



**SAFESITE** LIMITED

Think **Safety**, Think **Safesite**

**O&M - MOBILE MAN ANCHOR**

# Safesite Mobile Man Anchor



## INTRODUCTION

The CE Approved Mobile Man Anchor is an item of Personal Protective Equipment (PPE) which has been specifically designed to provide short term safety for low frequency operations where guardrails are not provided. The unit is ideal for short term maintenance operations to flat roofs or to the plant and equipment installed at roof level such as AC units, telecommunications equipment etc.

Safesite's Mobile Man Anchor is extremely compact, portable, easily assembled and features a unique design incorporating a shock absorber which reduces the total weight of the unit, making the product more "user friendly". The Mobile Man Anchor has been designed to be used with an approved shock absorbing rope grab and rope and full body harness to provide safe access at all times.

The unit is fully galvanised to BS EN ISO 1461: Hot Dip Galvanised Coatings Specification and test methods. The Anchor Weights are supplied with suction cup rubber boots. These protect the roof membrane, increase friction resistance and enable the anchor to be used on all roof membranes, even in wet weather.

The Mobile Man Anchor fully complies with BS EN 795: Protection against falls from height - Anchor devices - Requirements and testing.

The unit has also been designed to ensure compliance with the following Regulations:

Construction (Design & Management) Regulations  
Work at Height Regulations  
Construction (Health, Safety & Welfare) Regulations  
Workplace (Health, Safety & Welfare) Regulations  
Manual Handling Operations Regulations

## BUILDING HEIGHT & SAFE WORKING

It is essential that a risk assessment is carried out by a competent person to ensure that the product is used safely. Part of the assessment will consider the building's height and the combination of PPE to be used in conjunction with the Safesite Mobile Man Anchor.

Safesite recommends that, as far as reasonably practicable, the Mobile Man Anchor should be used as a fall restraint solution rather than fall arrest. When used for fall restraint, the Mobile Man Anchor must be used in conjunction with PPE that prevents the operative from reaching the leading edge. The Mobile Man Anchor should then be positioned so that the rope remains taught as the user approaches the edge.

If the above is not possible and a fall arrest solution is required then a sufficiently detailed risk assessment, method statement and rescue policy must be produced by a competent person. Care must also be taken to use the correct combination of PPE to minimize the distance & consequence of a potential fall.

Generally the length of the shock absorbing rope grab device should not exceed the height of the building in order to avoid the possibility of the pendulum effect. To prevent this, the Mobile Man Anchor should be placed perpendicular to the leading edge where the operative is likely to be working. The rope grab line should remain taught at all times when working at the leading edge.



No part of the Mobile Man Anchor should be placed closer than 2.5m from the nearest roof edge. The unit should not be placed on any surfaces affected by ice, grease or similar slippery conditions which may impair the performance of the unit.

### ROOF PITCH & SAFE WORKING

The Mobile Man Anchor can be used on any flat roof or industrial steel cladded pitched roof up to 15° pitch provided that the unit is positioned on the opposite pitch to where the operative intends to work. When placed on a roof slope, the Mobile Man Anchor must be at least 2.5m from the ridge. In all cases, the roof structure must be capable of taking the load of the Mobile Man Anchor (250kg) combined with the weight of the operative, plus any additional equipment required.

### LEGAL REQUIREMENTS

The Work at Height Regulations 2005 require that the employer/building owner has a rescue plan and policy in place for all fall arrest systems. (See pages 94-99)



### TESTING & CE APPROVAL

Safesite's Mobile Man Anchor has been extensively tested by SATRA to BS EN 795: Protection against falls from a height - Anchor devices - Requirements and testing. The unit was tested on the following roof surfaces and has been awarded CE Approval accordingly.

Single Ply Membrane	Paving Slabs
HT Mineral Grade Felt	Asphalt
Swept Stone Chippings	Steel Cladding

### EN 795 TEST PROCEDURE

The test involved a 100kg weight freefalling a distance of 2.5m to reach a maximum velocity. The Mobile Man Anchor then had to bring this force to a complete rest within a horizontal movement not exceeding 1.0m. This was achieved via the extension of the shock absorber coupled with horizontal movement of the complete unit. This test was then successfully duplicated using a 120kg weight. Full independent test documentation is available upon request.



In addition to the above testing, the Mobile Man Anchor has also been tested with a shock absorbing rope grab device with 14mm twisted rope connected to the shock absorber of the Mobile Man Anchor over steel & concrete sharp edges, thus representing on site usage of the system. The same test load as BS EN 795 was applied to the system. This testing successfully demonstrated the compatibility of the shock absorbing rope grab device with 14mm twisted rope when used horizontally in combination with a Safesite Mobile Man Anchor over sharp edges.

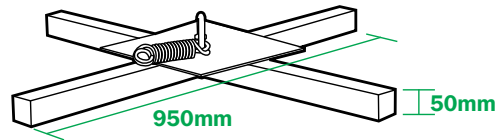
### EN 795 REVIEW

This standard has recently been reviewed. As a consequence the 100kg test weight remains unchanged, but the free fall distance has been changed from 2.5m to 1.5m. Once this dynamic load has been applied an additional 100kg static load is then applied, thus representing an extreme rescue situation where a rescuer has no choice but to abseil to the casualty.

### LINKED MOBILE MAN ANCHOR SYSTEMS

See Fall Arrest and Restraint Linked System.

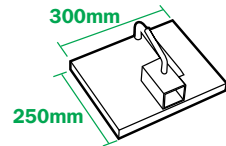
# Safesite Mobile Man Anchor Specification



## MOBILE MAN ANCHOR CROSS FRAME - MMA 001

This unit is the heart of the system and provides the means of connecting the man anchor weights to the shock absorber anchorage point.

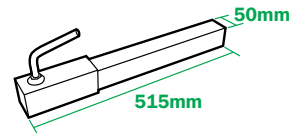
Material : galvanized steel to BS EN ISO 1461. Net weight : 13.6kg.



## MOBILE MAN ANCHOR WEIGHT - MMA 002

This component is one of twelve that are used to provide the overall weight of the system.

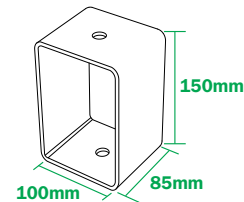
Material : galvanized steel to BS EN ISO 1461. Net weight : 19kg.



## MOBILE MAN ANCHOR EXTENSION ARM - MMA 003

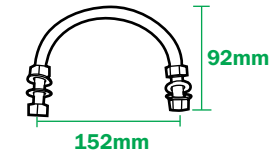
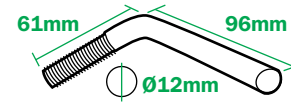
This unit is utilised to connect the second and third weight of each arm to the cross frame.

Material : galvanized steel to BS EN ISO 1461. Net weight : 2.5kg.



## LINKED MOBILE MAN ANCHOR - SUPPORT POST - STIC10

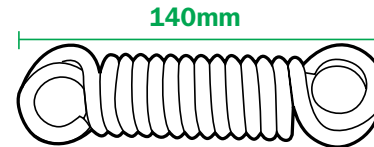
This item can be fitted to the standard cross frame. This arrangement links a series of Mobile Man Anchor utilising the KeeLine® system. This provides a fall restraint/arrest system that has the advantage of being free standing as opposed to being traditionally fixed to the structure. Mobile Man Anchor centres 10m. Material : Galvanized steel to BS EN ISO 1461. Net weight : 1.5kg.



## L-BOLT - MMA 005 & HANDLE - MMA 006

The L-Bolt provides the means of securing the components to the system. Material : stainless steel A2-50 grade. Net weight : 0.13kg. The Handle provides the attachment of the shock absorber to the Mobile Man Anchor Cross Frame.

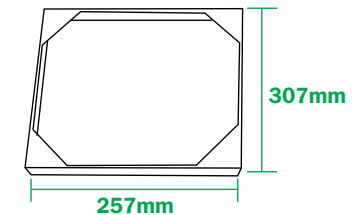
Material : stainless steel A2-50. Net weight : 0.285kg.



## SHOCK ABSORBER - MMA 007

This component absorbs the shock loading should an operative fall whilst connected to the Mobile Man Anchor. The component is designed to be disposed of should it be activated.

Material : bright zinc plated steel. Net weight : 0.85kg.



## RUBBER BOOTS - MMA REP BOOTS

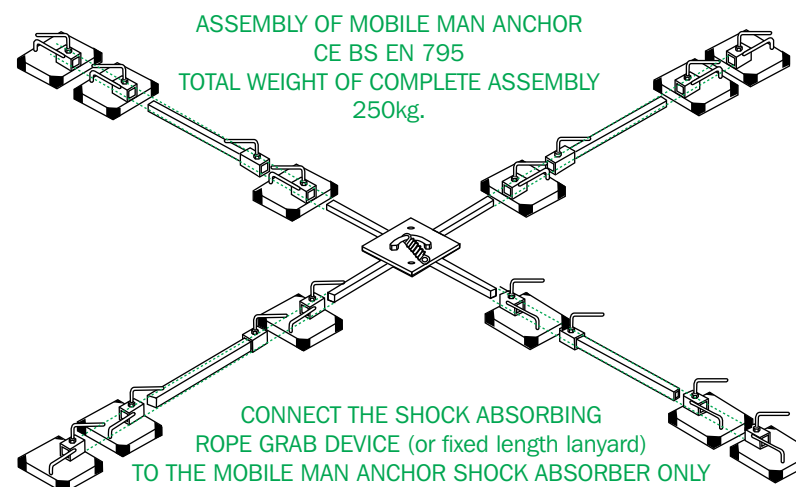
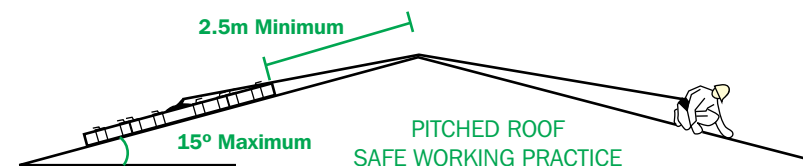
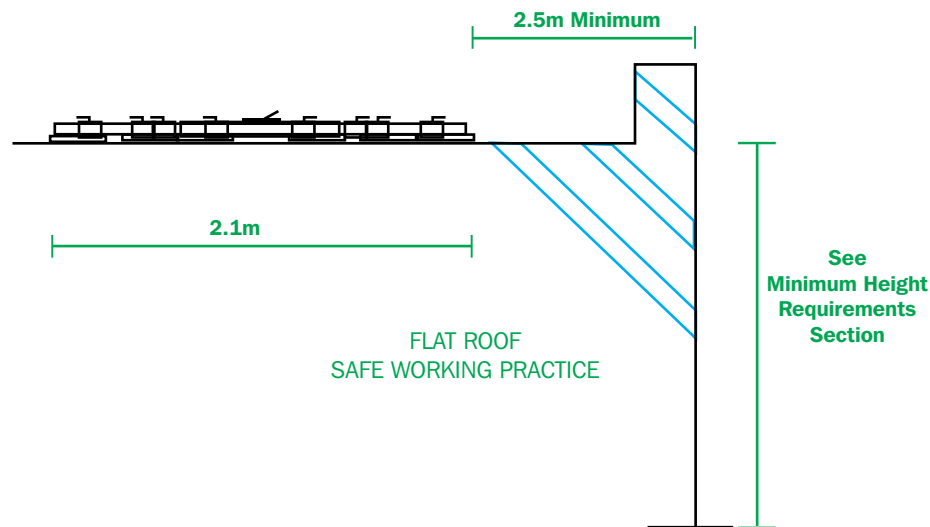
Set of 12 replacement rubber boots for MMA 002.

