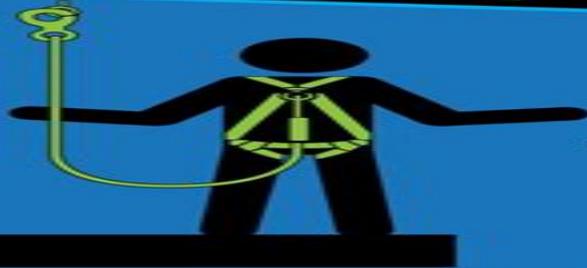


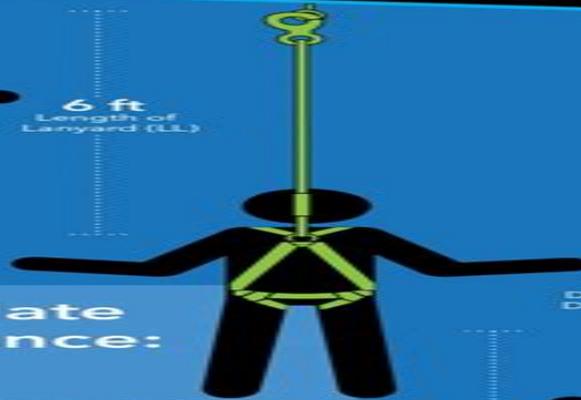
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FALL PROTECTION

Living on the **EDGE?**

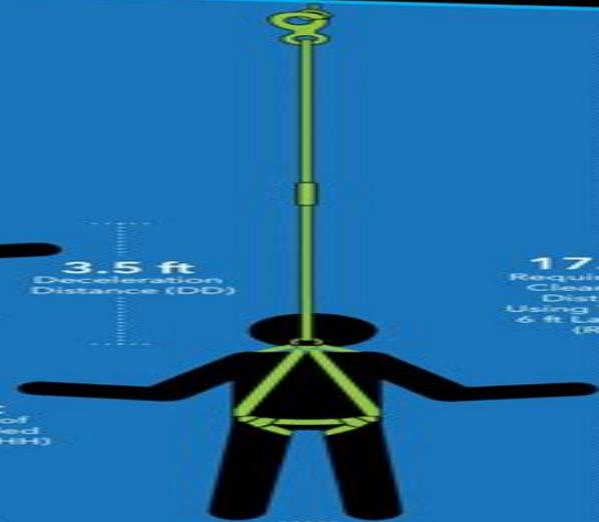


6 ft
Length of
Lanyard (LL)



3.5 ft
Deceleration
Distance (DD)

6 ft
Height of
Suspended
Worker (HH)



17.5 ft
Required Fall
Clearance
Distance
Using Typical
6 ft Lanyard
(RD)

2 ft
Safety Factor (C)

Nearest Obstruction

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 (eg. shock absorbing lanyard, self retracting lifeline, etc.).



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Fall Protection Guide

Padhraic Smyth



Fall Protection Guide:

Fall Protection and Scaffolding Safety Gagnet, CSP, Grace Drennan, Michael Drennan, 2000-01-01 Written for members of the construction industry and any industry where fall hazards exist this reference book self study guide features more than 250 original illustrations of the 29 CFR Parts 1910 and 1926 requirements These illustrations allow foremen managers and others responsible for overseeing compliance to quickly and easily understand and apply the standards and procedures that appear in more than 120 pages of official legal text Readers will gain an understanding of the scope and range of fall hazards and the prevailing methods available to control them Fall Protection and Scaffolding Safety begins with a short practical overview of OSHA standards and an overview of fall protection principles The author then focuses on engineering controls which are considered the most effective followed by administrative controls and personal protective equipment The book explains OSHA standards for guarding open sided walking and working surfaces and standards related to protection against falling objects The remainder of the book discusses various types of personal protective equipment and guidelines for adjustment use and care It also examines four specific types of fall exposures scaffolding ladders elevating and rotating work platforms personnel hoists and personnel platforms elevated by forklifts or cranes and special trades

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and fatalities from falls among your crew and provide training to your workers It includes the following tools Instructions for using the Toolbox Talks to train workers in fall prevention A series of Toolbox Talks about various fall prevention topics Preventing falls can mean the difference between life and death Hundreds of workers die from falls each year You can prevent such deaths by planning to get the job done safely providing the right fall protection equipment and training all workers to use the equipment safely Many construction workers perform tasks at a height that requires protection from fall hazards Having a serious injury or death occur at work affects everyone at a worksite A fall can occur in a split second without any time for the worker to react

Fall Prevention and Protection PhD Hsiao,2016-11-03 This book covers a wealth of knowledge from experts and informed stakeholders on the best ways to understand prevent and control fall related risk exposures Featured are subjects on 1 a public health view of fall problems and strategic goals 2 the sciences behind human falls and injury risk 3 research on slips trips and falls 4 practical applications of prevention and protection tools and methods in industrial sectors and home communities 5 fall incident investigation and reconstruction and 6 knowledge gaps emerging issues and recommendations for fall protection research and fall mitigation

The Complete OSHA Guide to Fall Protection ,2014 *Employment Safety and Health Guide* ,2004 Includes original text of the Occupational safety and health act of 1970

Preventing the Fall Mark McGuire Moran,Foundation of the American Subcontractors Association,United States. Occupational Safety and Health Administration,1995

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