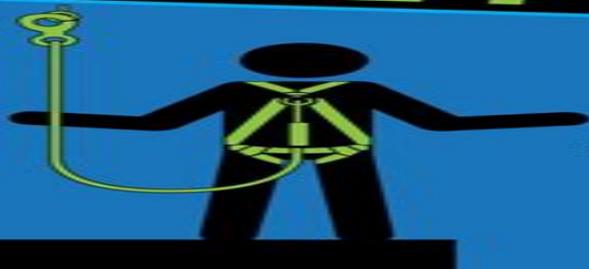


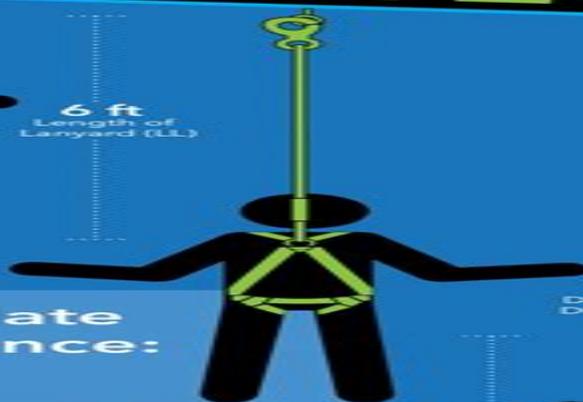
The A,B,Cs and 1,2,3s of

FALL PROTECTION

Living on the **EDGE?**

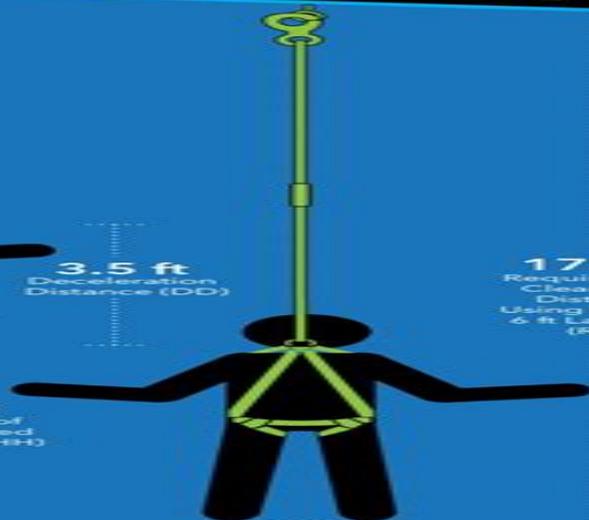


6 ft
Length of
Lanyard (LL)



3.5 ft
Deceleration
Distance (DD)

6 ft
Height of
Suspended
Worker (HH)



17.5 ft
Required Fall
Clearance
Distance
Using Typical
6 ft Lanyard
(RD)

2 ft
Safety Factor (C)

Nearest Obstruction

How to calculate your fall distance:

- 1 Lanyard Length (LL)
 - 2 Energy Absorber Deceleration Distance (DD)
 - 3 Height of Suspended Worker (HH)
 - 4 Clearance to Obstruction During Fall Arrest (C) *
- +
=
- Required Distance Below Anchor Point to Nearest Obstruction (RD)

* 1 ft required plus 1 ft for D-Ring movement and system materials stretch = 2 ft total

The key components of every

PERSONAL FALL ARREST SYSTEM

A.

ANCHORAGE

A secure point of attachment (structure) for the fall arrest system. Commonly referred to as a tie-off point (ex. I-beam).



B.

BODY SUPPORT

Full body harnesses provide a connection point on the worker for the personal fall arrest system.

C.

CONNECTORS

Devices used to connect the worker's full body harness to the anchorage system (eg. shock absorbing lanyard, self retracting lifeline, etc.).



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