Material : Natural rubber Net weight : 0.88kg.

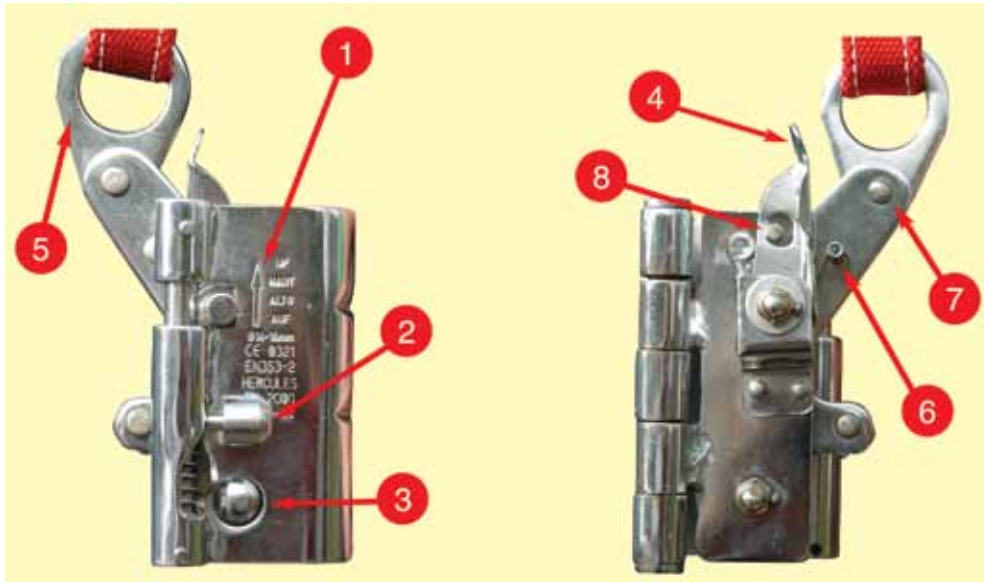
# Complies with BS EN 795 Class E Anchorage Devices

## MOBILE MAN ANCHOR USER INSTRUCTIONS

- Please ensure all operatives have read fully and understood all instructions for the safety equipment before using and completed a comprehensive risk assessment for each roof and/or roof membrane.
- Only one person to be connected at any one time.
- Recommended maximum weight of person 136kg.
- On a flat roof make sure that the Mobile Man Anchor will be used at least 2.5m from the edge of the roof. See diagram.
- See Minimum Height Requirements section.
- When used on steel cladded roofs up to 15° pitch always place the Mobile Man Anchor on the opposite pitch to the one you are working on. Always position the Mobile Man Anchor a minimum of 2.5m from the ridge on the opposite pitch. When working on the verge detail remember to position the Mobile Man Anchor at least 2.5m from the verge and only work opposite the Mobile Man Anchor in order to avoid the pendulum effect down the façade of the building.
- Sweep any loose materials from the surface of the roof covering where the Mobile Man Anchor will be placed. (Do not use on icy, greasy or any slippery surfaces that may impair the Mobile Man Anchor's performance.) Ensure that the rubber boots are in place and in good condition before using.
- Slide 1 Mobile Man Anchor Weight onto each of the cross frame legs and tighten the locking handles in a clockwise direction. See diagram for exact layout.
- Slide 1 Extension Arm onto each of the cross frame legs and tighten the locking handles in a clockwise direction. See diagram for exact layout.
- Slide a further 2 Weights onto each of the Extension Arms and tighten the locking handles in a clockwise direction. See diagram for exact layout.
- Connect karabiner (or similar approved clip) of the shock absorbing rope grab device (or fixed length lanyard) only to the loose end of the spring shock absorber on the Mobile Man Anchor.
- Never connect to any other part of the Mobile Man Anchor. Check the spring shock absorber is in good condition and that it is not stretched or damaged in any way. If the spring is elongated do not use the unit and return the whole assembly to Safesite Limited for repair / replacement.
- All operatives must read & fully understand all PPE instructions before using with the Mobile Man Anchor.
- Once the operative is wearing the harness connect the karabiner on the end of the shock absorbing rope grab device (or fixed length lanyard) to either of the chest or rear D-Rings of the harness.
- Make sure all connections are fixed correctly and that the system has been assembled correctly. The system is now ready for use.
- If you are in any doubt please contact Safesite's Technical Department on 01293 529977.



# Safesite Mobile Man Anchor and 14mm Rope Grab Operation



The rope grab has to be opened to position the rope correctly.  
Open the rope grab device as follows:-

Pull lever **2** down and push fully into the opening to disengage the pressure pin **3**.  
The device will now open. (See a, b & c)

Note: Ensure the rope grab is attached to the rope with arrow **1** pointing towards the Safesite Mobile Man Anchor.

Place the rope in the device, ensuring arrow **1** is still pointing towards the Mobile Man Anchor. Close the device and it will automatically lock. (The lever will return to the original position). Check that the device slides freely on the rope when the eyelet **5** is pulled downwards. (See d, e & f)

Attach the end of the rope to the Safesite Mobile Man Anchor spring/shock absorber using an EN 362 connector. (See g)

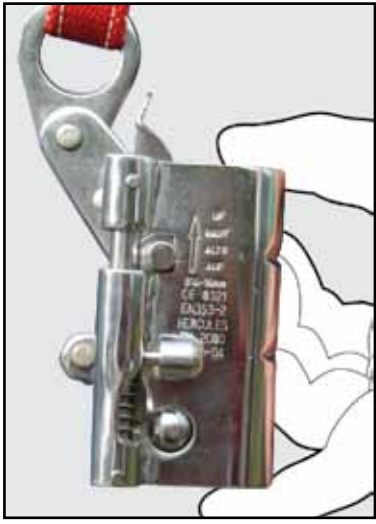
The device can be used in either AUTOMATIC mode for vertical access use (Ladder) or MANUAL mode, when using along horizontal surfaces or inclined planes (roof).

MANUAL mode is the recommended option when using in conjunction with the Safesite Mobile Man Anchor on flat or inclined roofs.

When using in MANUAL mode, the selector **4** is down. Remove selector **4** from the securing pin **8** and bring it to rest against the end stop **6**. This will ensure that it can only slide along the rope by manually operating the pincher arm **7** (See h & i)

In AUTOMATIC mode, selector **4** is up. In this position the device follows the user as they move upwards or downwards and, in the case of a fall, instantly locks on the rope. ( See j).

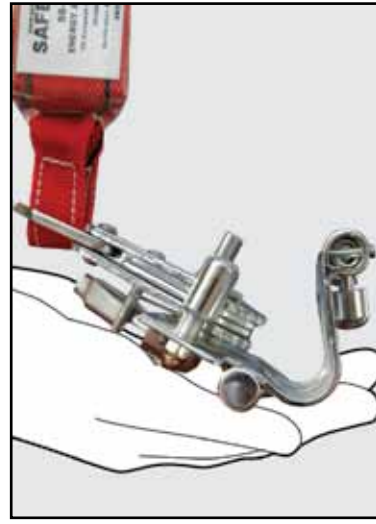




a.



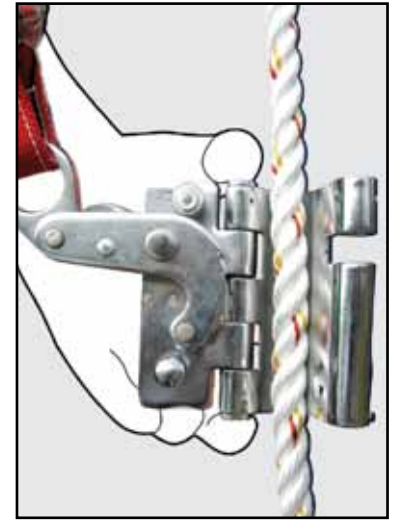
b.



c.



d.



e.



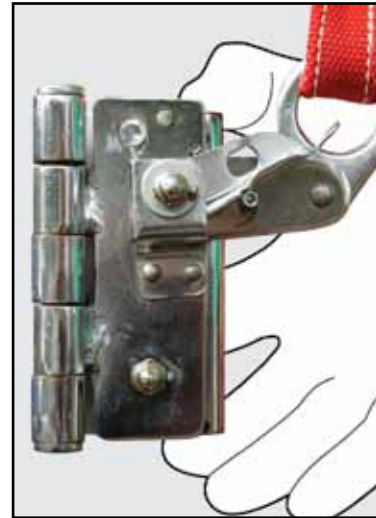
f.



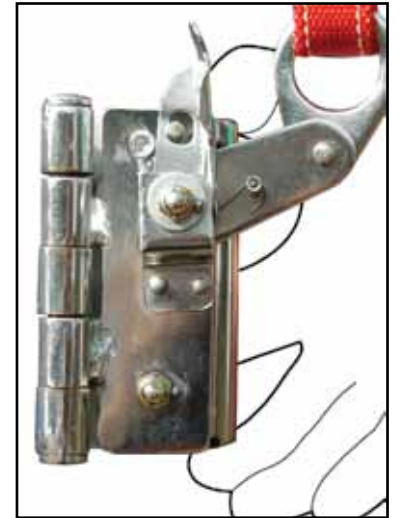
g.



h.

