

ABC's Of FALL PROTECTION



ANCHORAGE

(The Most Important Component)

Make sure the anchor point is strong enough to withstand the forces generated by a fall. For the tie off to be legal, it must support 3600 lbs with certification, 5,000 pounds in the absence of certification.

Anchorage's shall be inspected every 6 months by a competent person.

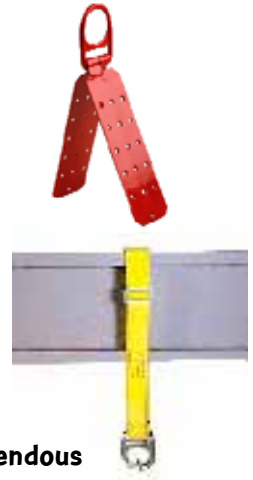
Always attempt to tie off above your head.

(A six foot man who ties off at his feet could fall as much as 12 feet).

Always attempt to tie off directly above your head to avoid the pendulum effect.

The shorter the tie-off, the shorter the fall. Always use the shortest lanyard possible.

Look out for sharp beams. Wrapping lanyards around beams could cut them during the tremendous forces generated during a fall. Use a cross-arm strap or a carabiner.



BODY SUPPORT

Two types- Cross Over and Vest style

Full body harnesses are mandatory for fall arrest and attached to a shock absorbing lanyard or self retracting lifeline with a maximum arresting force of less than 1800 pounds to the body.

Full Body harness; It should be snug but it shouldn't bind.

Harness should fit so that the center grommets are used most often.

Make sure all leg snaps or buckles are attached.



The chest strap should be in your mid-chest area.

Elastic harnesses will not absorb shock. They are simply more comfortable

Side and Front "D" rings are for positioning only!

Do not punch holes in a harness to increase the size.

CONNECTION MEANS

(The Critical Link)

Never tie a knot in lanyard. This will reduce the strength



Attach lanyards to back "D"-Ring only.

Rope lanyard may be attached to side "D" Ring for positioning only.

Use only Lanyards with double locking snaps.

Mandatory when used for fall protection and designed for a maximum free fall of 6 feet or less.



When using shock absorbing lanyards attach shock pack end to back "D"- Ring.

Retractable life lines are faster reacting, allow a larger working area and reduces shock. Do not use at more than a 30° angle.

