Training Solutions, Delivered!

PERSONAL FALL ARREST SYSTEMS OVERVIEW

Leader's Guide, Fact Sheet & Quiz

Item Number: 5190

This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation.

PREPARING FOR THE MEETING

Here are a few suggestions for using this program:

a) Review the contents of the Fact Sheet that immediately follows this page to familiarize yourself with the program topic and the training points discussed in the program. The Fact Sheet also includes a list of Program Objectives that details the information that participants should learn from watching the program.

b) If required by your organization, make an attendance record to be signed by each participant to document the training to be conducted.

c) Prepare the area and equipment to be used for the training. Make sure the watching environment is comfortable and free from outside distractions. Also, ensure that participants can see and hear the TV screen or computer monitor without obstructions.

d) Make copies of the Review Quiz included at the end of this Leader's Guide to be completed by participants at the conclusion of the presentation. Be aware that the page containing the answers to the quiz comes <u>before</u> the quiz itself, which is on the final page.

CONDUCTING THE PRESENTATION

a) Begin the meeting by welcoming the participants. Introduce yourself and give each person an opportunity to become acquainted if there are new people joining the training session.

b) Introduce the program by its title and explain to participants what they are expected to learn as stated in the Program Objectives of the Fact Sheet.

c) Play the program without interruption. Upon completion, lead discussions about your organization's specific policies regarding the subject matter. Make sure to note any unique hazards associated with the program's topic that participants may encounter while performing their job duties at your facility.

d) Hand out copies of the review quiz to all of the participants and make sure each one completes it before concluding the training session.

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FACT SHEET

LENGTH: 2:35 MINUTES

PROGRAM SYNOPSIS:
Performing work on an elevated surface is inherently dangerous due to the risk of falling. When proper guardrails or other means of fall protection are not installed, a personal fall arrest system is usually required. A personal fall arrest system, consisting of a full body harness, a connecting device and anchor point, is designed to reduce the amount of force exerted on a worker during a fall and to prevent the falling worker from striking a lower level or hitting the ground below. Various OSHA standards require an employer to ensure that each employee is trained in the proper use of a fall arrest system before he or she uses the equipment. As part of such training, this program provides an overview of the basic principles that apply to the usage of personal fall arrests systems.

Other topics include calculating the total fall distance, self-retracting lifelines, the rescue plan and practicing "100 percent tie-off."

PROGRAM OBJECTIVES:
After watching the program, the participant should be able to explain the following:
- When a personal fall arrest system is required;
- What the components of a personal fall arrest system are;
- How much weight an anchor point must be able to support;
- What the purpose of an organization's rescue plan is;
- Why workers must always practice "100 percent tie-off" anytime they are required to wear their personal fall arrest system.

INSTRUCTIONAL CONTENT:

PERSONAL FALL ARREST SYSTEMS OVERVIEW
- Performing work on an elevated surface is inherently dangerous due to the risk of falling. When proper guardrails or other means of fall protection are not installed, a personal fall arrest system will be required for industrial workers at heights beginning at four feet or 1.2 meters and for construction workers beginning at six feet or 1.8 meters.
- A personal fall arrest system is designed to reduce the amount of force exerted on a worker during a fall and to prevent the falling worker from striking a lower level or hitting the ground below.
- A fall arrest system consists of three essential components: a full-body harness, a connecting device and an anchor point.
- A full body harness is designed to distribute the shock load of the fall to various points on the body to reduce the risk of injury.
- A connecting device, such as a lanyard or a self-retracting lifeline, provides a connection between the body harness and the anchor point.
- You must select an anchor point that has been verified by a qualified person as being able to support 5,000 pounds or 22.24 kilonewtons per person connected to it.
- Workers who wear a personal fall arrest system must be able to calculate the "total fall distance." This distance includes the worker's height, the length of the connecting device and the amount of elongation or "stretch" in the system.
- A self-retracting lifeline, also called a fall-limiting device is often used in situations where it is determined that a traditional lanyard is too long to prevent the worker from hitting the ground.

- When a person falls and is left hanging in a harness, it is critical that they be rescued promptly. Hanging in a harness can cause blood to pool in the legs and can result in unconsciousness and even death in less than 30 minutes. This is referred to as “suspension trauma syndrome” and preventing it is the goal of your organization’s rescue plan.
- Before using a personal fall arrest system, workers must be trained in its use, understand the rescue plan and inspect all components of the system to ensure they are in good condition and show no indication that they have been subjected to the force of a fall.
- When it comes to personal fall arrest systems, the most common fatal mistake is failing to connect. Always practice “100 percent tie-off” anytime you are required to wear your personal fall arrest system.

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ANSWERS TO THE REVIEW QUIZ

1. a
2. b
3. a
4. b

PERSONAL FALL ARREST SYSTEMS OVERVIEW
REVIEW QUIZ

Name_____Date_____

The following questions are provided to determine how well you understand the information presented in this program.

1. When proper guardrails or other means of fall protection are not installed, a personal fall arrest system will be required for industrial workers at heights beginning at _____.

a. 4 feet or 1.2 meters
b. 6 feet or 1.8 meters
c. 8 feet or 2.4 meters

2. When using a personal fall arrest system, you must select an anchor point that has been verified by a qualified person as being able to support _____ per person connected to it.

a. 1, 000 pounds or 4.44 kilonewtons
b. 5,000 pounds or 22.24 kilonewtons
c. 10,000 pounds or 44.48 kilonewtons

3. Hanging in a harness can cause blood to pool in the legs and can result in unconsciousness and even death in less than 30 minutes.

a. True
b. False

4. When it comes to personal fall arrest systems, the most common fatal mistake is selecting an improper anchor point.

a. True
b. False