

Protect workers at the loading and unloading bay

Understand the working-at-height hazards and discover solutions to help prevent injuries during loading and unloading.





For **50⁺** years, the safety behind your success

3M helps protect workers in a changing world. Across diverse industries and applications, our technology, knowledge and energy drive innovative solutions. Our goal is to help protect you from hazards in the work environment, so you can focus on the job at hand.

Over 50 years ago, 3M introduced the first U.S. Government-approved 3M filtering facepiece respirator, and the 3M™ E-A-R™ Classic Ear Plug.

Today, 3M remains dedicated to developing Personal Protective Equipment (PPE) to help get your workers back home: we apply science to life, helping protect workers' health and safety on the job, for employees today and tomorrow. Learn more about the history of our advancements and where we are going next.

3M.com/safety50

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Common Hazards at Loading and Unloading Bay

Here are some common risks workers may encounter during loading and unloading. Have you or your team experienced similar situations?

The six common hazards during loading and unloading:

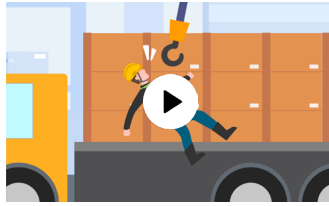


Types of Vehicles and Their Associated Risks



Flatbed Truck

Workers help guide forklifts or cranes to position loads on a flatbed and handle tarps when covering or uncovering the load.



Fall caused by being struck by a moving crane

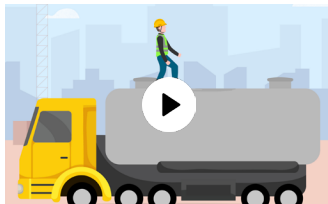


Fall caused by slippery surface



Tanker

Workers install or remove hoses or inspect the tanker contents from the top during loading or unloading.

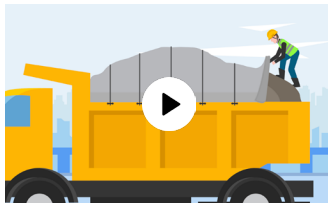


Fall caused by uneven, curved, or slippery surface

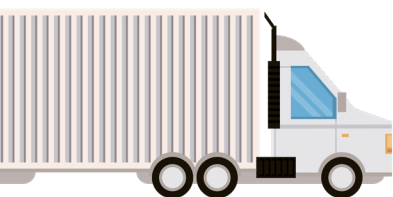


Tipper Truck

Workers place or remove a tarp on top of loads, often over loose material.

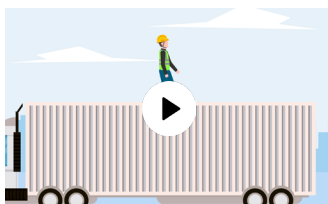


Fall caused by loose and uneven foothold material

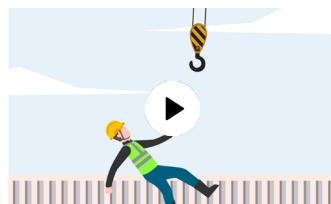


Container Truck

Workers install or remove crane hooks on top of the container.



Fall caused by uneven, or slippery container surface



Fall caused by being struck by a crane hook

Common Unsafe Practices When Working at Height

3 Unsafe Practices

Across industrial sites, certain unsafe practices frequently occur during loading and unloading activities. These behaviours increase exposure to falls, collisions, and other preventable incidents if proper safety measures are not followed.

Walking on Flatbeds Without Fall Protection

A common unsafe practice where workers walk on loaded flatbeds without any fall protection.



Sitting on Flatbed Siderails

Workers seated on flatbed siderails risk falling backward if the siderails fail or if they lose balance, as the edges provide no stable support.

Walking on Platforms Without Protection

Worker walking from a platform to a tanker top without fall protection faces a high risk of serious injury from unstable footing and exposed edges.

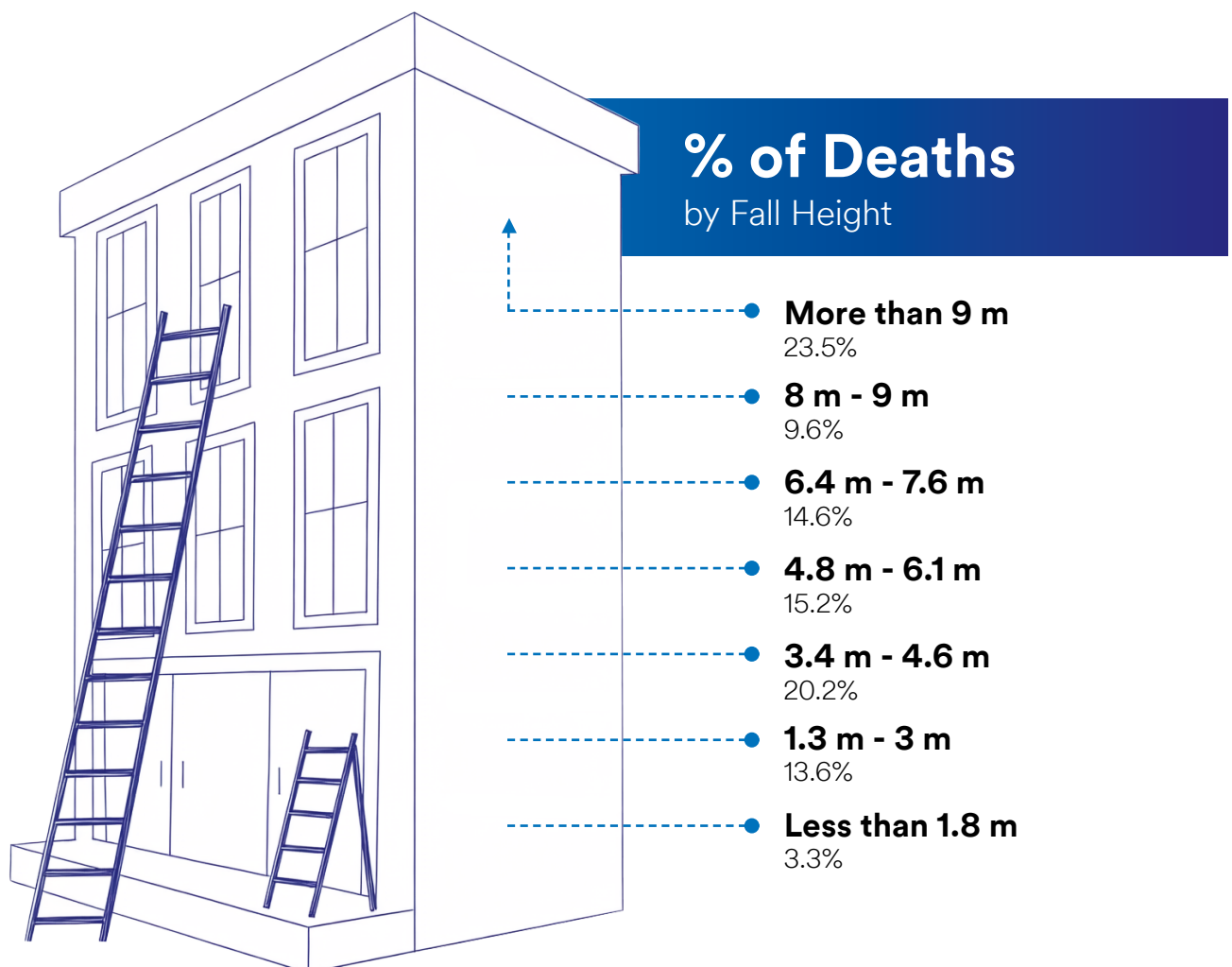
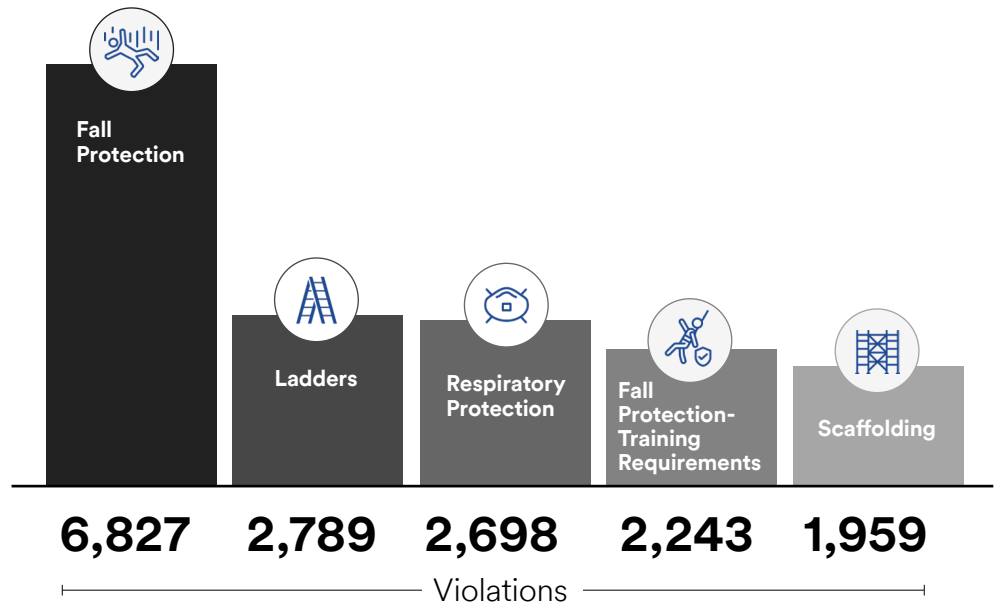


Falls Can Happen at Low Heights!

Falls can occur at any height. Even during everyday tasks like loading or unloading, working close to the ground can still be risky. A slip, trip, or brief loss of balance can cause a fall and lead to injury. Because the height seems low, these risks are often overlooked.

OSHA'S Top 10 Serious Violations as of 2025

Data source: OSHA
Information System (Oct.
1, 2023 – Sept. 30, 2024);
current as of August 2025.