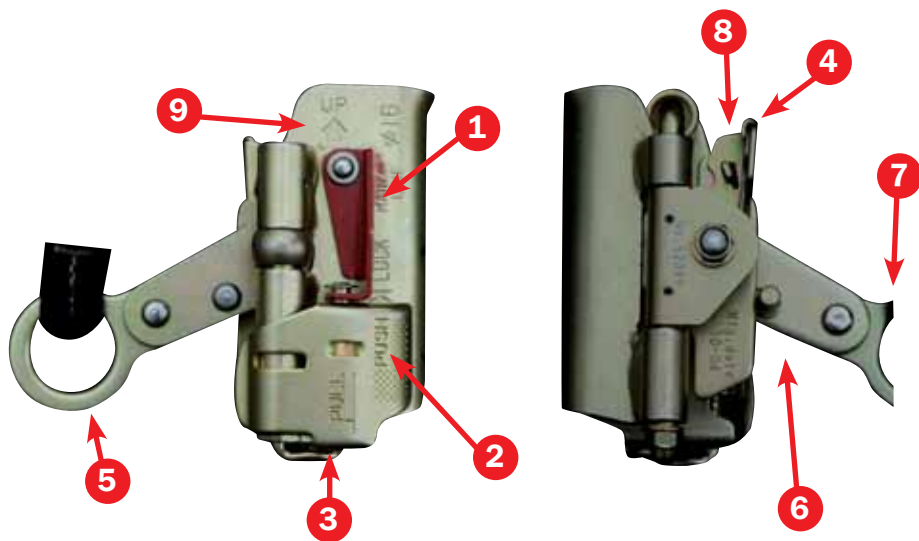


i.



j.

# Safesite Mobile Man Anchor and 16mm Rope Grab Operation



The rope grab has to be opened to position the rope correctly.

Open the rope grab device as follows:-

Holding the rope grab, move the Safety Catch **1** towards the up arrow (See a)

Push the lever marked "Push" **2** hold this down and slide the lever **3** in a downwards direction and engage it against the holding lug (See b & c). The device will now open. (See d top)

Note: Ensure the rope grab is attached to the rope with arrow **9** pointing towards the Safesite Mobile Man Anchor (anchorage point).

Place the rope in the rope grab (See d bottom), ensuring arrow **9** is still pointing towards the Mobile Man Anchor. Close the device and push the lever **2**. The rope grab will automatically close (See e). Re-engage the safety catch **1** (See f).

Check that the rope grab slides freely on the rope when the eyelet **5** is pulled upwards.

Attach the end of the rope to the Safesite Mobile Man Anchor spring/shock absorber using an EN 362 connector. (See g)

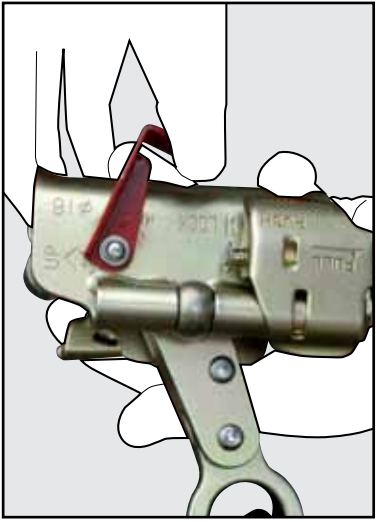
The device can be used in either AUTOMATIC mode for vertical access use (Ladder) or MANUAL mode, when using along horizontal surfaces or inclined plane (roof).

When using in MANUAL mode, the selector **4** is down. Remove selector **4** from the securing lug **8** and bring it to rest against the end stop **6**. This will ensure that it can only slide along the rope by manually operating the pincher arm **7** (See h & i)

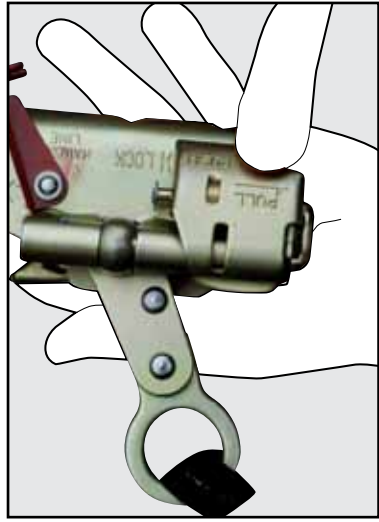
In AUTOMATIC mode, selector **4** is up and engaged against the lug. In this position the device follows the user as they move upwards and downwards (See j).







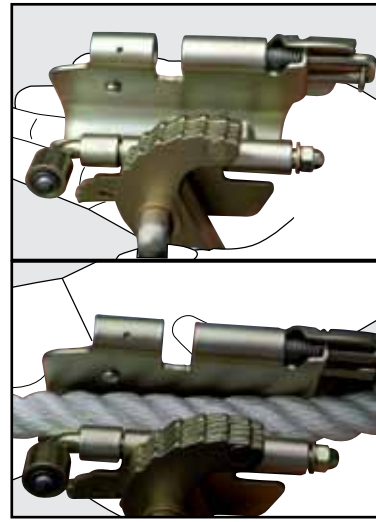
a.



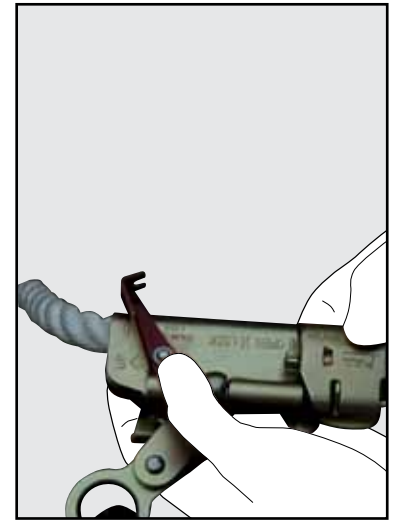
b.



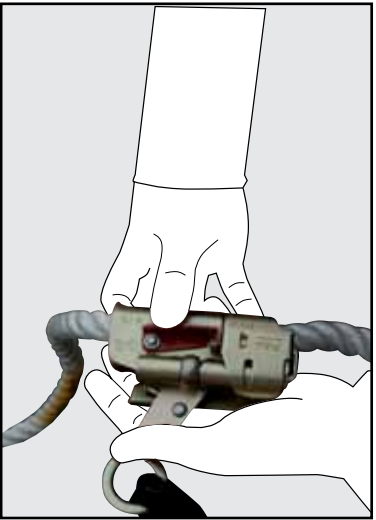
c.



d.



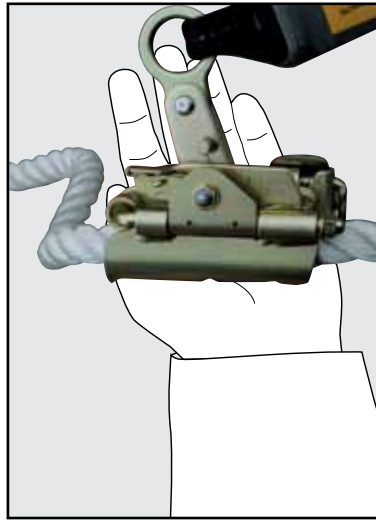
e.



f.



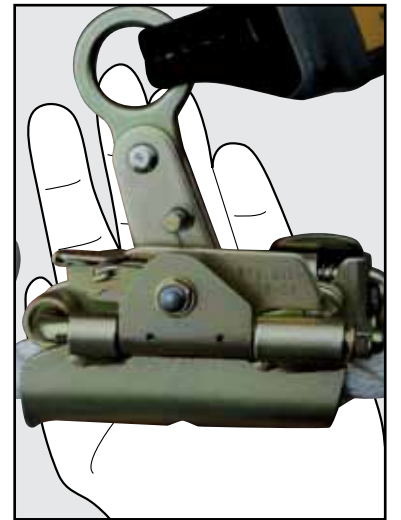
g.



h.



i.



j.

# Safesite Mobile Man Anchor Recertification

- Periodic inspections by a competent person are required under Regulation 5 of the Workplace (Health Safety & Welfare) Regulations, BS EN 365 & BS 7883. The frequency will depend upon environment, location and utilisation, but should be at least every 12 months.
- Walk & visually inspect the complete system installation (where applicable) in relation to the general client's needs. Establish if any modifications, additional products are required to reflect any refurbishment or additional plant and equipment that has been installed and requires access.
- Check installation configuration (where applicable) is complete as per the original installation drawing/plan.
- Ensure the system has not been modified/tampered with by unauthorised persons.

## DETAILED COMPONENT INSPECTION:-

### Cross Frame (1).

- Check arms on cross for distortion or dents. Ensure that this does not affect the fitting of the weight or extension arm.
- Check metal plate for distortion or cracks.
- Check handle is securely in place.
- Check shock absorber for any signs of "pulling" - no elongation.
- Check for any general corrosion.

### Extension Arms (4).

- Check arms for distortion along length.
- Ensure that any dents at widest end do not affect the connection to the cross frame.
- Look for signs of cracks in metal - especially around any "bruised" areas.
- Check for any general corrosion.

### Counter weights (12)

- Check all rubber boots on the weights are in good order - no tears or rubber missing.
- Check L-bolts are still present and in good order to lock and unlock (ease of movement). ENSURE GREASING IS CARRIED OUT ANNUALLY.
- Check box section and handle for dents, cracking etc. Make sure arm slides through easily and is secure when L-bolts are tightened.
- Check for any general corrosion.
- Any galvanised components showing signs of corrosion, wire brush thoroughly and apply galvanised spray / paint as appropriate.
- If rusted significantly take digital photographs and include in the inspection report.
- Once all other inspection points are completed, check that the whole device is fixed securely in position with no obvious distortions in balance.
- Check system plaque (where applicable) position & mark up to reflect date of the next required inspection. Establish if additional plaques are required due to any refurbishment works.
- In the event of a fall the Mobile Man Anchor MUST be returned to the manufacturer for re-testing.  
When used in anger the shock absorber on the mobile man anchor will elongate as soon as this is observed the device MUST be taken out of service until re-certificated by the manufacturer.

