



# FALL PROTECTION

## Fall Protection Equipment

All Proguard harnesses, positioning belts, energy absorbers, lanyards, hooks, anchorage, & tripods are independently tested and certified by SIRIM & DOSH in accordance with EN Standards such as EN361, EN813, EN358, EN354, EN355, EN360, EN362, EN353-2, EN795. While some brands will 'self-certify' or claim to use a third party assurance program, Proguard invests in the most respected and much stricter SIRIM's Certification & DOSH audit process for total Quality Assurance. Independent auditing of Proguard products by SIRIM & DOSH ensures retailers, HSE officers, and end users can have the utmost confidence that Proguard fall protection products meet or exceed the protection as required by European Standards.

## Fall Protection Standards

EN353-2 : 2002	Personal protective equipment against falls from a height - Part 2: Guided type fall arresters including a flexible anchor line.
EN354 : 2010	Personal fall protection equipment – Lanyards.
EN355 : 2002	Personal protective equipment against falls from a height - Energy absorbers.
EN358 : 1999	Personal protective equipment for work positioning and prevention of falls from a height - Belts for work positioning and restraint and work positioning lanyards.
EN795 : 2012	Personal fall protection equipment - Anchor devices.
EN813 : 2008	Personal fall protection equipment - Sit harnesses.
EN360 : 2002	Personal protective equipment against falls from a height - Retractable type fall arresters.
EN361 : 2002	Personal protective equipment against falls from a height - Full body harnesses.
EN362 : 2004	Personal protective equipment against falls from a height – Connectors.

## Types of Personal Fall Protection System

There are four main personal fall protection systems when working at height.

- Fall Arrest System
- Rescue System
- Work Positioning and Restraint System
- Suspension System

Each system has different functions and it is important to know the differences and choose the correct safety system for the work to be done.

## Full Body Harness

Proguard's range of safety harnesses comes with combination colour of orange and black. Equipped with unique features that provide full comfort and ergonomics to the wearer. This range of harnesses withstands the highest test of safety standards as laid out in the European Norms, and the harnesses are CE & SIRIM certified.

## Work Positioning Body Belts

The work positioning system consists of work positioning body belt along with work positioning lanyard. This enables the worker to work at heights in a well-supported position with both his hands free. The work positioning body belts and work positioning lanyards should not be used for fall protection. Work positioning body belts have a sliding belt on the comfort pad which enables the user to easily position the adjustment buckle of the belt at the center of his waist for smooth functioning.

## Lanyards

A lanyard is described as a connecting element of a system which is a critical link that joins the harness to the anchorage point. Proguard offers a wide range of lanyards made of twisted rope, kernmantle rope, or webbing, and different connector combinations as per the need of the user.

## Hooks & Carabiners

Proguard provides a range of CE marked hooks & carabiners made from alloy steel & steel sheets.

Proguard's range of hooks & carabiners come with the following special features:

- Are openable by minimum 2 deliberate consecutive manual actions.
- A range of manual & automatic locking hooks & carabiners.
- Tested for both gate function and gate resistance.
- Tested for corrosion resistance for minimum 72 hours of salt spraying testing.
- Certified as per EN requirements.

## Anchor Systems

Proguard offers a wide range of anchorages in webbing, steel rope, or metal. Most of our anchor points are also in compliance with the latest European Standard EN 795:2012.

## Self-Retracting Lifelines

One of the biggest challenges in fall protection is when the anchorage is too high to access and the clearance distance is too small. Proguard retractable fall arrester blocks provide an ideal solution for such a problem.

### Unique Features:

Can be anchored to a single point and allows the user to move uninhibited at different levels. The connecting lanyard is such that it retracts or extends to different lengths as required and is always taut with no slack. In the event of a fall, the block locks immediately with minimum fall distance & lowers the impact of force to less than 6 kN. [www.npower.com.vn](http://www.npower.com.vn)

Tài liệu được tổng hợp bởi đội ngũ kỹ thuật của NPOWER Bản quyền nội dung thuộc về PROGUARD SAFETY





Casing	Available in both robust & polymer casing.
Lock Mechanism	Unique centrifugal braking mechanism.
Applications	Ideal for vertical use in various hazardous conditions for personnel weighing up to 136 kgs.
Retractable Life Line	Available in both webbing & GI wire rope.
Harness End Connector	Snap Hook or Carabiner.
Conformity	Tested and certified. Conforms to EN 360:2002.

