## HEIGHT SAFETY PRODUCTS 1800 723 343 ADELAIDE | BRISBANE | DARWIN | MELBOURNE | PERTH | SYDNEY

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Australian Standard AS/NZS1891.1:2007 Lic:21481 SAI Global

# THE COMPLETE Height safety collection Volume II









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# **HEIGHT SAFETY**

# WHY LINQ BY PROCHOICE

Paramount Safety Products is an all-Australian company founded in 1992 and is the name behind the ProChoice Safety Gear brand of PPE.

Our desire to provide workers with a safer working environment fuels our constant search for a better way of delivering high quality PPE through innovation and certification of the highest order.

This strive for excellence led to the development of the LINQ range of Harnesses and Lanyards, which includes the innovative Suspension-Trauma Standing Step Harness. Enabling the user to stand while suspended, it alleviates the compression/tourniquet effect on the upper thighs and helps stimulate blood flow, reducing the potentially deadly consequences associated with prolonged harness suspension.

### PRODUCTS

As with all ProChoice Safety Gear, LINQ Height Safety Equipment is created for safety without compromise by using the highest quality materials engineered for comfort, performance, and a long life-span. With independent third party certification from SAI Global, showcased by the "5 Ticks" mark, LINQ far exceeds Australian safety standards for your peace of mind.

### **OUR SERVICE**

Local Australian manufacturing serves to ensure a flexible and dynamic design process, enabling applicationspecific custom engineering without onerous minimum order quantities. With four distribution centres within Australia and one in New Zealand holding significant stock levels, expedited delivery is the norm.

### **OUR SUPPORT**

With all ProChoice staff holding intricate product and industry knowledge, the LINQ manufacturing team has a unique ability to understand your requirements. Led by Steve Sugden who has over 12 years' manufacturing experience on the international stage, the team is quickly able to develop a needs-based solution fit for your requirements.

### **OUR IMAGE**

ProChoice is a renowned PPE brand respected in Australia and New Zealand for premium quality products certified beyond requirements and sold at affordable prices. Hard-won integrity and trust has been developed through years of delivering safety without compromise and is reinforced through strong packaging, product design and general branding. When people see ProChoice, they see a better product.

# HEIGHT SAFETY

# **HEIGHT SAFETY STANDARDS**

All LINQ harnesses and lanyards are independently tested and certified by SAI Global in accordance with Australian and New Zealand Standard AS/NZS 1891.1 2007.

Whereas some brands will 'self-certify' or claim to use a third party assurance program, ProChoice invests in the most respected and much stricter SAI Global Certification process and Quality Assurance Program.

Independent auditing of LINQ products by SAI Global ensures retailers, HSE officers and end users can have the utmost confidence that LINQ harnesses and lanyards meet or exceed the protection as required by Australian Standards. In fact, LINQ internal QC specifications require the product's performance to exceed AS/NZS standards in some cases by as much as 400% (see page 6).

SAI Certification is displayed in the form of the SAI Global Standards Mark<sup>™</sup> or "5 Ticks" logo representing reliability, quality assurance and safety – hallmarks of all ProChoice Safety Gear, along with **comfort, performance and affordable pricing.** 



The following Australian and New Zealand Standards are recommended reading references:

AS/NZS 1891.1 – Part 1: Safety belts and harnesses 2007

AS/NZS 1891.2 – Part 2: Horizontal lifeline and rail systems

AS/NZS 1891.3 – Part 3: Fall Arrest devices

AS/NZS 1891.4 – Part 4: Selection, use and maintenance of industrial fall arrest systems and devices.

AS 2625: Safe working in a confined space.

AS/NZS 4488 (series) Industrial rope access systems.







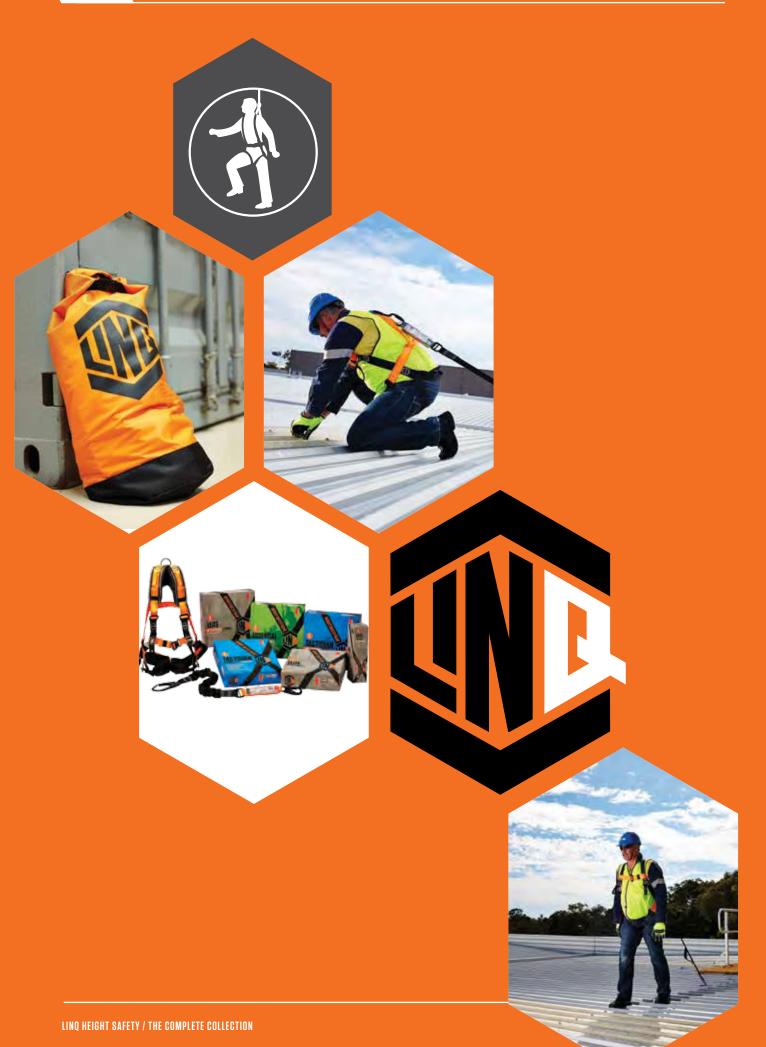
## **LINQ HARNESS & LANYARD COMPLIANCE**

AS/NZS1891.1 Requirements	Criteria for AS/NZ1891.1 Compliance	Minimum Criteria for LINQ in-house Standards compliance	Assessment of results
Appendix A Webbing resistance to light	Polyester Webbing >70% strength exposed vs. unexposed	Polyester Webbing >70% strength exposed vs. unexposed	Complies
Appendix B Static break test of lanyard webbing	Minimum breaking strength shall be 15kN	>23kN	Exceeds standards by >150%
	Hamess on a dummy is subjected to static loads on attachment points and must not fracture more than 10% of the cross section area at any one point	0% Fracture	Exceeds standards significantly
	There shall be no breakage of more than 20% of the stitches in any one stitch pattern of a load bearing stitching at a webbing junction	0% Fracture	Exceeds standards significantly
Appendix C Static loading for attachment points	There shall be no failure of attachment hardware.	0% Fracture	Complies
for attachment points	Pull up force Applied 15kN with 3 minute hold - Dummy must not release	20kN 3 Minutes	Exceeds standards by >133%
	<20% of stitches in any one stitch; and or no fracturing affecting more than 20% of the contact area of a joint if made by means other than stitching	13kN 3 Minutes	Exceeds standards by >133%
	Inverted pull up force applied 10kN with 3 minute hold - Dummy must not release	0% Fracture	Exceeds standards significantly
	Hamess on a 100kg Rigid Dummy and using 12mm 3 strand Hauser laid rope without Energy Absorber, 2m in length	Same	Complies
	Raise and then drop dummy from a point at least 1.8m above anchorage point $(2m+1.8m = 3.8m$ free fall	LINQ in-house requirement to drop over a 4m free fall	Complies
Anna di D. Dunania	Drop Dummy feet first; adjust buckles and repeat but with head first drop.	Drop dummy feet first and repeat with head first drop no buckle adjustment allowed - REPEAT 4 TIMES	Exceeds standards by >400%
Appendix D Dynamic loading tests for fall arrest attachment points	Webbing Slippage allowance per any one adjusting device e.g. a buckle, measured at the centre line of the webbing shall not exceed 25mm (measured after each drop)	Drop dummy feet first and repeat with head first drop no buckle adjustment allowed - REPEAT 4 TIMES	Exceeds standards by >400%
	Total slippage allowance over all adjusting devices shall not exceed 50mm in total	Measured after 4 feet first and 4 head first drops over 4m	Exceeds standards by >400%
	Dummy shall remain securely suspended in the harness	Assessed after 4 feet first and 4 head first drops over 4m	Exceeds standards by >400%
	No complete break of webbing or complete failure of any one pattern of stitches or joint made by another means, at a webbing junction in any leg strap or belt if fitted and no failure of any attachment hardware	Assessed after 4 feet first and 4 head first drops over 4m	Exceeds standards by >400%
Appendix E Dynamic	Dropped over a distance connected on both side Dees with pole strap adjusted to 2m length and dummy dropped over a 1.8m distance, 300mm on the horizontal. Two drops, one inverted	Dropped over a distance connected on both side Dees with pole strap adjusted to 2m length and dummy dropped over a 1.8m distance, 300mm on the horizontal. REPEAT 2 TIMES	Exceeds standards by >200%
loading tests for pole strap assemblies and the harness attachment point	Slippage not to exceed 25mm in any one adjusting device and 50mm in total.	Measured after 2 feet first and 2 head first drops over 1.8m	Exceeds standards by >200%
	Dummy shall remain securely suspended in the harness	Assessed after 2 feet first and 2 head first drops over 1.8m	Exceeds standards by >200%
	No complete break of webbing or complete failure of any one pattern of stitches or joint made by another means, at a webbing junction in any leg strap or belt if fitted and no failure of any attachment hardware	Assessed after 2 feet first and 2 head first drops over 1.8m	Exceeds standards by >200%
Appendix F Static	Pole strap points - 15kN for 3 minutes with the belt tightened around a 350mm cylinder and the pole straps around a 10mm dia pulled in the opposite direction	20kN 3 minutes	Exceeds standards by >133%
assemblies and the harness attachment point	<20% of stitches in any one stitch; and or no fracturing affecting more than 20% of the contact area of a joint if made by means other than stitching	0% Fracture	Exceeds standards significantly
	There shall be no webbing failure or hardware failure	0% Failure	Complies
	Test 1 - Energy Absorber permanent deformation of break/pull out shall be greater than 2kN	2.5kN Minimum	Exceeds standards by >125%
Appendix G Static Break Strength and "pull out"	Test 2 - Energy Absorber when fully pulled out shall withstand, 15kN without releasing load (for 3 minutes)	>23kN	Exceeds standards by >150%
force for Lanyard and Energy (Shock) Absorber element combined.	Test 2 - Energy Absorber when fully pulled out shall withstand, 15kN without releasing load (for 3 minutes) when using the adjustable Rope Lanyard	>15kN	Complies
	Test 3 - for Twin Tailed (twin legged), 15kN end to end static pull test hold for 3 minutes	>23kN	Exceeds standards by >150%
Appendix H Dynamic	To ensure the Energy Absorber restricts the forces on the attachment point to less than 6kN Braking Force after then resultant 100kg dropped from a 3.8m free fall	<6kN on a 125kg weight dropped from a 4m free fall	Exceeds standards by >125%
Loading test for lanyard and Energy Absorber Assembly	The load displacement shall not exceed 5.75m length from the anchorage fall attachment point	Shall not exceed 5.75m length	Complies with displacement length but with higher wearer weight rating









# HARNESSES

LINQ full body harnesses have been medically engineered and certified to provide the wearer with maximum safety, comfort and versatility while working at height.

LINQ harnesses have been engineered in consultation with Orthopaedic and General Surgeons. Each LINQ Harness is designed to ensure the body can tolerate and survive all forces placed on it in the event of a fall. Furthermore LINQ webbing straps and the fall arrest hardware are ergonomically designed to minimise impact on the human body in the event a fall incident.

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LINQ harness webbing has been specifically woven to reduce slippage and ensure maximum buckle grip. Research and development analysed webbing and buckle design including material composition which was integral in achieving unrivalled comfort, safety and zero buckle slippage even during extended wear.

Engineered to minimise incidental harm in the event of a fall, the LINQ range boasts the addition of buckle padding to significantly reduce the risk of injury from harness buckles. Further protecting the wearer is the ergonomic placement of the chest strap, which is positioned below the breast line and the shoulder strap adjustment buckles. This considered chest strap placement is designed to minimise throat and facial injury in the event of a fall.

Another feature of LINQ harnesses, also designed to reduce the risk of throat and facial injury is the inclusion of extended belay loops in preference over a frontal chest Dee ring. LINQ belay loops provide a more balanced weight distribution than the more commonly used frontal chest Dee ring.

Further wearer protection is provided by the inclusion (AS STANDARD EQUIPMENT) of LINQ's Medically Trialled suspension trauma strap - designed to alleviate and minimise post fall Orthostatic Intolerance (suspension trauma syndrome).

Enhancing the unique combination of harness design features, the LINQ range Complies to AS/NZS1891.1 Standards criteria, and we can prove it with Standards Certification!

Independently audited by third party body SAI Global for AS/NZS 1891.1 for Standards adherence, the LINQ harness range boasts the quality assurance of the prestigious "5 ticks" mark of Certification.



