



Tool Box Talk

Personal Fall Arrest Systems

Special points of interest:

- 5000+lb anchor point
- 6' free fall max
- Calculate Total Fall Distance
- Inspect PFAS prior to each use
- Plan for Rescue
- Must protect workers from all fall hazards of 6 feet or more. PFAS is one option.
- Body belts can not be used.

Anchorage

Shall be capable of supporting at least 5,000 lbs.

Shall be installed typically at shoulder height or above to limit the free fall distance to 6' or less.

Connectors

Snap hooks shall be a double locking type.

Lanyard/Lifeline & Deceleration Devices

PFAS deceleration devices shall limit maximum arresting force on an employee to 1,800 lbs.

Be rigged such that an employee cannot free fall more than 6 feet.

Lifelines shall be protected against chemicals, being cut or braded.

Calculate the total fall distance to ensure that the employee does not contact a lower level or object. Consider the free fall + the decelerated fall + the distance between the back "D-ring" to the wearer's feet.

Body Harnesses

Personal fall arrest systems and components subjected to impact loading shall be immediately removed from service.

Personal fall arrest systems shall be inspected prior to each use for wear, damage and other deterioration.

Should be adjusted to fit snug with the back "D-ring" in the center of the wearer's back between their shoulder blades.

Provisions shall be made to provide for prompt rescue of employees in the event of a fall.

Personal fall arrest systems shall not be attached to guardrail systems.



Michigan Department of Licensing and Regulatory Affairs
Michigan Occupational Safety and Health Administration
Consultation, Education & Training Division
530 W. Allegan Street, PO Box 30643
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Attendance Record

Company: _____

Topic: _____

Trainer: _____

Date: _____

	Signature		Signature
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Comments: