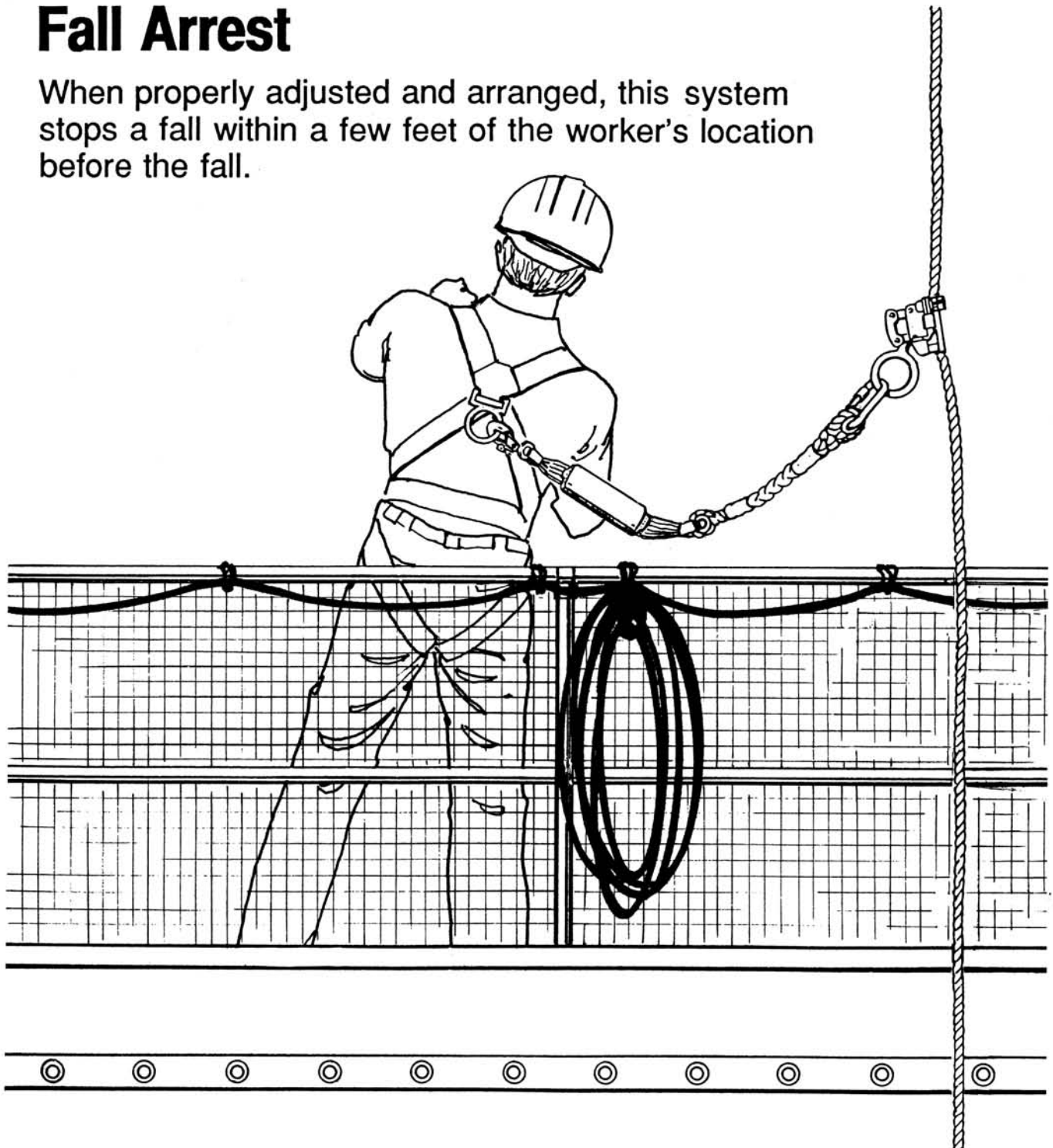


Safety Tips

Fall Arrest

When properly adjusted and arranged, this system stops a fall within a few feet of the worker's location before the fall.

