

# ABC's of FALL PROTECTION

*The key components of a Personal Fall Protection System can be broken down into three categories. All three must be in place and properly used to provide maximum worker protection.*

## **Anchorage Connector**

- Anchorage Connectors are used to join the connecting device to the anchorage point.
- Anchorage Connectors include cross-arm straps, beam anchors, D-bolts and hook anchors
- An anchorage point or tie-off point is the area that supports the entire weight of the system and might include I-beams, rebar, scaffold structural members or lifelines

## **Body Wear (Harness)**

- Body Wear is the personal protective equipment worn by the worker, such as a full- body harness. When choosing a harness, you have a variety of options, **including:**
  1. D-Ring Location
  2. Center/Back D-Rings are found on every harness and are the only connective point allowed for fall arrest scenarios
  3. Side D-Rings are commonly used for positioning applications when workers need their hands free during certain work functions
  4. Chest D-Rings are used for positioning work, such as ladder climbing application
  5. Shoulder D-Rings are commonly used for lowering workers into tight confined spaces

## **Connecting Device**

- Connecting Devices are the critical link, which joins the body wear to the anchorage connector.
- Connecting Devices include shock-absorbing lanyards, self-retracting lifelines, rope and grabs