

# 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.).



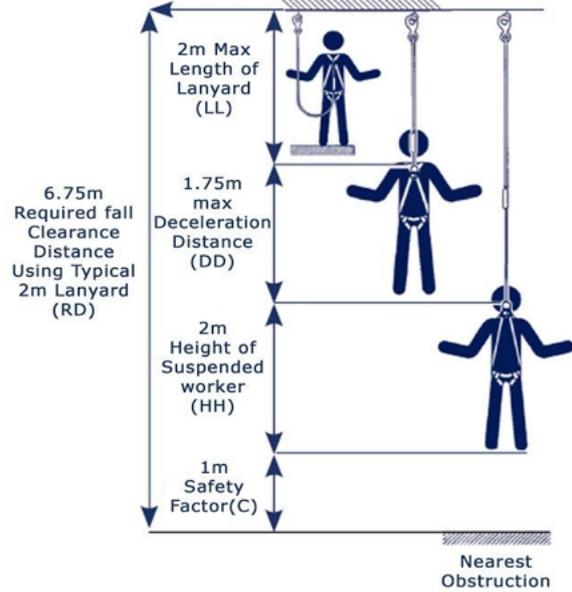
**D**

**DESCENT / RESCUE**

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



Calculating Your Fall Distance



**LL** = Lanyard Length

**DD** = Energy Absorber Deceleration Distance ( 1.75m Total)

**HH** = Height of the Harness Dorsal D-Ring from the Worker's Feet

**C** - Clearance to obstruction ( 1m Total)

**RD** = Required Distance Below Anchor point to Nearest Obstruction

**RD = LL + DD + HH + C**

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