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# **KEY HARNESS FEATURES**

	1	Australian designed and engineered		
	2	Confined space/ rescue loops standard on all Tactician and Elite		
	3	Interwoven reflectivity strips for increased low light wearer visibility		
	4	Webbing 28 to 30kN for LINQ harnesses while the ASNZ 1891.1 requires 15kN minimum, LINQ is 200% the minimum standard		
		requirement		
	5	Webbing is UV rated to meet AS/NZS 1891.1 standard.		13
	6	Elastic TIDY loops designed to retain excess webbing post adjustment		
ŀ	1	The use of a frontal Dee for fall arrest is (NOT USED AS PART OF LINQ'S CONCERN FOR USER SAFETY) in the LINQ range of harnesses, the POORLY POSITIONED frontal Dee is replaced by a Co-joined set of Belay Loops with increased loop length resulting in enhanced safety in a properly fitted LINQ harness. Eradicates the chance of throat and facial injury that is associated with frontal Dee harnesses.		
	8	The Co-joined Belay Loops ensure straight line forces at moment of impact, eradicating dangerous vectoral forces associataed with most Frontal Dee type harnesses with off-set non centered Dee placement.	n 7 12 8	i
	9	The LINQ design ensures that there is a substantial MOMENT OF IMPACT safety enhancement.		
	10	Positioning of belay loops below the chest for better safety		
	11	A properly fitted LINQ harnesses Belay Loop design creates a "seat" for the wearer for after fall comfort and safety, whilst at the moment of impact its positioning forms a natural fulcrum and ensures that any risk of throat or facial injury from fall arrest or attachment hardware is greatly reduced.		
	12	Chest Strap positioned below breast line to reduce the risk of throat injury in the event of a fall.		8 🔏
	13	Rear dorsal attachment-drop forged hardware for exceptional strength 40kn (4 tonnes). Dorsal Dee attachment engineered for zero slide in a fall (no keeper/insert breakout)		
	14	Adjustment buckles designed to preclude webbing slippage during day to day use		
	15	Buckles easy to adjust in both slotted and quick fit buckles		
	16	Retro-reflective buckle padding for enhanced safety (precludes wearer injury due to buckle bruising at moment of impact) and for added comfort for the duration of wear time. (not available on the entry level H101 Essential harness) THETA' stitch pattern. Engineered to match webbing strength to ensure no weak point in the harness assembly. Shaped to preclude stitch thread breakage in a fall.		
	17	Contrast stitch thread colour to webbing colour as per ASNZ, for easy inspection		
	18	The Standard's type testing stipulates that compliance assessment takes place after just 1 fall, but LINQ harnesses are engineered to withstand 4 falls (4 head first; 4 feet first falls) and thereafter still comply with the AS/NZS1891.1 compliance assessment requirements		
	19	Suspension Trauma strap- engineered and medically trialled to eliminate suspension trauma/orthostatic intolerance. available on all LINQ harnesses except the entry level H101 Essential harness (Retro fit trauma straps are available under stock code HSSTS.		
	20	Retro reflective shoulder padding for comfort and ease of donning		

# HARNESS SELECTION GUIDE

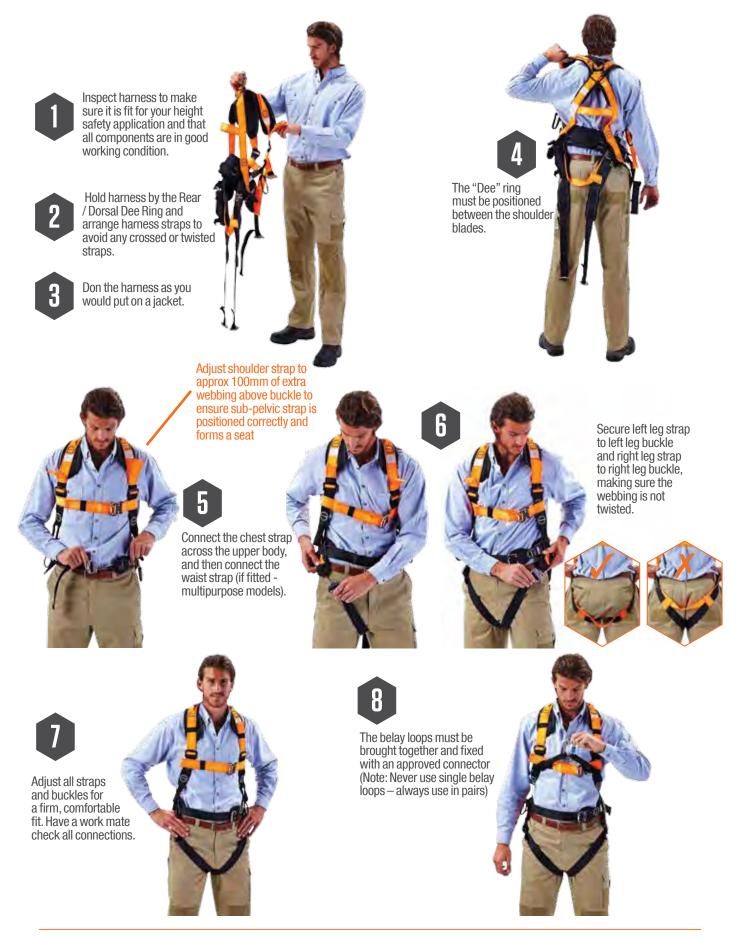
HARNESS NAME	ESSENTIAL	TACTICIAN	TACTICIAN	ELITE	ELITE	
Harness		Riggers	Multi Purpose	Riggers	Multi Purpose	
Part Number	H101	H201	H202	H301	H302	
Material	UV Stabilised Polyester	UV Stabilised Polyester	UV Stabilised Polyester	UV Stabilised Polyester	UV Stabilised Polyester	
Rear Dee Ring	<b>\</b>		<b>√</b>	<b>\</b>		
Frontal Belay Loops	$\checkmark$	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	
Confined Space Shoulder Loops	×	>	<b>\</b>		>	
Large Side Dee Rings	×	×		×	>	
Trauma Strap Fitted AS STD	×	>			>	
Slotted Buckles	<ul> <li>Image: A second s</li></ul>	<ul> <li>Image: A second s</li></ul>	<b>√</b>	X	×	
Quick Fit Buckles	×	×	×	<b>\</b>		
Backing Triangle Mesh	X	<b>\</b>	<b>√</b>	×	X	
Padding Under Buckles	×	1	<b>√</b>	<b>\</b>		18
Waist; Legs & Rear Belt Padding	X	×	×	×		
Reflective Stitching	<b>√</b>		<b>√</b>	<b>√</b>		
Certified & Approved to AS/NZS 1891.1	<b>\</b>		<b>&gt;</b>	<b>\</b>		
NO						KEY
ATI						
APPLICATION						
PP						FALL AR
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FRONTAL ATTACHMEN SCAFFOLDING REST

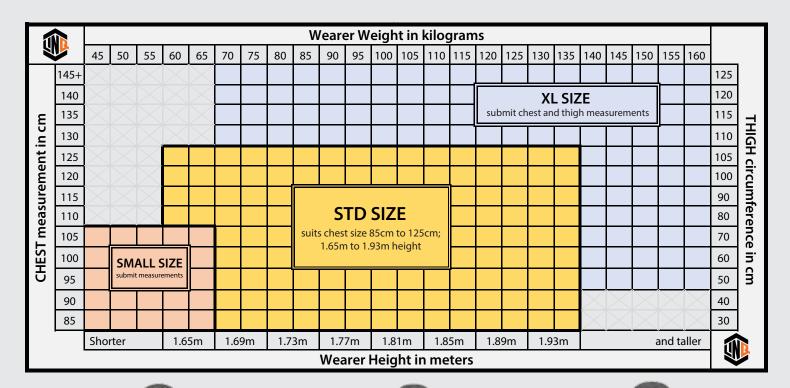




## **CORRECT FITTING OF A LINQ HARNESS**



# HARNESS SIZE GUIDE





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H302 ELITE MULTI-PURPOSE Harness pictured





# **ESSENTIAL HARNESS - H101**

## **PRODUCT FEATURES**



- 2 Front Belay Loops
- **3** 2bar 3bar connector buckles
- 4 Retro Reflective detailing in webbing





and/or Any combination of permanently attached lanyard and/or with Quick-Release Buckle connectors

### **STANDARD FEATURES**

- Medically designed for maximum moment of impact safety
- Harness Design minimises wearer injury during and after fall
- Pebble-weave Webbing Design provides maximum grip precluding incidental buckle slippage

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- Integrated Webbing strap and hardware placement minimises impact injury
- Combined belay loop sub pelvic strap positioning reduces risk of throat and facial injury
- · High Tenacity Polyester Webbing for enhanced resistance to UV and common solvents
- 160kg Wearer capacity (combined weight of wearer; clothes and tools) when used in
- conjunction with a LINQ Shock Absorbing Lanyard
- Unisex design with articulated chest strap and shoulder adjustment points







