IRON MAN
FULL BODY HARNESS WITH WAIST BELT
100 SERIES

- HD / PLAIN
- Full Body Harness with 75mm waist belt with 2 part interlocking buckle.
- No Lanyard.
- 45mm Chest Strap with 2 part interlocking buckle.
- SANS 50361

- HD / SAE2 / WS-302
- Full body harness with 75mm waist belt.
- Webbing lanyard with local safety snap hook and shock absorbing element.
- Lanyard length – any length up to a maximum, including shock absorbing element, of 2 metres.
- SANS 50361
- SANS 50354 and 50355

- HD / SAE2 / WS-302, DBS
- As for HD / SAE2 / WA25 above but with double safety straps.
- SANS 50361
- SANS 50354 and 50355

- HD / SAE2 / 2 x WS-302
- As for HD / SAE2 / WA25 above but with double webbing Lanyard and local safety strap hooks.
- SANS 50361
- SANS 50354 and 50355
IRON MAN
FULL BODY HARNESS
WITHOUT WAIST BELT
200 SERIES

• HE / PLAIN
  • Full body harness, no waist belt or lanyard.
  • 45mm webbing with 45mm two part interlocking buckle on chest strap.
  • SANS 50361

• HE / SAE2 / WS-302
  • Full body harness with no waist belt.
  • Webbing lanyard including shock absorbing element permanently attached.
  • Lanyard length – any length up to a maximum, including shock absorbing element of 2 metres
  • SANS 50361, SANS 50354 and SANS 50355

Option: Loop for connection of lanyard hook when not in use.

• HE / SAE2 / NS-302
  • Full body harness with no waist belt.
  • Polyester rope lanyard including shock absorbing element permanently attached.
  • Lanyard length – any length up to a maximum, including shock absorbing element of 2 metres.
  • SANS 50361, SANS 50354 and SANS 50355

• HE / SAE2 / 2 x WS-302
  • Full body harness with no waist belt.
  • Double webbing lanyard including shock absorbing element permanently attached.
  • SANS 50361, SANS 50354 and SANS 50355
IRON MAN
FULL BODY CLIMBER’S HARNESS

- HDC / 4 Point.
- Full body climber’s harness.
- Padded shoulder, leg and waist straps/belt.
- 4 Attachment Points:
  1 x between the shoulder blades
  2 on hips
  1 on chest
- 3 x Tool loops.
- Elasticated buttock straps.
- SANS 50361 and SANS 50358

IRON MAN
FULL BODY RIGGER’S HARNESS

- HDC / 7 Points.
- Padded shoulders, waist and groin area.
- 7 Attachment points.
- SANS 50361 and SANS 50358
IRON MAN
FULL BODY HARNESS
400 SERIES

• HD / PLAIN 400 Series 1 point
• Full body harness with 45mm waist belt.
• Single attachment point between shoulder blade.
• 45mm Chest strap with steel two part interlocking buckle.
• Extra attachment point between shoulder blades for recovery purposes.
  • SANS 50361

• HD / Plain 400 Series 3 point
• Full body harness with 45mm waist belt.
• 3 attachment points:
  Between shoulder blades
  2 on chest
• 45mm Chest strap with two part interlocking buckle.
• Extra attachment point between shoulder blades for recovery purposes.
  • SANS 50361

• HD / Plain 400 Series 5 point
• Full body harness 45mm waist belt.
• 5 Attachment points:
  1 between shoulder blades
  2 On chest
  2 On Hips
• Felt lined leather kidney support permanently attached to waist belt.
• 45mm Chest strap with two part interlocking buckle.
  • SANS 50361 and SANS 50358
The Rescue Kit consists of:

1) 20 or 30m 11mm Static Rope
2) 1.5m Anchor Strap (SANS 50795)
3) Red Holdall Bag
4) Knife
5) Descending Device (EN341)
6) 2 x Aluminium Carabiners + Short Lanyard (SANS 50354)
7) 2 x Stainless Steel Carabiners (SANS 50362)
8) Step up Strap - attaches onto Item No. 7.
IRON MAN

WORKING POSITIONING BELTS

- HC / STD / SPWS-302
  - 75mm waist belt with single pin buckle and felt backed leather kidney support.
  - Sizes - small, medium and large.
  - Fitted with 6 tool loops.
  - 2 metre webbing lanyard permanently attached to one D. Ring.
  - Wear sleeve on lanyard.
  - Terminating with safety snap hook.
  - SANS 50358 and SANS 50354

- HC / UNI / DPWS-630
  - 75mm waist belt with double pin buckle and felt backed leather kidney support.
  - Fitted with 6 tool loops.
  - 2 metre webbing lanyard permanently attached to one D. Ring.
  - Wear sleeve on lanyard.
  - Terminating with aluminium screw gate carabiner hook.
  - SANS 50358 and SANS 50354

MINERS CAPLAMP BELTS

- CDN (DBS)
  - Cream 50mm webbing with two part interlocking buckle.
  - Double battery strap.

