

ArrestorBed Fall Protection System installation instructions

1.0 General Information

Refer to MG530 Cordless Air Blower Instructions or MG531 Petrol Air Blower Instructions in conjunction to this instruction when inflating ArrestorBeds

Arrestorbed's are designed to minimise the consequences of a fall, when the risk of a fall cannot be prevented. They are for use within enclosed areas of building construction work. The system is tested to be used when the fall distance will not exceed two metres. The bags will absorb the energy of a fall & may burst on impact. They are not effective if punctured. Therefore avoid hot work, such as welding or grinding, above or any contact with sharp objects. The bags should also be inflated in a safe and clean environment.

2.0 Safety checks

Each ArrestorBed Bag is to be examined thoroughly before use, as follows:-

- 1) Check the outer casing for any tears or damage.
- 2) Inspect the fastening buckles for damage. These need to be fully operational. Remove any build up of mortar or mud with a stiff hand brush.
- 3) The valve on the inner casing must operate freely. Lubricate if necessary, with a suitable silicone lubricant spray. Check inner/outer cap and plastic connecting arm for damage.
- 4) Ensure that the valve sealing cap is complete with rubber gasket.

Any ambient temperature drop will give the impression that the bag is leaking (Volume decreases with temperature)

3.0 Ground Floor Installation

- 1) Thoroughly clear the floor space of all debris, rubbish etc.
- 2) Working from the furthest corner from the plot entrance, place the ArrestorBed Bags adjacent to one another and arrange them in order to provide maximum coverage.
- 3) Ensure that each valve access panel faces into the room.
- 4) Open the valve access panels and inflate the ArrestorBed Bags, starting from the furthest corner from the entrance.
- 5) There are three different types of caps i.e. the slide/seal, the push cap only and the new one which is inner big with outer small cap with non returning valve.
- 6) Operation mechanism of the three types of caps for the ArrestorBeds:
 - Close the valve by manipulating the slide and seal by placing the sealing cap on the valve and tightening it up by hand. Over tightening will damage the valve.
 - The most common type is sealed with a cap only simply push the cap onto the threads and tightening. (this operation may be tight)
 - The other type consists of an inner big screwing cap (valve) and top small cap. (operation can be tight)

The three types of caps are not interchangeable

- 7) Inflate one row of ArrestorBed Bags at a time.

- 8) Inflation procedure: To inflate bag, place blower over main opening hole depending on the type of caps present as stated in section 3.6. In the new bed inners this main opening hole is used for the major bag inflation.
- 9) After bag has been fully inflated, quickly screw back the large cap tightly or slide cap depending which type. (Do not over tighten cap)
- 10) For the new bed inners, if bag needs air pressure topping up, unscrew the top small cap and position nozzle of blower over the non returning valve. (Do not use this method for major inflation)
- 11) After, all bags have been fully inflated and checked, fasten the Bags buckles, and adjust the webbing straps to reduce any gaps between the Bags.
- 12) Fill the entire area in this way, making sure that there are no uncovered recesses.

It is essential that the fall potential is no more than 2 metres above the ArrestorBed Bags.

- Further layers may be added to increase the working height. Follow the procedure, as set out above, laying the top at right angles to the lower layer, taking care not to walk on the inflated Bags, unless it is unavoidable.
- Once the installation is complete, it should be checked and signed off by the Site Safety Officer.
- The Bags should be visually inspected by a competent person at the beginning of each work session to ensure that they are fully inflated. Work at height should not proceed until this is so.

Walking on the ArrestorBed Bags once inflated is not recommended. They are there as a safety aid and should be handled with due care.

4.0 Accidental Fall Notification

In the event of a person falling onto the ArrestorBed Bags, the details should be accurately reported to your Marwood Depot

5.0 Maintenance of ArrestorBed

1. The ArrestorBed Bags should be regularly cleaned of any mortar or mud build up.
2. The inflation valves must be lubricated regularly with a silicone spray to ensure a good seal and long life.
3. To replace the inner casing, ensure the Bags are fully deflated and open the access panel. The inner casing may be pulled out of the outer casing. To insert a new inner casing, open the access panel and feed the new inner casing into the outer casing making sure that the valve remains accessible and the new inner is not creased / folded.
4. When the Bags are not in use, fold them up neatly and store away in the bulk bag container to protect them from accidental damage.

ANY DAMAGE TO ARRESTOR BEDS/INNERS MUST BE IMMEDIATELY REPORTED TO YOUR LOCAL MARWOOD GROUP DEPOT