



## FALL PROTECTION DEFINITIONS

Fall Hazard Risk Consultants

Term	Definition
<b>Anchorage</b>	An engineered and designed point of attachment for lifelines, lanyards or deceleration devices
<b>Body harness</b>	Straps which may be secured about the employee in a manner that will distribute the fall arrest forces over at least the thighs, pelvis, waist, chest and shoulders with means for attaching it to other components of a personal fall arrest system
<b>Connector</b>	A device, which is used to couple (connect) parts of the personal fall arrest system and positioning device systems together. It may be an independent component of the system, such as a carabiner, or it may be an integral component of part of the system (such as a buckle or d-ring sewn into a body belt or body harness, or a snap-hook spliced or sewn to a lanyard or self-retracting lanyard.)
<b>Deceleration distance</b>	<p>The additional vertical distance a falling employee travels, excluding lifeline elongation and free fall distance, before stopping, from the point at which the deceleration device begins to operate.</p> <p>It is measured as the distance between the location of an employee's body belt or body harness attachment point at the moment of activation (at the onset of fall arrest forces) of the deceleration device during a fall, and the location of that attachment point after the employee comes to a full stop</p>
<b>Free fall distance</b>	<p>The vertical displacement of the fall arrest attachment point on the employee's body belt or body harness between onset of the fall and just before the system begins to apply force to arrest the fall.</p> <p>This distance excludes deceleration distance, and lifeline/lanyard elongation, but includes any deceleration device slide distance or self retracting lifeline/lanyard extension before they operate and fall arrest forces occur</p>
<b>Guardrail system</b>	A 42" barrier erected to prevent employees from falling to lower levels
<b>Lanyard</b>	A flexible line of rope, wire rope, or strap that has a connector at each end for connecting the body harness and to an anchorage point.

<b>Term</b>	<b>Definition</b>
<b>Maximum Arrest Force (MAF)</b>	Maximum dynamic loads applied to fall protection system and anchorage points
<b>Personal fall arrest system (PFAS)</b>	<p>A system used to arrest an employee in a fall from a working level. It consists of an anchorage, connectors, full body harness and may include a lanyard, deceleration device, lifeline, or suitable combinations of these.</p> <p>As of January 1, 1998, the use of a body belt for fall arrest is prohibited</p>
<b>Personal Protective Equipment (PPE)</b>	Protective equipment designed for the eyes, face, ears and body extremities
<b>Rope grab</b>	<p>A deceleration device that travels on a lifeline and automatically, by friction, engages the lifeline and locks so as to arrest the fall of an employee.</p> <p>A rope grab usually employs the principle of inertial locking, cam/level locking, or both</p>
<b>Self-retracting lifeline</b>	A deceleration device containing a drum-wound line which can be slowly extracted from, or retracted onto, the drum under slight tension during normal employee movement, and which, after onset of a fall, automatically locks the drum and arrests the fall
<b>Total Fall Distance</b>	This distance includes free fall distance + deceleration distance + harness d-ring slide + height of individual + safety factor