



# FALL ARREST

## FALL ARREST SYSTEM

It is a fall protection control designed to stop a fall in progress and minimize the impact force on the worker's body in the event of a fall.

## WHEN IS FALL ARREST USED?

Fall arrest systems are used when other fall protection methods are unavailable or feasible. These systems are frequently employed when work needs to be carried out near an unprotected edge or when workers require unrestricted movement within the designated work area.

## FALL ARREST SYSTEM COMPONENTS

### Anchor point

A secure point of attachment to connect a lanyard or lifeline. Ensure the anchor point is strong enough to withstand the forces generated in the event of a fall.

### Lanyard/ Lifeline

Connecting devices that link the full-body harness to the anchor point.

### Shock absorbers

Limits the force applied to the body during a fall.

### Full-body safety harness

Distributes force across the thighs, shoulders, and pelvis. Ensure proper fit, adjustment, and secure fastening of the harness.

## OBJECTIVE OF FALL ARREST

- 1 Minimize the impact forces experienced by the worker during a fall.
- 2 Limit the distance of the fall as much as possible.
- 3 Safeguard the worker from colliding with other surfaces while descending.
- 4 Protect the worker from the pendulum effect or swing falls.

## LENGTH OF FALL ARREST SYSTEM

Several factors must be considered to determine the appropriate length of a fall arrest system, such as free fall distance, lanyard length, the fully extended shock absorber, anchor point location, and clearance requirements.

## DISCUSSION QUESTIONS

1. What actions should you take if you notice any damage or wear on your fall arrest equipment?
2. Have you ever encountered any challenges or difficulties using a fall arrest system? How did you overcome them?