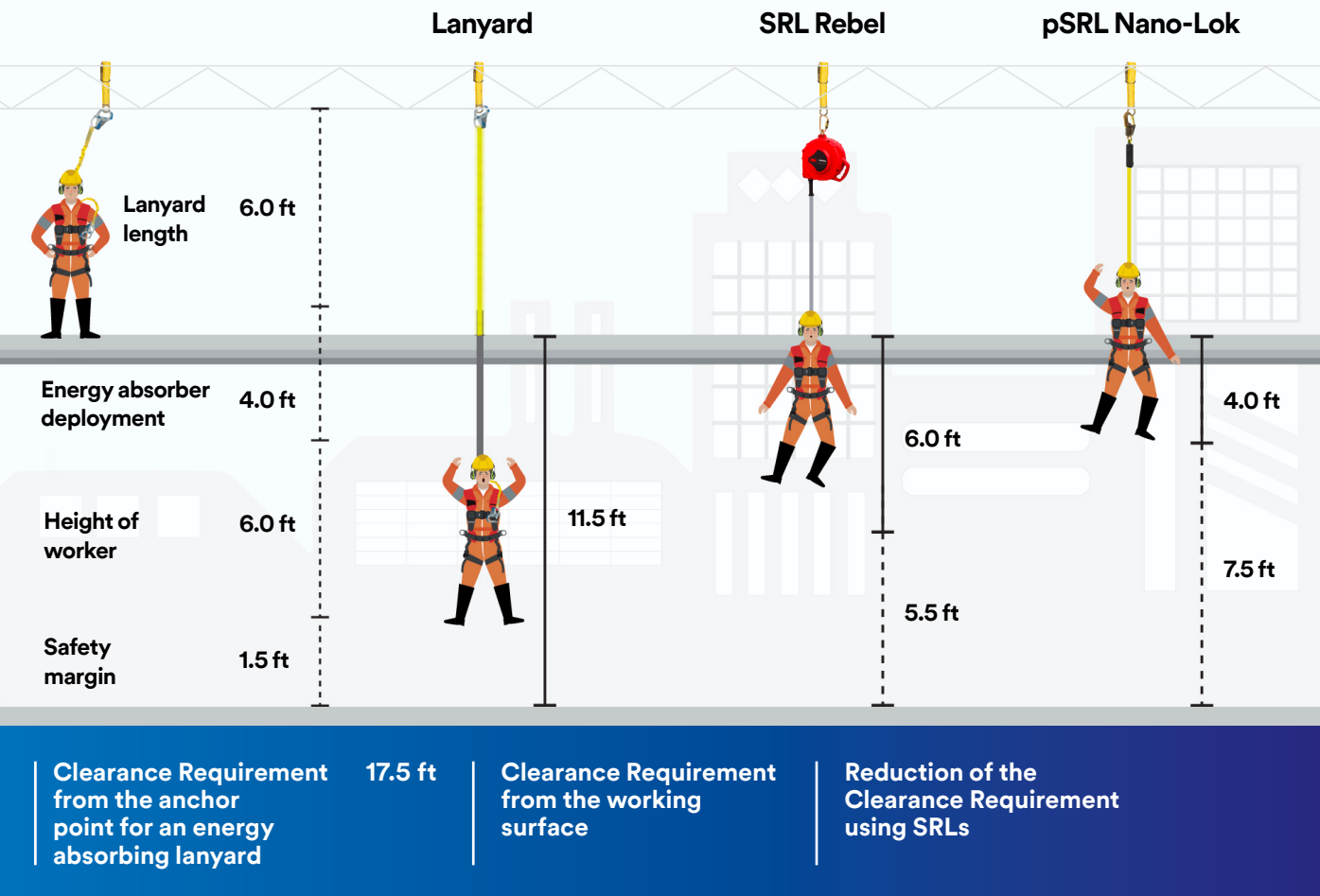
Falls Can Happen at Low Heights!

77%

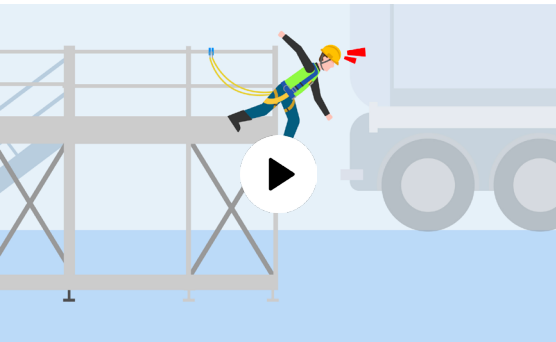
of fatalities from falls occur at “low heights” — where a lanyard may not be an effective solution*

Is a Body Harness and Lanyard Enough?

In loading bays with platforms, a lanyard may not provide the required fall clearance when a fall occurs. Victim may land on the ground without the lanyard deploying.



*Source: BLS IIF, construction fall fatalities (2011–2015), accessed April 2022.



Click or scan QR code to watch how fall can happen if fall clearance is insufficient.

Why is a Fall Protection System Important?

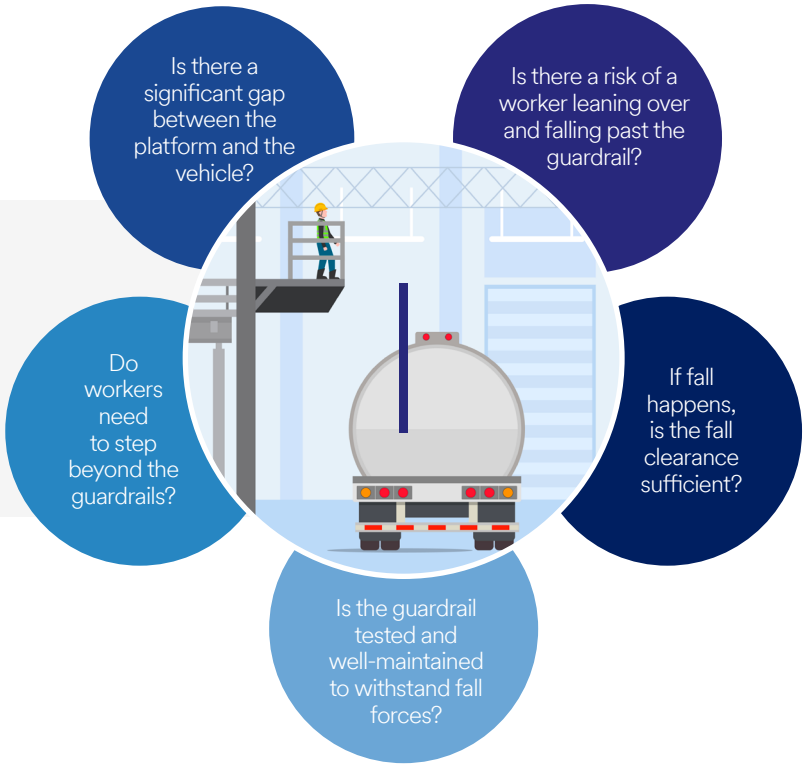
At loading and unloading bays, guardrails are often seen as the safer option because they provide constant protection and help prevent workers from falling outward without requiring special equipment. However, guardrails alone have limitations, and relying on them may not fully protect workers. For complete safety, they should be used together with a proper fall protection system.



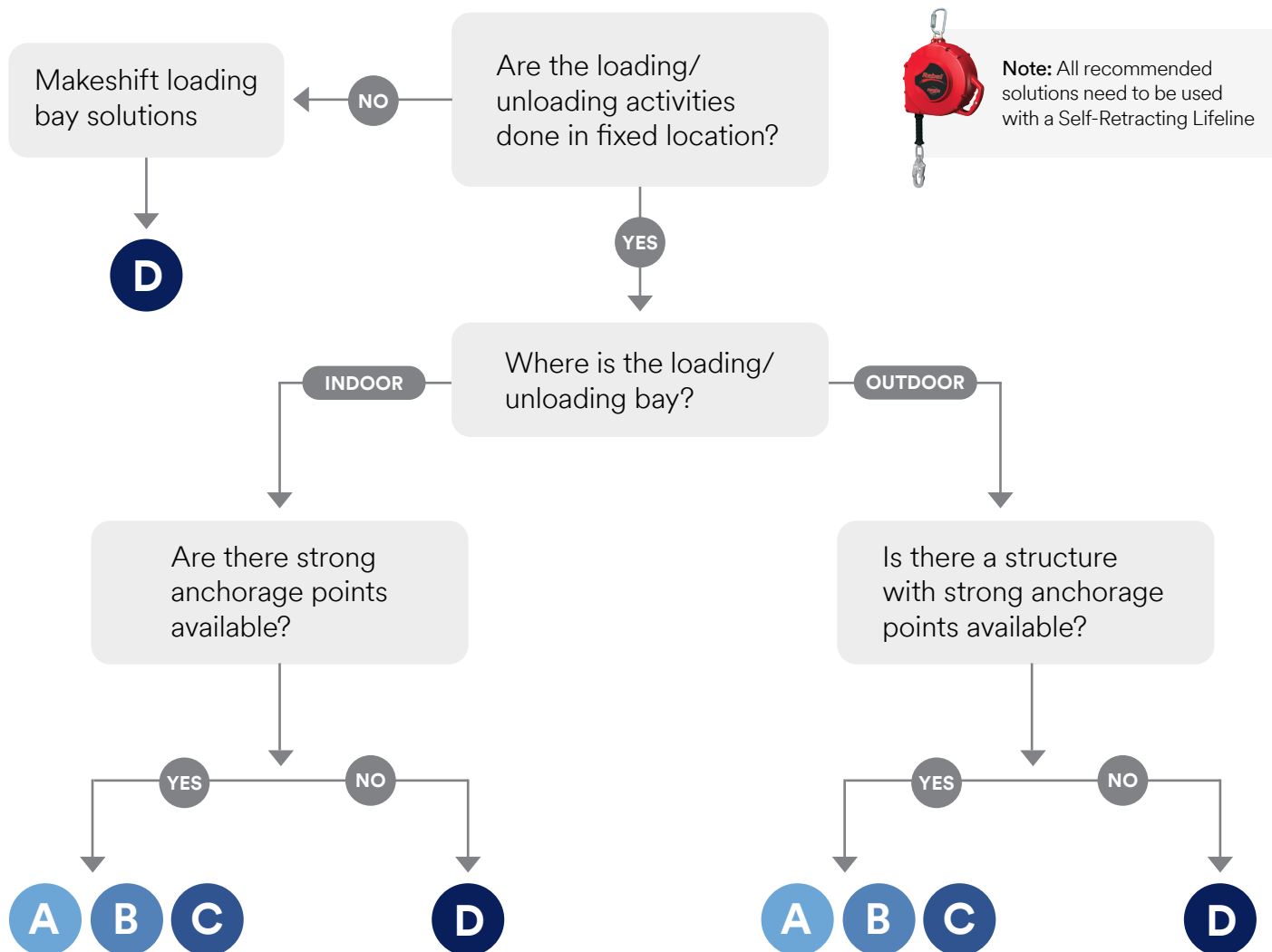
+		
Fall Protection System (Lifelines, Beam Anchors, Modular Jib, SRLs)		Guardrail
Protects worker during movement	Protection coverage	Protects fixed areas only
Adapts to variable heights	Adaptability of vehicle height	Fixed height - limited
No structural gates/openings required	Access requirement	Often requires gates/openings
Continuous protection	Risk during loading activity	Exposure when stepping beyond rail
High	Suitability for multiple scenarios	Limited

Ask yourselves these questions.

