



PERSONAL FALL PROTECTION SYSTEMS

**Arkansas Workers' Compensation Commission/
Health & Safety Division**

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Often you may be required to work at elevated levels that are not protected by handrails or safety nets. When working in these areas, wear a personal fall protection device. Also wear a personal fall protection device when you're working on a float or scaffold or on suspended scaffolds having only one or two suspension points.

What do we mean by a personal fall protection device?

When we talk about a personal fall protection device we are talking about either a personal fall-arrest device like a safety harness or a positioning device like a window cleaner's belt or lineman's belt, or a personal fall protection device for climbing activities. These devices include the harness or belt you wear around yourself, any necessary fittings, and the lanyard that fastens you and the device to a substantial anchorage.

Inspect before using – each time

If we are to expect maximum protection from personal protective equipment, we must inspect and maintain it as well as wear it. Inspect your fall protection device and hardware carefully each day, before each use to be sure there are no defects.

- ★ Check the harness for frays, cuts or other damage. If you do any welding, check for burns from spatter or sparks.
- ★ Inspect the tongue end of the harness for wear as a result of buckling and unbuckling. Also check for other wear and missing grommets, if the belt has them. Check for wear or damage where the buckle is attached to the harness.
- ★ Don't forget the buckle. Look for distortion. The buckle tongue must move freely and overlap the buckle frame. Check the roller for distortion and sharp edges. It should turn freely on the buckle frame.

- ★ Make sure D-rings are free of breaks, cracks or rough edges and that they move freely. Check rivets for cracks and burrs. A bent rivet may fail under stress. Follow the device manufacturers inspection guidelines.

Lanyards must be inspected too

Lanyards should be nylon or rope or equivalent with a minimum of one-half inch diameter and 5,400 pound breaking strength. They should be tied off so that if you should fall, you won't drop more than six feet.

As with all other portions of the device, lanyards should be inspected end-to-end before each use. Look for burns and for worn, broken or cut fibers.

Inspect snaphooks for distortion of the bill and eye sections, and for cracks and corroded or pitted surfaces. The keeper latch should seat into the bill without binding, and should not be distorted. The spring should have enough tension to close the keeper.

Care and maintenance

- ✓ Don't allow acids, caustics or other corrosive materials to come in contact with the fall protection device, lanyard or lifeline. Avoid dropping the device on the ground and keep it away from sharp tools or objects.
- ✓ Cutting or rough-punching extra holes in the device can weaken it as well as void the manufacturer's warranty, so don't do it.
- ✓ Never use gasoline or other drying solvents on any harness. Instead, lightly coat leather products with neatsfoot oil or saddle soap. For fabric harnesses, use only the special dressing recommended by the manufacturer.
- ✓ Store all harnesses in separate, dry compartments or hang them up so they won't be damaged.

Between you and eternity -

**The personal fall protection device is
the only thing between you and eternity
if you should happen to fall.**

Keep this in mind and you will keep good care of your device.

Date	Company Name	
Project Name	Meeting Location	Person Conducting Meeting

Items Discussed:

Problem Areas or Concerns:

Attendees:

Comments:
