

# Fall Protection

There are many ways to protect people who are working at elevations. One of the most common methods is with personal fall arrest systems, which can include parts like a harness, lanyards, d-rings, and deceleration devices. For this equipment to work correctly and protect its users, it is vitally important that inspections are conducted prior to use, the harness is fit and adjusted properly, and anchorage points are adequate.

## PRE-INSPECTION

Prior to using a personal fall arrest system, an inspection of the equipment should be conducted to see if there is any damage or wear and tear. The equipment should be taken out of service immediately if any defects are found. Use a checklist to look for any of the following:

- cuts, nicks, or tears
- broken fibers/cracks
- fraying/abrasions
- discoloration
- excessive hardness or brittleness
- rust or corrosion
- rough or sharp edges
- legible tags
- mildew
- pulled stitches

## ANCHORAGE

Anchorage, or tie-off, points must be capable of supporting at least 5,000 pounds per attached employee.

The connector, such as a d-ring or snaphook, must be secured to the anchorage point.

Unless in an aerial lift or other approved situation, the anchorage point should be independent of platforms on which employees work.

## PROPER FIT



position the back d-ring  
between the shoulder  
blades



buckle up the legs high up  
around the thigh



buckle up the front across  
the middle of the chest



adjust and tighten all  
straps so that the harness  
fits securely