ EUROPÉEN DE NORMALISATION
EUROPÄISCHES KOMITEE FÜR NORMUNG

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European foreword

This document (EN 363:2018) has been prepared by Technical Committee CEN/TC 160 “Protection against falls from height including working belts”, the secretariat of which is held by DIN.

This European Standard shall be given the status of a national standard, either by publication of an identical text or by endorsement, at the latest by June 2019, and conflicting national standards shall be withdrawn at the latest by June 2019.

Attention is drawn to the possibility that some of the elements of this document may be the subject of patent rights. CEN shall not be held responsible for identifying any or all such patent rights.

This document supersedes EN 363:2008.

Annex A provides details of significant technical changes between this document and the previous edition.

According to the CEN-CENELEC Internal Regulations, the national standards organisations of the following countries are bound to implement this European Standard: Austria, Belgium, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, Former Yugoslav Republic of Macedonia, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Romania, Serbia, Slovakia, Slovenia, Spain, Sweden, Switzerland, Turkey and the United Kingdom.

Introduction

The European product standards for personal fall protection equipment that have been published through CEN/TC 160 “Protection against falls from height including working belts” specify product requirements and test methods for components, which are intended to be assembled to form personal fall protection systems.

This European Standard describes characteristics and principles for the assembly of personal fall protection systems in general, and, specifically, for restraint, work positioning, fall arrest, rope access and rescue systems. For the benefit of the user, examples of systems are provided, including figures to illustrate the various systems.

This European Standard does not give product requirements and test methods. Product requirements for conformity assessment are defined in the product standards.

This European Standard does not define the use of personal fall protection systems, but the recommendations and examples given in this European Standard are based on a common practice of using personal fall protection systems. When a personal fall protection system is used, a system that prevents a fall is preferable to a system that arrests a fall.

1 Scope

This document specifies the general characteristics and assembly of personal fall protection systems. It gives examples for the specific types of personal fall protection systems and describes how components may be assembled into systems.

2 Normative references

There are no normative references in this document.

3 Terms and definitions

For the purposes of this document, the following terms and definitions apply.

3.1 Categories

3.1.1
fall arrest
prevention of the user of a personal fall protection system from colliding with the ground, structure, or any other obstacle during a free fall

3.1.2
fall prevention
prevention of the user of a personal fall protection system from going into a free fall

3.2 Systems

3.2.1
personal fall protection system
assembly of components intended to protect the user against falls from a height, including a body holding device and an attachment system, which can be connected to a reliable anchorage point

Note 1 to entry: Excludes systems for professional and private sports activities.

Note 2 to entry: The attachment system may include an anchor device.

Note 3 to entry: A body holding device may be, for example, a full body harness, sit harness, work positioning belt, rescue harness, rescue loop.

3.2.1.1
restraint system
personal fall protection system which prevents the user from reaching zones where the risk of a fall from a height exists

3.2.1.2
work positioning system
personal fall protection system which enables the user to work in tension or suspension in such a way that a free fall is prevented

3.2.1.3
rope access system
personal fall protection system which enables the user to get to and from the place of work in such a way that a free fall is prevented or arrested, by using a working line and a safety line, connected separately to anchor points

3.2.1.4
fall arrest system
personal fall protection system which limits the impact force on the body of the user during fall arrest

3.2.1.5
rescue system
personal fall protection system by which a person can rescue themselves or others, in such a way that a free fall is prevented

3.3 General terms

3.3.1
element
part of a component

Note 1 to entry: Ropes, attachment elements and fastening elements are examples of elements.

3.3.2
component
part of a system at a point of sale by the manufacturer, supplied with packaging, marking and information supplied by the manufacturer

Note 1 to entry: Harnesses and lanyards are examples of components.

4 Personal fall protection systems

4.1 General

Personal fall protection systems protect the user against falls from a height by either preventing or arresting free falls. They include:

— restraint systems;

— work positioning systems;

— rope access systems;

— fall arrest systems;

— rescue systems.

Characteristics

A personal fall protection system consists of an assembly of components that can be connected either separably or inseparably.

A personal fall protection system includes a body holding device which is attached to a reliable anchorage point via an attachment system, which consists of one or more components that are normally included in the system in accordance with its intended use (e.g. lanyards, connectors, fall arresters, anchor devices).

Assembly

When combining components into a personal fall protection system, aspects to be taken into account shall at least include:

— suitability of components for the intended use of the personal fall protection system, taking into account all the different phases of use (e.g. access, work);

— the characteristics of the workplace (e.g. inclination of workplace, position of anchor point, environmental aspects);

— the intended user (e.g. level of competence);

— compatibility of components (e.g. interaction between the anchor device and energy absorbing or arrest functions of other components);

— ergonomic considerations, e.g. by choosing the correct harness and attachment elements to minimize discomfort and stress to the body;

— limitations of use (e.g. as stated in the information supplied by the manufacturer);

— the need to facilitate safe and effective rescue operations (e.g. to prevent suspension trauma);

— characteristics of the anchorage, e.g. location and strength.

Any component used in a personal fall protection system shall be designed and tested for the intended purpose.

Suitable connectors would be connectors conforming to EN 362, if they are used as components.

Suitable anchor devices would be anchor devices conforming to EN 795 or CEN/TS 16415.

Components may be used in various types of personal fall protection systems, as long as they are suitable for the specific purpose. Information supplied by the manufacturer for all components shall be taken into account and additional information on the system should be drawn up, if applicable.

4.2 Specific types of personal fall protection systems

4.2.1 Restraint system

A restraint system prevents falls from a height by restricting the travel of the user.

For an example of a restraint system, see Figure 1.

Characteristics

A restraint system:

— restricts the travel of the user, so that he/she is prevented from reaching zones where a fall from a height could occur;

— is not intended to arrest a fall from a height;

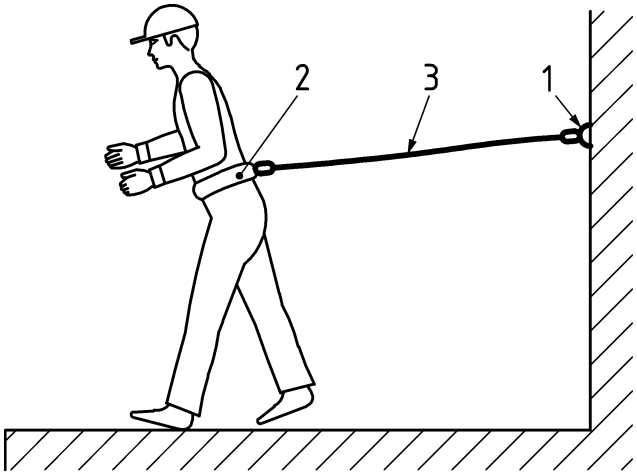
— is not intended for situations where the user needs support from the body holding device (e.g. work in tension or suspension).

Assembly

A suitable body holding device would be a waist belt conforming to EN 358, a sit harness conforming to EN 813 or a full body harness conforming to EN 361.

A suitable lanyard would be a restraint or work positioning lanyard conforming to EN 358 or a lanyard conforming to EN 354.

A restraint system shall be assembled in such a way that the user is prevented from reaching zones where the risk of a fall from a height exists, by selecting the maximum length of lanyard in combination with the position and deflection of the anchor device.



Key

1 anchor device
2 body holding device (waist belt)
3 lanyard

Figure 1 — Example of a restraint system

4.2.2 Work positioning system

A work positioning system enables the user to work supported in tension or suspension in such a way that a free fall is prevented.

For examples of work positioning systems, see Figures 2 and 3.

Characteristics

A work positioning system:

— prevents the free fall of the user;

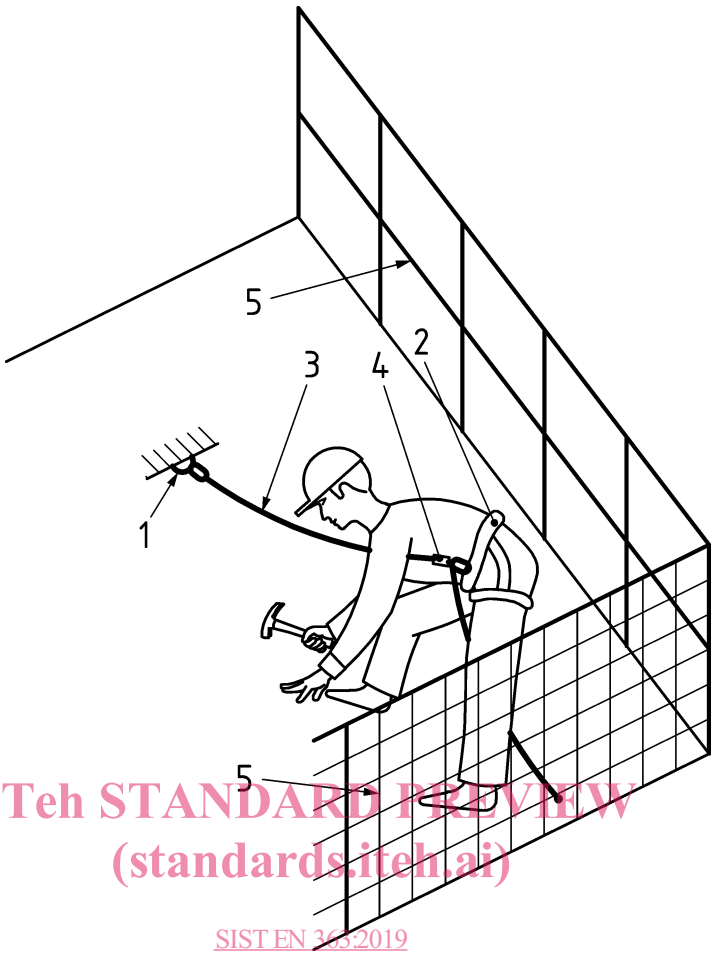
— enables the user to position himself/herself at the workplace.

Assembly

A suitable body holding device would be a belt for work positioning conforming to EN 358, a sit harness conforming to EN 813, or a work positioning belt conforming to EN 358 integrated in a full body harness conforming to EN 361. A sit harness or a belt for work positioning integrated in a full body harness would be preferable to a belt for work positioning used on its own, e.g. for ergonomic reasons and to provide for attachment elements for rescue.

A suitable lanyard would be a work positioning lanyard conforming to EN 358 or an adjustable lanyard conforming to EN 354.

In work positioning systems, the user normally relies on the equipment for support. Therefore, a back-up should exist, e.g. edge protection, a fall arrest system.



Key

1 anchor device (on a roof)
2 body holding device (sit harness)
3 work positioning lanyard
4 length adjustment device of the work positioning lanyard
5 edge protection as back-up (not part of the work positioning system)

Figure 2 — Example of a work positioning system