



## Fall Protection / Personal Fall Arrest Systems

According to the BLS there were 680 fatalities from falls in 2008. (Almost 2 a day) 578 of those falls were to a lower level (fall from heights) these are usually falls over 6' and workers should not be exposed to them.

**In the construction Industry** we frequently have to work at heights, meaning we sometimes have to work in locations that require us to take steps to protect from a fall over 6'  
Some Measures we can take include:

- Guardrail
- Personal Fall Arrest System (Consists of several components)
- Fall Restraint
- Safety Net

Our focus today will be on Fall Arrest Systems.

Fall Arrest systems consists of 3 components:  
(Sometimes referred to as the ABC's of Fall Protection)

- Anchorage – A point of connection that is capable of supporting at least 5,000 lb's per user that is attached to it.
- Body Wear – A Full Body Harness. This is the only body wear that can be used if a free fall is greater than 2' is allowed. Body belts can only be used if free fall of 2' or less is allowed.
- Connector – Connection between the Harness and the Anchor (If the connector allows more than 2 feet of free fall a deceleration device must be included) Connectors include lanyards, snap hooks and D rings.
- Deceleration Device – A component included with Shock Absorbing Lanyards that act as an energy absorption device limiting the force applied during a fall to the user to 1800 lb's when used with a full Body Harness.

Any one required to use a Personal Fall Arrest System must be trained in the following areas:

- The nature of the hazards involved with the work and how to recognize and minimize them.
- The proper use, care and inspection of equipment being used.

Training must be documented and must contain:

- The name and sig of the employee trained.
- The date of training.
- The name and signature of the person conducting the training.

When entering a work area you should make yourself aware of hazards involved in the work you are to perform.

If there is a risk of a fall over 6' You must take steps to minimize it. This may mean using a Personal Fall Arrest System.

The reason we use fall arrest systems and train workers how to use, care for and inspect them is to minimize the risk of suffering fall related injuries.

### Points to Take With You:

- Anchors must support 5,000lb's
- Full Body Harness if free fall is greater than 2'
- You must be trained

Meeting Conducted By:

Date:

Comments:

Attendees:	Print	Signature	Print	Signature
1.			8.	
2.			9.	
3.			10.	
4.			11.	
5.			12.	
6.			13.	
7.			14.	