# **TACTICIAN RIGGERS HARNESS - H201**

## **PRODUCT FEATURES**

- Large Dorsal Dee Ring
- 2 Front Belay Loops
- **3** Slotted Buckles
- Integrated Suspension Trauma Strap
- **5** Shoulder Confined Space / Rescue Loops
- 6 Tangle-free back mesh
- 7 Buckle padding for extended wear
- 8 Retro Reflective detailing in webbing



Rear mesh may be embroidered / with company logo or name

Retro Reflective detailing

#### ALSO AVAILABLE

H210-DRSE Dorsal Extension Strap and/or Any combination of permanently attached lanyard

## **STANDARD FEATURES**

**Slotted Buckle Connectors** 

- Medically designed for maximum moment of impact safety
- Harness Design minimises wearer injury during and after fall
- Pebble-weave Webbing Design provides maximum grip precluding incidental buckle slippage
- Integrated Webbing strap and hardware placement minimises impact injury
- Combined belay loop sub pelvic strap positioning reduces risk of throat and facial injury
- Medically tested Standing Step alleviates the dangers of Suspension Trauma
- High Tenacity Polyester Webbing for enhanced resistance to UV and common solvents
- 160kg Wearer capacity (combined weight of wearer; clothes and tools) when used in
- conjunction with a LINQ Shock Absorbing Lanyard

AUSTRALIA

Unisex design with articulated chest strap and shoulder adjustment points





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# **TACTICIAN MULTI-PURPOSE HARNESS - H202**

## **PRODUCT FEATURES**

- Large Dorsal Dee Ring
- 2 Front Belay Loops
- **3** Slotted Buckles
- Integrated Suspension Trauma Strap
- 5 Shoulder Confined Space / Rescue Loops
- 6 Tangle-free back mesh
- 7 Buckle padding for extended wear
- 8 Large Pole Strap Side Dees
- 9 Adjustable waist belt with tool loop attachments
- Retro Reflective detailing in webbing



#### **Slotted Buckle Connectors**

## **STANDARD FEATURES**

AUSTRALIA

- Medically designed for maximum moment of impact safety
- Harness Design minimises wearer injury during and after fall
- Pebble-weave Webbing Design provides maximum grip precluding incidental buckle slippage
- Integrated Webbing strap and hardware placement minimises impact injury
- · Combined belay loop sub pelvic strap positioning reduces risk of throat and facial injury
- Medically tested Standing Step alleviates the dangers of Suspension Trauma
- High Tenacity Polyester Webbing for enhanced resistance to UV and common solvents
   160kg Wearer capacity (combined weight of wearer; clothes and tools) when used in
- conjunction with a LINQ Shock Absorbing Lanyard
- · Unisex design with articulated chest strap and shoulder adjustment points



Rear mesh may be embroidered with company logo or name

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# **ELITE RIGGERS HARNESS - H301**

## **PRODUCT FEATURES**

- Large Dorsal Dee Ring
  - 2 Front Belay Loops
- 3 Quick-Fit adjustable Clip In Buckles
- Integrated Suspension Trauma Strap
- **5** Shoulder Confined Space / Rescue Loops
- 6 Padded Shoulder Straps
- Padded legs for force dispersion at moment of fall impact
- 8 Retro Reflective detailing



**QR Buckle Connectors** 

#### Retro Reflective detailing

#### ALSO AVAILABLE

H301SS Stainless Steel Hardware

### **STANDARD FEATURES**

Medically designed for maximum moment of impact safety

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- Harness Design minimises wearer injury during and after fall
- Pebble-weave Webbing Design provides maximum grip precluding incidental buckle slippage
- Integrated Webbing strap and hardware placement minimises impact injury
- · Combined belay loop sub pelvic strap positioning reduces risk of throat and facial injury
- Medically tested Standing Step alleviates the dangers of Suspension Trauma
- High Tenacity Polyester Webbing for enhanced resistance to UV and common solvents
- $\cdot$  160kg Wearer capacity (combined weight of wearer; clothes and tools) when used in
- conjunction with a LINQ Shock Absorbing Lanyard

AUSTRALIA

Unisex design with articulated chest strap and shoulder adjustment points







**EXCEEDS** 

# ELITE MULTI-PURPOSE HARNESS - H302

## **PRODUCT FEATURES**



**QR Buckle Connectors** 

### **STANDARD FEATURES**

- Medically designed for maximum moment of impact safety
- Harness Design minimises wearer injury during and after fall
- $\bullet \ {\rm Pebble-weave Webbing Design provides maximum grip precluding incidental buckle slippage}$
- Integrated Webbing strap and hardware placement minimises impact injury
- Combined belay loop sub pelvic strap positioning reduces risk of throat and facial injury
- Medically tested Standing Step alleviates the dangers of Suspension Trauma
- High Tenacity Polyester Webbing for enhanced resistance to UV and common solvents
- 160kg Wearer capacity (combined weight of wearer; clothes and tools) when used in conjunction with a LINQ Shock Absorbing Lanyard
- · Unisex design with articulated chest strap and shoulder adjustment points



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# **ORTHOSTATIC INTOLERANCE**

Injuries from falling are only part of the dangers faced by those working at heights. Harness suspension presents with similar symptoms and complications associated with crush injuries, and the resulting lack of blood flow to the vital organs leading to orthostatic intolerance is widely proven to cause death.

Whilst hanging in a harness, the tourniquet effect of the leg webbing, coupled with the effect of gravity and an inability to release the pressure of the webbing on the legs, leads to a condition known as VENOUS POOLING. The body and leg muscles are unable or are severely restricted from pumping blood back to the heart. When in suspension, a harness simply restricts blood flow back to the heart even if the harness has a cradle or sub pelvic bum strap for the buttocks.

Initial symptoms of orthostatic intolerance are tingling or numbness in the legs, nausea, dizziness, sweating, palpitations and confusion. Fainting occurs next, which, in a harness, will serve to exacerbate the suspension trauma by eliminating movement altogether while still keeping the subject upright. Research has found that after losing consciousness while suspended in a harness, brain damage and death can occur within four to six minutes<sup>(1)</sup>.

Even if a climber or worker is rescued alive in their harness after suffering orthostatic intolerance, they are still in grave danger due to the large amount of deoxygenated blood in their legs that may cause a heart attack or kidney failure when it returns to the body's vital organs. Research by Flora and Holzl found that of eight rock climbers who were alive after hanging in a harness from periods of half an hour to eight hours, all died after they were rescued, surviving from half an hour to 11 days<sup>(2)</sup>.

While each individual's tolerance to suspension varies, everyone is susceptible. This means that using a harness designed to enable blood flow in the event of prolonged suspension is critical, as is the quick rescue and recovery of the victim.

The LINQ range of harnesses and lanyards from ProChoice Safety Gear are specifically designed to reduce the likelihood of orthostatic intolerance. Featuring a unique Standing Step Harness, they eliminate the tourniquet effect and allow the wearer to stand and stimulate the muscles that pump blood back to the body's vital organs. The resulting increased blood flow reduces the risk of suspension trauma and associated dangers.

The Suspension Trauma Standing Step is fitted as standard equipment to the Tactician and Elite harnesses and is available as an addition to all other harnesses in the LINQ range.

References:

1. Nelson B. Climbing harnesses. How long can you safely hang from your harness? (1979) Off Belay Magazine (USA) (August 1979)

2. Flora G and Holzl HR. Fatal and non-fatal accidents involving falls into the rope (1972) Papers of the Second International Conference of Mountain Rescue Doctors (Austria) (1972)

## SUSPENSION TRAUMA STANDING STEP

To deploy the standing step, tear open the Trauma Strap pouch



Hang on to the clip at the top of the pouch and let the strap fall below you.

