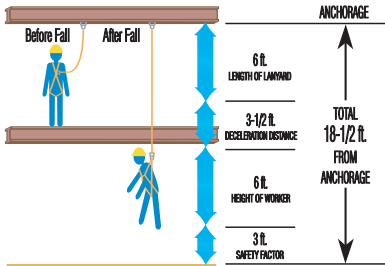


Determining Proper Anchorage Point Height



1. When using a 6-ft shock absorbing lanyard and a full body harness, first add the length of the lanyard (6-ft) to the maximum elongation of the shock absorber during deceleration (3.5 ft) to the average height of a worker (6-ft)
2. Then add a safety factor of 3-ft to allow for the possibility of an improperly fitting harness, a taller than average person, and/or a miscalculation of potential fall distance.
3. The total equals 18.5-ft This is the suggested safe fall clearance distance, the height at which you must attach to an anchorage to minimize the risk of contact with a lower level.

This is why it is important to tie-off as high overhead as possible. If there is not enough room below the work surface to accommodate a potential fall, use other equipment such as a fall limiter.

Components of a Personal Fall Arrest System (PFAS)

There are three main components of a PFAS that must be in place and used properly to provide maximum worker protection.

1. Anchorage/Anchorage Connector

Anchorage Point-Commonly referred to as a tie-off point. Ex: I-beam or other structural member. **Anchorage connector**: Used to join the connecting device (lanyard) to the tie-off point. Ex: "D-ring" or "beam strap." Anchorage points must be able to support 5,000 lbs per person attached.

2. Body Harness

Only full body harnesses are acceptable for fall protection. Harnesses must be worn properly to be effective. Leg & chest straps must be buckled and tight. The D-ring must be in the middle of the back, between the shoulders.

3. Connecting Device

The connecting device joins the harness to the anchorage/anchorage connector. Ex. Shock absorbing lanyard/fall limiter or retractable. 100% tie-off is required, so some situations may require a double lanyards. When using these components, never hook a lanyard into a retractable, tie a lanyard back into itself, (unless designed as such) or hook two lanyards together. The shock absorber always attaches closest to the back. Inspect all components for damage before each use. This card is designed as a quick reference, if activities require the use of fall protection, proper training is required.



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