

Fall Protection Basics

Who Needs Fall Protection & When?

Anybody that's exposed to falling 6 feet or more from an unprotected side or edge (or exposed to falling into dangerous equipment).

Where Are Some Examples of These Fall Hazards?

Man lifts	Bucket trucks
Roofs	Cooling tower
Scaffolds	Excavation trenches/holes

What Options Are There For Fall Protection?

Fence	Cover
Guardrail	Safety Net
Warning Line	Personal Fall Arrest System

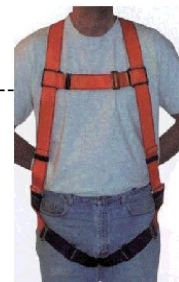
How to wear personal fall arrest system (harness, lanyard, anchor point)



- Place back D-ring between shoulder blades
- Clip shock absorber end of lanyard to back/front
- Position chest strap between throat & sternum --

All straps should be kept snug

- Keep straps under butt cheeks



Remember when using a personal fall arrest system to take into account your fall distance in relation to the equipment you're using:

- Lanyard length
- + Shock absorber length
- + Height of worker
- + Safety factor (3')

Less than
Distance from anchor point to ground