Let the strap deploy from the pouch completely and then bring the male buckle to the front of your body.

Locate the female buckle on the right hand side of your harness. Connect the male and female components of the buckle together until they click and are secure.



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# LANYARDS

LINQ lanyards are critical pieces of personal protection equipment (PPE) for working safely at heights as the connection between the harness and an anchorage, designed to absorb energy in the event of a fall.

Through extensive research and development on site, as well as engineering and quality control implementation, LINQ has developed a lanyard range suitable for a wide range of worker's body types. Based on worker feedback and site observation, the LINQ lanyard range restricts energy absorption to significantly less than 6kN in the event of a fall for all workers (even plus-sized ones) up to 160kg.

Quality materials have been used to engineer the LINQ lanyard range, ensuring their strength in the event of a fall. These include:

- An Extended Length Energy Absorber designed to protect a worker of up to 160kg (including tools and equipment)
- Drop forged lanyard hardware
- Stitching patterns are sewn by computer controlled bar tacking machinery for precision using UV resistant high tenacity polyester yarn with 100 newton (10kg) breaking strength
- Unique THETA stitch pattern has over 423 stitches resulting in a seam that matches the lanyard's webbing strength of 3.3t

As with the LINQ harness range, LINQ lanyards are third party audited by SAI Global to AS/NZS1891.1 Standards criteria and have been issued with the prestigious "5 ticks" Certification approval, clearly visible on all LINQ lanyard labels.

A work site that chooses LINQ fall arrest lanyards is a safer work site thanks to ProChoice's commitment to strict Certification processes that meet the demands of workers, including plus-sized staff.





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# LANYARDS

	Australian designed, engineered, and MADE
2	High Tenacity webbing 33kN. 220% in excess of ASNZS 1891.1 requirements
3	Webbing is UV rated to exceed AS/NZS 1891.1 standard
4	Unique THETA stitch pattern has 423 stitches resulting in a strength that matches the lanyards' tenacity of 3.3t. Ensuring no weak point in the lanyard assembly.
5	Contrasting stitch thread colour, as per ASNZS for easy inspection.
6	Stitching patterns are sewn by computer controlled bar tacking machinery for precision, using UV resistant high tenacity polyester yarn with 10 newton (10kg) breaking strength
1	The unique LINQ polyester Energy Absorber is designed to protect a worker up to 160kg in weight (including tools and equipment)
8	Drop forged D Transition point doubles as a spare leg stowage point

# MINIMUM FREE SPACE

The LINQ by ProChoice Safety Harness Fall Arrest System is designed to minimise the impact of a fall. When used and fitted correctly, your LINQ height safety equipment will minimise the danger associated with working at heights.

Be mindful of the area beneath your immediate work space and seek out a safety zone. The safety zone is also referred to as Minimum Free Space (MFS), a straight vertical line between the point of anchorage and the ground; the nearest dangerous obstacle or platform.

The Fall Arrest Harness System will not prevent impact with obstacles or obstructions in the path of a fall. It is imperative that you ensure the MFS below the work area is sufficient enough to allow the Fall Arrest System to halt contact with the obstacle(s).

MFS criteria and risks reduce significantly if product warning labels are heeded – All ASNZS 1891.1 products are marked **FALL NOT TO EXCEED 2M**.

It is the duty of the user to be familiar with the MFS available and apply the following formula:



To illustrate a worst case scenario, which is when the anchor point is at the worker's feet, (to be avoided at all times) the MFS is calculated as follows:

Lanyard Length + Shock Absorber element = 2m + 1.75m (maximum extension of the shock absorber element in an extreme fall) + harness system stretch 0.40m + distance from anchor point (at feet) to harness attachment point say 1.8m (for a person of 2m height): **Add 0.5m provisional distance if wearer weight is** >136kg

2m+1.75m+0.4m+1.8m = 5.75m (a wearer >136kg should take extra care in the calculation of their MFS – extra reading AS/NZS1891.4)

Refer to Diagram on page 30 and 31. Correct calculations are important.

### Need help? Please call us on Ph: 1300 LINQ HS (5467 47) NZ: 0800 LINQ HS (5467 47)

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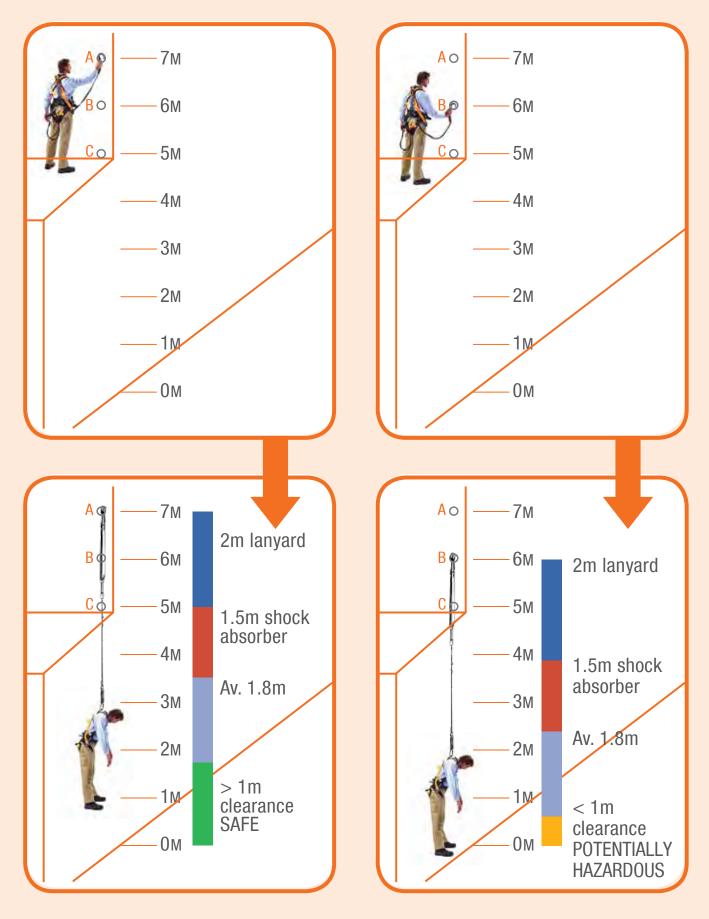


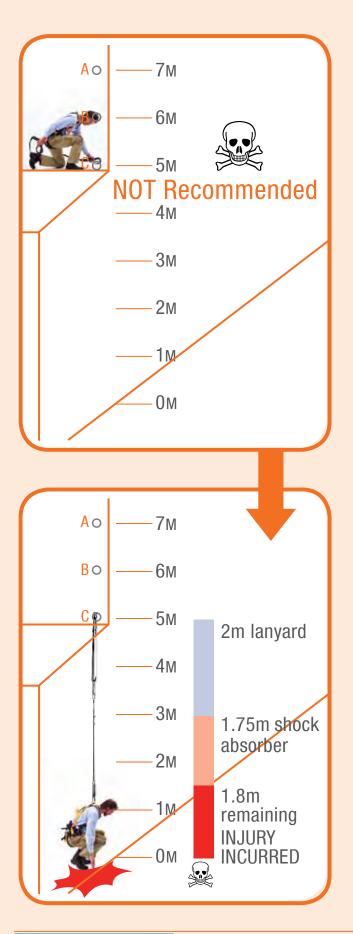


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# MINIMUM FREE SPACE (APPLICABLE TO WEARER < 135KG)











