

Absolute confidence in fall protection

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Poster A: General Fall Protection

The ABCD of Fall Protection

The A, B, C, D of Fall Protection covers the fundamental requirements of every personal fall protection system. Use it as a guide when evaluating your fall protection requirements, however, always consult a fall protection specialist if you're unsure of any aspect of fall protection or fall protection equipment.

A ANCHORAGE
Anchorage devices provide a secure point of attachment (to an existing structure) for the fall arrest system. Anchorage devices can be permanent or temporary and vary to suit the type of structure available.

B BODY SUPPORT
Full body harnesses connect the worker to the fall arrest system. They are specially designed to protect the worker against serious injury in the event of a fall whilst also remaining comfortable to wear.

C CONNECTOR
Connectors are devices that connect the full body harness to the anchorage system. They can be single products or multiple devices working together.

D DESCENT/ RESCUE
Descent & Rescue systems enable the retrieval of an injured or incapacitated worker. In the event of a rescue, this equipment facilitates rapid recovery of the worker without endangering other workers in the process.

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Poster D: ABCD of Fall Protection

Inspection & Maintenance of fall protection equipment

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Poster E: Inspection & Maintenance

Fall Clearance calculation charts

To determine the required Fall Clearance add the appropriate factors together, this will give you the safe Required Distance (RD) below the working surface for work which is to be carried out where there is any risk of falling.

Shock Absorbing Lanyard

RD = Required Distance Below Working Surface to nearest Obstruction
 FFD = Free Fall Distance
 DD = Energy Absorption
 C = Clearance to Obstruction During Fall Arrest

Self Retracting Lifeline

RD = Required Distance Below Working Surface to nearest Obstruction
 DD = Free Fall Distance
 C = Clearance to Obstruction During Fall Arrest

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Poster B: Fall Clearance Requirements

Glossary of fall protection terminology

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Poster C: Fall Protection Terminology

Fall Protection Harness inspection & fitting guide

INSPECTION

- Inspect the harness before use
- Check for damage
- Check for correct use

VEST STYLE

CROSSOVER STYLE

BUCKLE TYPES

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Poster F: Harness Inspection & Fitting

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