

UNDERSTANDING THE DIFFERENCE BETWEEN FALL ARREST AND FALL RESTRAINT

The Standard AS/NZS 1891.4 2009 has omitted “total restraint” and the use of “restraint equipment” from its scope.

It states that it:

“ aims to prevent fall arrest situations being misclassified as total restraint and the consequential provision of inappropriate protection systems. ”

FREE FALL OR FREE FALL-ARREST*

A fall where the fall distance **before** the fall-arrest system begin to take loading is **greater than 600mm** either vertically or on a slope.

LIMITED FREE FALL OR LIMITED FREE FALL-ARREST*

A fall where the fall distance **before** the fall-arrest system begin to take loading **will not exceed 600mm** either vertically or on a slope.

RESTRAINT TECHNIQUE*

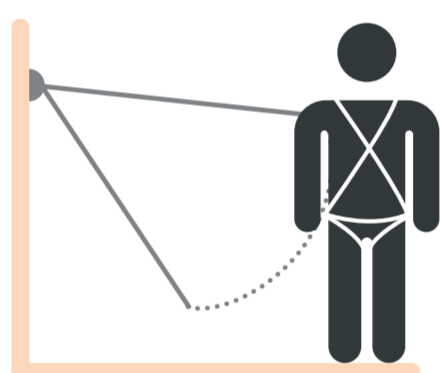
Control on a person’s movement by use of a fall-arrest system to **physically prevent the person** from reaching a position at which there is a risk of a free or limited free fall.

SIMPLY PUT.

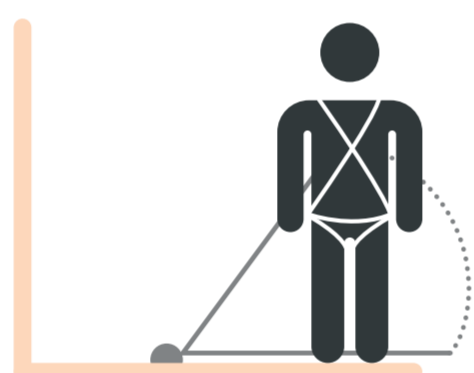
A Fall Arrest System will catch you if you fall... using the Restraint Technique correctly will **stop you falling in the first place.**



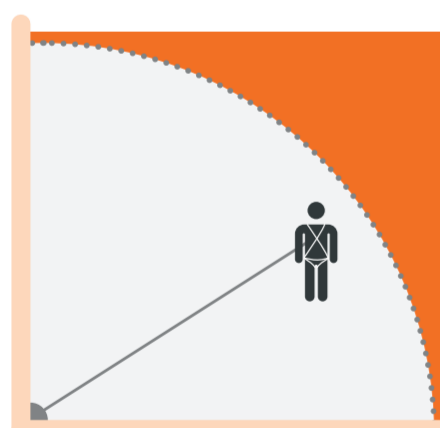
DEFINITIONS



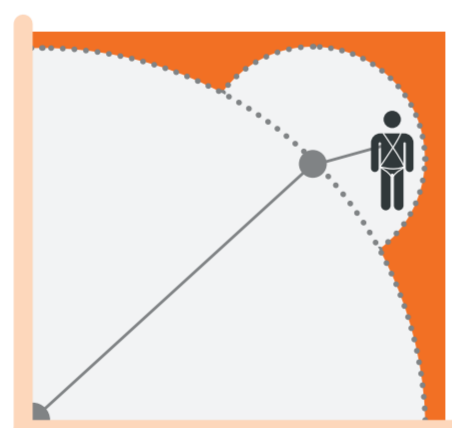
Restraint at its simplest. The lanyard length will not allow the user to reach a position where free fall could occur.



This system uses the same length lanyard as the previous. The position of the anchor means the user is **working in fall arrest.**



There is potential for free fall if the user **adjusts his lanyard into the orange zone.** This is why restraint equipment has been removed from the scope of the standard.



The addition of an extra anchor allows a greater area to be covered using the restraint technique. Care still needs to be taken to ensure the user is not exposed to fall arrest.

The **misclassification** of a work area as suitable to use the “restraint technique” can commonly occur. A clear understanding of how to use the “restraint technique” will **eliminate the dangers** associated with classifying the work zone incorrectly.



SOME LIKELY SCENARIOS THAT ARE UNSUITABLE FOR USING THE RESTRAINT TECHNIQUE ARE:



Working on an inclined surface where there is a chance of a sliding fall of greater than 600mm.



Working on a surface where there is a risk of falling through the surface i.e. fragile or brittle surfaces.



Working in an area that is mainly total restraint but has small areas where a fall is possible.



Using restraint equipment to prevent a person falling out of a platform but not in the event of a platform failure.

RESTRAINT TECHNIQUE OPTIONS

