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Fall Protection

Definitions:

Fall Prevention – Elimination of hazards that cause falls by the building of safe platforms with railings so there is no potential to fall from an elevated area.

Fall Protection – A backup system planned for a worker that could lose his/her balance at height, in order to control potential injury resulting from a fall. Fall protection is necessary when fall prevention cannot be provided.

Personal Fall Arrest System (PFAS) – A system used to arrest an employee from a fall from a working level. A PFAS consists of an anchorage, connectors, and a body harness, and may include a lanyard, deceleration device, lifeline or suitable combination of these. Components of a PFAS are not to be used during material handling activities (i.e. taglines, hoisting, etc.)

Anchorage – A secure point of attachment for lifelines, lanyards or deceleration devices.

Connector – A device used to connect parts of a fall arrest system together. A connector can be an integral part of the system (buckle, snap-hook, body harness, D-ring, etc.) or an independent component (i.e. carabiner).

Deceleration Device – Any mechanism (self retractable lifeline/lanyard, shock-absorbing lanyard, rope grab, etc.) which dissipates or limits imposed energy to the employee during fall arrest.

Fall Protection Guidelines:

Fall protection should be used when an employee is exposed to a fall of six (6) feet or more.

The practice of connecting a lanyard snap-hook to a self-retractable lifeline (lanyard) snap-hook is strictly prohibited.

No snap-hook to snap-hook connections. This includes the entire snap-hook. Do not attempt to attach the snap-hook to the “ring” section or the “eye” of another snap-hook. Proper connectors must be used. When using a retractable lifeline (deceleration device), the worker is to connect the snap-hook of the retractable lifeline directly to his/her harness D-ring or D-ring extension. There are no deviations from this practice.

PFASs are designed to limit force to 1,800 pounds when using a full body harness. **Body belts are no longer allowed for fall arrest.**

All lanyards are to be equipped with an energy (shock) absorber and a self-closing, self-locking snap-hook on each end.

Lanyards are to be maintained free of knots and have a length not to exceed 6 feet.

Never wrap a lanyard around a structure and hook it back to itself. A lanyard should not be attached to a guardrail.

Lanyards should be connected to the anchorage point provided by the manufacturer when working off a piece of equipment.

When an attachment point is not provided, attach only to a proper anchorage point with a minimum of 5000 lb. capacity.

Use a Y-type lanyard to achieve 100% tie-off during activities that require a change in position.

Only one employee should have fall protection (lanyard) attached per lifeline.

All components of a PFAS are to be stored properly and inspected prior to use.

If a harness/lanyard is involved in a fall/shock, it must be taken out of service and either destroyed or returned to the manufacturer.

Contact your supervisor and/or the Safety Department with any questions you may have.

Review and Discussion

1. Fall protection should be used when an employee is exposed to a fall of six (6) feet or more.

True **False**

2. Lanyards should be connected to the anchorage point provided by the manufacturer when working off a piece of equipment.

True **False**

3. Lanyards are to be maintained free of knots and have a length not to exceed 6 feet.

True **False**

Sign-In Sheet

Date: / / Location: _____

Foreman: _____

Attendees:

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