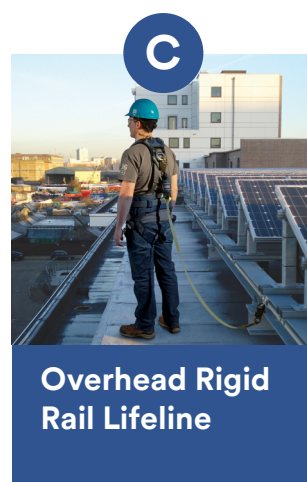
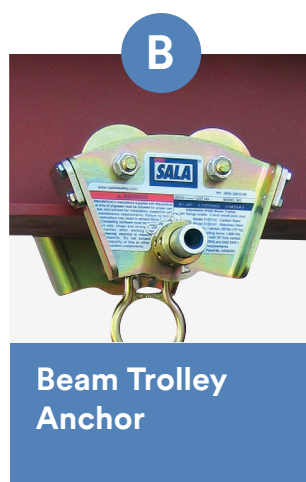
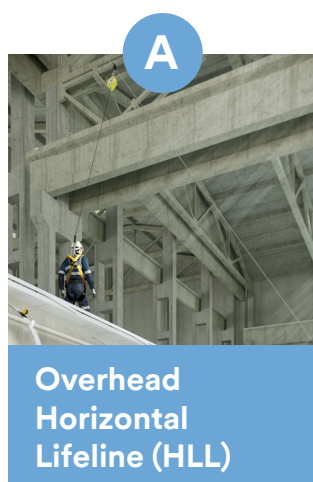
If your answer is NO to any of these questions, then guardrails are not enough.



Fall Protection System Selection Guide



SOLUTIONS



Choosing the Right Beam Trolley Anchor for Fall Protection



In loading and unloading bays, fall protection must support fast paced, repetitive work. The right trolley beam anchor should meet tested safety standards, perform reliably in demanding environments, support required weight capacities, and allow smooth freedom of movement along the beam. Our recommended trolley beam anchor is designed to handle real work conditions, keeping workers protected without slowing down operations.

3M™ DBI-SALA™ Beam Trolley

The trolley is for use with self-retracting lifelines on horizontal beams and has been engineered to glide along the beam and provide horizontal mobility.



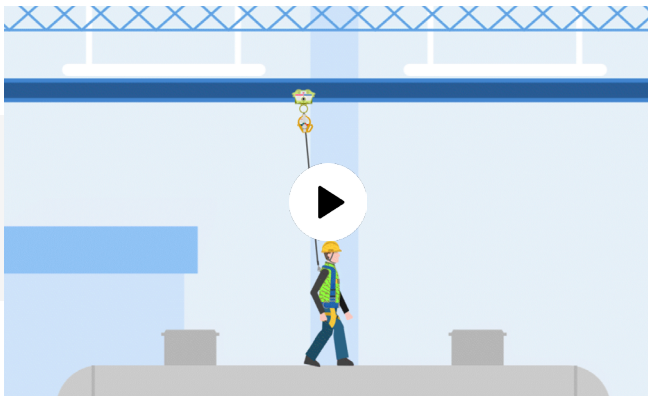
Made from stainless steel and zinc-plated steel, providing long-lasting rust protection.



Fixed rotating D-ring mounts in the centre for better weight distribution.



Compatible with a range of fall protection systems and other personal protective equipment (PPE).



Click here or scan QR code to watch the video.

Part No.	Material	I-Beam Dimension	Weight Capacity
2103143	Zinc Plated Steel	76 - 203 mm width up 17 mm thick flange	141 kg, 1 user
2103147	Stainless Steel		

- Complies to EN795:2012 Type B, ANSI Z359.18 Type A & OSHA 1910.140, OSHA 1926.502.
- Double-shielded wheel bearings.
- Trolley guards protect the wheels from damage and keep beam clear of debris.
- Fixed rotating D-ring mounts in the center for better weight distribution.
- 1 year warranty from the date of installation.

Choosing the Right Overhead Horizontal Lifeline (HLL) for Fall Protection

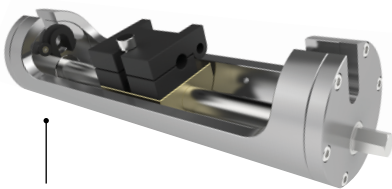


Workers in loading and unloading bays need safety gear that keeps up with the pace. The right horizontal lifeline provides reliable fall arrest or work restraint and allows uninterrupted movement along a straight line or around corners when connected to a suitable structure.

3M™ DBI-SALA™ 8mm Overhead Permanent Horizontal Lifeline System

Installers and architects

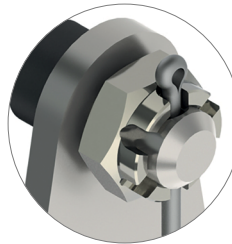
- ▶ Includes free cloud-based software to help calculate and design systems
- ▶ Systems can be used across a variety of industries, applications, orientations and geographies—making specification, sales and training easier for installers
- ▶ Easier installation with a removable tensioning tool



7241431
Tensioning tool

Safety managers

- ▶ Complies to EN 795 C & D, TS16415 2013, OSHA or AS/NZS 1891.2:2001
- ▶ 316 Stainless steel components help provide long-term corrosion resistance*
- ▶ 10 years corrosion warranty
- ▶ Allows up to 200 ft. single span for one user and up to 100 ft. single span for multiple users**
- ▶ Supports self-retracting lifelines and controlled rate descent devices



Stainless steel components

End users

- ▶ High-capacity and uniform energy absorption designed to balance peak force, capacity and deflection.
- ▶ Robust travellers offer continuous system travel, including bypass of intermediate and corner brackets
- ▶ Incorporated large D-ring for easy connection

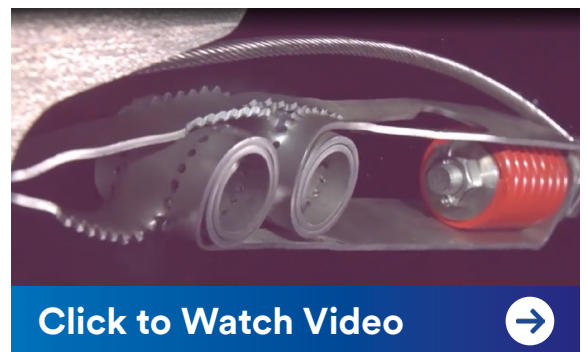


7241421
Overhead traveller

*Some aggressive environments can cause corrosion and discolouration of stainless steel

**The number of system users and span lengths must be verified by the calculation software

**Smarter software.
Stronger hardware.
Easier installation.**



[Click to Watch Video](#)



How Does a Lifeline Energy Absorber Work?

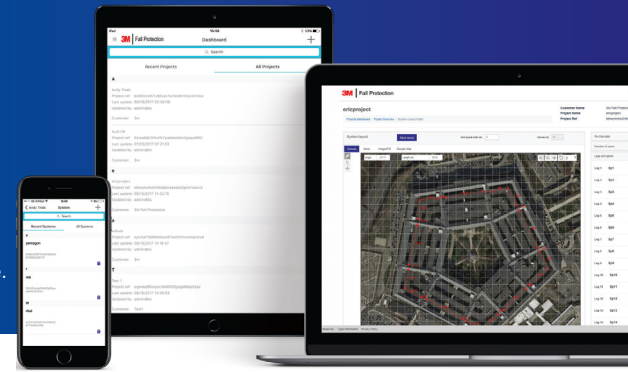
- Patented energy absorber technology provides predictable linear, high-capacity performance.
- Integrated tensioner allows for thermal expansion and contraction of reducing cable slack.

Overhead Horizontal Lifeline (HLL)

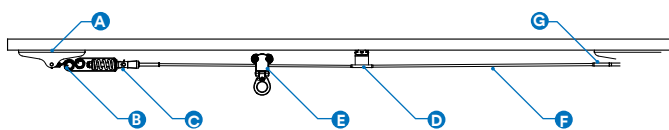
3M™ DBI-SALA® 8 mm Permanent HLL Systems include calculation software.

Build and specify solutions with cloud-based software as robust as the systems it supports. It lets you accurately calculate fall distances and produces a full technical report for your clients. Access project data from your desktop, laptop, tablet or phone anywhere, anytime. Now you can calculate, build and document your systems so ordering and installation is easier than before.

*The number of system users and span lengths must be verified by the calculation software.