- CDC 73
  - 57mm Black webbing with 2 part interlocking buckle.
  - Also available in 50mm webbing code CDC 74
  - Double battery strap.

- CDC 73 S/S
  - As for CDC 73 but with adjustable shoulder straps.
IRON MAN
LANYARDS
WITH SHOCK ABSORBING ELEMENT

- **SAE2 / WS-302**
  - Webbing lanyard up to 2 metres overall length with shock absorbing element.
  - Terminating with safety snap hooks. (Note: Any of these connectors shown on page 13 may be attached to these lanyards.)
  - SANS 50354 and SANS 50355

- **SAE2 / NS-302**
  - Polyester rope lanyard up to 2 metres overall length with shock absorbing element.
  - Terminating with safety snap hooks.
  - SANS 50354 and SANS 50355

- **SAE2 / 2 x WS-302**
  - Double leg webbing lanyard up to 2 metres overall length with shock absorbing element.
  - Terminating with safety snap hooks.
  - SANS 50354 and SANS 50355

- **SAE2 / WS-302 (EL)**
  - Elasticated webbing lanyard with shock absorbing element, single leg up to an overall length of 2 metres.
  - Terminating with safety snap hooks.
  - SANS 50354 and SANS 50355

- **SAE2 / 2 x WS-302 (EL)**
  - Elasticated webbing lanyard with shock absorbing element, double leg up to an overall length of 2 metres.
  - Terminating with safety snap hooks.
  - SANS 50354 and SANS 50355

- **SAE2 / WS-302 / S-634 (EL)**
  - Elasticated webbing lanyard with shock absorbing element, single leg up to an overall length of 2 metres.
  - Terminating with safety snap hooks one end, scaffold hook on other end.
  - SANS 50354 and SANS 50355

- **SAE2 / 2 x WS-302 / S-634 (EL)**
  - Elasticated webbing lanyard with shock absorbing element, double leg, up to an overall length of 2 metres.
  - Terminating with safety snap hooks one end and scaffold hook on other end.
  - SANS 50354 and SANS 50355
IRON MAN

LANYARDS
WITH SHOCK ABSORBING ELEMENT

- SAE2 / RS302
  - Braided rope lanyard with shock absorbing element up to an overall length of 2 metres.
  - Terminating with safety snap hooks.
  - SANS 50354 and SANS 50355

- SAE2 / WRS-302
  - Wire rope lanyard with shock absorbing element up to an overall length of 2 metres.
  - Terminating with safety snap hooks.
  - SANS 50354 and SANS 50355

- SAE2 / WS-302/S-634 / SL
  - Webbing lanyard with shock absorbing element, up to an overall length of 2 metres
  - With stirrup line.
  - Terminating with safety snap hook one end, scaffold hook other end.
  - SANS 50354 and SANS 50355

WITHOUT SHOCK ABSORBING ELEMENT
(NOT TO BE USED FOR FALL ARREST PURPOSES)

- LAN / WS-302
  - Webbing lanyard up to 2 metres overall Length – no shock absorbing element.
  - Terminating with safety snap hooks.
  - For work positioning or restraint purposes only.
  - SANS 50354

- LAN / NS-630
  - Polyester rope lanyard up to 2 metres overall Length – no shock absorbing element.
  - Terminating with aluminium carabiner hooks.
  - For work positioning or restraint purposes only.
  - SANS 50354

- LAN / WS-2149A
  - Adjustable webbing lanyard up to 2 metres overall Length – no shock absorbing element.
  - Terminating with aluminium alloy carabiners with twist lock.
  - For work positioning or restraint purposes only.
  - SANS 50354
In order to ensure fitness-to-purposes suppliers and users are notified that the type of belt described in this standard shall not be used where there is a risk of a free fall, i.e. as part of a fall-arrest system.

**MINER’S BODY BELT**
- **HA / 9 / WS-302**
  - Miner’s belt with PVC pouch.
  - 50mm waist belt with 50mm two part inter-locking buckle.
  - Attachment link front and back.
  - Detachable webbing lanyard up to 2 metres overall length.
  - PVC pouch containing basic medical kit, notepad pocket and gloves.

