

TOOLBOX TALKS

The Upside of Safety



Fall Distance

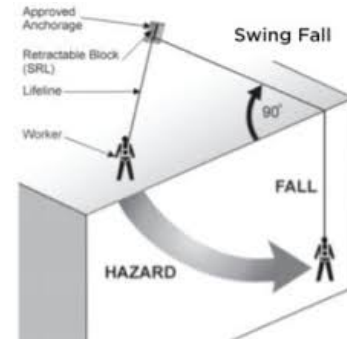
Setting up a fall protection system on a roof is particularly challenging because most anchor points are at foot level. THE BEST SYSTEM TO USE IS FALL RESTRAINT (WHERE YOU DO NOT FALL)!

Calculating Fall Distance

One hazard when setting up a Personal Fall Arrest System (PFAS) is fall distance in the event you were to fall. To calculate fall distance with a properly set-up fall arrest system, 18 feet is approximately the minimum distance you will be able to achieve with a rope grab or SRL. To achieve this, the fall arrest system must:



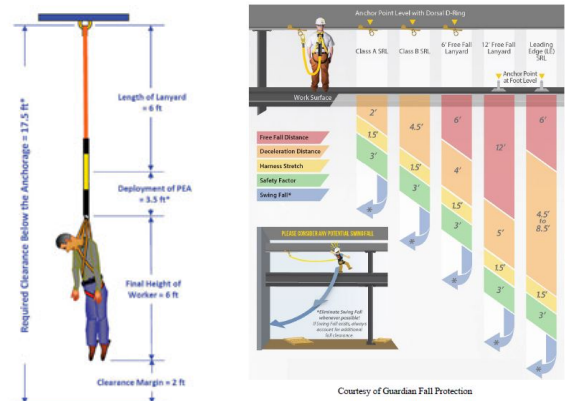
Have no slack in the rope or SRL cable



Be directly in front of the anchor point - no swing fall



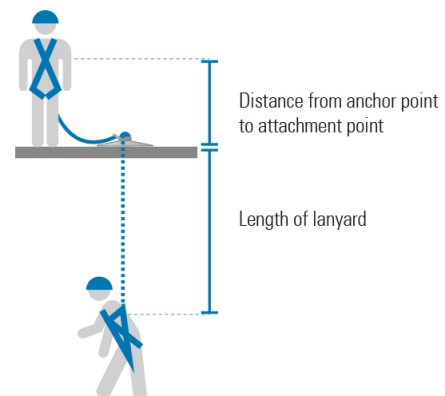
Connect directly to your back with a short shock pack on the SRL or rope grab.



Be set up so that you can not strike a lower level.

Remember

You must limit the free fall distance to less than 6 feet to reduce force on the user and the system. A regular 6-foot fall lanyard lets you free fall 10 to 12 feet before activating!



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✓ SAFETY CHECK

There is no slack in your fall set up?

You are using a shock pack with your SRL or rope grab?

You are set up directly in front of your anchor point?

You are set up so that you cannot hit the lower level in the event of a fall?

Company:

Location:

Presenter:

Date:

ATTENDANCE SHEET