

1. *Personal Fall Arrest Systems* shall:

- a. Limit the maximum arresting force to 1,800 pounds.
  - b. Be rigged so an employee cannot free fall more than four feet or contact any lower level.
  - c. Bring an employee to a complete stop and limit the maximum *Deceleration Distance* traveled to three and a half feet.
  - d. Be strong enough to withstand twice the potential impact energy of an employee free falling four feet (or the *Free Fall Distance* permitted by the system, whichever is less);
  - e. Have *Suspension Trauma* straps attached to the fall arrest harness.
  - f. Be inspected prior to each use for damage and deterioration; and
  - g. Be removed from service if any damaged components are detected.
2. All components of a fall arrest system shall meet the specifications of the Occupational Safety and Health Administration (OSHA) *Fall Protection* Standard and shall be used in accordance with the manufacturer's instructions.
- a. The use of non-locking snap hooks is prohibited.
  - b. D-rings and locking snap hooks shall:
    - i. Have a minimum tensile strength of 5,000 pounds; and
  - c. *Lifelines* shall be:
    - i. Installed and used under the supervision of a *Competent Person*.
    - ii. Protected against cuts and abrasions; and
    - iii. A component consisting of a flexible line for connection to an *Anchorage* at one end to hang vertically (vertical lifeline), or for connection to *Anchorage*s at both ends to stretch horizontally (horizontal lifeline), and which serves as a means for connecting other components of a personal fall arrest system to the *Anchorage*.
  - d. Self-retracting *Lifelines* and *Lanyards* shall:
    - i. Sustain a minimum tensile load of 3,600 pounds if they automatically limit *Free Fall Distance* to two feet; or
    - ii. Sustain a minimum tensile load of 5,000 pounds (include rip-stitch, tearing, and deforming *Lanyards*).
  - e. *Anchorage*s must support at least 5,000 pounds per person attached and shall be:
    - i. Installed and used under the supervision of a *Competent Person*.
    - ii. Solely dedicated for the use of *Lifelines*, *Lanyards* or deceleration devices.
    - iii. Independent of any *Anchorage* used to support or suspend platforms.
    - iv. Marked for easy identification.

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**Revision History**

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<b>Rev</b>	<b>Date</b>	<b>Section</b>	<b>Paragraph</b>	<b>Summary of Change</b>	<b>Authorized by</b>
01	11/29/2022	NA	NA	Initial Release	CCR 647