PERSONAL FALL PROTECTION SYSTEMS AND EQUIPMENT

TABLE OF CONTENTS

1. GENERAL INFORMATION

1.1 PROMAN ENERGY

Proman Energy is an energy company focused on meeting the energy needs of Trinidad and Tobago. Proman Energy is the owner of Block 1(a) located offshore in the west coast of Trinidad. Proman Energy currently produces natural gas from the Iguana and Zandolie fields in Block 1(a) with two (2) unmanned platforms and a 45km pipeline to Proman Energy's Gas Processing Unit which is located onshore.

2. PURPOSE

The purpose of this standing instructions is to communicate selection of personal fall protection systems and equipment.

3. BACKGROUND

A fall arrest system is intended to safely slow and stop a worker falling from an elevated walking or working surface and reduce the impact and overall consequence of the fall. This system may include a full body harness, deceleration device, anchor point, lifeline, or a suitable combination of these.

The system should only be used if it is not reasonably practicable to use higher-level controls or if higher level controls might not be fully effective in preventing a fall on their own.

Some of our activities may require a fall arrest system, which involves the use of full body harnesses and self-retracting lanyards. For effective application of this combination, there needs to be a clear fall path and a suitable anchor point.

However, during an uncontrolled fall, injury can occur in the following phases:

- During the fall itself, e.g., by impact with the structure.
- During fall arrest, e.g., by the violence of the impact as the fall is arrested.
- During the suspension phase, e.g., through suspension trauma.

As such, it is essential to use a suitable fall arrest system that will minimize the risk of such injuries should a fall occur.

This Standing Instruction (SI) serves to communicate updated requirements and factors to consider when selecting fall protection for work at height with activities greater than or equal to 6 feet, working on elevations that exceed the safe height of railings or other fall protection measures, or in a position in which there is an unusual risk of injury from falling.

Activity Planning:

An evaluation of the worksite shall be conducted by a competent person to identify any fall hazards that may exist during work execution. All hazards identified shall be documented on the control of work system. The team conducting the worksite evaluation shall consider all possible paths of user movement and all factors that could affect the user's health and safety before, during, and after a fall anywhere along these paths.

All hazards identified on the worksites must be addressed, and suitable controls shall be planned and implemented. During the risk assessment for the task, if fall arrest is chosen, consideration shall be given to the operating conditions and limitations of the fall arrest equipment to ensure that it can perform as required in the event of a fall.

A qualified person shall:

- Select the components, materials, anchorage, and anchorage connectors to match the system application, the work, workplace hazards, and the environment.
- Determine the necessary locations of anchorages to assure that the user will be continuously connected when exposed to hazards of falling.
- Select anchorages that are stable and have the strength required.
- Carefully select the locations of the anchorages to:
    - Reduce possible free fall distance.
    - Prevent swing fall hazards.
    - Provide clear space in the potential fall paths to avoid striking an object.

Total fall distance assessment:

Personal fall arrest systems shall be selected and rigged to ensure that potential free fall distances never exceed 6 ft. (1.8 m) as required by OSHA.

Total fall distance is the sum of free fall distance and deceleration distance. The potential free fall distance must be calculated to determine how to rig the system and inform selection of the appropriate type of connecting device.

Selecting appropriate fall protection:

The ANSI ASSE Z359.1 Standard for Fall Protection was revised and set manufacturer requirements for self-retracting lifelines (SRLs). On all DeNovo sites, the 6 ft. lanyards will now be replaced with personal fall limiters (PFL) and self-retracting lanyards (SRL). The basis behind the revision is that the traditional-type lanyards do not activate until up to 6 feet of free-fall distance, whereas the self-retracting lifelines and fall limiters begin to decelerate the fall within inches and can achieve complete fall arrest in under 2 feet. The quick fall deceleration and brake activation mean that fall limiters reduce the risks of the user hitting the ground or any lower-level obstructions upon descent, and they also allow for users to be rescued more easily.

A personal fall limiter is a compact, lighter version of a self-retracting lifeline, or SRL. Typically weighing from 1 to 3 pounds and having a limited working length between 6 and 9 ft. A personal fall limiter connects directly to the D-ring on the back of a full body harness and can be carried on a worker’s back.

The suspension trauma straps allow the worker, who is suspended, to stand up in their harness and to relieve the pressure being applied to the arteries and veins around the top of the legs.

In a fall scenario, the PFL works just like an SRL. The PFL arrests their descent within 8 to 9 inches but offers the same mobility as a lanyard. They can be connected to any type of anchorage point similar to a typical lanyard.

In order to support the safe execution of work at heights on all Proman Energy controlled worksites, the following shall now apply:

- Use of a full body harness that is appropriately sized for the user’s body size and weight.
- Use of a personal fall limiter (PFL).
- Use of suspension trauma straps.

Use of anchor points that are of the right type and location for the work and the potential number of persons required to tie off on it. (Note: Improvised anchor points must be capable of supporting 3600 lbs (16 kN) per user.)

4. EFFECTIVE DATE

This Standing Instruction will be effective from, 1st November 2024 and will be adhered to by all persons required to conduct activities from an elevated position.