

Full Body Harnesses/Lifelines

Full Body Harnesses, a connector (for example, a self-retracting lanyard), lifelines and anchors are all part of a Personal Fall Arrest System (or PFAS). The days of having a safety belt and lanyard are over – just too many injuries and deaths to workers. For employees in general industry, PFAS is required at the height of 4 feet above a lower level. In construction work, the threshold height is 6 feet above a lower level. Fall protection on scaffolding is required at 10 feet. Be sure to discuss your company's policy. Falls are the greatest cause of fatal construction industries and fall protection is the most violated OSHA standard. It seems that some workers don't want to take the time to put their PFAS on, or worse, feel they don't need the equipment. We are sure that every person who was injured or died from a fall would have gladly worn their PFAS if they had only known they were about to fall.

Guide for Discussion

- Inspect the equipment (harness, hardware, connector, and lifeline) before use.
- Never use equipment, which is not in good condition.
- Use only rated equipment. Remember, the PFAS must withstand 5,000 pounds of dead load.
- Always secure lanyards to a suitable anchor, above your work area if possible.
- Don't modify to mix any of the safety equipment.
- Never allow acids, caustics or other corrosive materials to come into contact with any of the equipment.
- Store your equipment in a dry place.
- Replace damaged equipment; remove it from service as soon as possible as it is determined to be defective.
- Use the equipment required.

Additional Discussion Notes:

Remember: Don't allow yourself to be lulled into a false sense of security. Always provide yourself with some fall insurance. Regularly wear your PFAS and keep it attached to a lifeline. The life you save may be yours.

Attendees:

NOTE: Always promote a discussion on any of the topics covered in the Tool Box Talks. Should any question arise that you cannot answer, don't hesitate to contact your Employer.