



# SLOVENSKI STANDARD

## SIST EN 363:1996

01-februar-1996

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### Osebna varovalna oprema za zaščito pred padci z višine - Lovilni sistemi

Personal protective equipment against falls from a height - Fall arrest systems

Persönliche Schutzausrüstung gegen Absturz - Auffangsysteme

Equipement de protection individuelle contre les chutes de hauteur - Systemes d'arret des chutes

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#### ICS:

13.340.60	Zaščita pred padci in zdrsi	Protection against falling and slipping
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**SIST EN 363:1996**

**en**

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EUROPEAN STANDARD

EN 363:1992

NORME EUROPÉENNE

EUROPÄISCHE NORM

December 1992

UDC 614.895.1:62-783.4:614.8:62-777

Descriptors: Personal protective equipment, accident prevention, protection against fall, safety devices, specifications

English version

**Personal protective equipment against falls from a height - Fall arrest systems**Équipement de protection individuelle contre  
les chutes de hauteur - Systèmes d'arrêt des  
chutesPersönliche Schutzausrüstung gegen Absturz -  
Auffangsysteme**iTeh STANDARD PREVIEW**  
**(standards.iteh.ai)**SIST EN 363:1996<https://standards.iteh.ai/catalog/standards/sist/b9eb89fc-05b4-4a8a-b9e1-a549139d3233/sist-en-363-1996>

This European Standard was approved by CEN on 1992-11-30. CEN members are bound to comply with the CEN/CENELEC Internal Regulations which stipulate the conditions for giving this European Standard the status of a national standard without any alteration.

Up-to-date lists and bibliographical references concerning such national standards may be obtained on application to the Central Secretariat or to any CEN member.

The European Standards exist in three official versions (English, French, German). A version in any other language made by translation under the responsibility of a CEN member into its own language and notified to the Central Secretariat has the same status as the official versions.

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**CEN**European Committee for Standardization  
Comité Européen de Normalisation  
Europäisches Komitee für Normung

Central Secretariat: rue de Stassart, 36 B-1050 Brussels

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**Foreword**

This European Standard was prepared by the Technical Committee CEN/TC 160 "Protection against falls from a height including working belts", of which the secretariat is held by DIN.

This European Standard has been prepared under a mandate given to CEN by the Commission of the European Communities and the European Free Trade Association, and supports essential requirements of the EC Directive(s).

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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 1993, and conflicting national standards shall be withdrawn at the latest by June 1993.

The Standard was approved and in accordance with the CEN/CENELEC Internal Regulations, the following countries are bound to implement this European Standard: Austria, Belgium, Denmark, Finland, France, Germany, Greece, Iceland, Ireland, Italy, Luxembourg, Netherlands, Norway, Portugal, Spain, Sweden, Switzerland, United Kingdom.

## 1 Scope

This standard specifies the terminology and the general requirements for fall arrest systems which serve as personal protective equipment against falls from a height. This standard additionally describes examples of how components or assemblies of components may be connected into a fall arrest system. These examples should enable the purchaser or user to assemble all components in a correct manner and to build up a fall arrest system.

NOTE: A fall arrest system does not include anchorage points, but suitable anchorage points as specified in prEN 795 are indispensable for all fall arrest systems.

Work positioning systems are specified in EN 358 respectively.

## 2 Normative references

This European Standard incorporates, by dated or undated reference, provisions from other publications. These normative references are cited at the appropriate places in the text and the publications are listed hereafter. For dated references, subsequent amendments to or revisions of any of these publications apply to this European Standard only when incorporated in it by amendment or revision. For undated references the latest edition of the publication referred to applies.

SIST EN 363:1996

- EN 353-1 Personal protective equipment against falls from a height - Guided type fall arresters on a rigid anchorage line
- EN 353-2 Personal protective equipment against falls from a height - Guided type fall arresters on a flexible anchorage rope
- EN 354 Personal protective equipment against falls from a height - Lanyards
- EN 355 Personal protective equipment against falls from a height - Energy absorbers
- EN 358 Personal protective equipment for work positioning and prevention of falls from a height - Work positioning systems

- EN 360 Personal protective equipment against falls from a height - Retractable type fall arresters
- EN 361 Personal protective equipment against falls from a height - Full body harnesses
- EN 362 Personal protective equipment against falls from a height - Connectors
- EN 364 Personal protective equipment against falls from a height - Test methods
- EN 365 Personal protective equipment against falls from a height - General requirements for instructions for use and for marking
- prEN 795 Protection against falls from a height - Anchorage devices; Requirements and testing

### 3 Definitions

For the purpose of this standard the following definitions apply.

#### 3.1 Element

A part of a component or a sub-system. Ropes, webbing, attachment elements, fittings and anchorage lines are examples of elements.

#### 3.2 Component

A part of a system at a point of sale by the manufacturer, supplied with packaging, marking and instructions for use. Body supports and lanyards are examples of components of systems.

#### 3.3 Sub-system

An assembly of elements and/or components making up a larger part of a system at a point of sale by the manufacturer, supplied with packaging, marking and instructions for use.

#### 3.4 Fall arrest system

A personal protective equipment against falls from a height comprising a full body harness and a connecting sub-system for fall arrest purposes.

NOTE: A full body harness with an incorporated energy absorber constitutes a sub-system and the fall arrest system is completed by a lanyard.

### 3.5 Personal protective equipment (PPE) against falls from a height

An equipment to secure a person to an anchorage point in such a way that a fall from a height is either totally prevented or safely arrested.

### 3.6 Full body harness

A body support for fall arrest purposes, i. e. a component of a fall arrest system. The full body harness may comprise straps, fittings, buckles or other elements, suitably arranged and assembled to support the whole body of a person and to restrain the wearer during a fall and after the arrest of a fall.

### 3.7 Retractable type fall arrester

A fall arrester with a self-locking function and an automatic tensioning and return facility for the lanyard, i. e. the retractable lanyard. An energy dissipating element may be incorporated in the device itself or in the retractable lanyard.

### 3.8 Guided type fall arrester

A fall arrester with a self-locking function and a guide facility. The guided type fall arrester travels along an anchorage line, accompanies the user without requiring manual adjustment during upward or downward changes of position and locks automatically on the anchorage line when a fall occurs.

### 3.9 Guided type fall arrester on a rigid anchorage line

A sub-system consisting of a rigid anchorage line, a self-locking guided type fall arrester which is attached to the rigid anchorage line and a lanyard which is attached to the guided type fall arrester. An energy dissipating element may be incorporated in the guided type fall arrester, in the lanyard or in the anchorage line.

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### 3.10 Guided type fall arrester on a flexible anchorage line

A sub-system consisting of a flexible anchorage line, a self-locking guided type fall arrester which is attached to the flexible anchorage line and a lanyard which is attached to the guided type fall arrester. An energy dissipating element may be incorporated in the guided type fall arrester, in the lanyard or in the anchorage line.

### 3.11 Energy absorber

A component of a fall arrest system. An energy absorber guarantees the full ability for the safe arresting of a fall from a height in all cases of recommended application.

### 3.12 Energy dissipating element

An element of a connecting sub-system for fall arrest purposes. An energy dissipating element may be incorporated in a fall arrester, in a lanyard or in an anchorage line.

### 3.13 Lanyard

A connecting element or component of a system. A lanyard may be of synthetic fibre rope, wire rope, webbing or chain.

### 3.14 Retractable lanyard

A connecting element of a retractable type fall arrester. A retractable lanyard may be of wire rope, webbing or synthetic fibre rope.

### 3.15 Anchorage line

A connecting element specified for a sub-system with a guided type fall arrester.

### 3.16 Rigid anchorage line

A connecting element specified for a sub-system with a guided type fall arrester. A rigid anchorage line may be a rail or a wire rope and is secured to a structure in such a way that lateral movements of the line are limited.

### 3.17 Flexible anchorage line

A connecting element specified for a sub-system with a guided type fall arrester. A flexible anchorage line may be a synthetic fibre rope or a wire rope and is secured to an upper anchorage point.

### 3.18 Attachment/detachment point

A point on the anchorage line where the guided type fall arrester can be fitted or detached.

### 3.19 Connector

A connecting element or component of a system. A connector may be a karabiner or a hook.

### 3.20 Braking force

The maximum force  $F_{max}$  in kilonewtons measured at the anchorage point or the anchorage line during the braking period of the dynamic performance test.

