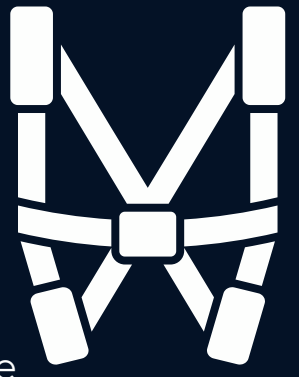


# FALL PROTECTION

## Fall Arrest System



**A**

**A IS FOR ANCHORAGE**

A secure point of attachment (a structure) to tie off.



**B**

**B IS FOR BODY SUPPORT**

A full-body harness and body belt.



**C**

**C IS FOR CONNECTORS**

The shock-absorbing lanyard, retractable lifeline, that connects the harness to the anchorage.

## Calculate Fall Distance



**DD**

**Deceleration Distance**



**HH**

**Height of Suspended Worker**



**C**

**Clearance of Obstruction During Fall Arrest**



**RD**

**Required Distance Below Anchor Point to Nearest Obstruction**