Installation Examples - Overhead



Straight overhead system

A	Multi-fix anchor plate	7241417
B	4270 lbf peak force, 24 kN system tension energy absorber	7241427
C	Hex swage stud, pass through	7241430
D	8 mm overhead bracket	7241414
E	Overhead traveller	7241421
F	8 mm 1 × 19 stainless steel cable	7240212
G	Hex swage toggle	7234011

System Components

		Description	Part No.	Overhead Applications
Travellers		8 mm overhead traveller	7241421	✓
Intermediate Brackets		8 mm intermediate bracket	7241412	✓
		8 mm overhead bracket	7241414	✓
Energy Absorbers		19 kN peak force, 24 kN system tension energy absorber	7241427	✓
Corners		90-degree internal corner	7241406	✓
		45-degree internal corner	7241409	✓
End Anchors		8 mm straight eye	7240122	✓
		Multi-fix anchor plate	7241417	✓
Terminations		8 mm hex swage stud, pass through	7241430	✓
		8 mm hex swage toggle	7234011	✓
Joiner		8 mm hex swage joiner	7234012	✓
Cables**		8 mm 7 × 7 stainless steel cable	Available in defined lengths	✓
		8 mm 1 × 19 stainless steel cable		✓

*All system components are stainless steel

**7 × 7 cable is more commonly used in low-tension applications; 1 × 19 cable is more commonly used in high-tension applications (e.g. overhead)

Choosing the Right Overhead Rigid Rail Lifeline

Choosing the right overhead rigid rail lifeline is essential for protecting workers in loading and unloading bays where fall risks are constant. With changing vehicle heights and limited clearance, a properly designed system reduces fall distance, minimises hazards, and ensures smooth, continuous protection.

3M™ DBI-SALA™ Unirail™ Horizontal Lifeline System

The Horizontal Rail Safety System is an extruded aluminium rail system, which provides a robust and solid anchorage for attachment by multiple workers and does not flex under normal working loads.

- Tested in accordance with EN 795:2012 D and TS 16415:2013, and compliant with OSHA 1926.502 and AS/NZS 1891.2:2001 standards.
- Weight capacity per user 141kg.
- Anodised 6000 series aluminium alloy and 316 stainless steel components help system withstand harsh environments, providing longevity and saving future maintenance and replacement costs.
- Capable of navigating corners and contours in the building or structure to provide complete design flexibility.
- Can span up to 4m between joiners and 3.6m maximum between brackets.
- The main rail floats in its fixings to mitigate the effects of thermal expansion and contraction which could otherwise cause the rail to buckle.
- No tensioning or energy absorber is required.
- Tamper-Proof Carriage Stop is available to prevent the carriage from coming off the end of the system.
- 10 years corrosion warranty.



7241006 - Attachment Carriage



Click here or scan QR code to watch the video.

Choosing the Right Overhead Rigid Rail Lifeline



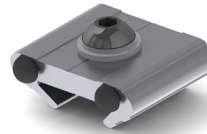
Moulded End - 7241053

Protects personnel from injuring themselves against an exposed edge of end rail.



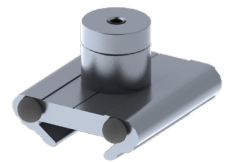
System Stop - 7241001

Prevents the rail from coming out of its end anchorage bracket in the event of a fall in the first or last span of the system.



Tamper-Proof Carriage Stop - 7241000

Prevents the carriage from coming off the end of the system.



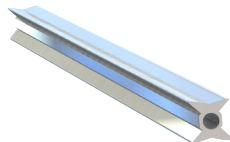
Removable Carriage Stop - 7241002

Prevents the carriage from coming off the end of the system but can be removed to allow the carriages to be taken off.



Rail Joint - 7241005

Joins the ends of two rails and maintains the integrity of the system for fall arrest situations.



Rail - 7241013

Discrete profile just 32 mm x 32 mm (1 1/4" x 1 1/4"). Silver anodised as standard.



Corners

90° - **7241014**

90° external - **7241015**

90° internal - **7241016**

45° - **7241019**

45° external - **7241018**

45° internal - **7241017**

Corners are available from stock and other bends and forms are easily accommodated down to a radius of 200mm (7.88").

Side Fix Parts



End Anchor - 7241009

Secures the end of the rail to the structure and controls rail movement in the event of a fall.



Intermediate Anchor - 7241012

Secures the rail to the structure at intervals to suit the work site and structure.



End Anchor - 7241008

Secures the end of the rail to the structure and controls rail movement in the event of a fall.



Intermediate Anchor - 7241011 - 7241010 Tapped Version

Secures the rail to the structure at intervals to suit the work site and structure.

Choosing the Right Modular Jib System

Choosing the right overhead rigid rail lifeline is essential for protecting workers in loading and unloading bays where fall risks are constant. With changing vehicle heights and limited clearance, a properly designed system reduces fall distance, minimises hazards, and ensures smooth, continuous protection.

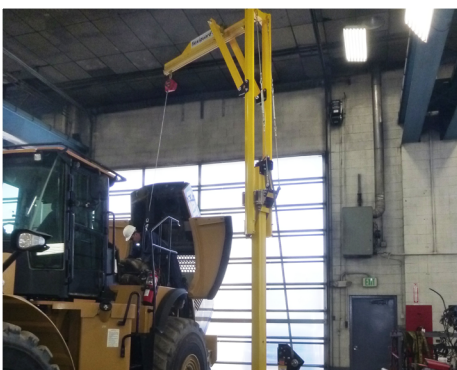
3M™ DBI-SALA™ Flexiguard™ Modular Jib System

3M™ DBI-SALA® Flexiguard™ Solutions are designed to help provide safe working areas with overhead anchor points for one or more workers in a variety of challenging situations. These systems are versatile and often mobile.

How does the system works in loading bays?



Outrigger
Base

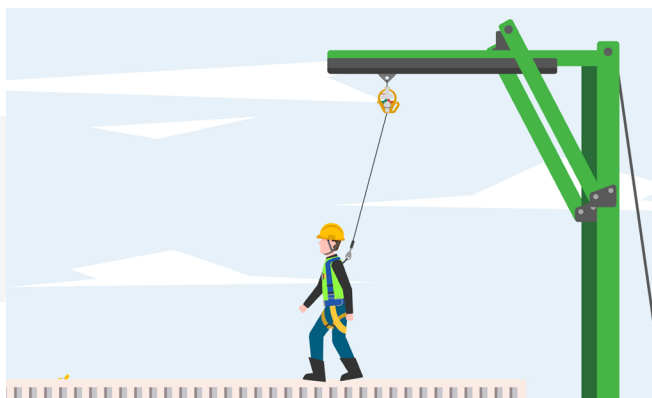


Counterweighted
Base



Trailer Mount
System

Refer to subsequent pages for more configuration available.

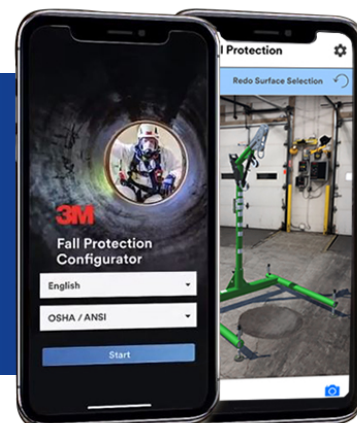


Click here or scan QR
code to watch the video.

Augment your expectations.

The 3M Fall Protection Configurator App is here—view select 3M™ DBI-SALA® Flexiguard™ Solutions in your work environment, right from your phone.

Contact 3M for more information or to schedule a site assessment.



Modular Jib Systems M100 and M200

- ▶ Extruded aluminium overhead horizontal rail for SRL trolley
- ▶ Stainless steel anchor trolley
- ▶ Dual by-passing rails (two user models)

Rescue Ready

- ▶ Equip the optional rescue mounting kit for a turnkey rescue plan or confined space retrieval device
- ▶ Rescue kits available for M100 and M200 models

Extended Reach

- ▶ New M200 version offers improved reach on 15 ft. (4.6 m) configurations enabling up to 10 ft. (3.5 m) more reach than previous models

Increased Height

- ▶ Improved maximum height for 30 ft. (9.1 m) models enables up to 5 ft. (1.5 m) more vertical height versus previous models
- ▶ Semi-Fixed models come with 5 ft. (1.5 m) of height adjustment for maximum flexibility during field installations
- ▶ Removable counterweight box (counterweight bases) with built in fork pockets and lifting ring attachment points (sold separately)
- ▶ Integrated leveling bubbles (counterweight bases)