# SINGLE LANYARDS

### FOR COMPLETE CODE ADD LANYARD AND HARDWARE CODE TOGETHER

Eg Single Adjustable Lanyard with 2 x Triple Action Karabiner = WLA1 + KTKT Lanyards come in standard length of 2m, smaller sizes are available



## WLE1 SINGLE ELASTICATED



## WLA1 SINGLE ADJUSTABLE



# **SINGLE LANYARD HARDWARE**



**KDKD 2 X DOUBLE ACTION KARABINER** 



KDSD 1 X DOUBLE ACTION KARABINER 1 X DOUBLE ACTION SCAFF HOOK



KDSN 1 X DOUBLE ACTION KARABINER 1 X SNAP HOOK



KDST 1 X DOUBLE ACTION KARABINER 1X TRIPLE ACTION SCAFF HOOK





AUSTRALIA

**KTSD 1 X TRIPLE ACTION KARABINER 1 X DOUBLE ACTION SCAFF HOOK** 

> SAFETY SUPPLIES LIA 1800 723 343



KTSN 1 X TRIPLE ACTION KARABINER 1 X SNAP HOOK



KTST 1 X TRIPLE ACTION KARABINER 1X TRIPLE ACTION SCAFF HOOK



SNKT 1 X SNAP HOOK 1X TRIPLE ACTION KARABINER



SNSD 1 X SNAP HOOK 1 X DOUBLE ACTION SCAFF HOOK



**SNSN 2 X SNAP HOOK** 



HEIGHTECH Safety Systems

www.heightechsafety.com.au

**SNST** 1 X SNAP HOOK 1 X TRIPLE ACTION SCAFF HOOK



KSKD 1 X SCREW GATE KARABINER 1 X DOUBLE ACTION KARABINER



KSSN 1 X SCREW GATE KARBINER 1 X SNAP HOOK



KSSD 1 X SCREW GATE KARABINER 1 X DOUBLE ACTION SCAFF HOOK



KSST 1 X SCREW GATE KARABINER 1 X TRIPLE ACTION SCAFF HOOK





# **DOUBLE LANYARDS**

### FOR COMPLETE CODE ADD LANYARD AND HARDWARE CODE TOGETHER

Eg Double Adjustable Lanyard with 3 x Triple Action Karabiner = WLA2 + KTKT Lanyards come in standard length of 2m, smaller sizes are available

## WLO2 DOUBLE WEBBING



### WLE2 DOUBLE ELASTICATED





# **DOUBLE LANYARD HARDWARE**



**KDKD 3 X DOUBLE ACTION KARABINER** 



**KDSD 1 X DOUBLE ACTION KARABINER** 2 X DOUBLE ACTION SCAFF HOOK



KDSN 1 X DOUBLE ACTION KARABINER 2 X SNAP HOOK



KDST 1 X DOUBLE ACTION KARABINER 2X TRIPLE ACTION SCAFF HOOK





**KTSD 1 X TRIPLE ACTION KARABINER 2 X DOUBLE ACTION SCAFF HOOK** 



**KTSN 1 X TRIPLE ACTION KARABINER** 2 X SNAP HOOK



**KTST 1 X TRIPLE ACTION KARABINER** 2X TRIPLE ACTION SCAFF HOOK

**SNKT 1 X SNAP HOOK 2 X TRIPLE ACTION KARABINER** 



**SNSD 1 X SNAP HOOK** 2 X DOUBLE ACTION SCAFF HOOK



**SNSN 3 X SNAP HOOK** 



**SNST 1 X SNAP HOOK** 2 X TRIPLE ACTION SCAFF HOOK



KSKD 1 X SCREW GATE KARABINER 2 x DOUBLE ACTION KARABINER



KSSN 1 X SCREW GATE KARBINER 2X SNAP HOOK



KSSD 1 X SCREW GATE KARABINER 2 X DOUBLE ACTION SCAFF HOOK



KSST 1 X SCREW GATE KARABINER 2 X TRIPLE ACTION SCAFF HOOK







# SINGLE ROPE LANYARDS

### FOR COMPLETE CODE ADD LANYARD AND HARDWARE CODE TOGETHER

Eg Single Rope Lanyard with 2 x Triple Action Karabiner = RLO1 + KTKT Rope Lanyards come in standard length of 2m, smaller sizes are available

## **RLO1 SINGLE ROPE**



# **SINGLE ROPE LANYARD HARDWARE**



**KDKD 2 X DOUBLE ACTION KARABINER** 



KDSD 1 X DOUBLE ACTION KARABINER 1 X DOUBLE ACTION SCAFF HOOK



KDSN 1 X DOUBLE ACTION KARABINER 1 X SNAP HOOK



KDST 1 X DOUBLE ACTION KARABINER 1X TRIPLE ACTION SCAFF HOOK





AUSTRALIA

**KTSD 1 X TRIPLE ACTION KARABINER 1 X DOUBLE ACTION SCAFF HOOK** 

SAFETY SUPPLIES



KTSN 1 X TRIPLE ACTION KARABINER 1 X SNAP HOOK



KTST 1 X TRIPLE ACTION KARABINER 1X TRIPLE ACTION SCAFF HOOK



SNKT 1 X SNAP HOOK 1X TRIPLE ACTION KARABINER



**SNSD 1 X SNAP HOOK** 1 X DOUBLE ACTION SCAFF HOOK



**SNSN 2 X SNAP HOOK** 



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**SNST** 1 X SNAP HOOK 1 X TRIPLE ACTION SCAFF HOOK



KSKD 1 X SCREW GATE KARABINER 1 X DOUBLE ACTION KARABINER



KSSN 1 X SCREW GATE KARBINER 1 X SNAP HOOK



KSSD 1 X SCREW GATE KARABINER 1 X DOUBLE ACTION SCAFF HOOK



KSST 1 X SCREW GATE KARABINER 1 X TRIPLE ACTION SCAFF HOOK





# DOUBLE ROPE LANYARDS

### FOR COMPLETE CODE ADD LANYARD AND HARDWARE CODE TOGETHER

Eg Double Rope Lanyard with 3 x Triple Action Karabiner = RLO2 + KTKT Rope Lanyards come in standard length of 2m, smaller sizes are available

### **RLO2** DOUBLE ROPE



# **DOUBLE ROPE LANYARD HARDWARE**



**KDKD 3 X DOUBLE ACTION KARABINER** 



**KDSD 1 X DOUBLE ACTION KARABINER** 2 X DOUBLE ACTION SCAFF HOOK



KDSN 1 X DOUBLE ACTION KARABINER 2 X SNAP HOOK



KDST 1 X DOUBLE ACTION KARABINER 2X TRIPLE ACTION SCAFF HOOK





**KTSD 1 X TRIPLE ACTION KARABINER 2 X DOUBLE ACTION SCAFF HOOK** 



**KTSN 1 X TRIPLE ACTION KARABINER** 2 X SNAP HOOK



KTST 1 X TRIPLE ACTION KARABINER 2X TRIPLE ACTION SCAFF HOOK



**SNKT 1 X SNAP HOOK** 2 X TRIPLE ACTION KARABINER



**SNSD 1 X SNAP HOOK 2 X DOUBLE ACTION SCAFF HOOK** 



**SNSN 3 X SNAP HOOK** 



**SNST 1 X SNAP HOOK** 2 X TRIPLE ACTION SCAFF HOOK



KSKD 1 X SCREW GATE KARABINER 2 x DOUBLE ACTION KARABINER



KSSN 1 X SCREW GATE KARBINER 2X SNAP HOOK



KSSD 1 X SCREW GATE KARABINER 2 X DOUBLE ACTION SCAFF HOOK



KSST 1 X SCREW GATE KARABINER 2 X TRIPLE ACTION SCAFF HOOK







# ADJUSTABLE ROPE

### RLA 2M ADJUSTABLE ROPE LANYARD WITH SHOCK ABSORBER AND ROPE GRAB



### Available with four different hardware options





RLAKSRG RLASNRG Screw Gate Snap Hook Karabiner

### **RKRG KERNMANTLE ROPE WITH THIMBLE EYE AND ROPE GRAB** Available in 15M, 20M, 25M, 30M, 40M, 50M, 60M, 75M, and 100M lengths









### ACCESSORIES

#### **HARDWARE CONNECTORS**

The LINQ range of karabiners offers exceptional strength and class-leading features, manufactured under stringent quality control conditions. LINQ karabiners are free from any material or manufacturing defects and Minimum Breaking Strength is assured (MBS).

