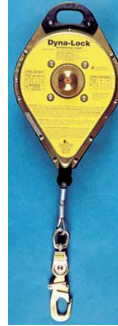


# HSE Toolbox Talk

See HSE Web at <http://bpush-hse.bpweb.bp.com/> for more HSE Resources



## Personal Fall Protection Equipment



### Components of Fall Arrest System

#### Safety Harness

The full body harness supports the body in a fall, distributing the resulting forces to prevent injury.

#### Lanyard

The synthetic or wire lanyard connects the harness to a secure anchor point via double latch self-locking snap hooks. Self-retracting lanyards (yo-yos) may also be used to connect the harness to a secure anchor point.

#### Decelerator/Shock Absorber

Deceleration devices are required to reduce fall-arresting forces on the body. Typically a ripstitch (shock absorbing) lanyard is used. Most self-retracting lanyards contain an integral deceleration mechanism.

#### Anchor Point

A secure attachment point is required which is capable of withstanding a 5,000-pound shock load. Anchor straps (below) may be used to provide a means of attachment to a secure anchor point.



#### Lifeline

In some cases a vertical or horizontal lifeline is used to connect the lanyard to a secure anchor point.

### Use of PFPE

Personal Fall Protection Equipment (PFPE) must be worn to prevent a free fall of 6 feet or more.

Properly fit/wear the harness. Inspect the harness before each use. Make sure straps are snug but allow full range of movement.

Secure lanyard. Wearing a harness doesn't provide any fall protection if it is not tied off. It's critical that the lanyard is securely attached to an anchor point which prevents a free fall of greater than 6 feet. (Lanyards must not be wrapped around an anchor point and tied back onto themselves unless the lanyard is designed for that purpose such as the example below.)



Use shock absorber. The shock absorber is typically incorporated into the lanyard, contained in a separate "pig-tail" or incorporated into the mechanism of a self-retracting lanyard (yo-yo).

Attach to proper anchor point. Anchorage points must be capable of withstanding the shock load of a fall. In order to ensure this, anchorage points must be capable of supporting a 5000 lb static load per person attached. Conduits and cable trays are not acceptable anchor points. The rosettes and ledgers on system scaffolds are acceptable to anchor one person per rosette/ledger. Anchor straps and other approved connecting devices (which are available in the toolrooms or through vendors), may be needed to provide an adequate anchor attachment point.

For more information, see your site's fall protection policies or contact Mark Garvin (409-945-1120).