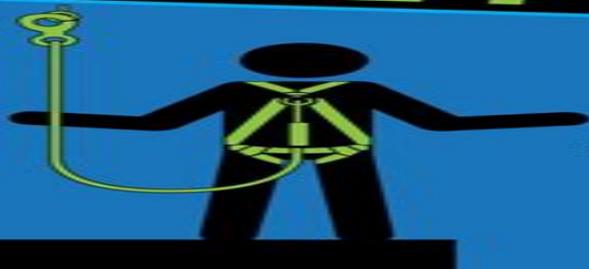


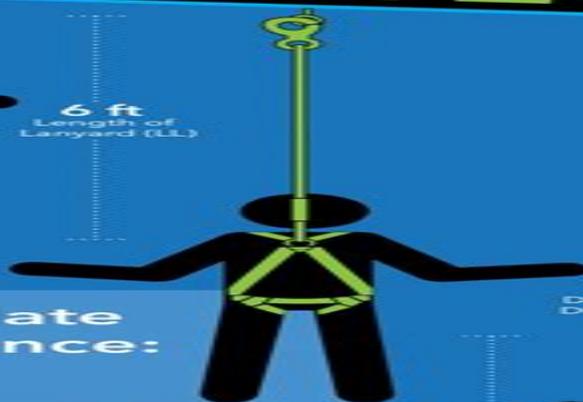
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FALL PROTECTION

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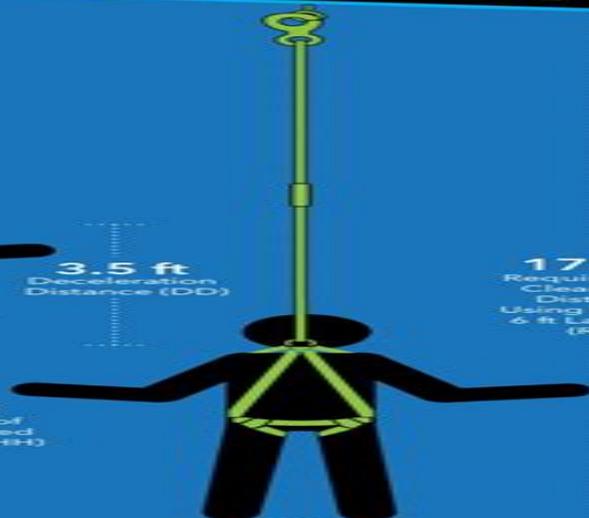


6 ft
Length of
Lanyard (LL)



3.5 ft
Deceleration
Distance (DD)

6 ft
Height of
Suspended
Worker (HH)



17.5 ft
Required Fall
Clearance
Distance
Using Typical
6 ft Lanyard
(RD)

2 ft
Safety Factor (C)

Nearest Obstruction

How to calculate your fall distance:

- 1 Lanyard Length (LL)
 - 2 Energy Absorber Deceleration Distance (DD)
 - 3 Height of Suspended Worker (HH)
 - 4 Clearance to Obstruction During Fall Arrest (C) *
- +
-
- = Required Distance Below Anchor Point to Nearest Obstruction (RD)

* 1 ft required plus 1 ft for D-Ring movement and system materials stretch = 2 ft total

The key components of every

PERSONAL FALL ARREST SYSTEM

A.

ANCHORAGE

A secure point of attachment (structure) for the fall arrest system. Commonly referred to as a tie-off point (ex. I-beam).



B.

BODY SUPPORT

Full body harnesses provide a connection point on the worker for the personal fall arrest system.

C.

CONNECTORS

Devices used to connect the worker's full body harness to the anchorage system (eg. shock absorbing lanyard, self retracting lifeline, etc.).



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Fall Protection Guide

Ensheng Dong



Fall Protection Guide:

Fall Protection and Scaffolding Safety Gagnet, CSP, Grace Drennan, Michael Drennan, 2000-01-01 Written for members of the construction industry and any industry where fall hazards exist this reference book self study guide features more than 250 original illustrations of the 29 CFR Parts 1910 and 1926 requirements These illustrations allow foremen managers and others responsible for overseeing compliance to quickly and easily understand and apply the standards and procedures that appear in more than 120 pages of official legal text Readers will gain an understanding of the scope and range of fall hazards and the prevailing methods available to control them Fall Protection and Scaffolding Safety begins with a short practical overview of OSHA standards and an overview of fall protection principles The author then focuses on engineering controls which are considered the most effective followed by administrative controls and personal protective equipment The book explains OSHA standards for guarding open sided walking and working surfaces and standards related to protection against falling objects The remainder of the book discusses various types of personal protective equipment and guidelines for adjustment use and care It also examines four specific types of fall exposures scaffolding ladders elevating and rotating work platforms personnel hoists and personnel platforms elevated by forklifts or cranes and special trades

Presentations And Publications Combined: Occupational Safety and Health Administration (OSHA) Fall Protection And Scaffolds , Over 1 400 total slides and pages 1 Examples Of Included Presentation Topics Introduction to OSHA Fall Protection OSHA 10 hour Outreach Training General Industry Scaffolding Design For Construction Safety Fall Protection Training Fall Protection Refresher Orientation Is This a Fall Hazard Construction Safety Slips Trips and Falls Awareness Training 2 Examples Of Included Publication Topics DEPARTMENT OF THE NAVY DON FALL PROTECTION GUIDE Safety Standards for Scaffolds Used in the Construction Industry FALL PROTECTION IN RESIDENTIAL CONSTRUCTION OSHA Training Institute Construction Focus Four Fall Hazards Fall Hazards Personal Fall Arrest System Checklist Student Copy Construction Focus Four Fall Hazards Student Handouts Small Business Handbook Reducing Falls During Residential Construction Re Roofing Portable Ladder Safety **Guide to Developing a Fall Protection Program** ,1998 **Manuals Combined: Navy Air Force And Army Occupational Health And Safety - Including Fall Protection And Scaffold Requirements** , Over 2 900 total pages Contains the following publications 1 NAVY SAFETY AND OCCUPATIONAL HEALTH PROGRAM MANUAL 2 NAVY SAFETY AND OCCUPATIONAL HEALTH SOH PROGRAM MANUAL FOR FORCES AFLOAT 3 DEPARTMENT OF THE NAVY DON FALL PROTECTION GUIDE 4 Air Force Consolidated Occupational Safety Instruction 5 U S Army Corps of Engineers SAFETY AND HEALTH REQUIREMENTS **Fall Prevention Training Guide** U.S. Department of Labor, Occupational Safety and Health Administration, 2014-02-26 Falls cause more deaths in construction than any other hazard In 2011 falls accounted for over a third of the 721 total construction deaths Workers performing tasks 6 feet or more above lower levels are at risk of fatal falls or serious injuries This training guide will help you plan how to

prevent injuries and fatalities from falls among your crew and provide training to your workers It includes the following tools Instructions for using the Toolbox Talks to train workers in fall prevention A series of Toolbox Talks about various fall prevention topics Preventing falls can mean the difference between life and death Hundreds of workers die from falls each year You can prevent such deaths by planning to get the job done safely providing the right fall protection equipment and training all workers to use the equipment safely Many construction workers perform tasks at a height that requires protection from fall hazards Having a serious injury or death occur at work affects everyone at a worksite A fall can occur in a split second without any time for the worker to react

Fall Prevention and Protection PhD Hsiao,2016-11-03 This book covers a wealth of knowledge from experts and informed stakeholders on the best ways to understand prevent and control fall related risk exposures Featured are subjects on 1 a public health view of fall problems and strategic goals 2 the sciences behind human falls and injury risk 3 research on slips trips and falls 4 practical applications of prevention and protection tools and methods in industrial sectors and home communities 5 fall incident investigation and reconstruction and 6 knowledge gaps emerging issues and recommendations for fall protection research and fall mitigation

The Complete OSHA Guide to Fall Protection ,2014 [Employment Safety and Health Guide](#) ,2004 Includes original text of the Occupational safety and health act of 1970

Preventing the Fall Mark McGuire Moran,Foundation of the American Subcontractors Association,United States. Occupational Safety and Health Administration,1995 [Guia de Proteccion Contra Caidas](#) ,2006 [BNA's Workers' Compensation Report](#) ,1999 **CDC Prevention Guidelines** Andrew Friede,1997 In CDC Prevention Guidelines you ll find all the ACIP recommendations health information for travelers the latest data on AIDS and authoritative information on emerging infectious diseases These authoritative recommendations are designed for clinicians health departments hospitals managed care organizations program planners information systems designers and health science students A compilation of 159 key CDC documents excerpted and streamlined for fast easy access of the facts this unique text is your ally in preventing AIDS and other sexually transmitted diseases birth defects environmental and workplace hazards homicides and suicides and risks associated with tobacco and alcohol use

Fall Protection Pocket Guide Occupational Safety and Health Administration,2021-06 A no nonsense quick reading pocket guide for employees to use on site [Professional Safety](#) ,2005 [Handbook of Rigging 5E \(PB\)](#) Joseph A. MacDonald,W. A. Rossnagel,Lindley R. Higgins,2008-06-14 The Ultimate Guide to Designing and Operating Safe Efficient Rigging Systems Recent years have seen an abundance of changes in the rigging industry This popular hands on reference brings you completely up to date on equipment materials systems and regulations that affect your profession Whether you are a maintenance technician hoist operator worksite foreman or any other specialist requiring the use of rigging equipment this comprehensive guide will help ensure that your projects are completed in a cost effective manner without sacrificing safety and efficiency Inside this fully updated guide to rigging A broader than ever look at lifting hoisting and scaffolding operations Brand new section covering

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