

CALCULATE FALL CLEARANCE

LIKE A PRO

Always ensure to properly calculate fall clearance before working at height. Remember, guesswork is for rookies.

CALCULATING FALL CLEARANCE

When tying off with an overhead shock absorbing lanyard, the required fall clearance distance (FC) = A + B + C + D

A Lanyard Length
(Example = 6 Feet)

B Maximum deceleration distance of the lanyard
(3.5 feet as per OSHA requirements)

C Suspended Workers Height
(Average 6', factoring harness stretch and D-Ring slide)

D 3' Safety Factor
(Industry Standard)

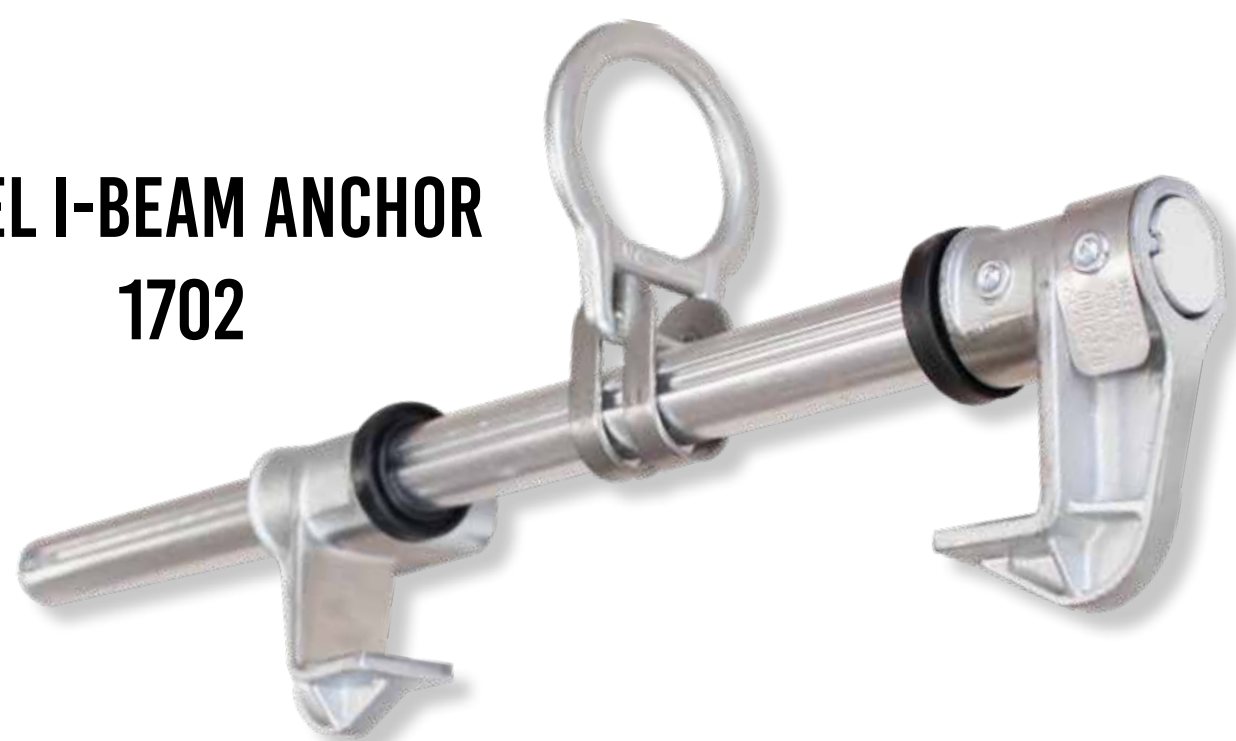
FC To be safe the distance between your anchor point and the nearest obstruction must be greater than FC

This poster demonstrates a common method of calculating fall clearance using an energy absorbing lanyard. The fall clearance distance required varies by the type of connecting device and its performance specifications. Refer to the manufacturer's instructions for complete details for calculating fall clearance to ensure maximum safety for users on the job site.

GET BACK TO THE BASICS

MAKE SURE YOU AND YOUR TEAM KNOW THE BASICS OF FALL PROTECTION BEFORE HEADING TO THE JOB SITE.

A STEEL I-BEAM ANCHOR
1702



A ANCHORAGE

The anchorage is the secure point of attachment for the fall-arrest system. The appropriate type of anchor varies by industry needs and the application. Anchors may be temporary or permanent.

B STRATOS FULL BODY HARNESS
22850BH-ALT



C ROGUE SELF-RETRACTING LIFELINE
M2RG-4Z



B BODY SUPPORT

Full body harnesses provide a connection point to the fall arrest system. Harnesses are designed to protect workers in the event of a fall by evenly distributing fall arrest forces over your upper thighs, pelvis, chest and shoulders.

C CONNECTING DEVICE

Ties your full body harness to the anchorage point. Commonly used connecting devices include shock absorbing lanyards and self-retracting devices (SRD's).

D SYSTEM 99 SELF-RAISING / LOWERING SYSTEM
99B-100



D DESCENT/RESCUE

It is imperative to have a rescue plan in place at your job site in the event of a fall. These devices are used to raise or lower a fallen worker to safety. The tools and training for safe rescue are the last, but most important step in fall protection.

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