*NOTE: A Dynamic Risk Assessment must be completed by a competent person before the Mobile Man Anchor is used.*

# Safesite Mobile Man Anchor Recertification

## Rubber Boot (12)

- The rubber boot on the anchor weight is paramount to the product's safety and performance and must be checked on a regular basis
- If the boot shows any sign of damage it must be replaced otherwise the product's frictional resistance will reduce dramatically.
- Safesite's rubber boots can be retrofitted to the anchor weights to restore friction.
- These boots have been extensively tested in both wet and dry conditions, making Safesite's Mobile Man Anchor the only such product that can be used on all roof types, even in wet weather, without adding further anchor weights.



Pictured Above: Old style bonded rubber.



Pictured Above: New Rubber Boot, redesigned for improved performance on wet surfaces.

# Fall Arrest & Restraint Linked System



The Safesite Mobile Man Anchor can be installed as a complete restraint and fall arrest system in conjunction with the KeeLine® Horizontal Life line. A series of Mobile Man Anchors can be linked at approximate 10m centres via the KeeLine® horizontal life line. This installation provides “fall restraint” for operatives whilst they travel between each Mobile Man Anchor and “fall arrest” once they have connected directly to an individual Mobile Man Anchor and disconnected from the horizontal life line.

The KeeLine® horizontal life line provides the operative with hands-free operation so that when a bracket/Mobile Man Anchor is encountered, the shuttle attaching the operative to the system glides over the bracket without the need to detach, unless one wishes to attach to a particular Mobile Man Anchor in order to utilise it as a fall arrest system .

This type of installation is ideal if a free standing solution is required in order to avoid roof membrane penetration, or the roof design is not suitable for structural fixings associated with horizontal lifeline installations.

This configuration of equipment ensures compliance with HSG 33 requiring “demarcated” safe areas/routes to ensure operatives remain within a specific area. Providing the operative is either attached to the KeeLine® horizontal life line or Mobile Man Anchor they will remain protected from falling or accessing unprotected areas.

Consideration must be given to ensure that whilst the operative is in the “fall restraint” situation, attached to the horizontal life line, that they remain unable to reach any roof edge/void. If the operative needs to approach the roof edge, “fall arrest” situation, they must attach directly to the Mobile Man Anchor only.

Please see system operation and other applicable sections:

Life line Specification and Shuttle Operation

Recertification of Life line

Mobile Man Anchor Specification

Re-certification of Mobile Man Anchor

Work at Height Rescue

Safesite Rescue Kit Operation

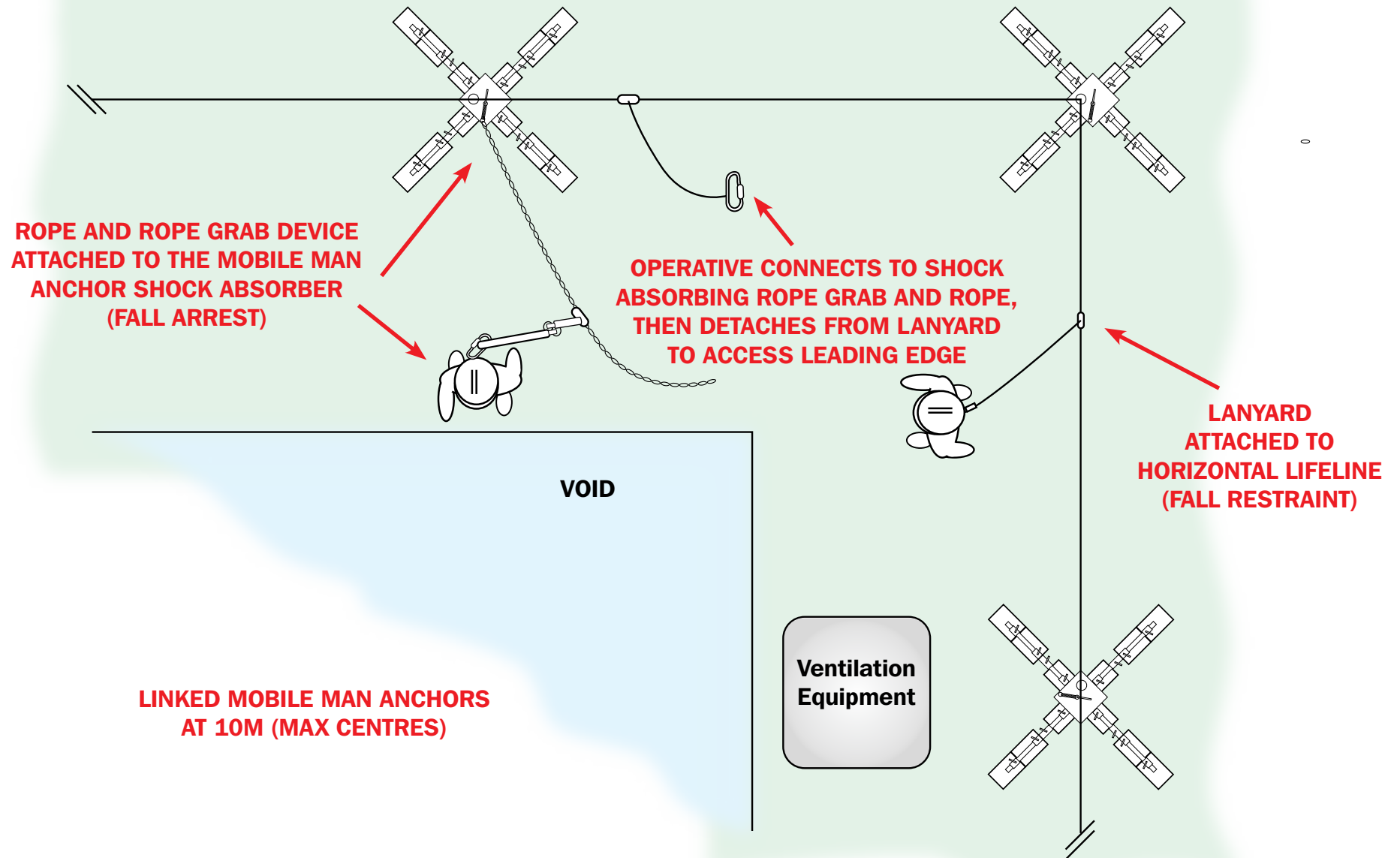
PPE Inspection

Harness Recertification

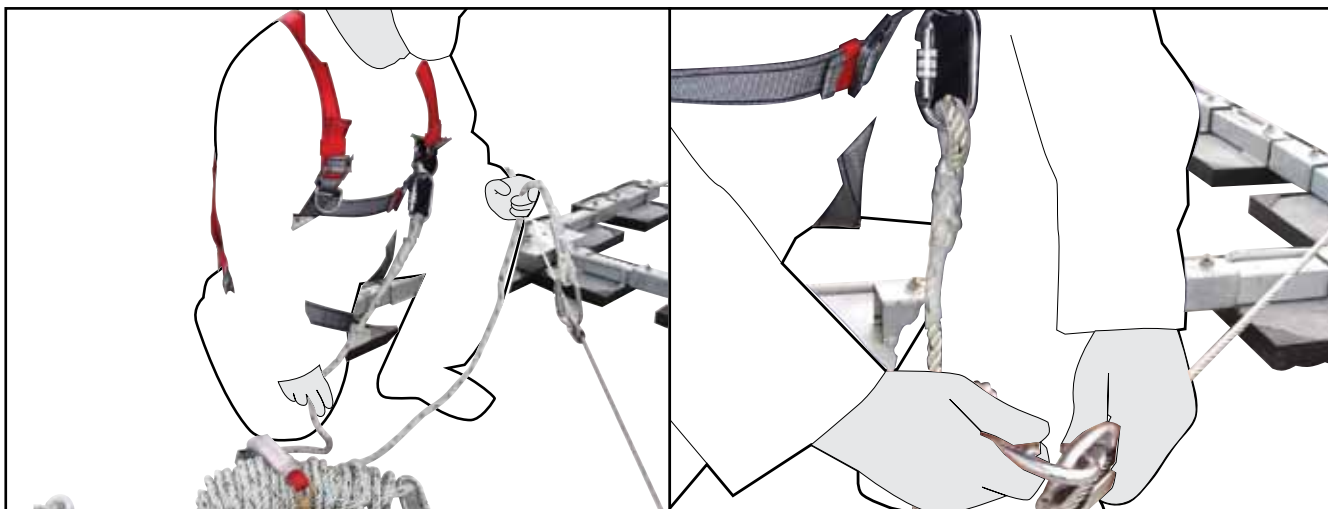
Lanyard Recertification

How to Wear your Harness

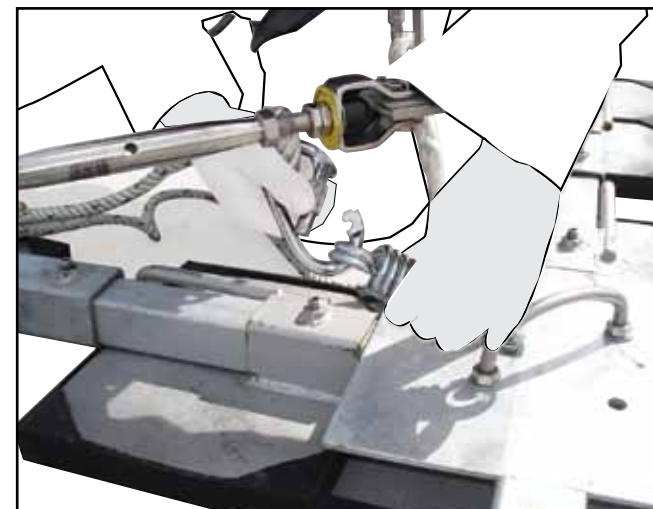
# Fall Arrest & Restraint Linked System



# Fall Arrest & Restraint System Operation



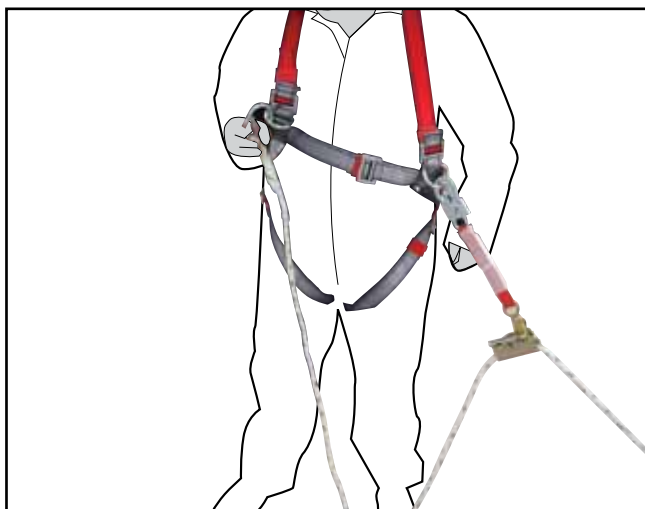
**a.** To reach the roof edge of a building, simply connect a 2m shock absorbing lanyard, or specific length of restraint lanyard, to the horizontal stainless steel cable via the shuttle. You can now walk to the position on the roof requiring access/maintenance.



