



The ABC's of Personal Fall Arrest

A personal fall arrest system consists of the following components:

- Anchorage/Anchorage Connector
- Body Wear
- Connecting Devices

Anchorage means a secure point of attachment for equipment such as lifelines, lanyards, and self-retracting lifelines (SRL). The Occupational Safety and Health Administration (OSHA) requires that anchors used for fall arrest are:

- Capable of supporting at least 5,000 pounds per employee attached; or
- Designed, installed, and used, under the supervision of a qualified person, as part of a complete personal fall protection system, that maintains a safety factor of at least two.

An anchorage connector is a component, such as a web tie-off adapter, used to join the connecting devices to the anchorage.

Body wear is the protective equipment worn for personal fall arrest. Upon stopping the fall, body harness distributes the fall arrest forces over the:

- Thighs
- Pelvis
- Waist
- Chest
- Shoulders

Connecting devices, also known as connectors, are used to connect the parts of a fall protection system together. Connectors, such as energy absorbing lanyards, are commonly used for fall arrest, these lanyards:

- Reduce the amount of energy transmitted to a worker's body in the event of a fall.
- Allow for up to six feet of free-fall distance which is the distance a worker's body falls before activating.
- Must be attached to the dorsal D-ring on the back of the body harness.



Remember, safety doesn't have to be difficult, simple steps, such as understanding the ABC's of fall protection, can prevent injuries and save lives. For more information regarding our online safety training check out www.safetymadesimple.com.

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at 844-8SAFETY or info@safetymadesimple.com.*

Date Presented: _____

Name of Presenter: _____

Acknowledgement:

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