Patent Pending Fail-Safe Mast Lock

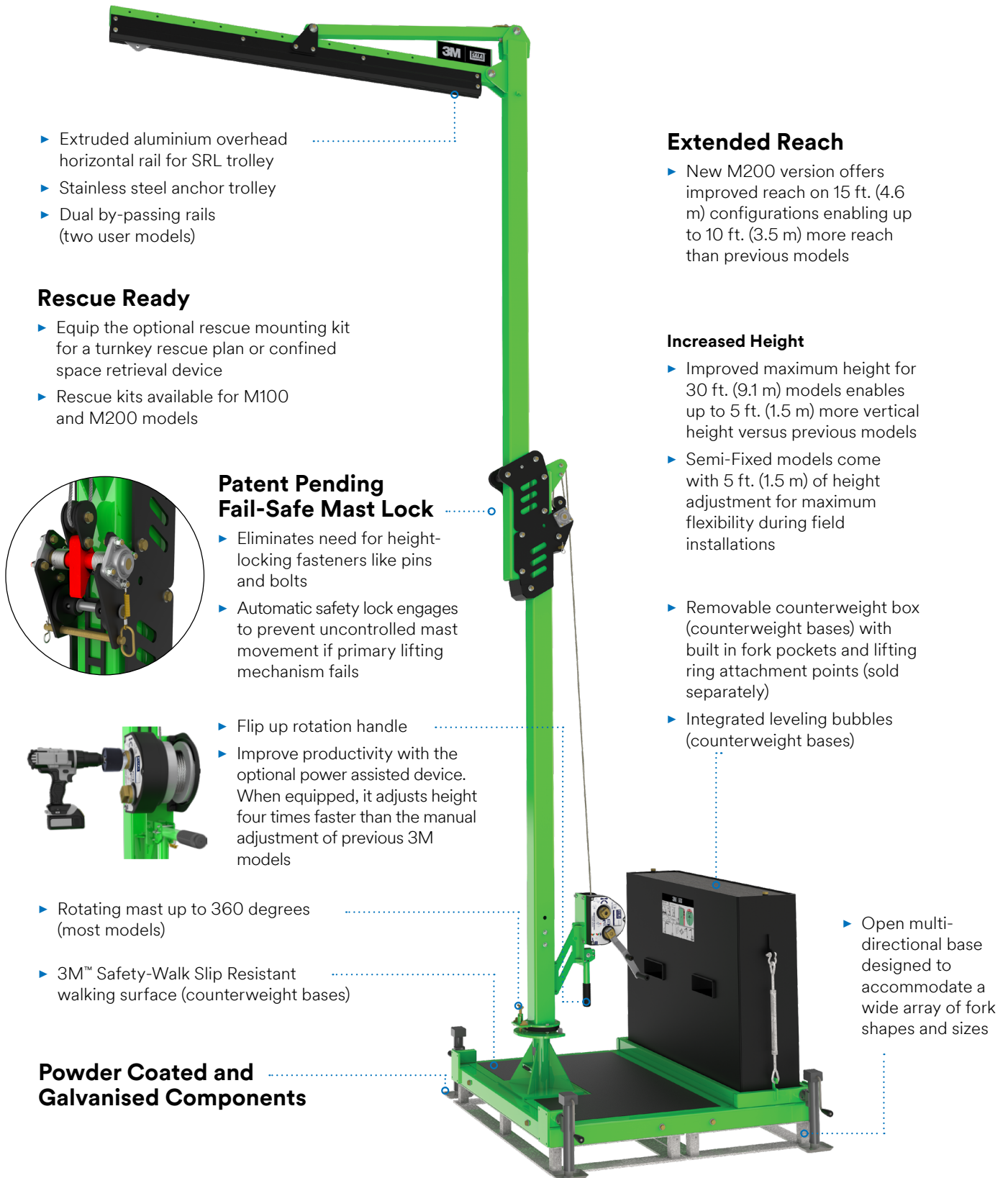
- ▶ Eliminates need for height-locking fasteners like pins and bolts
- ▶ Automatic safety lock engages to prevent uncontrolled mast movement if primary lifting mechanism fails

- ▶ Flip up rotation handle
- ▶ Improve productivity with the optional power assisted device. When equipped, it adjusts height four times faster than the manual adjustment of previous 3M models

- ▶ Rotating mast up to 360 degrees (most models)
- ▶ 3M™ Safety-Walk Slip Resistant walking surface (counterweight bases)

Powder Coated and Galvanised Components

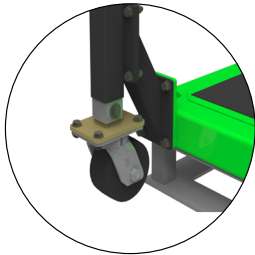
- ▶ Open multi-directional base designed to accommodate a wide array of fork shapes and sizes



Modular Jib Systems M100 and M200

Easier Transport

Patent-pending weight distribution simplifies transport using 2,268 kg-rated (5,000 lb.) forklift for all counterweight models



M100 Systems

- ▶ Can be transported in one piece with a 2,268 kg (5,000 lb.) forklift
- ▶ Navigate indoor smooth surface spaces with optional caster wheel kit



M100 System Weights:

- ▶ Complete System 2,266 kg (4,995 lbs.)
- ▶ System Without Counterweight 861 kg (1,900 lbs.)
- ▶ Counterweight Box Alone 1,404 kg (3,095 lbs.)

M200 Systems

- ▶ Can be transported in one piece with a large lift

OR

- ▶ Separated into individual components and transported with a 2,268 kg (5,000 lb.) forklift



M200 System weights:

- ▶ Complete System 5,746 kg (12,668 lbs.)
- ▶ System Without Counterweight 1,210 kg (2,668 lbs.)
- ▶ Counterweight Box Alone 2,268 kg (5,000 lbs.) each

Counterweight box alone = 2,268 kg (5,000 lbs.) (two boxes total)



System weight with counterweights removed = 1,210 kg (2,668 lbs.)

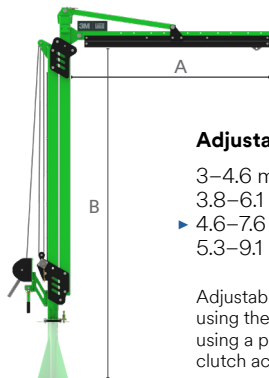


Important: Counterweights must be installed prior to use. They shall only be removed for transport.

Modular Jib Systems M100

Model	Total System Weight	Max. Component Weight	Offset/Reach (A)	Height (B)	Mast Rotation Range	Max. Number of Users	SRL Maximum Arresting Force
M100	2,266 kg (4,995 lbs.)	1,404 kg (3,095 lbs.)	2.3 m (7.5 ft.)	Up to 9.1 m (30 ft.)	270° with counterweight base 360° with others	1	6 kN (1,350 lbs.)

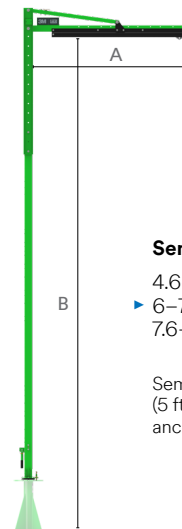
1. Choose from 7 interchangeable mast options



Adjustable Height, Single User Masts

- 3–4.6 m (10–15 ft.) **8530874**
- 3.8–6.1 m (12.5–20 ft.) **8530875**
- ▶ 4.6–7.6 m (15–25 ft.) **8530876**
- 5.3–9.1 m (17.5–30 ft.) **8530877**

Adjustable height masts are adjusted easily using the integrated hand crank winch, or by using a power drill with the optional overload clutch accessory equipped.



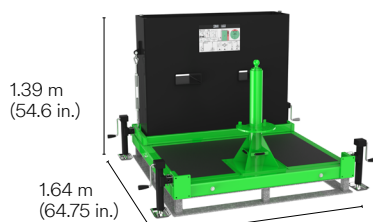
Semi-Fixed Height, Single User Masts

- 4.6–6 m (15–20 ft.) **8530882**
- ▶ 6–7.6 m (20–25 ft.) **8530883**
- 7.6–9.1 m (25–30 ft.) **8530884**

Semi-fixed masts offer a small amount (5 ft. or 1.5 m) of adjustment to optimise the anchor height during installation.

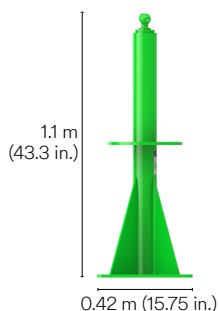
▶ = Model shown

2. Choose from 5 interchangeable base options

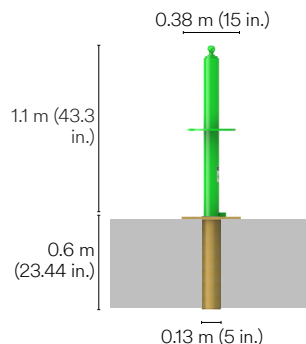


2.01 m (79.25 in.)
With leveling jacks installed
1.52 m (60 in.)
Without leveling jacks installed

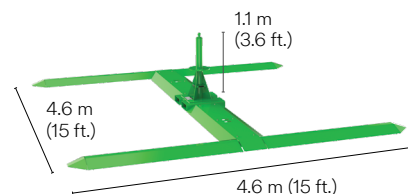
Portable Counterweight Base*
With concrete fill **8530870**
Without concrete **8530869**



Floor Mounted Base
8530871



Flush Mounted Base
8530872



Outrigger Base
8530873

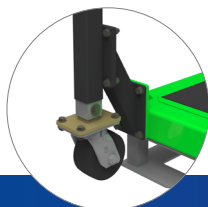
*Portable Counterweight Base includes leveling jacks

3. Choose your accessories



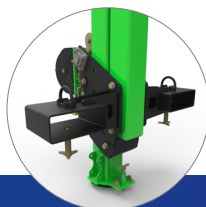
Confined Space & Rescue Pulley Kit
8530885

Enables a rescue device to be mounted to the system. Includes mounting brackets and re-direct pulleys. Rescue devices sold separately.



Smooth Surface Caster Kit
8530908

Allows counterweight base systems to be maneuvered into tight spaces on smooth surfaces.



Forklift Pocket Mast Transport Kit
8530911

Allows mast to be separated from the base and transported vertically using a forklift.



Overload Clutch
8512936

Required to raise and lower adjustable masts with a power drill. (Drill not included)



Counterweight Box Lifting Ring Kit
8530914

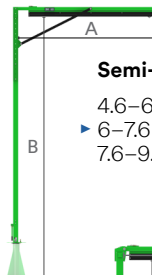
Allows counterweight box to be moved with overhead lifting equipment. Includes two rings per kit. One kit needed per counterweight system.

Modular Jib Systems M200

Model	Total System Weight	Max. Component Weight	Offset/Reach (A)	Height (B)	Mast Rotation Range	Max. Number of Users	SRL Maximum Arresting Force
M200	5,746 kg (12,668 lbs.)	2,268 kg (5,000 lbs.)	4.6 m (15 ft.) Single User Models 3.7 m (12 ft.) Dual User Models	Up to 9.1 m (30 ft.)	360° for all bases.	1 or 2 depending on model.	6 kN (1,350 lbs.)

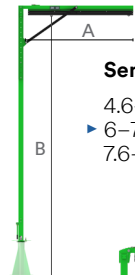
1. Choose from 14 interchangeable mast options

► = Model shown



Semi-Fixed Height, Single User Masts

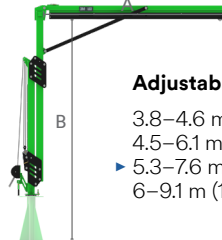
4.6–6 m (15–20 ft.) **8530899**
 ► 6–7.6 m (20–25 ft.) **8530900**
 7.6–9.1 m (25–30 ft.) **8530901**



Semi-Fixed Height, Dual User Masts

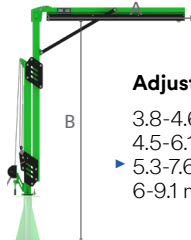
4.6–6 m (15–20 ft.) **8530902**
 ► 6–7.6 m (20–25 ft.) **8530903**
 7.6–9.1 m (25–30 ft.) **8530904**

Semi-fixed masts have a small amount (5 ft. or 1.5 m) of adjustment to optimise the anchor height during installation.



Adjustable Height, Single User Masts

3.8–4.6 m (12.3–15 ft.) **8530891**
 4.5–6.1 m (14.8–20 ft.) **8530892**
 ► 5.3–7.6 m (17.3–25 ft.) **8530893**
 6–9.1 m (19.8–30 ft.) **8530894**

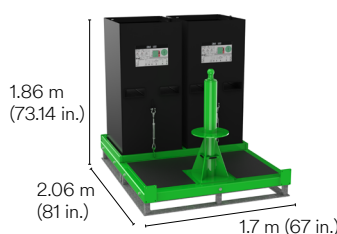


Adjustable Height, Dual User Masts

3.8–4.6 m (12.3–15 ft.) **8530895**
 4.5–6.1 m (14.8–20 ft.) **8530896**
 ► 5.3–7.6 m (17.3–25 ft.) **8530897**
 6–9.1 m (19.8–30 ft.) **8530898**

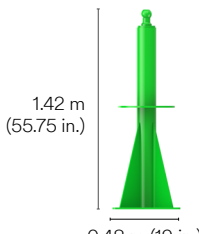
Adjustable height masts are adjusted easily using the integrated hand crank winch, or by using a power drill with the optional overload clutch accessory equipped.

2. Choose from 4 interchangeable base options



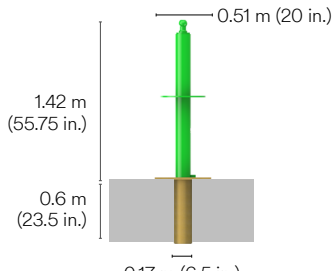
1.86 m (73.14 in.)
2.06 m (81 in.)
1.7 m (67 in.)

Portable Counterweight Base*
 With concrete fill **8530887**
 Without concrete **8530886**



1.42 m (55.75 in.)
0.48 m (19 in.)

Permanent Floor Mounted Base
8530888

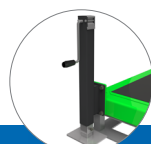
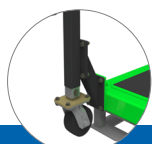


0.51 m (20 in.)
1.42 m (55.75 in.)
0.6 m (23.5 in.)
0.17 m (6.5 in.)

Permanent Flush Mounted Base
8530889

*Portable Counterweight Base optional leveling jacks sold separately

3. Choose your accessories

					
Confined Space and Rescue Pulley Kit 8530905 Enables a rescue device to be mounted to the system. Includes mounting brackets and re-direct pulleys. Rescue devices sold separately.	Jack Stabilising Kit 8530907 Designed to stabilise and level counterweight base systems on slightly uneven surfaces.	Smooth Surface Caster Kit 8530908 Allows counterweight base systems to be maneuvered into tight spaces on smooth surfaces.	Forklift Pocket Mast Transport Kit 8530912 Allows mast to be separated from the base and transported vertically using a forklift.	Overload Clutch 8512936 Required to raise and lower adjustable masts with a power drill. (Drill not included)	Counterweight Box Lifting Ring Kit 8530777 Allows counterweight box to be moved with overhead lifting equipment. Includes four rings per kit. One kit needed per counterweight system.

Modular Jib Systems (Other Systems)

3M™ DBI-SALA® Flexiguard™ C-Frame System

The C-Frame System is a mobile solution designed to be positioned manually, or with the use of a tow bar (optional) and service vehicle. The freestanding design utilises protruding outriggers that extend below the work surface for stability. Available in adjustable height and fixed height models for a wide variety of applications.

- Designed to be moved manually or with a tow bar and service vehicle
- Designed to be positioned under equipment with minimal ground clearances
- Adjustable systems allow rail height to be adjusted by manually cranking the winch—allowing for passage under obstructions and building doorways



3M™ DBI-SALA® Flexiguard™ A-Frame System

The A-Frame System is a mobile solution designed to be positioned manually. The freestanding design straddles the work surface, taking up minimal floor space. Available in adjustable height and fixed height models, this two-user solution can be utilised for a wide variety of applications.

- System contains a single rail rated for two users
- Glide rail includes two trolleys rated for one user each
- Systems include heavy-duty leveling jacks
- Lightweight aluminium construction*
- Portable design that can be moved easily
- Four integrated swivelling wheels

3M™ DBI-SALA® Flexiguard™ Trailer Mounted System

The Trailer Mounted Anchor System is a mobile solution designed to be towed with a service vehicle from application to application. This self-supported design does not require the service vehicle to be attached for use. With an adjustable anchor height of 20 ft. 6 in., and the capacity for two workers, this solution provides maximum versatility.

- Trailer mounted solutions maximise portability and versatility to and from job site.
- System quickly raises and lowers with integrated winch and handle.
- Integrated brake mechanism automatically locks the mast height in the desired position.



* Compared to comparable steel construction.

Supplier Considerations and Inspection Importance

What Should Be Expected from a Responsible Supplier?

			
Site survey and risk assessment	Correct system recommendation	Clear drawings/layouts	Certified by manufacturer
			
Documentation for audit	Training for users	After-sales support and annual inspection	

Avoid generic, non-certified systems and those that mix brands/non-specified components.

"Generic", Improvised, Non-Certified Systems	Mixing Brands and Non-Specified Components
- Unknown load ratings - No testing documentation - No traceability - No system warranty	- Invalidates system certification and warranty - Creates unknown loads - Complicates liability



Why is Inspection Important?

- Equipment Inspections are a vital part of a fall protection plan for the workplace.
- The fall protection plan is designed to protect both the worker and the employer.
- Without proper maintenance, any piece of equipment can become unreliable over time.
- Workers who use systems on a daily basis may not notice gradual deterioration, as there can be virtually no change from one day to the next.

1910.66 Appendix C Personal Fall Arrest Systems	EN 795:2012 – Anchor Devices EN 365 - Requirements for Maintenance and Inspection
 Obtain comprehensive instructions from supplier	 Inspected by a competent person annually

3M Fall Protection Equipment Competent Inspector Training Course

This is a comprehensive inspection course which after completion will allow those responsible for the inspection of fall protection equipment to make educated decisions on whether the equipment can remain in service or should be removed from service.

Course Learnings

Duration



- Understanding local & international legislation and standards related to fall protection equipment & how it's relevant to you.
- How to perform care and maintenance on body harness, lanyards, self-retracting lifelines and accessories.
- How to perform competent person inspection on fall protection equipment below and how to identify when to remove from service.

- Full Body Harnesses
- Lanyards
- Snap hooks and Carabiners
- Tie-off Adaptors
- Anchorage Plates
- Self Retracting Lifelines



For further questions, course price or want to sign-up for this training course please scan QR code and fill up the form:

Get FREE competent inspector training with the purchase of 3M Fall Protection Equipment. *Terms and conditions apply.*



Descent and Rescue Solutions

3M™ DBI-SALA® Self-Rescue Device

Work at height without worrying about hanging in your harness for an extended period of time after an arrested fall event. Instead of waiting for help, lower yourself to safety with the 3M™ DBI-SALA® Self-Rescue Device.

Features and Benefits:

- **Easily Accessible Primary Release Cord**
- **Easy-Link SRL Adapter**
A simple, fast connection point for your lanyards or personal SRLs.
- **Moulded Padding**
Protects the bag from wear and tear.
- **Colour-Coded and Reflective Elements**
Provides greater visibility, even in dark situations.
- **Assisted-Rescue and 3M™ DBI-SALA® Rescue Pole**
Allows for remote access and deployment by a colleague.
- **15 m - 30 m Lengths**
More flexibility and freedom to work at height worry-free.
- **15 m Training Version**



Model Number	Description
3320052	5.5 mm diameter rope, 30 m (100 ft)

The 3M™ DBI-SALA® Self-Rescue Device for harnesses provides every crew member the ability to rescue themselves in challenging situations. This nylon rescue pack contains 5.5-millimetre rope, an easily accessible D-ring, and a sealed spool that stands up to corrosion and weather. This rescue device has a universal design that integrates with most harnesses, making it a premium piece of safety gear for construction crews, utility pros, miners, transportation personnel, and oil and gas workers to get themselves out of trouble when suspended.



Click here or scan QR code to watch the video.

Descent and Rescue Solutions

3M™ DBI-SALA® Sealed-Blok™ RSQ

The DBI-SALA® Sealed-Blok™ family has the most comprehensive line of sealed SRLs in the industry and decades of proven field service in the toughest environments. The heavy duty sealed design keeps the critical working components free of dirt, grease, water and chemicals. The range also includes a dual range SRL and automatic self-rescue device. Ideal for use in harsh environments such as offshore, confined space, salt water and dirty environments.



3400961

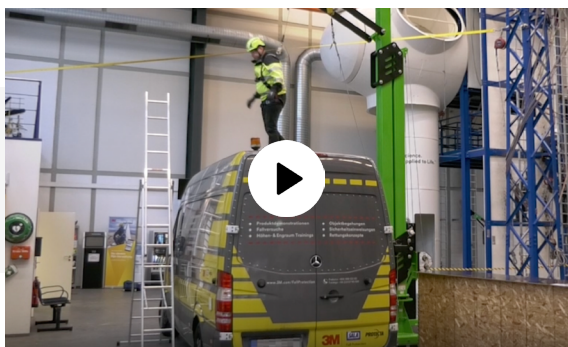


3500101

✓ DOSH SIRIM Approved

3M Product Number	Description
3400961	15 m, Stainless Steel Cable

3M Product Number	Description
3500101	3M™ DBI-SALA® Ultra-Lok™ Assisted Rescue Pole/Tool for RSQ Self-Retracting Lifeline



Click here or scan QR code to watch the video.