- **HA / 2 / CHT (STRESS)**
  - 75mm double layer webbing waist belt with 75mm two part interlocking buckle.
  - 1.8 metre chain lanyard terminating with toggle.
  - Includes stress indicator.
  - **SANS 809 / 2000**

- **HA / 5 / WS-302**
  - 75mm double layer webbing waist belt with 75mm two part interlocking buckle.
  - 1.8 metre x 45mm webbing lanyard terminating with safety snap hook.
  - **SANS 809 / 2000**

- **HA / 7 / NS-302**
  - 75mm double layer webbing waist belt with 75mm two part interlocking buckle.
  - 1.8 metre polyester rope lanyard terminating with safety snap hook.
  - **SANS 809 / 2000**

For alternative hook / terminal fitting options see page 13.
CONNECTORS

**OVAL CARABINER WITH NUT**
- Diameter: 10mm
- Throat opening: 17mm
- Material: Alloy Steel
- Minimum breaking load: 2200kg
- Finish: Zinc plated
- Code S-507
- SANS 50362

**SAFETY SNAP HOOK**
- Throat Opening: 18mm
- Material: High tensile steel
- Minimum breaking load: 2500kg
- Finish: Yellow zinc plated
- Code S-302
- SANS 50362

**SCAFFOLD / PYLON HOOK**
- Drop forged
- Throat opening: 64mm
- Material: Aluminium alloy
- Minimum breaking load: 2272kg
- Finish: Polished
- Code S-979
- SANS 50362

**ALUMINIUM CARABINER HOOK WITH SCREW NUT**
- Drop forged
- Throat Opening: 21mm
- Material: Aluminium Alloy
- Minimum breaking load: 2272kg
- Finish: Self coloured
- Code S-630
- SANS 50362

**CARABINER WITH TWIST LOCK**
- Diameter: 11mm
- Throat opening: 22mm
- Material: Aluminium alloy
- Minimum breaking load: 2800kg
- Finish: Self coloured / Anodized coloured
- Code S-2014
- SANS 50362

**CARABINER WITH SCREW GATE**
- Diameter: 11mm
- Throat opening: 22mm
- Material: Aluminium alloy
- Minimum breaking load: 2800kg
- Finish: Self coloured / Anodized coloured
- Code S-2075
- SANS 50362

**STAINLESS STEEL CARABINER**
- Diameter: 11mm
- Throat Opening: 22mm
- Material: Stainless Steel
- Minimum B/L: 2300kg
- Finish: Electropolish
- Code S-9581
- SANS 50362

**FORGED CARABINER With Integral Eye**
- Twist Lock/ Self Locking
- Throat Opening: 22mm
- Material: Aluminium Alloy
- Minimum B/L: 2800kg
- Finish: Anodized
- Code S-2149A
- SANS 50362
ACCESSORIES

VERTICAL LIFE LINE

- Vertical Rope
- 11mm Ø Static Rope and Hook
- Length on request – other end of rope back spliced
- Altocute and short lanyard with hook (to attach to worker’s harness)

COTTON COVERED LIFE LINE

- 8mm Ø Galvanised SWR
- Cotton covered to 10mm Ø
- Eye one end and S-304 hook on other end
- Length on request

KERMANTLE ROPE

- 11mm Ø Kermantine rope
- General purpose application hook on both ends or on one end

NYLON ROPE

- 12 or 16mm Ø Nylon rope
- General purpose application hook on both ends or on one end
ACCESSORIES
KIDNEY BELTS

LEATHER KIDNEY BELT
LINED WITH ENGINEER'S FELT
- Fits sizes Small - X-Large
- Buckle closure with preset holes

ELASTICATED KIDNEY BELT
- PVC strip reinforced
- Velcro closure
- Available in sizes Small, Medium, Large or on request for bigger size up to 5XL

ELASTICATED BACK SUPPORT / KIDNEY BELT
- With or without shoulder straps
- Velcro closure
- Available in sizes S to 5XL
- Provides support for lower back
ACCESSORIES

STATIC LIFE LINE KITS

STATIC LIFE LINE KIT - SANS 50795 (above)
- 20m of 11mm Ø static rope (longer length on request)
- Hold All bag
- Two attachment straps
- Altochute to create tension and terminate end of rope at anchor points
- Oval carabiner for worker’s attachment

STATIC LIFE LINE KIT - SANS 50795 (below)
- Hold All bag
- Two attachment straps
- 50mm Ratchet
- 20mm Webbing Safety line with hooks on both ends (longer length on request)
- Oval carabiner for worker’s attachment
ACCESSORIES

