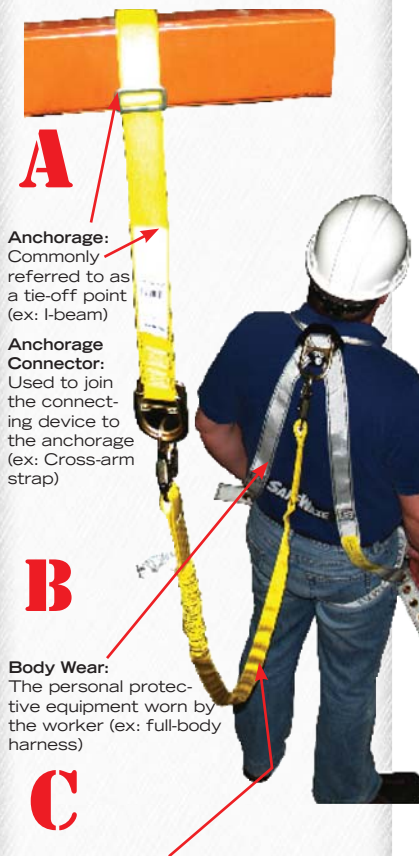


FALL PROTECTION FACTS YOU SHOULD KNOW

PERSONAL FALL ARREST SYSTEM

The three key components of the Personal Fall Arrest System must be in place and properly used to provide maximum worker protection



A

Anchorage: Commonly referred to as a tie-off point (ex: I-beam)

Anchorage Connector: Used to join the connecting device to the anchorage (ex: Cross-arm strap)

B

Body Wear: The personal protective equipment worn by the worker (ex: full-body harness)

C

Connecting Device: The critical link which connects the body wear to the anchor point. (ex: shock-absorbing lanyard (shown), or a retractable lifeline)

HOW TO PUT ON A HARNESS

6 Easy Steps That Could Save Your Life



1 Hold the harness by the back dorsal D-ring. Shake harness to allow all straps to fall into place.



2 If chest, leg, and/or waist straps are buckled, release straps and unbuckle at this time.



3 Slip straps over shoulders so D-ring is located in the middle of your back between the shoulder blades.



4 Pull leg straps between legs and connect to opposite end. Repeat with second leg strap. If belted harness, connect waist strap after leg straps. **Use care to insure straps are not twisted.**

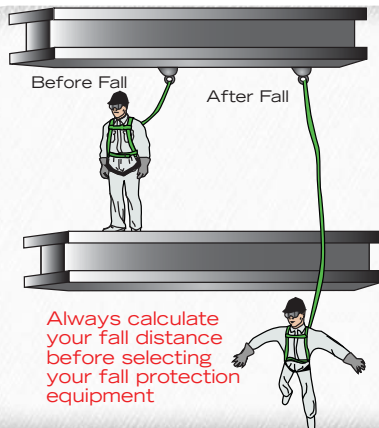


5 Connect chest strap and position in midchest area. Tighten to keep shoulder straps taut.

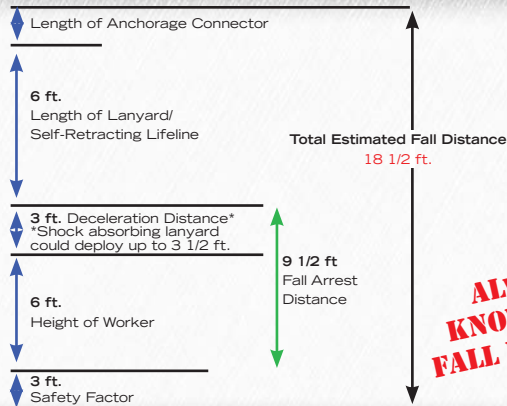


6 After all straps have been fastened, adjust all buckles so that harness fits snugly but permits a full range of movement. Pass excess strap ends through web keepers and adjust to keep web ends taut.

HOW TO CALCULATE FALL DISTANCE



Always calculate your fall distance before selecting your fall protection equipment



REMEMBER

UNDER 18 1/2 ft. of clearance always use a Self-Retracting Lifeline

OVER 18 1/2 ft. of clearance a Shock-Absorbing Lanyard or a Self-Retracting Lifeline can be used

ALWAYS KNOW YOUR FALL DISTANCE