### 3.21 Arrest distance

The vertical distance  $H$  in metres measured at the mobile load bearing point of the connecting sub-system from the initial position (onset of the free fall) to the final position (equilibrium after the arrest), excluding the displacements of the full body harness and its attachment element.

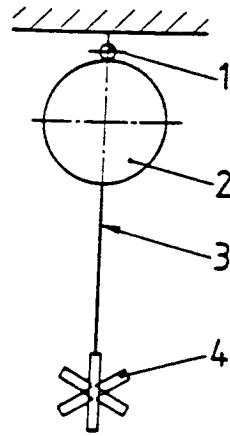
## 4 Examples of fall arrest systems

NOTE: A fall arrest system comprises a full body harness specified in EN 361, a connecting sub-system or component for the safe arresting of a fall from a height and - if not incorporated - a lanyard specified in EN 354.

### 4.1 Fall arrest system with a retractable type fall arrester

An example of a fall arrest system with a retractable type fall arrester is shown in figure 1. Because a retractable type fall arrester is designed and tested so as to be a complete connecting sub-system for fall arrest purposes, an energy absorber as a separate component shall not be attached to the connector of the retractable lanyard. Retractable type fall arresters are specified in EN 360.



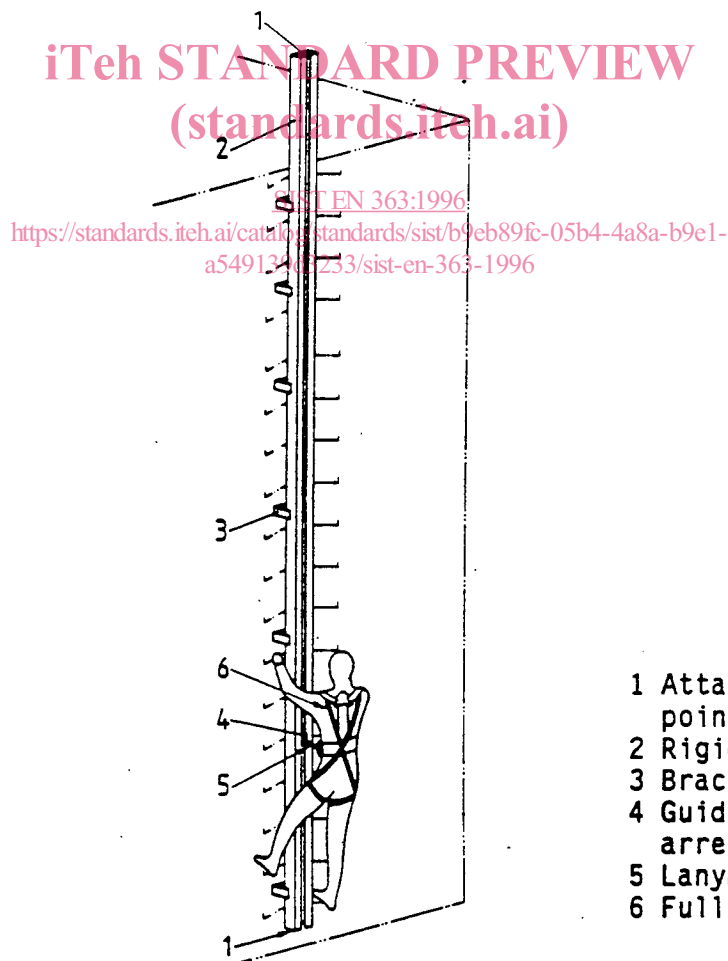


- 1 Anchorage point
- 2 Retractable type fall arrester
- 3 Retractable lanyard
- 4 Full body harness

Figure 1: Example of a fall arrest system with a retractable type fall arrester

#### 4.2 Fall arrest system with a guided type fall arrester on a rigid anchorage line

An example of a fall arrest system with a guided type fall arrester on a rigid anchorage line is shown in figure 2. An energy dissipating element may be incorporated in the guided type fall arrester, in the lanyard or in the anchorage line. Guided type fall arresters on a rigid anchorage line are specified in EN 353-1.



- 1 Attachment/detachment point/end stop
- 2 Rigid Anchorage line
- 3 Bracket
- 4 Guided type fall arrester
- 5 Lanyard
- 6 Full body harness

Figure 2: Example of a fall arrest system with a guided type fall arrester on a rigid anchorage line.