

PestSure Safety Tips

INSURING THE FUTURE OF PEST CONTROL

A five-minute training Series for Pest Management Professionals.

Personal Fall Arrest and Fall Restraint Systems

The type of work and work situations we become involved with in pest control is becoming more and more diverse. When we work at heights whether in trees, on rooftops, in attics or catwalks it is important for us to understand personal fall arrest systems and fall restraint systems.

Fall Restraint: A fall restraint system consists of the equipment used to keep an employee from *reaching a fall point*, such as guarding the edge of a roof or the edge of an elevated working surface. The most commonly utilized fall restraint system is a standard guardrail.

Fall Arrest: A personal fall arrest system means a system used to *arrest* an employee in a fall from a working surface. It consists of an anchor point, connectors, and body harness and may include a lanyard, deceleration device, lifeline, or suitable combinations of these. The entire system must be capable of withstanding the tremendous impact forces involved in stopping or arresting the fall. The forces increase with the fall distance, due to acceleration.

Key Components of Fall Arrest Systems:

- ❑ A body harness that meets the requirements of arresting force.
- ❑ A system rigged so that employees can neither free-fall more than 6 feet or contact a lower level.
- ❑ After the free-fall distance, the deceleration or shock-absorbing component of the system must bring an employee to a complete stop within 3.5 additional feet.
- ❑ The anchorage point must be capable of supporting at least 5000 pounds per employee.
- ❑ The system's D-ring attachment point for body harnesses shall be in the center of the employee's back near the shoulder level.
- ❑ The system components must be inspected for damage and deterioration prior to each use. All components subjected to the impact loading forces of a free-fall must be immediately removed from service.

