

## Where can I tie off too?

When using a personal fall arrest system (a body harness), one of the toughest decisions is what can you tie your lanyard off too. Below are examples of safe anchor points:

### OSHA Says

Anchorage used for attachment of personal fall arrest equipment shall be independent of any anchorage being used to support or suspend platforms and capable of supporting at least 5,000 pounds (22.2 kN) per employee attached and a person can only fall a maximum of 6 feet. For comparison that is the weight of a Jeep Grand Cherokee. Could you suspend a Jeep from what you are tying off too?

### Examples of Anchors



Butterfly anchor - Always following the manufacturer's recommendation for set up and use.



Fall Carts - Are you tied off on the correct D-Ring (Restraint V Arrest)? Is the cart parallel to the roof edge?



Permanent building anchor - Always inspect the anchor for damage before use



Structural steel attached to building- the structure capable of withstanding 5000 lbs?

# TOOLBOX TALKS

The Upside of Safety



## ✓ SAFETY CHECK

All anchors have been inspected for use?

Anchors points are capable of withstanding 5000 lbs of force?

All anchors are set up in accordance with the manufacturer recommendations?

All workers are protected from falls?

Company:

Location:

Presenter:

Date:

## ATTENDANCE SHEET