LADDERS / HARNESS / BELT

ROPE LADDER
- 16mm Flexply rope
- 32mm Rounded wooden rungs
- Length on request
- Top rope eyes or supplied with shackles or hook spliced into eyes

WIRE LOOP LADDER
- 6mm Galvanised or stainless steel wire rope
- 25mm Square tube Aluminium ladder rungs
- Length on request
- Top wire rope soft eyes or supplied with shackles or fitted to eyes

BRUSH CUTTER’S HARNESS
- Padded shoulder straps with reflective strips
- Size adjustable

TREE FELLER’S BELT
- 50mm Waist belt
- Padded buttock seat
- Two attachment points
- Rope lanyard with wear sleeve and 2 x safety snap hooks.
# ACCESSORIES

**WIRE ROPE GRAB / ALTOCHUTE / LEATHER TOOL BAGS**

## WIRE ROPE GRAB
- Automatic sliding type fall arrester for use with 8mm stainless steel cable.
- 8mm stainless steel wire rope & fittings available.
- Complete with S-507 connector.
- Material: Stainless Steel
- Minimum breaking load: 1500kg
- Finish: Polished / Self coloured
- SANS 50353-2 & 50353-1

## ALTOCHUTE
- For use with 10/12mm dia synthetic rope with or without short nylon rope lanyard and connector.
- Kermantie rope available in any length.
- Material: Stainless Steel
- Finish: Polished / Self Coloured
- SANS 50353-2

## LEATHER TOOL BAGS

### STYLE A
- 3mm Leather Bag with shoulder strap
- Size: 300mm x 300mm x 100mm

### STYLE B
- 3mm Leather Bag with shoulder strap and provision for attachment to work positioning belt.
- Size: 240mm x 300 x 80mm
- 6 Tool Loops

### STYLE C
- Chrome Leather Bag
- Size: 240mm x 200mm x 60mm
FALL ARRESTERS

AVIABLOCK
- Length: 2.5m
- Retractable webbing lanyard incorporating an energy dissipating element.
- Plastic protective shell.
- Maximum safe working load: 135kg
- SANS 50360

BLACK RHINO Fall Arrest
- Weight 1.9kg
- Working Capacity 2.7m
- Maximum Working Load 140kg
- EN 360

FALCON Self-retracting Lifeline
- Length 6.2m, 10m, 15m
- EN 360

M165 MIGHT EVAC Fall Arrest Block
- Pressed Steel Housing
- Length 15m
- With Retrieval Winch
- Gear Ratio 5:1
- Supplied without bracket
- EN 360
SELF RECOVERY STIRRUP LINES

DESCRIPTION OF HAZARD - SUSPENSION TRAUMA
Orthostatic intolerance may be experienced by workers using fall arrest systems. Following a fall, a worker may remain suspended in harness. The sustained immobility may lead to a state of unconsciousness. Depending on the length of time the suspended worker is unconscious/immobile and the level of venous pooling, the resulting orthostatic intolerance may lead to death. While not common, such fatalities often are referred to as “harness-induced pathology” or “suspension trauma”. 
ATTACHMENT STRAPS

- Webbing attachment strap
- Loop/Soft eye on one end, hard eye on other end, reevable
- Length to be determined, i.e. 1 metre, 2 metre etc
- Always wrap access webbing around anchor point to ensure effective length of harness lanyard is not increased.
- Complies with SANS 50795

- PVC covered wire rope with attachment element
- Hard eyes each end
- Length to be determined, i.e. 1 metre, 2 metre etc
- Always wrap access webbing around anchor point to ensure effective length of harness lanyard is not increased.
- Complies with SANS 50795

- Webbing attachment strap
- Endless webbing
- Effective length to be determined, i.e. 1 metre, 2 metre, etc.
- Always wrap access webbing around anchor point to ensure effective length of harness lanyard is not increased.
- Complies with SANS 50795
ATTACHMENT STRAPS

- Chain attachment element
- Reversible hard eye on each end
- Length to be determined, i.e. 1 metre, 2 metre, etc.
- Always wrap access webbing around anchor point to ensure effective length of harness lanyard is not increased.
- Complies with SANS 50795

- Webbing attachment element
- Soft eye on each end
- Length to be determined, i.e. 1 metre, 2 metre, etc.
- Always wrap access webbing around anchor point to ensure effective length of harness lanyard is not increased.
- Complies with SANS 50795

- Webbing attachment element
- Solid eye on both ends
- Length to be determined, i.e. 1 metre, 2 metre, etc. or any length required
- Always wrap access webbing around anchor point to ensure effective length of harness lanyard is not increased.
- Complies with SANS 50795