3M™ DBI-SALA® Dual-Mode Descent

Work and rescue with the same equipment with the built-in rescue operation of our dual-mode descent technology. Lower your cost of ownership with no separate rescue equipment required.

Fall Arrest Mode	Automatic Descent Mode
A speed-sensing brake stops the fall, reduces forces imposed on the user to safe levels, and allows for assisted rescue via hand, by pole, or a traditional assisted rescue operation	A speed-sensing brake stops the fall, and a centrifugal brake instantly activates to lower the user at a controlled speed to the next level or ground.
	

Other Fall Protection Equipment

Body Support



3M™ Protecta® Standard Vest Style Fall Arrest Harness

✓ DOSH SIRIM Approved

3M Product Number	Description
1161609	Small
1161753	Medium
1161611	Large

3M Protecta Fall Arrest Harnesses provide reliable protection, comfort and convenience; now with upgraded features and a sleek, modern look which includes soft and comfortable webbing, auto-resetting lanyard keepers as well as softer and more durable hip padding.



3M™ Protecta® P50 Vest Style Fall Arrest Harness

✓ DOSH SIRIM Approved

3M Product Number	Description
1390024	Universal

The FIRST™ line of fall protection products from PROTECTA® was designed around a simple concept; provide a fundamental fall protection line with exceptional value. Utilising extensive research, the FIRST™ line was assembled to provide fall protection in a wide variety of circumstances while maintaining a focus on value and safety. FIRST™ offers all the necessary elements for a complete fall protection system and allows the user to choose components based on personal preference and job constraints. In addition to offering economical compliance, FIRST™ is built with our legendary quality and reliability, fall protection gear you can trust.

Self-Retracting Lifelines



3M™ Protecta® Self-Retracting Lifeline

✓ DOSH SIRIM Approved

3M Product Number	Description
3590624	Galvanized cable - 6 m
3590625	Galvanized cable - 10 m
3590626	Stainless steel cable - 10 m
3590627	Galvanized cable - 15 m
3590628	Stainless steel cable - 15 m

Rebel SRLs are available with a heavy duty aluminium or a durable lightweight thermoplastic housing, providing an economical fall protection solution without compromising on performance or safety. Integrated ergonomic carrying handle and top swivel connector ensure easy transport and installation. Built-in fall indicator hook allows visual yearly inspection.

3M™ DBI-SALA® Nano-Lok™ Twin Leg Web Self-Retracting Lifeline

✓ DOSH SIRIM Approved

3M Product Number	Description
3101270	Rebar Hook - 2 m
3101719	Scaffold Hook - 2 m



Nano Lok™ is ergonomically designed for ease of use and is ideal for direct connection to most harnesses. The extremely compact and lightweight design is virtually unnoticeable on your back, staying out of the worker's way and making it ideal as a lanyard replacement. Whether your application requires single or twin leg configurations, mounting to an overhead anchor or for connection directly to harness, there are dozens of models to choose from to suit almost any application. Nano Lok™ locks quickly—stopping a fall within inches—providing more protection at low heights. In addition, tension is always kept on the lifeline, which reduces dragging, snapping and trip falls.

Other Personal Protective Equipment | Respiratory Protection

Respiratory protection is required when exposed to particulate, organic vapour or acid gases during loading/unloading activities.

Reusable Respirators



3M™ Secure Click™ Half Facepiece Reusable Respirator with Speaking Diaphragm HF-800 Series

✓ DOSH SIRIM Approved

3M Product Number	Description
HF-801SD	Small
HF-802SD	Medium
HF-803SD	Large

Designed with smart and intuitive features, the 3M™ Secure Click™ Half Facepiece Reusable Respirator with Speaking Diaphragm HF-800SD Series is simple, comfortable and reliable. Available in three sizes: small, medium, and large, our respirators all come with a speaking diaphragm.



3M™ Secure Click™ A1B1E1K1 Filter, D8059

✓ DOSH SIRIM Approved

3M™ Secure Click™ Cartridge A1B1E1K1 D8059 is CE approved against certain organic vapours with a boiling point above 65 °C, inorganic gases, acid gases, and ammonia. Use our cartridges with 3M™ Secure Click™ Half Facepiece Reusable Respirator HF-800SD Series. New dual flow cartridges and filters allow for easier breathing.

3M™ Secure Click™ Gas and Vapour Filter A1B1E1K1 D8059 protects against organic gases and vapours with a boiling point above 65 °C, inorganic gases, acid gases, and ammonia.

Suitable for use with 3M™ Secure Click™ Reusable Respirators 800 Series, our cartridges can also be used in combination with 3M™ Secure Click™ Particulate Filters D7900 Series with a 3M™ D701 Filter Retainer.

OR



3M™ Secure Click™ Particulate Filter D3138, P3 R, with Nuisance Level Organic Vapour/Acid Gas Relief and Ozone

✓ DOSH SIRIM Approved

3M™ Secure Click™ Particulate Filter P3 R D3138 is CE approved for environments containing certain particles. Our filter can also be used for nuisance level organic vapour relief and for ozone protection up to 10 x WEL. Suitable for use with 3M™ Secure Click™ Half Facepiece Respirators HF-800SD Series.

3M™ Secure Click™ Particulate Filter P3 R D3138 with Nuisance Level Organic Vapour Relief helps provide respiratory protection against exposure to certain particles.

Our filter also offers nuisance level odour relief from organic vapours that are below the WEL. Nuisance level refers to concentrations below WEL. Please refer to the product user instructions for the limitations of use. The filter is commonly used for welding, brazing, torch cutting, metal pouring and soldering.

Inventory needs and training requirements of safety equipment are reduced because this filter works for many different applications. This filter is commonly used in the following industries: agriculture, construction, general manufacturing, pharmaceuticals, primary metals.

The filter works with a 3M™ Secure Click™ Respirators 800 Series. The connection system works just like a seat belt. Simply align the connections and push until you hear a click. The filter is CE approved for environments containing solid and liquid particles.

Other Personal Protective Equipment | Respiratory Protection

Disposable Respirators



3M™ Particulate Respirator 8247, R95, with Nuisance Level Acid Gas Relief

✓ DOSH SIRIM Approved

The lightweight, disposable R95 particulate respirator is designed to help provide respiratory protection for certain non oil particles in applications such as welding, soldering and other operations in which metal fumes may be present. 3M uses a variety of innovative technologies and features to help you meet your respiratory protection and comfort needs. The specially designed cake resistant filter media provides longer respirator life. The respirator incorporates 3M's proprietary technology with advanced electrostatically charged microfibre filter media, designed for ease of breathing. Carbon filter material for nuisance level organic vapours.*

*Nuisance levels are those levels below the Occupational Exposure Limit.



3M™ Particulate Respirator 8576, P95, with Nuisance Level Acid Gas Relief

✓ DOSH SIRIM Approved

Helps protect against nuisance levels* of acid gases such as sulfur dioxide, hydrogen fluoride and/or chlorine. Designed for: Glass etching, chemical processing, paper processing, aluminium.

Other Personal Protective Equipment | Hearing Protection

Earplugs



3M™ 1000 Series Foam Earplugs, 35 dB

✓ DOSH SIRIM Approved

3M Product Number	Description
1100	Uncorded
1110	Corded

3M™ 1100 Earplugs are made with soft foam and a tapered design to help provide a noise blocking seal. These earplugs are easy to roll down and insert, with the foam softening with body temperature to improve comfort over extended use. One size fits most.

Slow recovery foam gives the user time to get the compressed foam cylinder (rolled down earplug) into the ear before the foam fully expands to fill the ear canal. Available with or without cords to suit user preference. Dispenser packaging option available. This product is E-A-Rfit™ testable to help validate the level of protection the individual user is getting.



3M™ Reusable Earplug 1271, 26 dB, Corded

✓ DOSH SIRIM Approved

The 3M™ Earplugs 1200 Series are reusable and designed for insertion into the ear canal to help reduce exposure to hazardous levels of noise up to 26 dB.

Get comfortable and durable hearing protection with 3M™ Earplugs 1200 Series. These reusable earplugs reduce noise levels up to 26 dB and are fully tested and approved against EN 352-2. They are made from a soft durable Thermoplastic Elastomer (TPE). The specially designed and triple flange shape is tapered to fit most ear canal sizes, offering a comfortable secure fit. The finger grip design keeps insertion and removal simple, convenient and hygienic. They come with a sturdy storage case featuring a belt clip, helping keep your earplugs hygienic and together preventing loss. 3M™ Earplugs 1261 are available as probed versions for use with the 3M™ E-A-Rfit™ validation system.

Earmuffs



3M™ PELTOR™ Optime™ I Earmuffs

✓ DOSH SIRIM Approved

3M Product Number	Description	SRN
H510A	Headband	27 dB
H510P3E	Hard Hat Attached	26 dB

3M™ PELTOR™ Optime™ I Earmuffs are our innovative, lightweight hearing protectors that reduce noise levels up to 26 dB. They feature a low-profile design that makes them easy to combine with other safety equipment and have soft, wide comfortable cushions that reduce pressure around the ears.

Get lightweight hearing protection that combines excellently with other safety equipment with 3M™ PELTOR™ Optime™ I Earmuffs. They're ideal for moderate industrial noise, such as workshops, sheet-metal shops and printing works, and for outdoor activities, including lawn mowing or hedge trimming. Our earmuffs reduce noise levels up to 28 dB and have sealing rings filled with a unique combination of liquid and foam. The large space inside the cups helps reduce heat and moisture build-up, and the soft, wide cushions help decrease pressure around the ears, making them comfortable to wear for long periods. The cushions and foam inserts, available as Hygiene Kits, are easy to replace if they become worn or damaged, extending the life of the product. They're available in headband models.



