Fall Protection

eSafetyLine

Personal Fall Arrest System

The Personal Fall Arrest System of PFAS is probably the most common type of fall protection used on a jobsite. There isn't just one type of PFAS; it actually refers to many different combinations of anchor- harness-connector combinations.

The anchor point, sometimes referred to as the tie-off point, is where a lanyard, lifeline or deceleration device is attached. It must be able to support 5,000 lbs of pressure or twice the load it is expected to support. Tie-off points do NOT include 2x4s, pipes or chimneys.

Many PFASs use Horizontal Lifelines as the tie-off point. The job of the connector is to connect the body harness to the anchor point. There are several connectors including lanyard, self-retracting lifelines and shock-absorbing lifelines. The self-retracting and shock-absorbing lifelines are also called deceleration devices. They are designed to limit the amount of force that is exerted on the body.

The harness or body harness is a combination of straps that help to distribute the force from stopping a fall over the chest, thighs, waist, pelvis and shoulders. This is to minimize the possible injury to any one body part or area. There is a lot of variability in harness style, but all will have a system of buckles and adjustable straps for a proper fit.

A properly fitting and tightened harness is critical to its working correctly. If it's too tight, the harness will be restricting, hard to move in and uncomfortable to work in. A too-loose harness can be very dangerous, causing serious and permanent damage to the body.

Since the harness is the area which each employee is charged with correctly putting on and tightening of the harness, getting it right can save a life. This task can be broken down into 6 important steps:

1. Hold the harness by the D-ring, allowing all straps to fall into place.

2. Check to be sure all straps (chest, leg and waist) are unbuckled. Unbuckle any straps that may still be buckled.

3. Slip straps over the shoulders, making sure that the D-ring is in the middle of the back, between the shoulder blades.

4. Pull the leg straps up between the legs and connect to the opposite ends. If it's a belted harness, connect the waist strap after both leg straps are connected.

5. Position chest strap in the middle of the chest and connect. Tighten it to keep the shoulder straps taunt.

6. Once all straps are buckled, tighten all buckles so that the harness is snug but allows for free movement. Be sure to pass any excess strap back through the loop keepers.

Paying careful attention to all components of the PFAS can help save lives on your jobsite.

Discussion Questions

Why is it important to pass the excess strap though the loop keepers?

What is the purpose of deceleration devices in a PFAS?

MEETING / TRAINING
ATTENDANCE ROSTER

COMPANY: _____ _____ **SAFETY MEETING**

JOB/DEPT: _____ _____ **SAFETY TRAINING**

DATE: ____/____/_____ **TIME:** _____

TOPICS ADDRESSED: _____

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EMPLOYEE'S SIGNATURES

_____ _____ _____

_____ _____ _____

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_____ _____ _____

EMPLOYEE SUGGESTIONS AND RECOMMENDATIONS: _____

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ACTION TAKEN: _____

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_____ _____/_____/_____

Supervisor's Signature **Date**

_____ _____/_____/_____

Safety Coordinator's Signature **Date**