



# FALL PROTECTION GUIDE

EVERYTHING YOU NEED TO KNOW

## ➤ AVOID EXPENSIVE MISTAKES

Make sure your equipment is certified.

## ➤ WORK SAFELY AND COMFORTABLY ALL DAY

Discover how ergonomic harnesses and smart solutions reduce the strain on the body.

## ➤ CHOOSE THE CORRECT EQUIPMENT FOR YOUR WORK

Roof, scaffolding, skylift or industry – we help you find the best fall protection.

# FALL PROTECTION SAVES LIVES

Working at heights is risky, but correct fall protection can save lives. Every year thousands of fall accidents happen on building sites, often with serious consequences. For many workers the correct safety equipment is missing – something we at CRESTO want to change.

## EXPENSIVE CONSEQUENCES OF LACKING FALL PROTECTION

Hundreds of fines are issued every year due to inadequate fall protection. A discarded safety measure can be both dangerous and costly.





## 3

## IMPORTANT QUESTIONS TO ASK TO GET STARTED

### ➤ DO I HAVE THE CORRECT EQUIPMENT FOR THE JOB?

Different environments and assignments demand individual equipment. The size of the work area decides the length of fall arrest lanyards and ropes, while sharp edges demand certified products. Read more on p. 12.



### ➤ DO I HAVE THE RIGHT KNOWLEDGE?

Working at heights is risky, but with the correct equipment and knowledge the danger is reduced. We and our partners have extensive experience of fall protection and risk analysis, and offer several courses. Read more on p. 14.



### ➤ IS MY EQUIPMENT APPROVED FOR USE?

Avoid unnecessary risk by making sure your equipment is in top condition. Our partners offer inspection, service and consultation. Read more on p. 15.



**A****C****B**

## THE FALL PROTECTION

# >ABC

**A complete fall protection system consists of three crucial parts – think ABC.**

**A**

### ANCHOR

The anchor point can be permanent or portable and has to withstand at least 12 kN (approx. 1 200 kg). Use textile or wire slings to create safe anchorage around stable structures.

**B**

### BODY HARNESS

A full body harness is mandatory for fall protection. To increase the comfort you can choose a harness with a support belt and/or ventral connection point, depending on the job.

**C**

### CONNECTION

The connection between harness and anchorage can be a self retractable lanyard (SRL), a support lanyard or a fall arrest lanyard. Choose what is most suitable for your work environment.





# A ANCHOR

The anchor point is a central part of the fall protection system and has to withstand 12 kN (approx. 1 200 kg). The choice of anchorage depends on the workplace – it can be permanent, like roof anchors, or portable, like carabiners and slings.

To connect the equipment, different carabiners and slings that ensure stability and minimize risk are used. Regardless of type the anchorage has to be strong, reliable, and withstand the strain of a fall.

Remember that consistent control and service is crucial for safety.



## PRODUCT EXAMPLES



### ABTECH T3 TRIPOD

Creates an anchor point where no other anchor options are available, e.g. when working in wells.



### CRESTO SLING 25

Textile anchor sling for temporary anchor points, e.g. around a beam.



### ISC WIRE ANCHOR STROP

Used in the same way as CRESTO Sling 25 where there is risk of sharp edges.



# BODY HARNESS

**A fall protection harness** is a full body harness that prevents or arrests a fall from height by keeping the user safely fastened. It has connection points on the back and/or the chest, where a fall arrester can be connected. The harness' job is to distribute the force of a fall and keep the user upright to reduce the risk of injuries.

**A harness with work positioning** has a belt that provides support and stability when working at heights, e.g. on ladders. It relieves the pressure on the body and enables handsfree work.

**A harness with sit function** has an extra ventral connection point at the waist and is ideal for work

where the user needs to be comfortable when doing suspended work, like rope access or pylon work.

**The difference** between the harnesses is based on the type of assignment - basic fall protection, work positioning, or long time suspension.



**Important to consider:**

To ensure consistent use, the harness needs to fit well and be comfortable the whole workday. Always try the harness on before purchase, to find the right size and model. A harness that fits well reduces the risk of incorrect use and increases the comfort.





## PRODUCT EXAMPLES



BASIC

### CRESTO CORE ACTIVE 1154

Simple and practical harness for basic fall protection. Front and back connection points gives flexibility for different assignments. Perfect if you do not use a harness on a daily basis.



INTERMEDIATE

### CRESTO WORKER PRO 1123

Comfortable harness with low connection point on the chest for maximum freedom of movement. Shoulder padding and quick buckles for the legs provide extra comfort. Ideal for roof work.



ADVANCED

### CRESTO ENERGY PRO 1136

Ergonomic harness for industrial work, e.g. pylon and pole work. H-Design and a construction that can be opened ensures a good fit and smooth handling. Premium comfort, with tool loops and room for rescue equipment.





# CONNECTION

## FALL ARRESTER

When a fall happens, a fall arrester absorbs the force to reduce the risk of injuries.

### Double Fall Arrest Lanyard

With two lines and hooks, the user can be continuously secured and move one hook at a time between anchor points.

### Self Retractable Lanyard (SRL)

Locks quickly in the event of a fall, like a seat belt during a collision. An SRL is well suited for placing at the top of a ladder when climbing up and down, or for roof work (if approved for horizontal use).

### Adjustable Fall Arrest Line

An adjustable length provides freedom of movement and reduces the risk of falling. The line is to be kept tight at all times to avoid the risk of tripping and to limit the drop.





## PRODUCT EXAMPLES



### **CRESTO** **ENERGY TWIN-FLEX** **1302-TF**

Double fall arrest lanyard for safe and smooth reconnection. Approved for users up to 140 kg. Ideal for scaffolding work.



