

# FALL PROTECTION



## Types of fall protection

- Guardrails – physical barrier against drop
- Controlled access – restrict access to authorized workers
- Monitoring system – a person patrols work
- Warning line systems – barriers that warn when approaching an unprotected edge
- Personal fall arrest systems - personal devices that prevent or control the rate of falls

## The three parts of the fall arrest system

- Anchor/anchorage connector
- Body harness
- Connecting device
  - Positioning lanyard: holds a worker in place
  - Suspension: lowers or raises a worker
  - Retrieval: emergency removal of a worker from a confined space
  - Fall arrest lanyard: stops a worker from striking the low

## When to discard fall arrest equipment

- Wears, tears or frays in webbing on lanyards or body harnesses
- Oil, dirt, grease or other chemicals on webbing
- Deformed or cracked D-rings or eyelets
- Buckles not securely closing
- Failing locking mechanisms
- Manufacturer's label is missing from harnesses or lanyards

## Fall protection requirements for roofs

- Low-sloped roof
  - Guardrails; or
  - Warning line system and personal fall arrest or monitoring system
- Steep roof
  - Guardrails; or
  - Personal fall arrest system
- Certain roofs on campus have more specific requirements

SUSPENSION TRAUMA occurs when someone is suspended for too long off of their feet.

A person must be removed from the fall arrest system within 5 minutes of a fall.

**FALL ARREST EQUIPMENT IS PRONE TO FAILURE!**

## Regular inspections are necessary before each use

- Webbing on the lanyard and body harness
- D-rings and eyelets
- Buckles
- Snaps, hooks and locking mechanisms