



SECTION 07 72 76  
FALL RESTRAINT SYSTEMS

PART 1 GENERAL

- 1.1 SUMMARY: Section includes OSHA compliant fall restraint/arrest systems consisting of anchorage, connectors, body belt or harness and lifeline.

- A. Personal fall arrest systems:
  - 1. LifePoint single point tie-off system
  - 2. LifePoint Duo fall arrest and fall restraint system
  - 3. Cobra Life-Link Multi-Man fall arrest and fall restraint system

1.2 RELATED SECTIONS

- A. Section 07 72 73 - Roof Edge Protection Systems

1.3 REFERENCES

- A. 29 CFR 1926 - Safety and Health Regulations for Construction, Subpart M-Fall Protection.
- B. 29 CFR 1910.29 - Occupational Health and Safety Standards for General Industry, Subpart D Fall protection Systems and Falling Object Protection.

1.4 SUBMITTALS

- A. Submit under provisions of Section 01 30 00 - Administrative Requirements.
- B. Product Data: Manufacturer's data sheets on each product to be used, including:
  - 1. Preparation instructions and recommendations.
  - 2. Storage and handling requirements and recommendations.
  - 3. Installation methods.
- C. Certification: Provide manufacturer's certifications that the ultimate strength of the fall protection system is equal to or greater than those specified.

1.5 QUALITY ASSURANCE

- A. Manufacturer Qualifications: minimum of 15 years experience manufacturing portable railing systems.
- B. Installer Qualifications: Minimum 2 person crew capable of positioning and installing portable roof fall protection system according to manufacturers instructions.

1.6 DELIVERY, STORAGE, AND HANDLING

- A. Store and maintain products in accordance with the manufacturer's printed

recommendations.

## PART 2 PRODUCTS

### 2.1 MANUFACTURERS

- A. Provide products as manufactured by Garlock Safety Systems, Plymouth, MN, [www.garlocksafety.com](http://www.garlocksafety.com), Email: sales@garlockequip.com
- B. Requests for substitutions will be considered in accordance with provisions of Section 01 60 00 - Product Requirements.

### 2.2 EQUIPMENT

- A. LifePoint System: non-penetrating single tie-off anchor device for flat roof surfaces.
  - 1. Meets OSHA 1926.502(d) (16) (iv) Fall Arrest.
    - a. Fall Arrest Rated: 1 person
    - b. Fall Restraint Rated: 1 person
  - 2. Approved Surface Use: Poured concrete, EPDM (adhered and loose laid), TPO (adhered and loose laid, BUR (swept), maximum 5 degree incline.
  - 3. Ballast Weight: galvanized weight pan, powder-coated base with rubberized bottom, contains fourteen 35 lb. weights, for total assembled weight of 960 lbs.
  - 4. Optional Transport Cart: Powder-coated framing permits repositioning by one person without disassembly.
- B. LifePoint Duo Mobile System: non-penetrating, mobile tie-off anchor device with two anchorage capability.
  - 1. Meets OSHA 1926.502(d) (16) (iv) Fall Arrest.
    - a. Tie-off points for 1 Fall-arrest and 1 Fall-Restraint, or 2-person Fall Restraint
    - b. Mobile and repositionable
    - c. Ratcheted handle enables the weighted body of the unit to lifted safely
  - 2. Description:
    - a. Steel powder coated frame
    - b. Zinc Plated weight pan with durable rubber bottom.
    - c. Empty Weight: 200 lbs.
    - d. Loaded Weight: 930 lbs.
    - e. Tires: Flat free solid.
    - f. Weights:
      - 1) Open Concrete type.
      - 2) Solid Steel type.
- C. Cobra Multi-Man personal fall arrest system: non-penetrating cart provides anchor points for 2 people for fall restraint and up to 3 for fall arrest, up to a 45 degree work zone in either direction of the anchor point.
  - 1. Features:
    - a. Meets OSHA 1926.502(d) (15) Fall Arrest.
    - b. Non-Penetrating.
    - c. Mobile, easy to reposition
    - d. Integrated handle and brake.
    - e. Heavy duty cart with flat free tires moves easily across uneven surfaces to follow the work flow.
    - f. Large, locking job box provide storage and protection (optional).
    - g. Cobra-claw penetrates the surface instantly to arrest a fall and stop cart movement.
    - h. Large open deck provides space for generators, compressors, or additional job box.
  - 2. Description:

- a. Galvanized steel powder coated frame
- b. Rescue winch system.
- c. Weight: 1100 lbs.
- d. Length (with handle): 102 inches
- e. Width: 59 inches
- f. Height: 48 inches
- g. Weight: 1100 lbs.
- h. Fall Arrest Rating: 3 people
- i. Fall Restraint Rating: 2 people
- j. Tires: 18x8.50 Flat-free
- k. Deck Space 25 inches by 40 inches.

## PART 3 EXECUTION

### 3.1 EXAMINATION

- A. Do not begin installation until substrates have been properly prepared.
- B. If substrate preparation is the responsibility of another installer, notify Architect of unsatisfactory preparation before proceeding.

### 3.2 PREPARATION

- A. Prepare surfaces using the methods recommended by the manufacturer for achieving the best result for the substrate under the project conditions.

### 3.3 INSTALLATION

- A. Install in accordance with manufacturer's instructions.
- B. Before installation, inspect all parts to insure no damaged parts are used.
- C. Install diagonal braces on corner stanchions and at terminations of cable runs.

### 3.4 PROTECTION

- A. Protect installed products until completion of project.

END OF SECTION