



# SAFETY GRAM

## MCI-WEST SAFETY PRESS



### Fall Protection Safety

The basics of every Personal fall arrest system can be described as the ABC's of fall arrest.

# A

#### ANCHORAGE

Anchorage means a secure point of attachment ( Structure ) for the fall arrest system.



# B

#### BODY SUPPORT

Full body harnesses provide a connection point on the worker for the personal fall arrest system.



# C

#### CONNECTORS

Connectors are devices used to connect the worker's full body harness to the anchorage system. ( Eg. shock absorbing lanyard, self retracting lifeline, etc.).



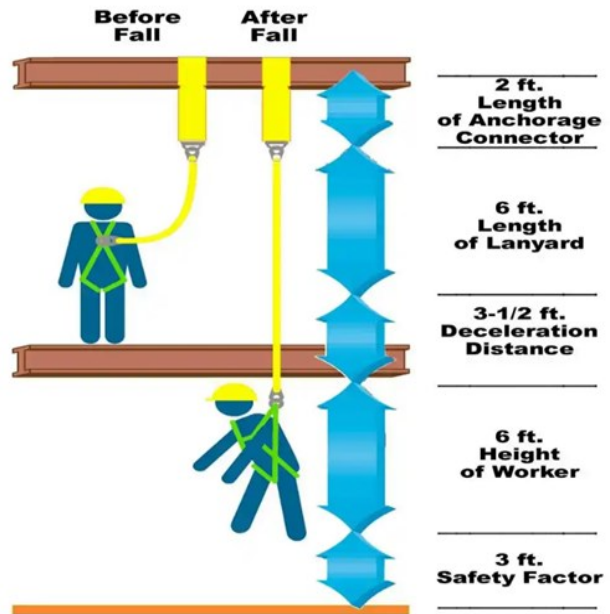
# D

#### DESCENT / RESCUE

Rescue and retrieval of a fallen worker is a required component of any fall protection program.

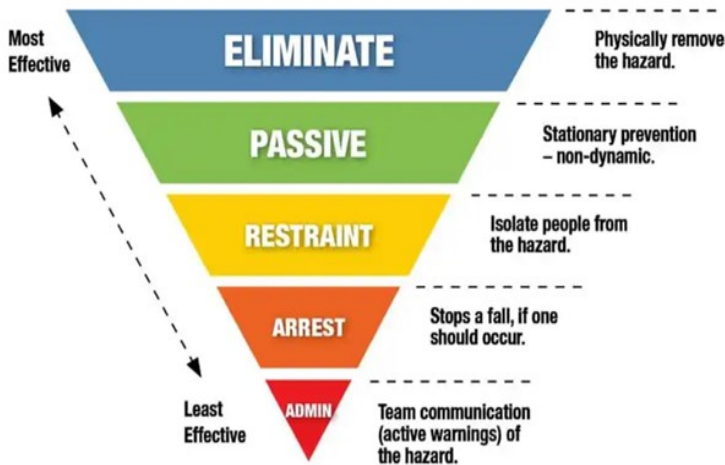


### Fall Clearance Calculation (for Cross Arm Strap)



Total: 20-1/2 ft. from Anchor Point

### HIERARCHY OF CONTROLS



### What are the effects of Suspension Trauma?



#### BRAIN

Hypoxia can cause unconsciousness and ultimately death

#### HEART

Hypoxia of vital organs.

#### LEGS

Pressure on the femoral arteries through the harness straps. Skeletal muscles of the lower extremities do not contract, preventing blood transport to the heart. Blood accumulation in the lower extremities

### RESOURCES:

- \* [OSHA Fall Protection](#)
- \* [USN USMC FALL PROTECTION GUIDE](#)
- \* [OSHA Quick Takes https://www.osha.gov/es/quicktakes](https://www.osha.gov/es/quicktakes)
- \* [Naval Safety Command https://navalsafetycommand.navy.mil/](https://navalsafetycommand.navy.mil/)
- \* [National Safety Council https://www.nsc.org/](https://www.nsc.org/)

