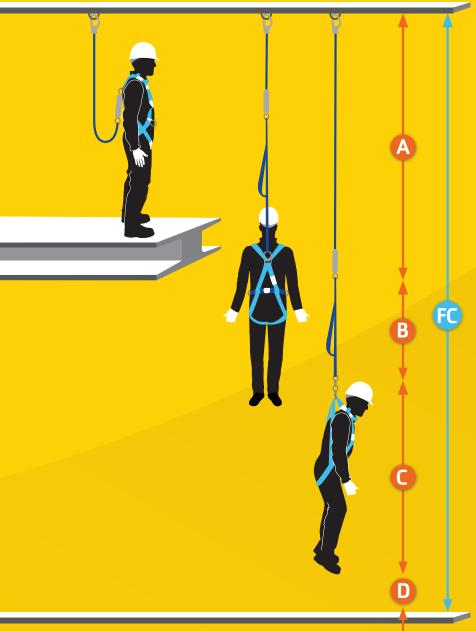# CALCULATE FALL CLEARANCE LIKE A PRO

It is vitally important that fall clearance is properly calculated before working at height. Because, guessing is for rookies.

CALCULATION

When tying off overhead with a shock absorbing lanyard, the required fall clearance distance (FC) is = A + B + C + D.

Lanyard length
(Example = 6 feet)

Maximum deceleration distance of the lanyard (3.5 feet is the OSHA requirement)

Height of the suspend worker (Typically = 6', factoring in D-ring slide and harness stretch)

Safety factor (3 feet is the industry standard)

To be safe the distance between your anchor point and the nearest obstruction must be > FC

A

B

FC

C

D

Nearest obstruction.

POST-1 REVA

This poster illustrates a common method of calculating fall clearance using an energy absorbing lanyard. Fall clearance required varies by the type of connecting device and its performance specifications. Refer to the manufacturer's instructions for complete details for calculating fall clearance to ensure maximum safety on the jobsite.

GET BACK TO THE BASICS

Make sure you and your team are *brushed up* on the basics of fall protection. Because your life is on the line!

A

A ANCHOR

The anchor / anchorage connection is the secure point of attachment for the fall-arrest system. The appropriate type of anchor varies by industry needs and the application. Anchors may be temporary or permanent.

B

B BODY SUPPORT

Full body harnesses provide a connection point to the fall arrest system. Harnesses are designed to protect workers, in the event of a fall, by evenly distributing fall forces over your upper thighs, pelvis, chest and shoulders.

ANCHOR
(1372WP)
Tie-Off Strap

BODY SUPPORT
(22850B)
Stratos Series Full Body Harnes

C

C CONNECTING DEVICE

Connects your full body harness to the anchorage point. Commonly used devices include shock absorbing lanyards and self-retracting lifelines (SRL's).

CONNECTING DEVICE
(RG3-13-OZ)
Renegade Series SRL

D

D DESCENT / RESCUE

It is imperative to have a rescue plan in place at your jobsite in the event of a fall. These devices are used to raise or lower a fallen worker to safety. The tools and training for a safe rescue are the last, but most important step in fall protection.

DESCENT / RESCUE
(S50G-M7)
Confined Space Rescue Tripod System

POST-1REVA

This poster illustrates the basics of a personal fall arrest system. All workers exposed to falls should be trained by a competent person to recognize fall hazards and to be familiar with available control methods and equipment.