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VITAL COMPONENTS FOR A PERSONAL FALL ARREST SYSTEM.

THIS IS A SECURE POINT OF ATTACHMENT FOR LIFELINES, LANYARDS OR DECELERATION DEVICES

THESE ARE THE ABCD'S OF FALL PROTECTION:

Anchorage Body Wear **Connection Device** Descent/Rescue

The only form of body wear acceptable for fall arrest is the full-body harness.

A

Anchorage/Anchorage Connector
Anchorage: Commonly referred to as a tie-off point (Example: I-beam)
Anchorage Connector: to join the connecting device to the anchorage. (Example: cross-arm strap)

B

Body Wear
Body Wear: The personal protection equipment worn by the worker. (Example: full-body harness)

C

Connecting Device
Connecting Device: The critical link which joins the body wear to the anchorage/anchorage connector. (Example: shock-absorbing lanyard or retractable lifeline).

D

Descent/Rescue: refers to the rescue plan of a fallen worker, which is a critical element of any fall protection program. Suspension Trauma Straps and winch System are often used in the Descent Rescue plan.

Each one must be in place and properly used to provide maximum worker protection.

Be sure to calculate potential fall distance when selecting connecting components.

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