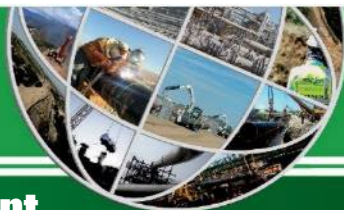


LESSON LEARNT



SICIM

PREPARED BY: Corporate QHSE Dept.

N° 03/2023 Date: March 2023

OBJECT SAFE W@H - USE OF YOYO

Falling from height is one of the most common causes of death in the construction industry worldwide.

It only takes a really short time to fall from a height!!

Working at height – W@H - can have a serious consequence, which can lead to serious injuries, if it is not mitigated properly.

Awareness of correlated risks is paramount for workers when W@H.

When it is deemed necessary to perform W@H, all control measures must be put in place.

Focusing on the 5th level of actions (PPE) of the Hierarchy of Controls to reduce or remove hazards, the following solution has been tested and adopted in one of Sicim project with significant results in terms of reliability and workers protection:

Self-retracting lifeline - Yo-yo

Self-retracting lifeline - Yo-yo - is a type of lanyard (individual fall arrest system) that allow the user to freely move around the workspace as the lifeline cable extends out and, in turn, coils back up inside the shell as the worker gets closer to the unit again to keep the cable taut.

Benefit for choosing Yo-yo

Yo-yo is a device connected to a worker's body harness. If a fall occurs, the deceleration device engages an automatic brake to stop the lifeline from extending, thus arresting the fall. The braking mechanism is similar to that of a seatbelt because if you yank on the lifeline, it engages the brake, but if you smoothly pull the line in and out, it creates a fluid movement.

Coiling back up inside the shell is an automatic feature that eliminates the trip hazard commonly presented by a traditional lanyard.

Yo-yo must be properly connected to the anchor points to work correctly. If anchored overhead, it almost instantly arrests a fall and drastically minimizes fall distance. When the unit is anchored directly over the worker's head, the possibility of a dangerous swing fall is also significantly lowered.



When the user is anchored at foot-level, the self-retracting device will take longer to detect a fall. For this reason, always consider the fall clearance needed before you choose an anchorage position.



"I will protect myself from falls when working at height"

SICIM GOLDEN RULE #2 – SGR2



RECEPTION BY THE PROJECT

WHICH ACTIONS IDENTIFIED TO BE IMPLEMENTED IN THE PROJECT:

Project Manager:

Signature:

HSE Project Manager:

Signature: