Personal Fall Protection Program

• Personal fall protection equipment and systems (to include fall arrest, positioning and restraint) shall be used when a person is working at heights and exposed to a fall hazard.

• Inspection of personal fall protection equipment. Personal fall protection equipment shall be inspected by the End User prior to each use to determine that it is in a safe working condition. A CP shall inspect the equipment at least once semi-annually and whenever equipment is subjected to a fall or impacted. Inspection by the CP shall be documented. Defective or damaged equipment shall be immediately removed from service and replaced. Inspection criteria shall include:
  
    a. Harnesses, lanyards, straps and ropes: Check all components for cuts, wear, tears, damaged threads, broken or torn stitching, discoloration, abrasions, burn or chemical damage, ultraviolet deterioration and missing markings and/or labels.
    
    b. Hardware: Check all components for signs of wear, cracks, corrosion and deformation.

• Personal fall protection equipment shall be used, inspected, maintained and stored in a safe place in accordance with manufacturer’s instructions and recommendations or as prescribed by the CP.

• Selection of personal fall protection equipment shall be based on the type of work being performed; the work environment; the weight, size, and shape of the worker; the type and position/location of anchorage; and the required length of the lanyard.

• Personal Fall Arrest System (PFAS) consists of full body harness, connecting means, and an anchorage system.

Note: All PFAS shall meet the requirements contained in ANSI Z359, Fall Protection Code, to include fall restraint and positioning systems.
Calculating Fall Distance

6 ft. FF EA Lanyard

Working Surface

Free Fall Distance

3.5 ft

Energy Absorber Deceleration Distance

Maximum 4 ft

Required Distance Below Working Surface to Nearest Obstruction

Clearance

Nearest Obstruction

Height to Dorsal Connector When Worker is Suspended - 5-6 ft

Harness Effect 6-12 inches

Safety Factor 2-3 ft

TFD = 7.5 feet