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# FALL PROTECTION

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PROGUARD  
Your Ultimate Partner In Safety

## 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.





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.



CE EN 354  
EN 355



**SIRIM**  
CERTIFIED TO BS EN 354 : 2002  
Certification No : PP071005  
CERTIFIED TO BS EN 355 : 2002  
Certification No : PP071004



**JKKP/DOSH**  
Approval No: JKKP BP 60/17  
JKKP BP 58/17



WL-141067-PH

WL-141068-LOH

## Twin Webbing Lanyard with Energy Absorber

Model : WL-141067-PH  
WL-141068-LOH

- Twin webbing 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.
- WL-141067-PH: Built in with 2-pcs WL-1SH webbing lanyard with 2-pcs carabiner & 1-pc energy absorber.
- WL-141068-LOH: Built in with 2-pcs WL-1LH webbing lanyard with 2-pcs carabiner & 1-pc 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 60/17 For WL-141067-PH**  
**JKKP BP 58/17 For WL-141068-LOH**

Product Code	Packaging
WL-141067-PH / WL-141068-LOH	1 set/box 10 sets/carton



CE EN 354

**SIRIM**  
CERTIFIED TO BS EN 354 : 2002  
Certification No : PP071005



**JKKP/DOSH**  
Approval No: JKKP BP 47/17



## Kernmantle Lanyard with Snap Hook

Model : KRL-1SH

- Made of kernmantle rope with indicators blue and yellow lines. Replace it when the running lines fade which indicates that the lanyards life has worn out.
- Rope size 12 mm x 1.6 meter built-in with 1-pc press snap hook.
- Conform to BS EN354 & SIRIM certification no: PP071005.

**DOSH Approval No: JKKP BP 47/17**

Product Code	Length	Packaging
KRL-1SH	1.6 m	1 set/box 24 sets/carton



CE EN 354

**SIRIM**  
CERTIFIED TO BS EN 354 : 2002  
Certification No : PP071005



**JKKP/DOSH**  
Approval No: JKKP BP 48/17



## Kernmantle Lanyard with Large Opening Hook

Model : KRL-1LH

- Made of kernmantle rope with indicators blue and yellow lines. Replace it when the running lines fade which indicates that the lanyards life has worn out.
- Rope size 12 mm x 1.6 meter built-in with 1-pc press large hook.
- Conform to BS EN354 & SIRIM certification no: PP071005.

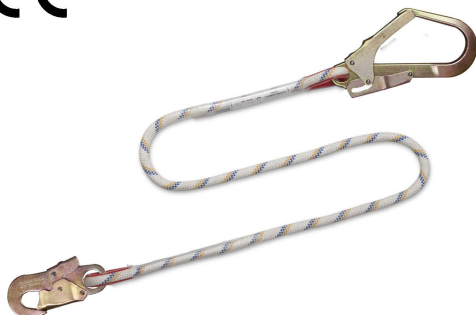
**DOSH Approval No: JKKP BP 48/17**

Product Code	Length	Packaging
KRL-1LH	1.6 m	1 set/box 24 sets/carton



CE EN 354

**SIRIM**  
CERTIFIED TO BS EN 354 : 2002  
Certification No : PP071005



## Kernmantle Lanyard with Press Snap Hook & Large Opening Hook

Model : KRL-CSLH

- Made of kernmantle rope with indicators blue and yellow line. Replace it when the running lines fade which indicates that the lanyards life has worn out.
- Rope size 12 mm x 1.6 meter built-in with 1-pc press large hook & 1-pc press snap hook.
- Conform to BS EN354 & SIRIM certification no: PP071005.

Product Code	Length	Packaging
KRL-CSLH	1.6 m	1 set/box 24 sets/carton



CE EN 354

**SIRIM**  
CERTIFIED TO BS EN 354 : 2002  
Certification No : PP071005



**JKKP/DOSH**  
Approval No: JKKP BP 54/17



## Twin Kernmantle Lanyard with Mini Energy Absorber

Model : KRL-141068-LOH

- Made of kernmantle rope with indicators blue and yellow line. Replace it when the running lines fade which indicates that the lanyards life has worn out.
- Built-in with 2-pcs KRL-1LH lanyard with 2-pcs carabiner and 1-pc of 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 54/17**

Product Code	Length	Packaging
KRL-141068-LOH	2.0 m	1 set/box 24 sets/carton





CE EN 354



SIRIM  
CERTIFIED TO BS EN 354 : 2002  
Certification No : PP071005



JKKP / DOSH  
Approval No: JKKP BP 34/17



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

Model : 2.0M-CSLH

- Made of polyamide 3 strand ropes with indicator orange & black running lines. Replace it when the running lines fade which indicates that the lanyard life has worn out.
- 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.
- Conform to BS EN354 & SIRIM certification no: PP071005.
- **DOSH Approval No: JKKP BP 34/17**