### **TORQ** **MICRO BLOCK H2.0**

A self retractable lanyard (SRL) in compact design and high performance. 2 m long and lightweight.



### **CRESTO** **WORKER** **ADJUSTABLE 1215**

Adjustable fall arrest line made from durable polyamide rope with a textile fall arrester. Approved for users up to 140 kg. Perfect for roof work.



# CONNECTION

## SUPPORT LANYARDS

Support lanyards are a central part of the personal fall protection equipment, made for positioning and prevention of falls. It can be used separately or together with a fall arrester and should be placed so it is possible to move without risk of falling.

The choice of support lanyard depends on work environment and needs. Shorter lanyards suit confined spaces better, while longer ones provide wider reach. The carabiner type also varies, depending on anchor points.



### Important to consider:

The difference between these connections and the ones in the previous chapter is that these lack a fall arrester. Therefore they always have to remain tight to avoid the risk of a fall.







## PRODUCT EXAMPLES



### CRESTO SIMO S 2342

**Work positioning lanyard** with simple one-hand adjustment, for support or prevention of falls. Available in different lengths for different work situations. Has double certificates and can be used as both a support lanyard and an anchorage (see manual). Approved for users up to 140 kg.



### CRESTO SIMO H-A 2343

**Work positioning lanyard** with simple one-hand adjustment, for support or prevention of falls. Available in different lengths for different work situations. Has double certificates and can be used as both a support lanyard and an anchorage (see manual). Approved for users up to 140 kg. Equipped with a large hook for easy connection in e.g. scaffolding.



### CRESTO STAY 9654

**Non-adjustable support lanyard** with a fixed length and a large hook at the end. Fulfills both European and US standards. Suitable in situations where adjustment of length is not necessary.

# A B C COMPLETE FALL PROTECTION KITS

We offer tailored fall protection solutions for safe work at heights.



## CONSTRUCTION AND INDUSTRY

### Worker Service Kit

Fall protection kit with double hooks for safe movement.

**Content:** Basic but comfortable harness, edge tested fall arrest lanyard, anchor sling, equipment bag.

**Use:** Climbing ladders and work in construction and industry.



## SCAFFOLDING AND SKYLIFT

### Worker Industrial Pro Kit

Perfect for scaffolding where you need to move around.

**Content:** Harness with low connection point at the front, self retractable lanyard (SRL) 2 m, anchor sling, equipment bag.

**Use:** Scaffolding work, skylift and industrial environments.



**NEW: CORE ROOFER KIT**

# COMPLETE FALL PROTECTION KIT FOR ROOF WORK

A cost-efficient kit for roof work, no matter if you work with snow shoveling, sheet-metal or service. You get everything you need in a single kit. It saves time, reduces the risk of buying the wrong products, and ensures you work according to rules and regulations – no matter if you stand on a private house roof or an industrial tin roof.



**Content:** Harness with manual buckles, fall arrest lanyard 15 m, anchor sling, equipment bag.



# TRAINING

Understanding how fall protection products work and are used correctly is crucial for your safety.



## YOU NEED A COMBINATION OF THEORY AND PRACTICE

Get the right skills and knowledge by attending trainings provided by our sister company AAK Safety. They offer courses in fall protection, roof work, rescue, confined spaces, and more. The courses are 4–8 hours and combine theoretical and practical elements for a deeper understanding.

## EXPERIENCED AND CERTIFIED INSTRUCTORS ARE KEY

AAK Safety's certified instructors have deep understanding and long experience of fall protection. They stay updated on rules and regulations to provide you with the latest knowledge. The courses are held in well-equipped training sites in Helsingborg and Heby, but can also be arranged where you work.

### CONTACT AAK SAFETY

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info@aaksafety.se





## TAKE CARE OF YOUR EQUIPMENT

To make sure your fall protection equipment is in mint condition you need to inspect it regularly.

### DAILY INSPECTION

To prevent accidents, a visual inspection of the anchor point, the full body harness, and the lanyard should be made before every use:

**Markings** – Is the product age approved?

Has the product been inspected in the past year?

**Webbing** – Are they undamaged and clean? Double check along the edges.

**Buckles** – Do they work properly?

**Connection points** – Are they undamaged and without wear and tear?

**Metal parts** – Are there signs of wear and tear, corrosion or deformation?

### YEARLY INSPECTION BY AN EXPERT

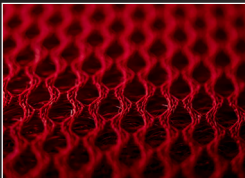
Our partners offer yearly inspections, where trained inspectors examine the whole equipment to find hidden faults and prolong the lifetime of the equipment.

# EXCEPTIONAL PROTECTION. EVERY DAY.

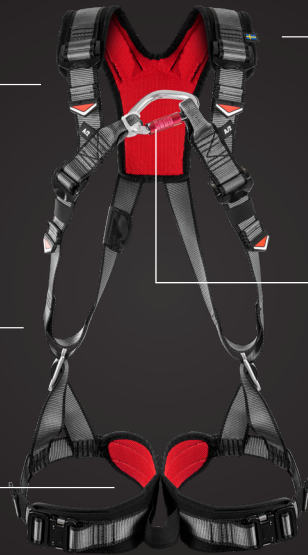


NordGuard™ webbing  
– advanced double-layered  
webbing that exceeds  
business standard

User weight  
up to 140 kg



Comfortable and ventilating  
3D mesh padding



Prolonged lifetime for harness:  
10+2 years



Designed in Sweden,  
trusted everywhere



Carabiner that combines  
fastening and chest buckle  
for a close fit



Aluminium buckle with double  
hold for extra safety

## CRESTO SAFETY

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## READ MORE ABOUT OUR PRODUCTS

For more information and a complete  
product overview, visit [crestosafety.com](https://crestosafety.com)  
or scan the QR code.