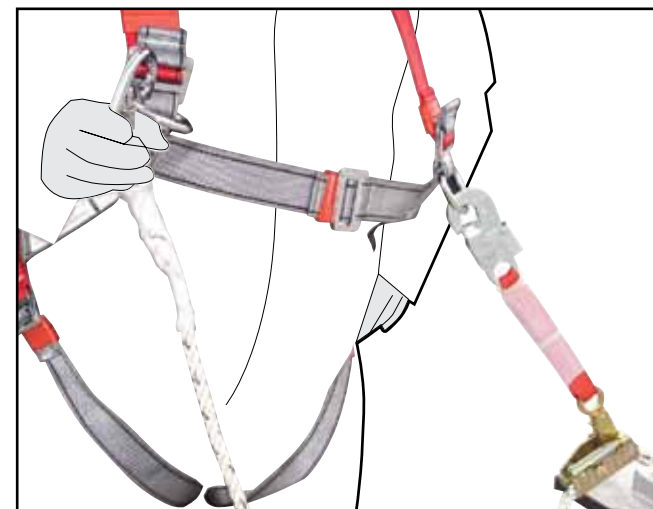
**b.** Once this position has been reached, connect a shock absorbing rope grab device with 14mm or 16mm twisted rope (See Rope Grab Operation section) or a secondary shock absorbing lanyard to the "spring/shock absorber" on the Mobile Man Anchor.



**c.** Connect the karabiner of the shock absorbing rope grab device (See Rope Grab Operation section) or shock absorbing lanyard to the chest (preferred position fall restraint) or rear "D" dorsal attachment point (preferred position fall arrest) on the harness. (See How to Wear Your Harness section)

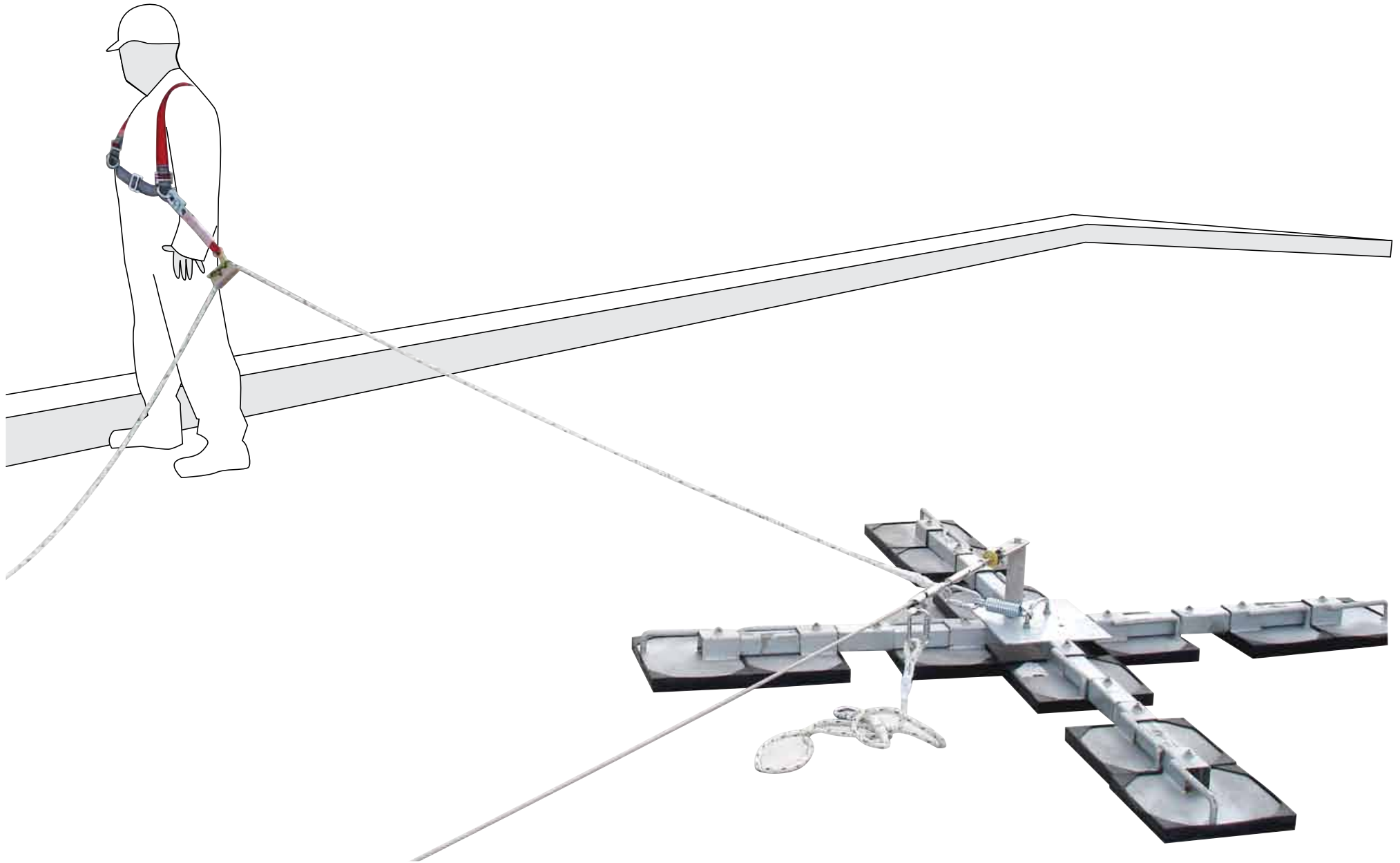


**d.** You are now connected to the Mobile Man Anchor via the shock absorbing rope grab device/secondary shock absorbing lanyard and still connected to the horizontal stainless steel cable via the primary 2m shock absorbing lanyard/restraint lanyard.



**e.** Detach the primary 2m shock absorbing lanyard/restraint lanyard from the stainless steel cable walk towards the edge whilst connected to the Mobile Man Anchor via the shock absorbing rope grab device/secondary shock absorbing lanyard.

# Fall Arrest & Restraint System Operation



This now classified as a fall arrest situation. (Reverse the procedure to return).

# Personal Fall Protection Systems

## PERSONAL FALL PROTECTION SYSTEMS

Personal fall protection systems are required when an operative is working at an elevated level with an unprotected side or edge, which can be at any height. The system must be designed in such a way to prevent the operative from free falling more than 2m or striking a lower level. There are two ways that a company can accomplish this task: Fall Restraint or Fall Arrest.

## FALL RESTRAINT SYSTEM

This system does exactly what it states. It is designed in such a way as to restrain the user from falling by not allowing the user to get to the leading edge. With this system the free fall distance is ZERO. Belts can be used with this type of system but a full body harness is recommended. If any possibility of a free fall exists then the user needs to use a Fall Arrest system.

## FALL ARREST SYSTEM

A fall arrest system consists of the following components: Anchor, Connector, Body support and Retrieval.

- Anchors need to have a minimum breaking strength of 10kN or be engineered for a specific system and have a safety factor of 2:1.
- Connectors can consist of one of several different means. A positioning lanyard, a deceleration lanyard, a self-retracting lanyard/life line or a climbing aid device.

- Body support is a full body harness. A full body harness distributes the fall impact throughout the body and allows the user to better absorb a fall.
- When working in a fall arrest situation it is a legal requirement for the employer/building owner to have a rescue policy and plan in place and not to rely solely on the emergency services. Anyone responsible for or working at height must be trained fully on correct rescue procedures including how to use the rescue kit provided. Should an emergency occur, a competent first aider should be present to assist with the casualty and to follow the standard UK first aid guidance for the recovery of a person.

## KEY COMPONENTS OF A FALL ARREST SYSTEM

There are a number of issues that need to be addressed when considering using a fall arrest system.

## IMPACT FORCE

The maximum impact force for a full body harness is 6kN and 10kN for the anchorage point. Calculating the impact force is difficult because there are so many variables. These variables include fall distance, person's weight, and attachment method (self retracting life line, shock-absorbing lanyards, etc.).

## EQUIPMENT COMPATIBILITY

It is important that the equipment being used is compatible with one another. The entire system needs to be measured by its weakest link. Conventional locking snap hooks need to be used with compatible D-ring connectors. It is a general recommendation that a user does not mix fall protection equipment from various manufacturers in order to avoid a compatibility issue and to ensure maximum manufacturer guarantee of quality and use.

## FREE FALL DISTANCE

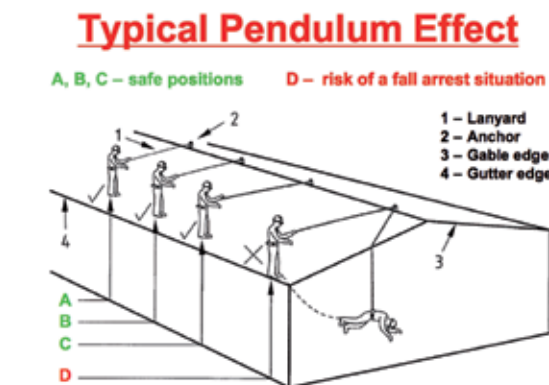
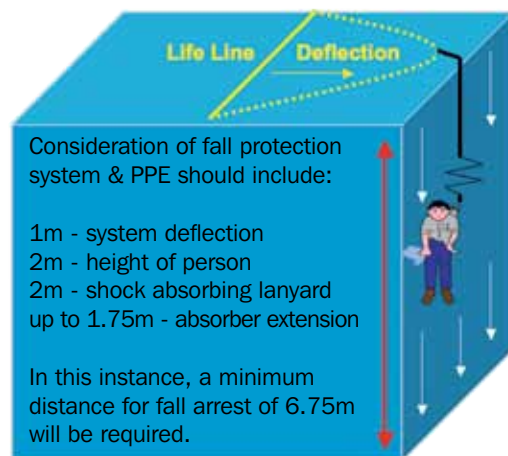
In layman's terms, it is the distance that a person falls before any part of the system starts to arrest the fall. Free fall is measured from the anchorage point to the point in which the system started to arrest the fall. This distance excludes deceleration distance and lanyard/harness elongation. Maximum free fall distance is 2m or striking a lower level.

