



Desert Specialty Rigging - Supply

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Fall Protection Awareness Tail-Gate Safety Meeting Notes

Courtesy of Patti Redd & Your Friends at DBI/Sala (the manufacturer of the gear that you guys up there want!)

The Basics:

All personal fall protection systems will incorporate some form of Anchorage, Body Support (Harness), Connector(s) and a plan for descent or rescue.

You must consider these factors:

- Free fall
- Available clearance
- Anchor location (above your shoulders)
- Strength of Anchor (always 5,000 lbs. or more)
- Shock absorption
- Potential for swing fall

Harness Dos:

- Adjust the harness to fit snugly. A harness that does not fit snugly can cause serious injury and limit the tolerable suspension time following fall arrest
- Wear the chest strap. If the chest strap is not done up, you may fall out of the harness in a headfirst fall. Ensure the chest strap is mid-chest area – not too high or too low
- Inspect the harness PRIOR to use. A harness that does not pass the pre-use inspection should not be used
- Use the keepers to keep the webbing from sliding through the buckles and to tuck back excess webbing.

Harness Don'ts:

- Keep change or keys in your pockets.
- Leave straps dangling or leave the harness partially done up. If the unattached straps are forgotten about they may get caught in machinery or the harness may fall off during fall arrest.

- Use a harness that has been previously used to arrest a fall. It must be discarded following fall arrest.

Lanyard Dos:

- Attach the lanyard directly overhead to minimize swing fall hazard.
- Use the shortest possible lanyard for the job.
- Inspect the lanyard prior to use.

Lanyard Don'ts:

- Use a lanyard if it has been used to arrest a fall.
- Attach 2 lanyards together to make them longer, as it could cause rollout and the freefall is unacceptable.
- Tie knots in lanyards – it reduces the strength by 50%.
- Girth hitch lanyards, it can cut the lanyard

Shock Absorbers

Your shock absorbing lanyard must be attached to your back (Dorsal) d-ring with the shock absorber closest to your body. The shock absorber will dissipate the energy of a falling worker and minimizes the resulting forces on you and the rest of the fall arrest system.

Anchorage

Anchorage are the secure points to attach a lifeline, lanyard or any other fall protection or rescue system. They must be capable of supporting a load of 5,000 pounds per worker, unless certified by a professional engineer who will maintain a factor of safety of 2. Remember that the maximum allowable free fall distance is 6 feet. To limit free fall, the anchorage should be located as high as possible above the worker.

Gear Inspection

The user must inspect all fall protection equipment prior to each use. A detailed annual inspection should also be performed by a competent person.