

The basics of every personal fall arrest system can be described as the ABC's of fall arrest.

A

ANCHORAGE

Anchorage means a secure point of attachment (structure) for the fall arrest system.



B

BODY SUPPORT

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



C

CONNECTORS

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



D

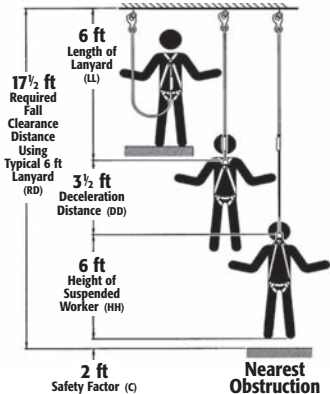
DESCENT/RESCUE

Rescue and retrieval of a fallen worker is a required component of any Fall Protection Program.



Calculating Your Fall Distance

HAZMASTERS
CREATING SAFE WORK ENVIRONMENTS



LL = Lanyard Length

DD = Energy Absorber Deceleration Distance (3.5 Ft Total)

HH = Height of the Harness Dorsal D-Ring from the Worker's Feet

C = Clearance to Obstruction During

Fall Arrest (1 Ft Required Plus 1 Ft for D-Ring Movement and System Materials Stretch = 2 Ft Total)

RD = Required Distance Below Anchor Point to Nearest Obstruction

RD = LL + DD + HH + C