GBCA SAFETY TOOLBOX TALK

6 FOOT LANYARDS AT HEIGHTS OF 18 FEET AND LESS

Whether it's working from a boom lift, walking steel, or any other height, "tying off" will do no good if your personal fall arrest system allows you to strike the lower level before it stops your fall.

BEING TIED OFF DOESN'T MEAN THAT YOU'RE SAFE!

Using a 6' lanyard, a worker with less than 18 feet of clearance between the anchor point and the ground WILL impact the lower level. Fall clearance and distance is crucial should a fall event occur.

When trying to determine the clearance distance, keep the following measurements in mind:

- Height of the person
- Length of the lanyard: A 6' lanyard is actually 9.5' long when the decelerator is opened
- Point of attachment (The location of the lanyard's anchor in reference to the person: above, next to, or below)
- Distance to the lower level from the tie off point
- 3' safety factor

Adding the measurements (assuming a 6' tall worker):

- 6' (worker height) + 9.5' (length of lanyard) + 3' (safety factor) = 18.5' total length/distance of the fall.

Things to consider when working at levels 18 feet and lower between tie off and lower levels:

- Can you relocate the tie-off point higher?
- Can you use a self-retracting lifeline (yo-yo)?
- Can you make it so the worker cannot fall off of the edge (restraint vs. fall arrest)?
- Can you utilize a lift or other device that would eliminate the fall potential?

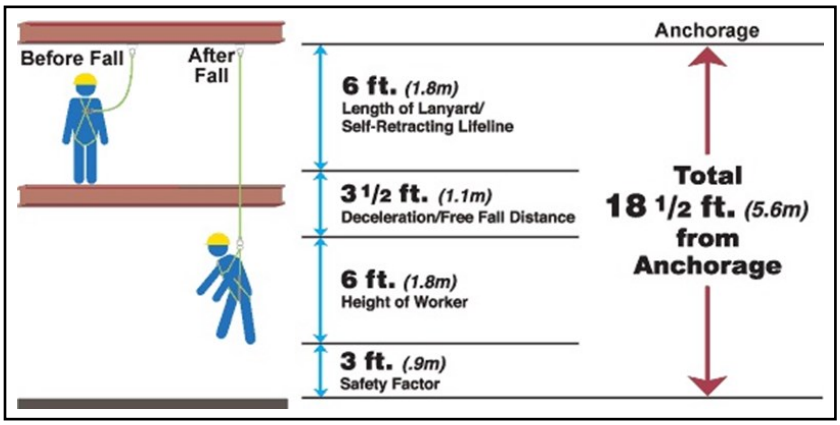

Image from Miller Fall Protection