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Personal protective equipment against falls from a height - Energy absorbers

## EESTI STANDARDI EESSÕNA

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ICS 13.340.99

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English version

## Personal protective equipment against falls from a height - Energy absorbers

Équipement de protection individuelle contre les chutes de  
hauteur - Absorbeurs d'énergie

Persönliche Schutzausrüstung gegen Absturz -  
Falldämpfer

This European Standard was approved by CEN on 12 March 2002.

CEN members are bound to comply with the CEN/CENELEC Internal Regulations which stipulate the conditions for giving this European Standard the status of a national standard without any alteration. Up-to-date lists and bibliographical references concerning such national standards may be obtained on application to the Management Centre or to any CEN member.

This European Standard exists in three official versions (English, French, German). A version in any other language made by translation under the responsibility of a CEN member into its own language and notified to the Management Centre has the same status as the official versions.

CEN members are the national standards bodies of Austria, Belgium, Czech Republic, Denmark, Finland, France, Germany, Greece, Iceland, Ireland, Italy, Luxembourg, Malta, Netherlands, Norway, Portugal, Spain, Sweden, Switzerland and United Kingdom.



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## Foreword

This document EN 355:2002 has been prepared by Technical Committee CEN/TC 160 "Protection against falls from a height including working belts", the secretariat of which is held by DIN.

This European Standard shall be given the status of a national standard, either by publication of an identical text or by endorsement, at the latest by November 2002, and conflicting national standards shall be withdrawn at the latest by November 2002.

This document supersedes EN 355:1992. This new edition contains the old text of the standard and incorporates some urgent amendments that are intended to give additional information and clarify inconsistencies. A comprehensive revision of the standard will follow at a later stage.

This document has been prepared under a mandate given to CEN by the European Commission and the European Free Trade Association, and supports essential requirements of EU Directive(s).

For relationship with EU Directive(s), see informative annex ZA, which is an integral part of this document.

According to the CEN/CENELEC Internal Regulations, the national standards organizations of the following countries are bound to implement this European Standard: Austria, Belgium, Czech Republic, Denmark, Finland, France, Germany, Greece, Iceland, Ireland, Italy, Luxembourg, Malta, Netherlands, Norway, Portugal, Spain, Sweden, Switzerland and the United Kingdom.

## 1 Scope

This European Standard specifies the requirements, test methods, marking, information supplied by the manufacturer and packaging for energy absorbers. Energy absorbers conforming to this European Standard are used as elements or components either integrated in a lanyard, an anchor line or a full body harness or in combination with one of them.

Combinations of an energy absorber and a lanyard are sub-systems constituting one of the fall arrest systems covered by EN 363, when combined with a full body harness specified in EN 361.

Fall arresters are specified in EN 353-1, EN 353-2 and EN 360.

## 2 Normative references

This European Standard incorporates by dated or undated reference, provisions from other publications. These normative references are cited at the appropriate places in the text, and the publications are listed hereafter. For dated references, subsequent amendments to or revisions of any of these publications apply to this European Standard only when incorporated in it by amendment or revision. For undated references, the latest edition of the publication referred to applies (including amendments).

EN 354:2002, *Personal protective equipment against falls from a height – Lanyards.*

EN 362, *Personal protective equipment against falls from a height – Connectors.*

EN 363:2002, *Personal protective equipment against falls from a height - Fall arrest systems.*

EN 364:1992, *Personal protective equipment against falls from a height - Test methods.*

EN 365:1992, *Personal protective equipment against falls from a height - General requirements for instructions for use and for marking.*

## 3 Terms and definitions

For the purposes of this European Standard, the following terms and definitions apply.

### 3.1

#### **energy absorber**

element or a component of a fall arrest system, which is designed to dissipate the kinetic energy developed during a fall from a height [EN 363]

### 3.2

#### **lanyard**

connecting element or component of a fall arrest system. A lanyard may be of synthetic fibre rope, wire rope, webbing or chain [EN 363]

### 3.3

#### **length of energy absorber including a lanyard**

total length  $L_t$  in metres from one load bearing point to the other load bearing point, measured in an unloaded but taut condition of the energy absorber including lanyard [EN 363]

### 3.4

#### **braking force**

maximum force  $F_{max}$  in kilonewtons, measured at the anchor point or the anchor line during the braking period of the dynamic performance test [EN 363]