Engineered for easy use without compromising safety, LINQ karabiners are self-closing and available with a screw-gate, double action or triple action self-locking mechanism to reduce the probability of involuntary opening or release. No LINQ karabiner will open without at least two deliberate actions.

Furthermore, enhanced corrosion resistance and a sleek design minimises snagging and damage to harness and lanyard webbing.

Strict manufacturing processes and stringent batch testing provide you the surety to use LINQ karabiners as a load-bearing connector able to withstand forces of up to 25kN.

Stringent batch testing is conducted to International Standard ISO 10333-5 to determine that the device shall withstand a minimum static force of 20kN without evidence of fracture or inadvertent opening of the gate.

#### ACCESSORIES

Complementing the LINQ harness and lanyard range is a comprehensive collection of height safety accessories designed for safety without compromise using quality materials engineered for comfort, performance and longevity.

All LINQ accessories are manufactured with reference to AS/NZS1891.1. ProChoice recommend users familiarise themselves with AS/NZS1337.4 guidelines which state **"It is important that investigations be conducted before purchase of any fall-arrest equipment in order to identify the aspects of use that need to be catered for to enable the best system or equipment for the task to be selected."** 

The collection of LINQ height safety accessories have been ranged to support most working at heights situations.

### Need help? Please call us on Ph: 1300 LINQ HS (5467 47) NZ: 0800 LINQ HS (5467 47)



s HEIGHTECH Safety Systems www.heightechsafety.com.au HEIGHTECH Safety Systems www.heightechsafety.com.au



### HARDWARE CONNECTORS



#### KSGSA18

#### **SCREW GATE STEEL ALLOY**

OPENING - 18MM WEIGHT- 165gm RATING- 25kN WIDTH- 58mm LENGTH- 110mm



#### KTASS27

#### TRIPLE ACTION STAINLESS STEEL OPENING - 27MM

WEIGHT- 261 gm RATING- 30kN WIDTH- 85mm LENGTH- 112mm



#### TRIPLE ACTION SCAFF HOOK OPENING - 70MM WEIGHT - 500 GM STRENGTH - 23KN EYE SIZE - 69MM

LENGTH - 259MM

WIDTH - 111MM



#### KDASA19 DOUBLE ACTION STEEL ALLOY OPENING - 19MM WEIGHT- 175am

WEIGHT- 175gm RATING- 25kN WIDTH- 58mm LENGTH- 110mm



SNAP HOOK OPENING - 26MM WEIGHT- 371 GM RATING - 25KN EYE SIZE - 27MM WIDTH - 59MM LENGTH - 142MM



#### KTASA26 TRIPLE ACTION STEEL ALLOY OPENING - 26MM WEIGHT- 275gms RATING- 30kN WIDTH- 82mm LENGTH- 123mm



#### DOUBLE ACTION SCAFF HOOK OPENING - 68MM WEIGHT - 490 GM RATING - 25KN EYE SIZE - 79MM WIDTH - 118MM LENGTH - 223MM

#### HSSHG

GIANT SCAFF HOOK OPENING - 111MM STRENGTH - 25KN EYE SIZE - 122MM WIDTH - 168MM LENGTH - 355MM WEIGHT - 960GMS 65

### ACCESSORIES



#### ANCHOR STRAP ENDLESS ROUND 25MM AVAILABLE IN 1.5M AND 2M LENGTHS RATING - 22kN COMPLIES TO AS/NZS 5532:2013 THIRD PARTY NATA ACCREDITED



#### POLE STRAP 2M DOUBLE ACTION KARABINER

TRIPLE ACTION KARABINER ALSO AVAILABLE (HPS20KT)



HSCSSB CONFINED SPACE SPREADER BAR



HSEML145 MANULINK 145MM



#### ANCHOR STRAP ENDLESS ROUND 44MM

AVAILABLE IN 1.5M AND 2M LENGTHS RATING - 22kN COMPLIES TO AS/NZS 5532:2013 THIRD PARTY NATA ACCREDITED



POLE STRAP 2M SNAP HOOK CUSTOM LENGTHS AVAILABLE



HSKB525 ELITE BACK PACK KIT BAG



HSBS15 SQUARE BUCKET 15L



ANCHOR STRAP WEBBING INTERLOCKING 2.0M AVAILABLE IN 1.5M AND 2M LENGTHS RATING - 22kN COMPLIES TO AS/NZS 5532:2013 THIRD PARTY NATA ACCREDITED



SUSPENSION TRAUMA STRAP (RETRO FIT)



**KIT BAG** 



HSBR15 ROUND BUCKET 15L







# SELF RETRACTING LIFELINES & CONFINED SPACE ENTRY

#### **SELF RETRACTING LIFELINES**

The LINQ self-retracting lifeline (SRL) range is engineered for extreme workplace situations. Boasting Compliance with AS/NZS1891.3 §1.6, the range has been developed to be durable and efficient anchored lifelines.

LINQ self retracting lifelines (SRL's) extend and retract automatically, allowing the user to operate within the recommended work area permitted by the AS/NZS Standard. The lifeline maintains tension which clears the work zone of any loose and dangerous excess webbing. In the event of a fall, a brake activates, arresting the fall and reducing the impact of the fall.

Multiple options are available from 2m up to 30m to suit almost any situation working at heights.

#### **CONFINED SPACE SYSTEMS**

When working in confined spaces, you need to rely on the confined space system to get you in, and also get you out efficiently. LINQ's Tripod and Winch system are manufactured in accordance with AS/NZS 5532: 2013 and have also been globally accredited, Certified to EN795:2012.

LINQ Confined Space Systems have been built on the very same value that ProChoice have built a household safety brand name on in PPE. The integrity of our products are the foundation of the ProChoice brand as with all ProChoice sub-brands such as LINQ.

