

1. Personal Fall Arrest Systems shall:

- Limit the maximum arresting force to 1,800 pounds.
- Be rigged so an employee cannot free fall more than six feet or contact any lower level.
- Bring an employee to a complete stop and limit the maximum deceleration distance traveled to three and a half feet.
- Be strong enough to withstand twice the potential impact energy of an employee free falling six feet (or the free fall distance permitted by the system, whichever is less);
- Have suspension trauma straps attached to the fall arrest harness.
- Be inspected prior to each use for damage and deterioration; and
- 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.

- The use of non-locking snap hooks is prohibited.
- D-rings and locking snap hooks shall:
  - Have a minimum tensile strength of 5,000 pounds; and
- Lifelines shall be:
  - Installed and used under the supervision of a competent person.
  - Protected against cuts and abrasions; and
  - A component consisting of a flexible line for connection to an anchorage at one end to hang vertically (vertical lifeline), or for connection to anchorages 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.
- Self-retracting lifelines and lanyards shall:
  - Sustain a minimum tensile load of 3,600 pounds if they automatically limit free fall distance to two feet; or
  - Sustain a minimum tensile load of 5,000 pounds (include rip-stitch, tearing, and deforming lanyards).
- Anchorages must support at least 5,000 pounds per person attached and shall be:

- Installed and used under the supervision of a competent person.
- Solely dedicated for the use of lifelines, lanyards or deceleration devices.
- Independent of any anchorage used to support or suspend platforms.
- Marked for easy identification.

**Revision History**

<b>Rev</b>	<b>Date</b>	<b>Section</b>	<b>Paragraph</b>	<b>Summary of Change</b>	<b>Authorized by</b>
02	8/6/2024	NA	NA	Content changes per annual review	CCR 986
03	2/24/2026	NA	NA	Updated document due to change to the document numbering of controlled documents due to the change from DocuShare system to SharePoint system	CCR 1225