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THE ABCD'S OF FALL PROTECTION

The **A, B, C, D of Fall Protection** covers the fundamental requirements of every personal fall protection system. Use it as a guide when evaluating your fall protection requirements, however, always consult a fall protection specialist if you're unsure of any aspect of fall protection or fall protection equipment.

B

BODY SUPPORT is typically a full body harness. Harnesses distribute fall forces over the upper thighs, pelvis, chest and shoulders. They provide a connection point on the worker for the personal fall arrest system when working at heights.



C

CONNECTORS such as a shock absorbing lanyards or self retracting lifelines connect a worker's harness to the anchorage.



D

DESCENT & RESCUE: These are the devices that are used to raise or lower a fallen worker to safety or retrieve them from a confined space.



A



ANCHORS are a secure point of attachment. Anchorage connectors vary by industry, job, type of installation and structure. They must be able to support the intended loads and provide a sufficient factor of safety for fall arrest. Your gear is only as good as the anchor it's attached to!