

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.).



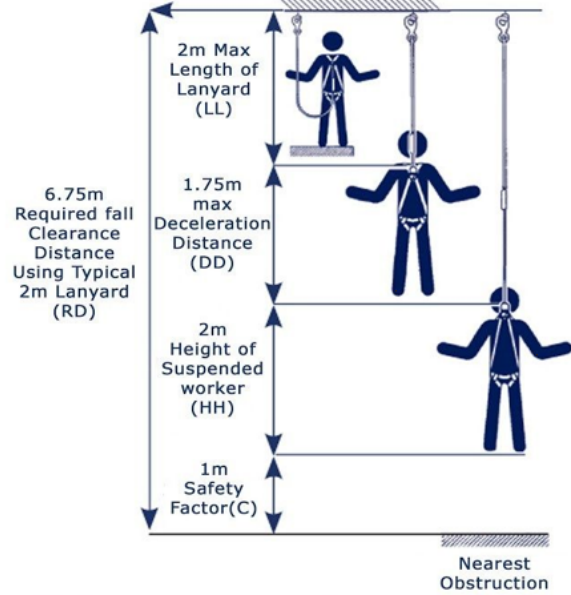
D

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

Revision #1

Created 2024-04-22 14:42:10 UTC by Nicole Blum

Updated 2024-04-22 14:42:24 UTC by Nicole Blum