> HEIGHTECH Safety Systems www.heightechsafety.com.au

HEIGHTECH Safety Systems www.heightechsafety.com.au



## **SELF RETRACTING LIFELINES**



#### IRRWL350

SELF RETRACTABLE WEBBING LOQ BLOQ Complies to As/NZS1891.3 §1.6 High Impact Outer Casing Comes with Load Indicator Snap Hook

3.5M LENGTH

#### IRSR10 SELF RETRACTABLE

WIRE ROPE LOQ BLOQ COMPLIES TO AS/NZS1891.3 §1.6 5MM GALVANISED STEEL WIRE ROPE

SWIVEL ANCHORAGE EYE ATEX CERTIFIED DIRECTIVE 94/9/EC 10M LENGTH

### IRW225KSKS SELF RETRACTING WEBBING LANYARD 2.5M COMPLIES TO AS/NZS1891.3 §1.6 COMES WITH 2 X SCREW GATE 18MM KARABINERS



#### IRRWL600 SELF RETRACTABLE WEBBING LOQ BLOQ

COMPLIES TO AS/NZS1891.3 §1.6 HIGH IMPACT OUTER CASING COMES WITH LOAD INDICATOR SNAP HOOK 6M LENGTH



#### SELF RETRACTABLE WIRE ROPE LOQ BLOQ

COMPLIES TO AS/NZ\$1891.3 \$1.6 5MM GALVANISED STEEL WIRE ROPE SWIVEL ANCHORAGE EYE ATEX CERTIFIED DIRECTIVE 94/9/EC 15M LENGTH



PUKIABLE ANGHUKAGE LIFELIN RATED FOR 2 PEOPLE



COMPLIES TO AS/NZ\$1891.3 §1.6 5MM GALVANISED STEEL WIRE ROPE SWIVEL ANCHORAGE EYE ATEX CERTIFIED DIRECTIVE 94/9/EC 7M LENGTH



### TETHA-BLOO

I E ITA-DLUQ CENTRIFUGAL BRAKING TO MINIMISE IMPACT FORCES HIGH IMPACT ULTRA-STRENGTH POLYMER CASING TO PREVENT BREAKAGE-MINIMISES FALL ARREST FORCES TO LESS THAN 6KN SWIVEL SNAP HOOK WITH LOAD INDICATOR

COMPLIES TO AS1891.3 AS COVERED BY EN360:2002

2.5M LENGTH

# **CONFINED SPACE ENTRY**

#### HSTP29

#### **TRIPOD**

FOR CONFINED SPACE ACCESS **ADJUSTABLE HEIGHT 1.9M - 2.9M LIFTING LOAD CAPACITY 500 KG CERTIFIED TO EN795:2012 FOOTPRINT- 1.8M DIAMETER** WEIGHT 15KG **ANCHORAGE RATED TO 12KN** AS/NZS 5532: 2013 **STEEL SUPPORT SHOES WITH RUBBER SOLE** FOR INCREASED STABILITY **COMES WITH TRIPOD BAG** 



**TRIPOD HEAD** 



#### **RESCUE WINCH**

FOR USE WITH LINQ TRIPOD (HSTP29) **TESTED LOAD : 1350 KG RATED LOAD : 135 KG MAXIMUM LIFTING : 25M** AS/NZS 5532: 2013 **CONFORMS TO EN1496:2006** 

HEIGHT SAFETY SUPPLIES AUSTRALIA 1800 723 343 WWW.heightechsafety.com.au





# HEIGHT SAFETY KITS

LINQ offers three ready-made Kits that are suitable for a broad range of occupations.

These include:

- Standard Roofers Kit
- Basic Roofers Kit
- Construction Kit

These Kits have been designed to meet the general requirements of workers who are working at heights in most workplace situations. The Kits also offer exceptional value for money as opposed to buying the items individually.

If your site has specific requirements, LINQ also offer a custom kit service. Customers can take advantage of the LINQ custom kit service by tailoring a kit to suit the needs of their individual work site, choosing from any LINQ harness, lanyard, rope, karabiner and accessory.

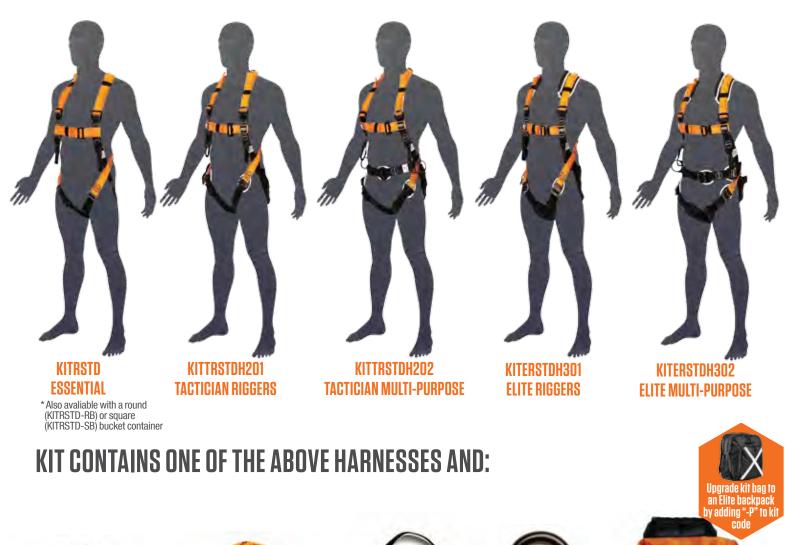
Customers may also choose to have multiple items within the same category, for example two lanyards or four karabiners, and so on.

The possibilities with the custom kit option are endless, and there is no minimum order quantity making it easier to create kits based on occupation as opposed to workplace. Kits are packed individually and sent to the customer ready for standard issue to the workforce, taking the hassle out of procuring height safety equipment.





# **STANDARD ROOFERS KITS**





LINQ HEIGHT SAFETY / THE COMPLETE COLLECTION

# **BASIC** ROOFERS KITS

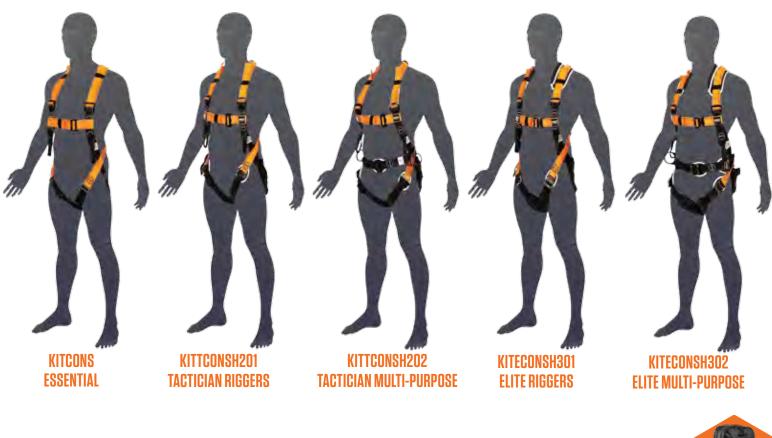






an Elite backpack by adding "-P" to ki

# **CONSTRUCTION KITS**



### KIT CONTAINS ONE OF THE ABOVE HARNESSES AND:

 NIDISNEN
 HSEMI155

 Shock Absorbing Webbing
 HSEMI155

 Laward Single Leg
 Eseminable

 (XSRap Hook)
 HSEMI155

# CUSTOM KIT

At LINQ, we pride ourselves on exceeding customer expectations. If our Standard, Basic, or Construction Kits do not suit your individual requirements, we offer a Custom Kit building service.

From our state of the art facility located in Brisbane (Australia), LINQ are able to tailor a kit to suit your specific needs through our four step process:

### **CHOOSE HARNESS**





**TACTICIAN RIGGER** 



TACTICIAN MULTI-PURPOSE





\*Welder's protection available on all harnesses upon request

**CHOOSE LANYARD** 





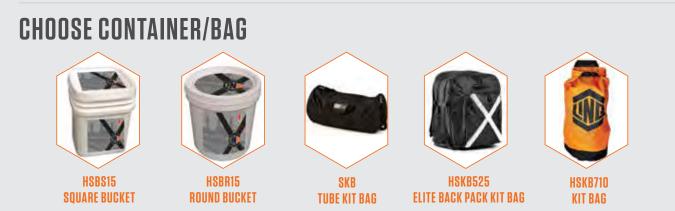
\*Select as per items on pgs 32-39

### **CHOOSE ROPE LENGTH**



RKRG Kernmantle Rope with thimble eye and Rope grab

\*Select lengths noted on pg 40



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