### How do I choose the right fall protection equipment for the job?

Falls are among the most common causes of serious work related injuries and deaths. Employers must set up the work place to prevent employees from falling off of overhead platforms, elevated work stations, or into holes in the floor.

### How long does it take to fall?

Despite it not always being true, many workers believe that they have time to regain their balance before they fall.

The following table indicates how far you can fall in just a few second:

Time (second)	Distance (meters)
0.5	1.2
1.0	5
1.5	11
2.0	20
2.5	31
3.0	44
4.0	78

You may not have time to grab hold of something safe, but you can still prevent a tragedy by properly wearing a safety belt or full body harness and being attached to a secure anchorage.





## Economic Polyamide Lanyard with Press Snap Hook & Large Opening Hook

Model : **EV280-CSLH**  
**EV290-2LH**

- Made with economical polyamide 3 strand ropes with indicator red & blue running lines. Replace it when the running lines fade which indicates that the lanyard has worn out.
- EV280-CSLH: Rope size is 12 mm diameter x 2.0 m polyamide lanyard built-in with 1-pc press snap hook & 1-pc large opening hook.
- EV290-2LH: Rope size is 12 mm diameter x 2.0 m polyamide lanyard built-in with 2-pcs large opening hook.
- Conform to BS EN354 & SIRIM certification no: PP071005.
- DOSH Approval No: JKPP BP 28/17 For EV280-CSLH**  
**JKPP BP 33/17 For EV290-2LH**

Product Code	Length	Packaging
EV280-CSLH	2.0 m	1 set/box
EV290-2LH		24 sets/carton

## Economic Polyamide Lanyard with Press Snap Hook

Model : **EV200-SH**  
**EV220-SH**

- Made with economical polyamide 3 strand ropes with indicator red & blue lines. Replace it when the running lines fade which indicates that the lanyard has worn out.
- Rope size is 12 mm diameter x 1.6 m or 2.0 m polyamide lanyard built-in with 1-pc press snap hook.
- Conform to BS EN354 & SIRIM certification no: PP071005.
- DOSH Approval No: JKPP BP 30/17 For EV200-SH**  
**JKPP BP 29/17 For EV220-SH**

Product Code	Length	Packaging
EV200-SH	2.0 m	1 set/box
EV220-SH	1.6 m	24 sets/carton

## Economic Polyamide Lanyard with Large Opening Hook

Model : **EV210-LOH**  
**EV230-LOH**

- Made with economical polyamide 3 strand ropes with indicator red & blue lines. Replace it when the running lines fade which indicates that the lanyard has worn out.
- Rope size is 12 mm diameter x 1.6 m or 2.0 m polyamide lanyard built-in with 1-pc large opening hook.
- Conform to BS EN354 & SIRIM certification no: PP071005.
- DOSH Approval No: JKPP BP 32/17 For EV210-LOH**  
**JKPP BP 31/17 For EV230-LOH**

Product Code	Length	Packaging
EV210-LOH	2.0 m	1 set/box
EV230-LOH	1.6 m	24 sets/carton

EN 354  
EN 355CERTIFIED TO BS EN 354 : 2002  
Certification No : PP071005  
CERTIFIED TO BS EN 355 : 2002  
Certification No : PP071004Approval No: JKKP BP 43/17  
JKKP BP 45/17

EV240-LOH



EV260-SH

## Economic Polyamide Lanyard with Energy Absorber

Model : EV240-LOH  
EV260-SH

- Economic polyamide lanyard integrated with an energy absorber provides good absorbing properties should a fall occur.
- Static strength more than 22kN and impact force will be under 6kN.
- EV240-LOH: Built in with EV230-LOH lanyard with 2-pcs carabiner & 1-pc mini energy absorber.
- EV260-SH: Built in with EV220-SH lanyard with 2-pcs carabiner & 1-pc mini energy absorber.
- Conform to BS EN354 & SIRIM certification no: PP071005 for lanyard; BS EN355 & SIRIM certification no: PP071004 for energy absorber.
- **DOSH Approval No: JKKP BP 43/17 For EV240-LOH  
JKKP BP 45/17 For EV260-SH**

Product Code	Packaging
EV240-LOH / EV260-SH	1 set/box 10 sets/carton

EN 354  
EN 355CERTIFIED TO BS EN 354 : 2002  
Certification No : PP071005  
CERTIFIED TO BS EN 355 : 2002  
Certification No : PP071004Approval No: JKKP BP 44/17  
JKKP BP 46/17

EV250-LOH



EV270-SH

## Economic Twin Polyamide Lanyard with Energy Absorber

Model : EV250-LOH  
EV270-SH

- Made with economical twin polyamide integrated with an energy absorber provides good absorbing properties should a fall occur.
- Static strength more than 22kN and impact force will be under 6kN.
- EV250-LOH: Built in with 2-pcs EV230-LOH lanyard with 2-pcs carabiner & 1-pc mini energy absorber.
- EV270-SH: Built in with 2-pcs EV220-SH lanyard with 2-pcs carabiner & 1-pc mini energy absorber.
- Conform to BS EN354 & SIRIM certification no: PP071005 for lanyard; BS EN355 & SIRIM certification no: PP071004 for energy absorber.
- **DOSH Approval No: JKKP BP 44/17 For EV250-LOH  
JKKP BP 46/17 For EV270-SH**

Product Code	Packaging
EV250-LOH / EV270-SH	1 set/box 10 sets/carton

## Proguard Suspension Trauma Relief Strap

Model : PG800016

- The suspension trauma relief strap when used in conjunction with a full body harness is meant to prolong the allowable suspension time for a person who has experienced a fall from height. It may only be used in a situation where a fall has occurred or for training.

Product Code	Length	Width	Packaging
PG800016	1.25 m	2.0 cm	1 set/box 80 sets/carton

Material	Colour
Polypropylene(PP)	Black





### Life Line

LL738-1410  
Model : LL738-1420  
LL738-1430

These life lines are generally used in conjunction with a fall arrestor or a rope grab, giving the freedom of movement up or down, while providing a passive fall arrest system. It can be also used horizontally.

- 14 mm diameter anchor line is built-in with 1-pc large opening hook.
- Available in 10 meter, 20 meter, & 30 meter.
- Comes with PG0190 MPB Multi Purpose Bag.
- Conform to BS EN 353-2 & SIRIM certification no: PP071010.

Product Code	Dimension	Packaging
LL738-1410	14 mm x 10 m	
LL738-1420	14 mm x 20 m	1 unit/box
LL738-1430	14 mm x 30 m	



### Life Line

LL738-1610  
Model : LL738-1620  
LL738-1630

These life lines are generally used in conjunction with a fall arrestor or a rope grab, giving the freedom of movement up or down, while providing a passive fall arrest system. It can be also use horizontally.

- 16 mm diameter anchor line is built-in with 1-pc large opening hook.
- Available in 10 meter, 20 meter & 30 meter.
- Comes with PG0190 MPB Multi Purpose Bag.
- Conform to BS EN 353-2 & SIRIM certification no: PP071010.

Product Code	Dimension	Packaging
LL738-1610	16 mm x 10 m	
LL738-1620	16 mm x 20 m	1 unit/box
LL738-1630	16 mm x 30 m	



### Horizontal Anchorage line

S790-10  
Model : S790-20

Portable horizontal lifeline allows movement sideways with absolute safety. The lifeline should connect horizontally in-between two anchor points and it is adjustable with the retractable handle bar.

- Built-in with 1-pc webbing retractable, 1-pc D-ring & 2-pcs carabiner.
- Available in 10 meter & 20 meter.
- Comes with PG0190 MPB Multi Purpose Bag.
- Conform to BS EN 795.

Product Code	Dimension	Packaging
S790-10	45 mm x 10 m	1 unit/box
S790-20	45 mm x 20 m	

### Vertical Anchorage Line

AL736-1410

Model :  
AL736-1420  
AL736-1430

Use with a full body harness for a complete fall protection system when a user moves in a vertical direction. The fall arrester will lock or arrest a fall automatically when a fall occurs.

- 14 mm diameter anchor line is built-in with 1-pc large opening hook, extension lanyard on PG141064 Fall Arrestor with 1-pc snap hook.
- Available in 10 meter, 20 meter & 30 meter.
- Comes with PG0190 MPB Multi Purpose Bag.
- Conform to BS EN 353-2 & SIRIM certification no: PP071010.

Product Code	Dimension	Packaging
AL736-1410	14 mm x 10 m	
AL736-1420	14 mm x 20 m	1 unit/box
AL736-1430	14 mm x 30 m	