The A,B,Cs and 1,2,3s of Fall Protection

How to calculate your fall distance:

1. Lanyard Length (LL)
2. Energy Absorber Deceleration Distance (DD)
3. Height of Suspended Worker (HH)
4. Clearance to Obstruction During Fall Arrest (C)*

= Required Distance Below Anchor Point to Nearest Obstruction (RD)

* 1 ft required plus 1 ft for D-Ring movement and system materials stretch = 2 ft total

The key components of every Personal Fall Arrest System

A. ANCHORAGE
   A secure point of attachment (structure) for the fall arrest system. Commonly referred to as a tie-off point (ex. I-beam).

B. BODY SUPPORT
   Full body harnesses provide a connection point on the worker for the personal fall arrest system.

C. CONNECTORS
   Devices used to connect the worker’s full body harness to the anchorage system (e.g. shock absorbing lanyard, self retracting lifeline, etc.).