## TOTAL FALL DISTANCE

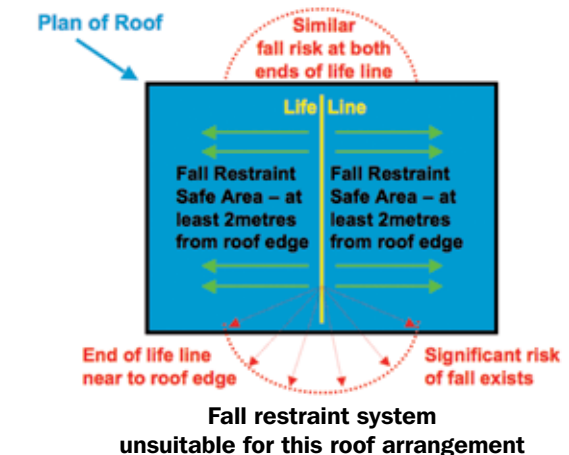
Is measured as the distance the operative fell from the point at which they were standing to the position of their feet after the fall. Free fall and deceleration distances are included in the measure. An example of the 6m rule which shows falling distances can be seen in the diagram.

## ANCHORAGE POINTS

Need to be rated at a minimum of 10kN per person. If engineered, they need to have a 2:1 safety factor.

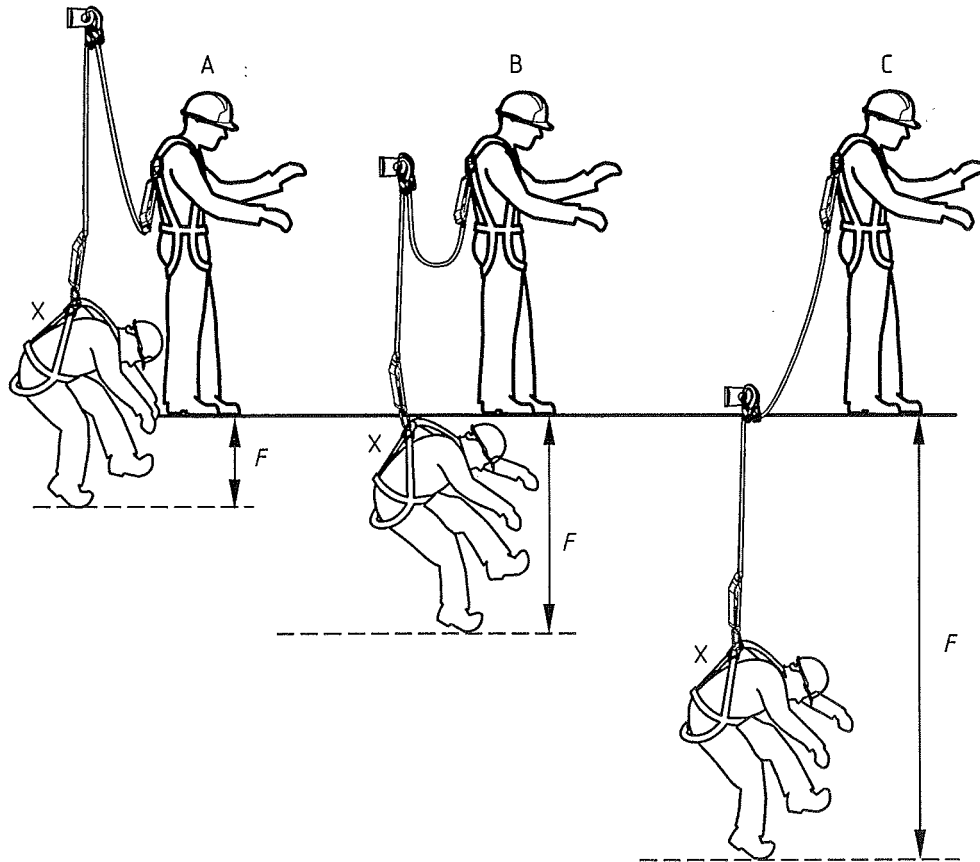


Limitations and dangers of using a restraint system on a sloping roof





# Minimum Height Requirements



## DIAGRAM A

Anchor point above user. (In this case 1m above user's harness attachment point)

(Preferred Option)

Free fall distance: 0.5m

Fall factor =  $0.5/1.5 = 0.3$

## DIAGRAM B

Anchor point at shoulder level.

(Non-preferred option)

Free fall distance: 1.5m

Fall factor =  $1.5/1.5 = 1.0$

## DIAGRAM C

Anchor point at foot level.

(To be avoided)

Free fall distance: 3.0m

Fall factor =  $3.0/1.5 = 2.0$

**NOTE:** The lower human figure in each diagram indicates the position of the user at the end of the free fall. This is the point at which the energy absorber begins to deploy and should not be confused with the position the user would be in at the end of the arrest of the fall.

## KEY

F = Free fall distance

(Source BS 8437:2005)

The above diagram shows three fall arrest situations. In each case the fall arrest system is based on a 1.5m long energy absorbing lanyard and a distance between the attachment point on the user's harness and their feet of 1.5m. The free fall distance is the vertical distance between the position of the user's feet immediately before the fall, and the position of the user's feet at the point at which the lanyard has become taut and started to arrest the fall. (Figure F in the diagram)

# Work at Height Rescue

Before commencing any work at height activity please ensure you are adequately trained and competent to carry out the task and able to use the safety equipment provided by your employer/building owner.

In situations where a work at height activity involves a “fall arrest” situation, it is a legal requirement for your employer/building owner to provide the anchorage point, rescue plan, policy, training and equipment to complete a rescue.

Should a rescue become necessary it is extremely important that the procedures detailed in the “roof permit to work,” rescue policy and plan are followed.

Try to make contact with the casualty to establish if they are conscious or unconscious. If they are unconscious then time is of the essence.

Contact the emergency services and request an ambulance and fire/rescue support. Inform them of the exact address, location and site contact details of where you are working (This should be contained within the “permit to work”). Confirm that you are trained and competent to commence the rescue procedure.

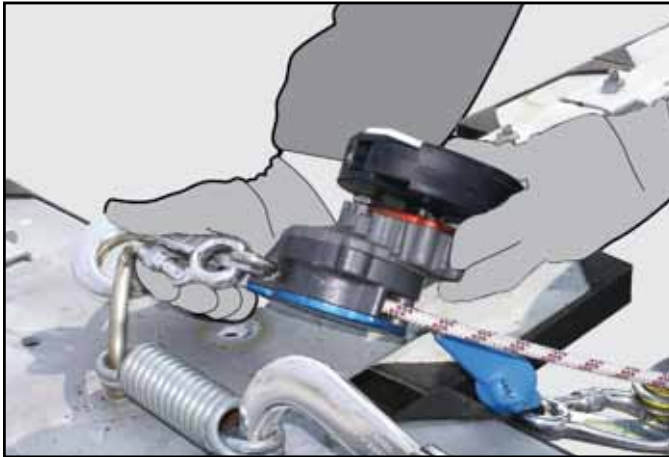
Call your site contact and inform them of the situation and that you have already contacted the emergency services. Request they bring a competent First Aider to assist you at ground level by receiving the casualty.



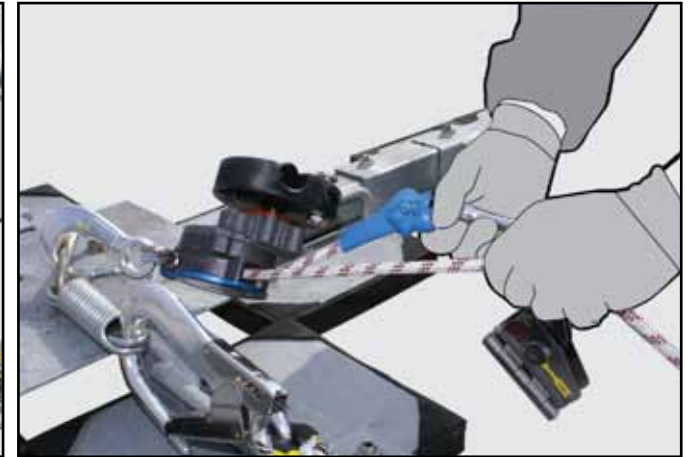
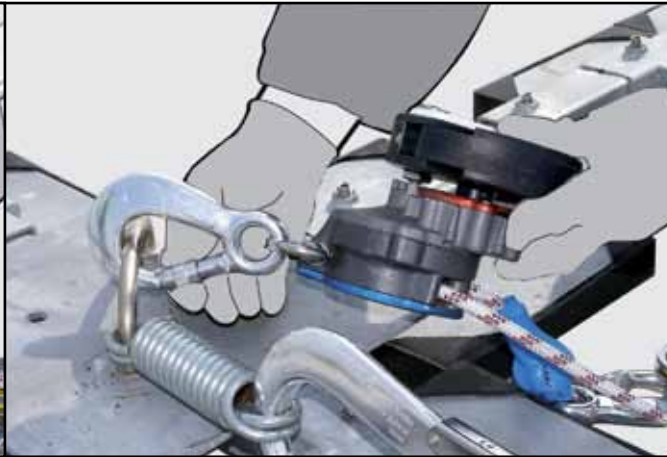
Before commencing the actual rescue, ensure that you are safely connected to an alternative suitable anchorage point (where possible). Ensure you work in “fall restraint” at all times whilst conducting the rescue procedure. **Check you have all the Rescue Kit components as shown in the diagram above.**



