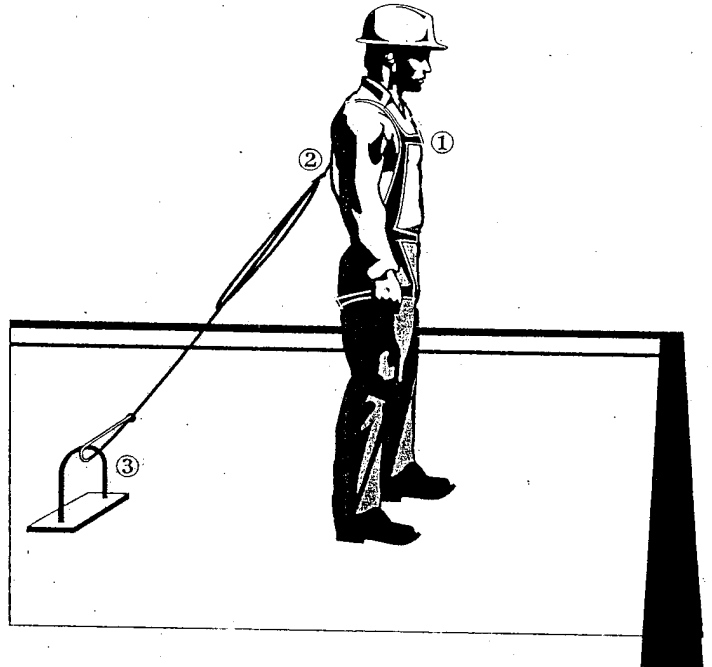


Personal Fall Arrest Systems

- ☛ A personal fall arrest system consists of a full body harness (body belts cannot be used for personal fall arrest), a lanyard with locking snaphooks, a safety line, and an anchorage point.
- ☛ The design of the system must meet certain specifications.
 - ① Straps have to be made of synthetic fiber.
 - ② Locking snap hooks or D-rings are required, and the must attach to the body in the center of the back.
 - ③ The anchorage must meet manufacturer's requirements. Anchorages cannot be connected to platforms, guardrails, or hoists.
- ☛ Fall protection devices have to be inspected before each use.
 - Look for wear, damage or deterioration.
 - Check for broken or deformed snaphooks or D-rings.
 - Equipment with defects must be removed and tagged for repair, or discarded.
- ☛ Make sure the system is installed and worn correctly.
 - Avoid tying off around rough or sharp edges.
 - A fall must be limited to six feet (1.829 m).
- ☛ When the equipment is actually used to arrest a fall, it must be removed from service and a competent person must inspect it to determine whether or not it is reusable.
- ☛ Never use a body harness to hoist materials.
- ☛ Fall arrest equipment should not be stored where it will be exposed to sunlight or extreme temperatures.



Personal Fall Arrest Systems Training Tips

- Wear the body harness or put it on someone in order to demonstrate fit.
- Explain the exact fall arrest system that your company uses.
- Ask the following questions:
 - Do you have to have a body harness, or can you use a body belt?
 - Can you connect your personal fall arrest system to a guardrail?
 - If the building is 20 feet high, how far are you allowed to fall before the personal fall arrest system stops your fall?