

Freestanding Constant Force Post: ManSafe® System

Latchways Freestanding Constant Force® post, when combined with Latchways Horizontal ManSafe® cable components, create a safety system capable of providing fall protection either as fall arrest or fall restraint in accordance with the recommendations of **BS EN 795: 'Protection Against Falls From A Height – Anchorage Devices – Requirements And Testing' Class C**.

Unlike the posts employed in traditional horizontal cable based fall protection systems, Freestanding Constant Force posts are simply placed onto the roof surface thus maintaining roof integrity and not affecting the roof's compliance with Part L of the Building Regulations.

Suitable where there is a requirement for occasional access to flat roofs (< 5° pitch), the versatility of Latchways ManSafe when combined with the Freestanding Constant Force post allows the system to be sited where access is needed, without the need to puncture the roof membrane. The system is suitable for most types of roof finishes including single ply, felt, asphalt and chippings. (Attention must be given to whether the roof structure is capable of carrying the additional load of the anchors).

The Freestanding Constant Force post consists of a number of galvanised steel weights bolted in a circular formation onto four rubber coated base weights between which is fixed the galvanised steel frame that supports the centrally located post.

The ManSafe components fitted to the posts are manufactured from marine grade 316 stainless steel and consist of 8 mm 7 x 7 stainless steel cable, intermediate cable brackets / D rings and a system tensioner.

As the name suggests, mass friction anchors are designed to counter the effects of a fall by virtue of the anchor's weight creating friction between its base and the roof surface. In the event of a fall, or other load applied, the post component of the assembly is designed to absorb all or part of the load with the whole anchor being designed to move to finally arrest any residual load (Freestanding Constant Force posts must therefore be placed a minimum of 2.5 m away from a fall hazard).

Correct and efficient use of Constant Force posts will require a user to wear site specific **Personal Protective Equipment (PPE)** and to be competently trained.

MAINTENANCE & WARRANTY

To satisfy the requirements of the Provision and Use of Work Equipment Regulations (PUWER) 1998 it is essential that Constant Force posts, whether as Single Point Anchors or as part of a ManSafe system, are inspected and maintained a minimum of once every 12 months by HCL or an HCL approved agent. This essential maintenance not only ensures that the user remains fully protected as intended but it ultimately prolongs the life of the system.

For more information contact HCL Safety on 0800 212867

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