3M™ PELTOR™ X4 Earmuffs

✓ DOSH SIRIM Approved

3M Product Number	Description	SRN
X4A	Headband	33 dB
X4P5E	Hard Hat Attached	32 dB

3M™ PELTOR™ X4 Earmuffs offer a slim lightweight option with a Single Noise Rating (SNR) of 33 dB, depending on attachment type. This low-profile earmuff is ideal for protection against mid- to high-level industrial noise and other loud sounds.

3M™ PELTOR™ X-Series Earmuffs deliver comfort, design, and protection in one groundbreaking earmuff line. Additionally, these earmuffs have earcup pivot points that tilt for optimum comfort and efficiency, as well as replaceable ear cushions and foam liners to help ensure acceptable noise reduction, hygiene, and comfort.

Protective Communications



3M™ PELTOR™ Twin Cup Headset, Ex/IS Approved

✓ DOSH SIRIM Approved

3M Product Number	Description	SRN
MT72H540A-50	Headband	32 dB
MT72H540P3E-50	Hard Hat Attached	32 dB

The 3M™ PELTOR™ Twin cup headset has high-attenuating shells with optimised acoustic design and excellent space for the ears. Noise compensated microphone for clear and reliable communication in noisy environments. Bright blue colour to indicate Ex/IS certified design. Ex/IS approved for IECEx/ATEX/UKEX.

3M strongly recommends fit testing of hearing protectors. Research suggests that many users will receive less noise reduction than indicated by the SNR due to variation in hearing protector fit, fitting skill and motivation of the user. Refer to your applicable regulations for guidance on how to adjust label values and estimate attenuation. In addition, 3M™ E-A-Rfit™ Dual-Ear Validation System can support your fit testing needs for improved wear; compliance and assess individual Personal Attenuation Rate (PAR).

Other Personal Protective Equipment | Head Protection



We design and manufacture hard hats and accessories to meet a diverse spectrum of needs. From safety helmets for working at height, to full-brim hard hats and solutions for working in elevated temperatures, we offer consistently reliable products.



3M™ SecureFit™ Hard Hat H-701SFR-UV, White, 4-Point Pressure Diffusion Ratchet Suspension, with Uvicator

✓ DOSH SIRIM Approved

The 3M™ SecureFit™ H-Series Hard Hats with Pressure Diffusion Technology are designed to self-adjust to the wearer as the ratchet is tightened. This helps create a personalised fit and reduces the pressure on the forehead up to 30% compared to current 3M H-series hard hat suspensions. The smooth, easy turning ratchet suspension sits low on the head to increase security and reduce pressure, helping to make the SecureFit™ H-Series a comfortable and stable hard hat option. Choose from cap or full brim style in a gloss finish.



3M™ SecureFit™ Safety Helmet X5000 Series

✓ DOSH SIRIM Approved

The new 3M™ SecureFit™ Safety Helmet is a climbing-style helmet that delivers all-day comfort without sacrificing security. From our proprietary design to our industry-leading innovations, the 3M™ SecureFit™ Safety Helmet is engineered by safety experts with workers in mind. The result is a revolutionary helmet design that delivers what workers need.

4-point chin strap selector system unique to 3M allows wearer to convert between EN 12492 and EN 397 standards. Certified to EN 12492, EN 397, and EN 50365 (1000Vac). Available in 8 colours.

Other Personal Protective Equipment | Eye Protection



3M Protective Eyewear is designed to deliver comfort and performance, helping to keep workers safe. Featuring optional 3M™ Scotchgard™ Anti-fog Coating, which resists fog up to 11x longer than traditional 3M anti-fog coating, and proprietary 3M™ SecureFit™ Pressure Diffusion temple technology that self-adjusts to the wearer's head size and shape.



3M™ Asian Virtua Sport V34 10434-00000-20, Clear Anti-Fog Lens

✓ DOSH SIRIM Approved

Meeting the requirements of CSA Z94.3, 3M™ Virtua Protective Eyewear is a reliable choice against contact damage — but not all on-the-job dangers come in the form of an impact.

That's why these safety glasses come equipped with polycarbonate lenses that absorb up to 99.9% of harmful UVA and UVB rays. This dynamic safety functionality makes 3M™ Virtua Protective Eyewear an ideal choice when comprehensive protection against both impact and UV damage is needed.



3M™ SecureFit™ 3700 Series, SF3701ASGAF-BLU, Blue Temple, Scotchgard™ Anti-Fog Coating, Clear OTG

✓ DOSH SIRIM Approved

Get over-the-glass protection with all day wearability with the 3M™ SecureFit™ 3700 Series. The adjustable ratchet temples provides angle adjustment points on the temple to help create a secure and personalised fit. The eyewear features pressure diffusion temple technology and a soft touch nosepiece to help provide all-day comfort.

Featuring Pressure Diffusion Temple (PDT) Technology and an adjustable ratcheting temple, the SecureFit 3700 series offers Over-The-Glass protection with a personalised fit. These lightweight safety glasses also feature durable polycarbonate lenses with 3M™ Scotchgard™ Anti-Fog coating to help you see clearly and work safely.

Education and Training



Your needs are at the core of what we do. That's why 3M offers worker health and safety training on principles, hazards, PPE products, software and other valuable information to enhance your workplace safety initiatives. Remember that safety goes beyond simply providing access to PPE – workers must also be trained in its proper wear and use. Our resources can help you ensure they have access to vital information about their PPE.

Explore our digital library on the [Worker Health & Safety Portal](#) for Malaysia at the 3M Safety Academy for topics like respiratory protection, welding, hearing conservation, fall protection, and more.

It's just one more way 3M helps you and your workers stay connected, compliant and safe.



Get FREE WAH & Hands-on Product Training with the purchase of 3M Fall Protection Equipment

Contact 3M for more information.

**Terms & Conditions apply*

What's the 3M difference?

- ▶ Digital Training Library
- ▶ Dedicated Instructors
- ▶ Instructor-Led Courses
- ▶ Certified Instructor Program
- ▶ Regulatory Standards Compliance (where applicable)
- ▶ Training Centres, On-Site Delivery, or Virtual Instructor-Led Training
- ▶ Broad Employee Appeal

Training and education may be provided by 3M*:

- ▶ Demonstration Training
- ▶ Fit Testing
- ▶ Selection Guides
- ▶ Service Life Software
- ▶ Fall Protection
- ▶ Hearing Protection and Conservation
- ▶ Worker Health and Safety e-Learning
- ▶ Virtual Reality
- ▶ Seminars, Webinar and Videos
- ▶ Understanding Regulations/Compliance
- ▶ Tech Bulletins, Technical Helpline
- ▶ Dedicated Application Engineers etc.
- ▶ 3M™ Safety Mobile Training Units

Scan or click the QR code
to contact us for a consultation or demo.



Hearing Protection

WARNING

These hearing protectors help reduce exposure to hazardous noise and other loud sounds. Misuse or failure to wear hearing protectors at all times that you are exposed to noise may result in hearing loss or injury. For correct use, consult supervisor and User Instructions, or contact 3M Personal Safety Division at 3mmypsd@mmm.com.

3M strongly recommends fit testing of hearing protectors. Research suggests that many users will receive less noise reduction than indicated by the SNR due to variation in hearing protector fit, fitting skill and motivation of the user. Refer to your applicable regulations for guidance on how to adjust label values and estimate attenuation. In addition, 3M™ E-A-Rfit™ Dual-Ear Validation System can support your fit testing needs for improved wear; compliance and assess individual Personal Attenuation Rate (PAR).

Eye Protection

WARNING

These eye or face protection products help provide limited eye and face protection. Misuse or failure to follow warnings and instructions may result in serious potential injury, including blindness or death. For proper use, selection and applications against flying particles, optical radiation and/or splash see supervisor, read User Instructions and warning on the package or contact 3M Personal Safety Division at 3mmypsd@mmm.com. 3M PSD products are for occupational use only.

Head Protection

WARNING

3M Head Products provide limited protection only. Misuse or failure to follow warnings and User Instructions may result in serious personal injury or death. For proper use, see supervisor, User Instructions, or contact 3M Personal Safety Division at 3mmypsd@mmm.com.

Fall Protection

WARNING

Compliant fall protection and emergency rescue systems help prevent serious injuries associated with fall events. Users must read and understand the User Instructions provided with the product, and must be properly trained by their employers in the safe use of these systems before using them, per OSHA 1910.140 and 1926.503 or applicable local standards. Misuse or failure to follow warnings and instructions may result in serious personal injury or death. For proper use, see supervisor, User Instructions, or contact 3M Personal Safety Division at 3mmypsd@mmm.com

Respiratory Protection

WARNING

These respirators help to protect against certain airborne contaminants. Before use, the wearer must read and understand the User Instructions provided as part of the product packaging. A written respiratory protection program must be implemented meeting all the requirements of OSHA 1910.134 including training, fit testing and medical evaluation. In Canada, CSA standard Z94.4 requirements must be met and/or requirements of applicable jurisdiction, as appropriate. Improper use may result in sickness or death. For correct use, see supervisor and User Instructions, or contact 3M Personal Safety Division at 3mmypsd@mmm.com

Product Selection and Use: Many factors beyond 3M's control and uniquely within user's knowledge and control can affect the use and performance of a 3M product in a particular application. As a result, customer is solely responsible for evaluating the product and determining whether it is appropriate and suitable for customer's application, including conducting a workplace hazard assessment and reviewing all applicable national and/or European regulations and standards. Failure to properly evaluate, select, and use a 3M product in accordance with all applicable instructions and with appropriate safety equipment, or to meet all applicable safety regulations, may result in injury, sickness, death, and/or harm to property.

Warranty: Warranty conditions for 3M products are determined with the sales contract documents and with the mandatory and applicable clause, excluding any other warranty or compensation.

For industrial/occupational use only. Not for consumer sale or use.



**3M Malaysia Sdn. Bhd.
Personal Safety Division**

Level 8, Block F, Oasis Square, No. 2, Jalan PJU 1A/7A,
Ara Damansara, 47301, Petaling Jaya, Selangor, Malaysia
Tel: +603 7884 2888 | Email: 3mmypsd@mmm.com
Web: go.3m.com/my-safety

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