Product Code	Length	Packaging
2.0M-CSLH	2.0 m	1 set/box 24 sets/carton

CE EN 354



SIRIM  
CERTIFIED TO BS EN 354 : 2002  
Certification No : PP071005



JKKP / DOSH  
Approval No: JKKP BP 35/17  
JKKP BP 36/17



## Polyamide Lanyard with Press Snap Hook

Model : 1.6M-SH  
2.0M-SH

- Made of polyamide 3 strand ropes with indicator orange & black running lines. Replace it when the running lines fade which indicates that the lanyard life 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: JKKP BP 35/17 For 1.6M-SH  
JKKP BP 36/17 For 2.0M-SH**

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

CE EN 354



SIRIM  
CERTIFIED TO BS EN 354 : 2002  
Certification No : PP071005



JKKP / DOSH  
Approval No: JKKP BP 37/17  
JKKP BP 38/17



## Polyamide Lanyard with Large Opening Hook

Model : 1.6M-LH  
2.0M-LH

- Made of polyamide 3 strand ropes with indicator Orange & Black running lines. Replace it when the running lines fade which indicates that the lanyard life 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: JKKP BP 37/17 For 1.6M-LH  
JKKP BP 38/17 For 2.0M-LH**

Product Code	Length	Packaging
1.6M-LH	1.6 m	1 set/box 24 sets/carton
2.0M-LH	2.0 m	

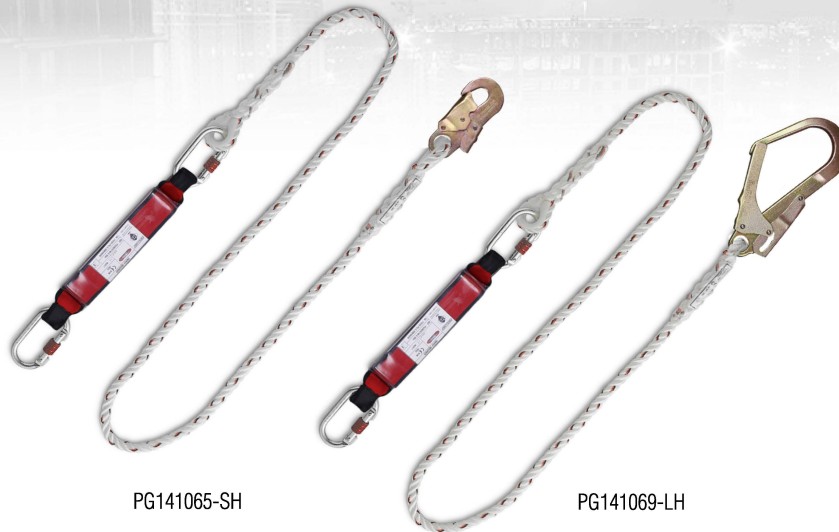
CE EN 354  
EN 355



**SIRIM**  
CERTIFIED TO BS EN 354 : 2002  
Certification No : PP071005  
CERTIFIED TO BS EN 355 : 2002  
Certification No : PP071004



**JKKP / DOSH**  
Approval No: JKKP BP 40/17  
JKKP BP 39/17



PG141065-SH

PG141069-LH

## Polyamide Lanyard with Energy Absorber

Model : **PG141065-SH**  
**PG141069-LH**

- Most basic 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.
- PG141065-SH: Built in with 1.6 M-SH lanyard with 2-pcs carabiner & energy absorber.
- PG141069-LH: Built in with 1.6 M-LH lanyard with 2-pcs carabiner & 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 40/17 For PG141065-SH**  
**JKKP BP 39/17 For PG141069-LH**

Product Code	Packaging
PG141065-SH / PG141069-LH	1 set/box 10 sets/carton

CE EN 354  
EN 355



**SIRIM**  
CERTIFIED TO BS EN 354 : 2002  
Certification No : PP071005  
CERTIFIED TO BS EN 355 : 2002  
Certification No : PP071004



**JKKP / DOSH**  
Approval No: JKKP BP 42/17  
JKKP BP 41/17



PG141067-PH

PG141068-LOH

## Twin Polyamide Lanyard with Energy Absorber

Model : **PG141067-PH**  
**PG141068-LOH**

- 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.
- PG141067-PH: Built in with 2-pcs 1.6 M-SH lanyard with 2-pcs carabiner & 1-pc of energy absorber.
- PG141068-LOH: Built in with 2-pcs 1.6 M-LH lanyard with 2-pcs carabiner & 1-pc of 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 42/17 For PG141067-PH**  
**JKKP BP 41/17 For PG141068-LOH**

Product Code	Packaging
PG141067-PH / PG141068-LOH	1 set/box 10 sets/carton