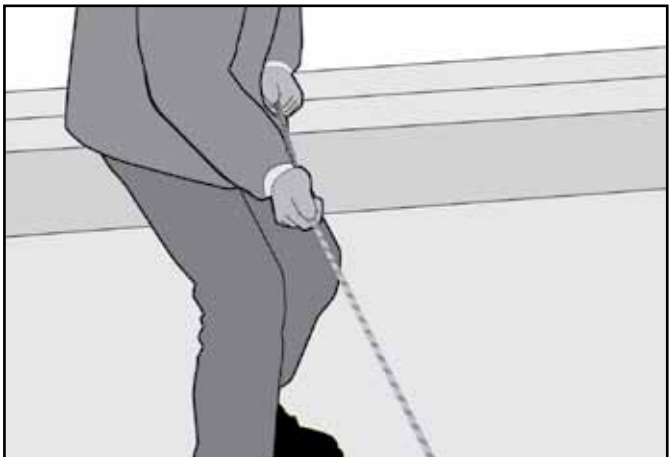
# Rescue Kit Operation



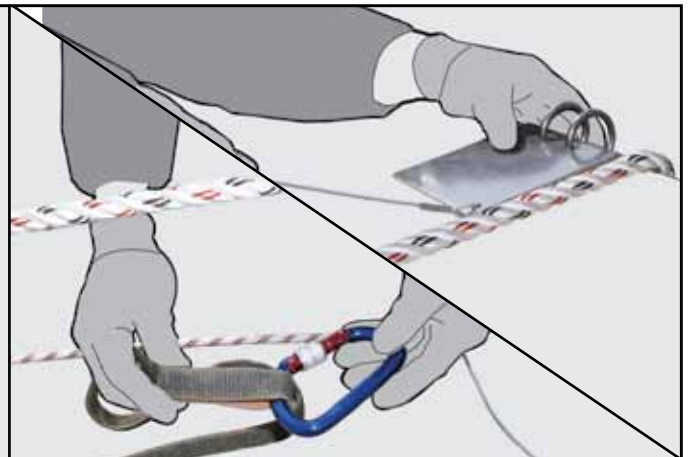
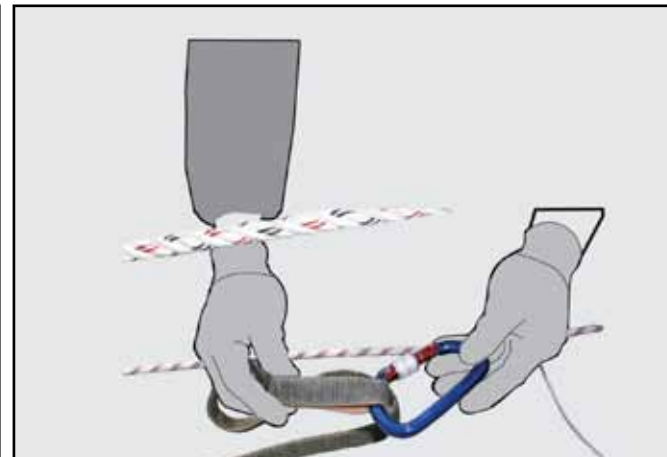
**a.** Connecting to the same or an alternative suitable anchorage point. Connect the Safesite Rescue Hub device using the Screw Gate Karabiner fitted directly to the Safesite Rescue Hub. Ensure the Screw Gate is tightened once connected to the anchorage point.



**b.** Pull the end of the Kernmantel Rope which has the Rescue Rope Grab attached. The Kernmantel Rope will start to feed out of the rescue bag and run through the Safesite Rescue Hub.

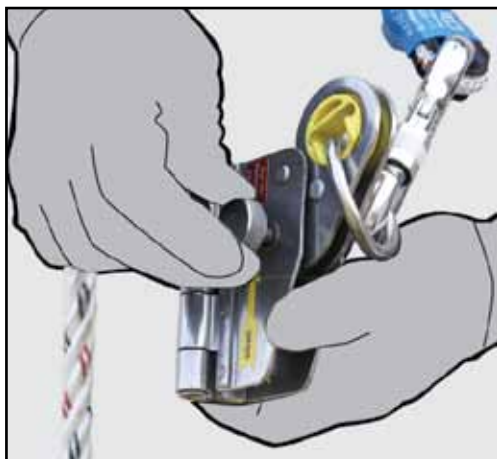


**c.** Start walking towards the area where the casualty has fallen whilst still holding the Rescue Rope Grab. When you reach this area, kneel down and continue to pull out sufficient rope to reach the "D" ring on the casualty's harness.



**d.** Ensure the Edge Protector is connected to the anchorage point, this may need to be extended in some cases via a webbing or rope sling. Place the Edge Protector over the edge ready for the rescue operation.

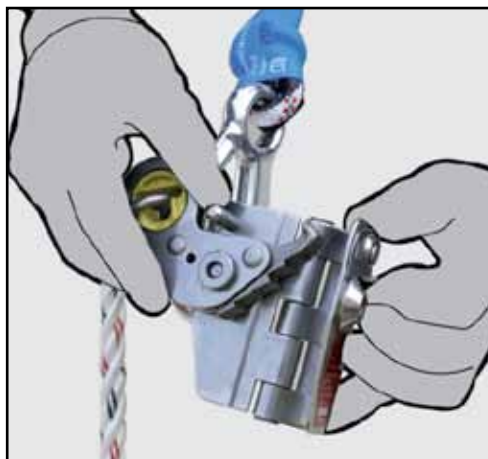
# Rescue Kit Operation



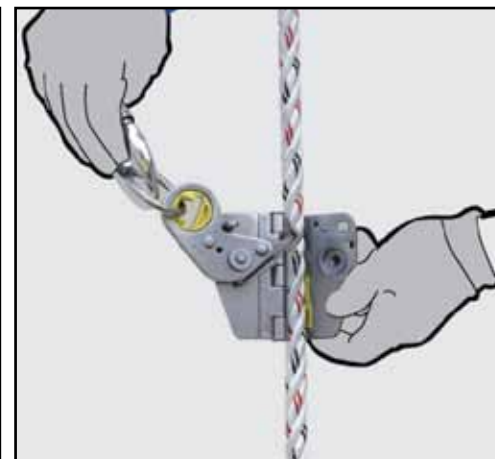
**e.** Whilst holding the Rescue Rope Grab unscrew the Screw Gate as shown above.



**f.** Turn the Rescue Rope Grab over and push the lever in an upwards direction.



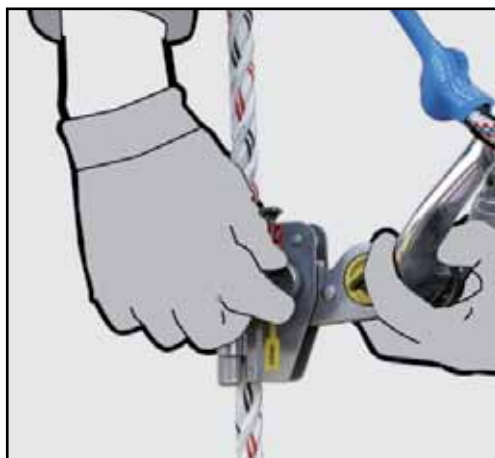
**g.** The Rescue Rope Grab will now open.



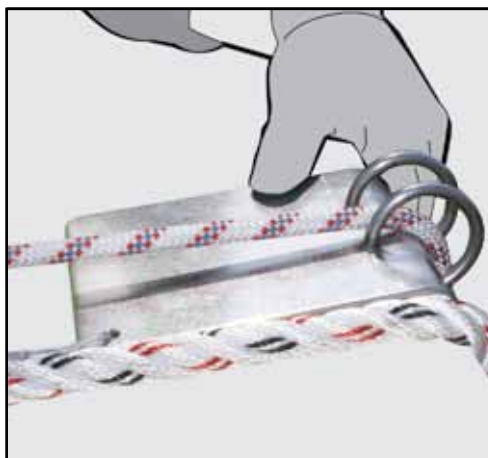
**h.** Ensure you have adopted a "fall restraint" position. Carefully lean over the leading edge and pass the open Rescue Rope Grab (with the arrow in the up direction) around the back of the casualty's rope. (cont)



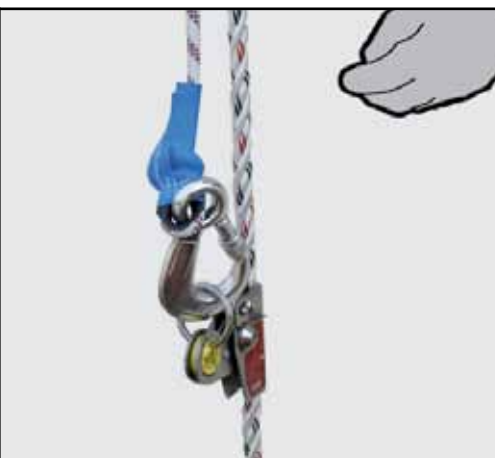
**i.** (cont) Ensure the casualty's rope is correctly positioned inside the Rescue Rope Grab. Close the Rescue Rope Grab.



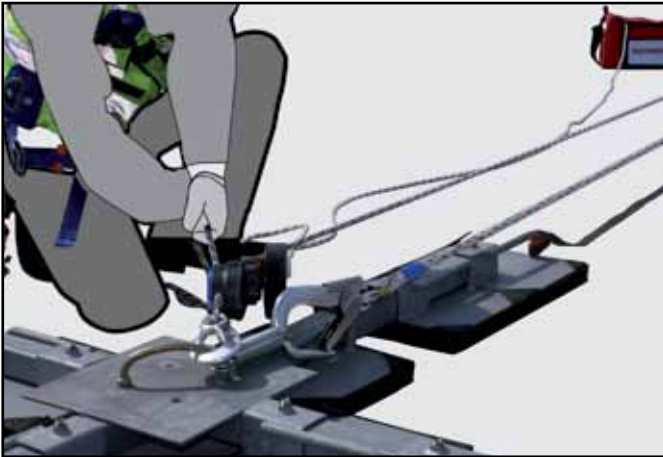
**j.** Once the Rescue Rope Grab is closed ensure the Screw Gate is then tightened into position.



**k.** Position the Safesite Rescue Kernmantel Rope over the Edge Protector. Now carefully lower the Rescue Rope Grab down towards the casualty. The Rescue Rope Grab device will descend easily under gravity to the "D" ring of the casualty's harness.



# Rescue Kit Operation



**l.** Return to the anchorage point where the Safesite Rescue Hub is connected. Pull any excess Kernmantel Rope through the Safesite Rescue Hub by pulling the free end of the rope which is stored in the bag.



**m.** Once the Safesite Rescue Hub Kernmantel Rope is taught, rotate & lower the locking pin so that it engages with the body of the hub. When in place correctly, the hub cannot turn.



**n.** Lift up the black handle as shown above.



**o.** With the black handle in position push the silver ball bearing positioned in the centre of the white plate as shown above.



