


# Calculating Your Fall Distance

The basics of every Personal fall arrest system can be described as the ABC's of fall arrest.

A

**ANCHORAGE**


Anchorage means a secure point of attachment ( Structure ) for the fall arrest system.



B

**BODY SUPPORT**


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



C

**CONNECTORS**

Connectors are devices used to connect the worker's full body harness to the anchorage system. ( Eg. shock absorbing lanyard, self retracting lifeline, etc.).



D

**DESCENT / RESCUE**

Rescue and retrieval of a fallen worker is a required component of any fall protection program.