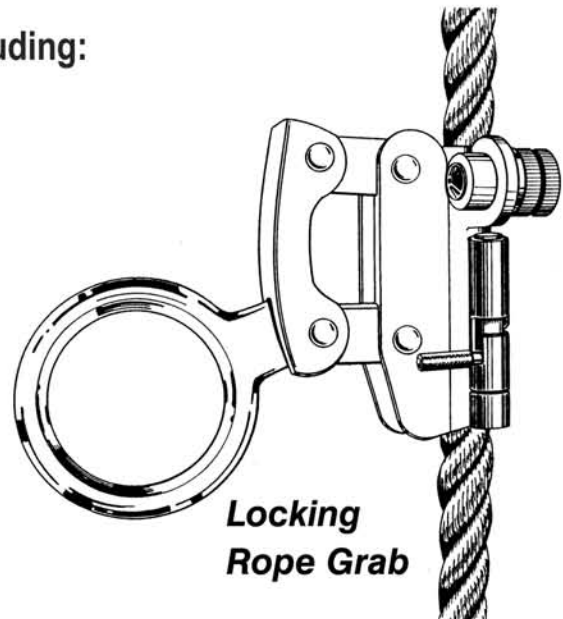
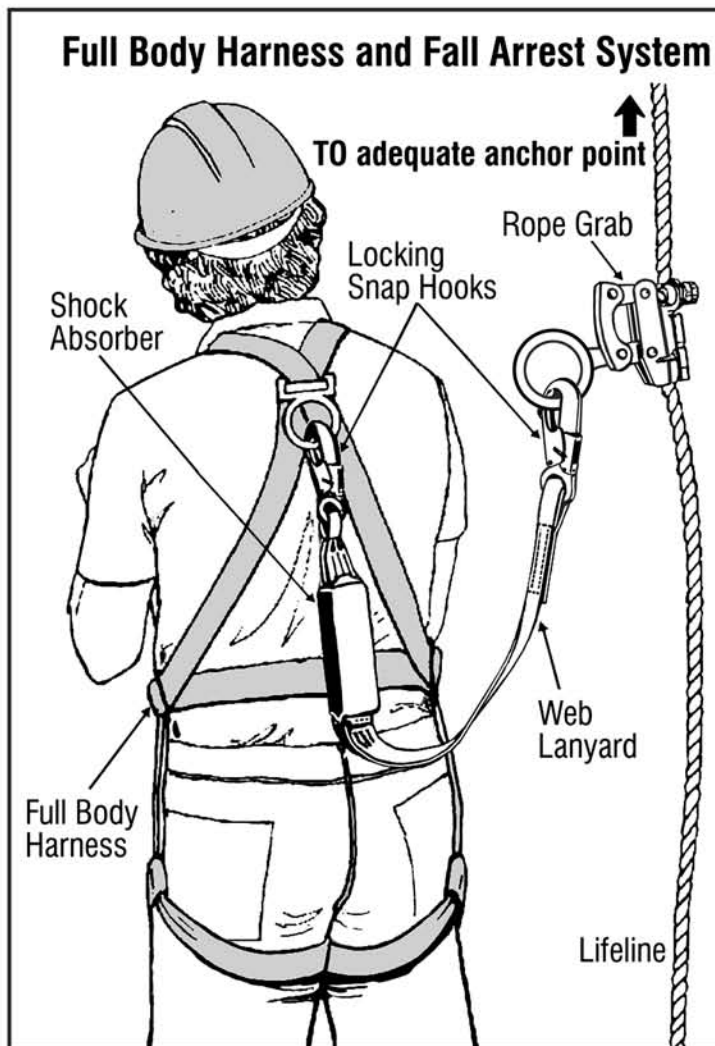


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A fall-arrest system typically consists of

CSA (or equivalent) approved components including:

- Full-body harness
- Lanyard (with locking snap hooks or D-clips)
- Rope grab
- Lifeline
- Lifeline anchor



The fall-arrest system must be adequately anchored. That means anchored to something that will support the weight of a small car (about 3600 lbs.). Fall arrest loads can be high.

The system must be adjusted so that the rope grab is above waist-level. Preferably, it should be about shoulder-height with a five-foot lanyard.



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