**p.** Now open the top third of the Safesite Rescue Hub and it will automatically lock into place.

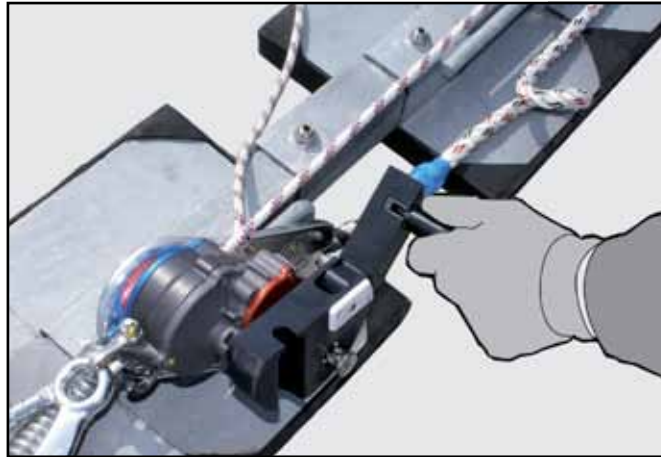


**q.** Detach the pin.

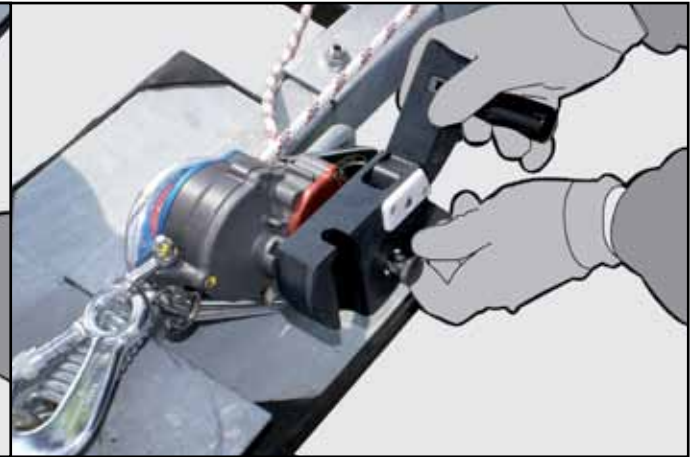
# Rescue Kit Operation



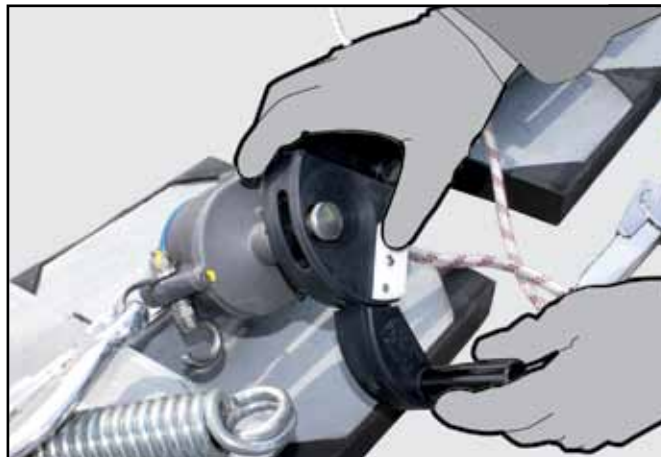
**r.** Start winding the Safesite Rescue Hub in a clockwise direction so that the Kernmantel Rope passes through the hub. If the rope does not move through the hub, pull on the free end of the rope. Continue to wind until the casualty's primary rope becomes slack.



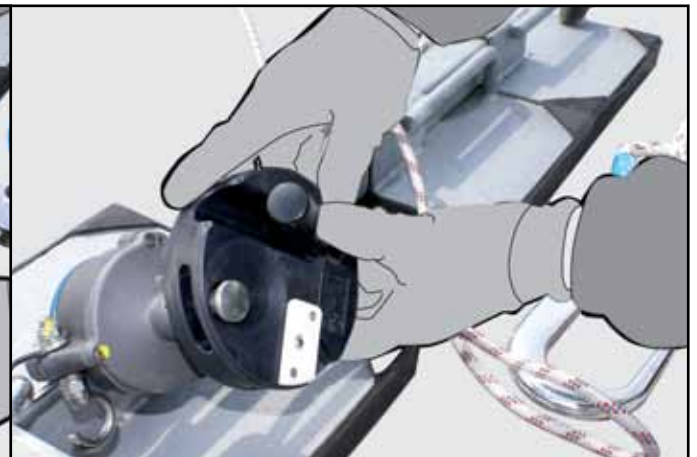
**s.** Once the casualty's primary rope is slack enough to detach their primary hook/karabiner from the anchorage point, stop winding and engage the locking pin by lifting, rotating & then lowering it. Ensure the pin is engaged against the body of the Safesite Rescue Hub. When in place correctly the Hub cannot turn.



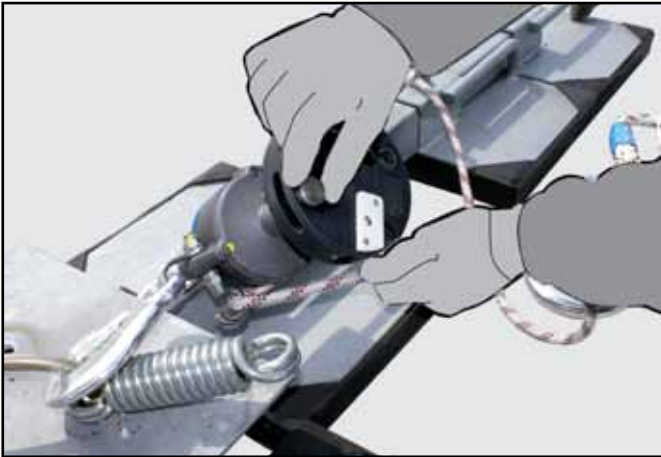
**t.** You can now remove the casualty's slack primary rope from the anchorage point as shown above.



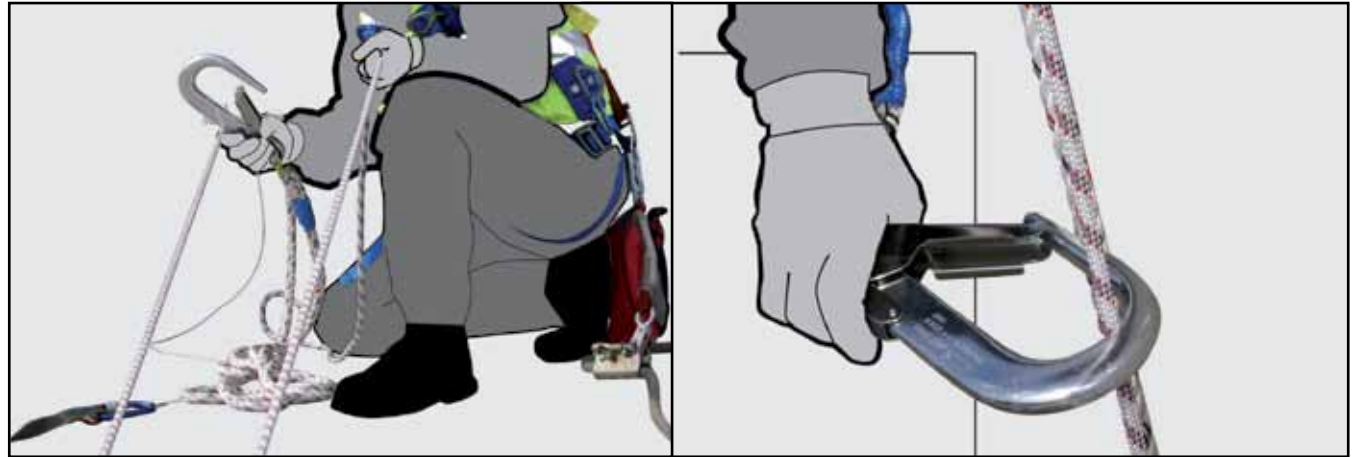
**u.** Close the Safesite Rescue Hub by pressing in the silver ball bearing in the centre of the white plate. Once closed fold down the plastic handle.



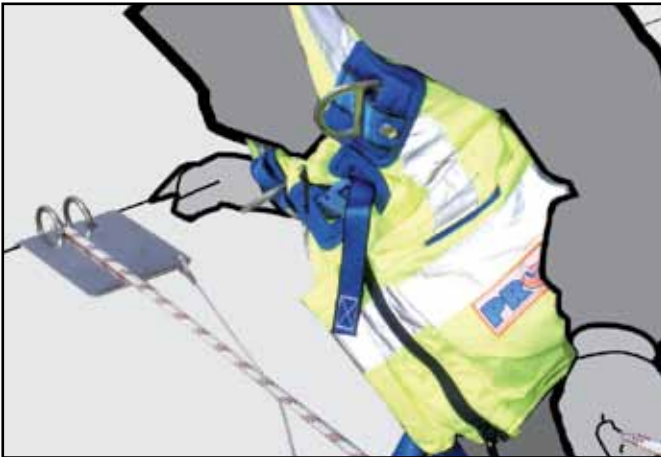
# Rescue Kit Operation



**V.** Pass the loose end of the Kernmantel Rope around the pig tail of the Safesite Rescue Hub. Hold the rope firmly in one hand. To take the load off the casualty, simply rotate and pull the Locking Pin upwards and rotate sufficiently so that the pin is disengaged from the Safesite Rescue Hub. Whilst holding the Kernmantel Rope you can move back towards the area where the casualty fell.



**W.** Once you are in a comfortable position and able to hold the casualty with one hand, take the casualty's primary rope which you previously disconnected from the anchorage point. When ready, carefully position yourself so you are able to attach this primary rope to the Safesite Rescue Hub Rope (Kernmantel Rope) as shown above. Ensure that you keep holding the Safesite Rescue Hub Kernmantel Rope at all times. Gradually lower the casualty's primary rope until the hook reaches the casualty's "D" ring. Ensure you are still holding the Safesite Rescue Hub Kernmantel Rope. You can now let the casualty's primary rope fall to the ground so that it can be used as a guy rope by those at ground level who are ready to assist/receive the casualty.



**X.** Begin to lower the casualty gradually, continually observing them and communicating with both the casualty and those at ground level who are receiving/assisting the casualty. The competent first aider must then follow the standard UK first aid guidance for the recovery of a person. The casualty must then be seen by the ambulance crew, even if they appear to have recovered.

# SAFESITE LIMITED

Think **Safety**, Think **Safesite**



SS/MMA\_UK\_V1/0713



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