



Training Solutions, Delivered!

# THE ANCHOR POINT

**Leader's Guide, Fact Sheet  
& Quiz**

**Item Number: 5193**

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*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 before 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.

## 5193 THE ANCHOR POINT FACT SHEET

**LENGTH: 2:05 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 reviews the use of anchor points in personal fall arrest systems, including the importance of selecting an approved anchor point and connecting to it properly.

### **PROGRAM OBJECTIVES:**

After watching the program, the participant should be able to explain the following:

- What an anchor point is and how much weight it must be able to support;
- What responsibility workers have in determining an appropriate anchor point;
- Why an anchor point must always be located at or above the dorsal D-ring of a full body harness;
- Why an anchor point should not be created by looping a lanyard over a structure and connecting it back to itself.

### **INSTRUCTIONAL CONTENT:**

#### **THE ANCHOR POINT**

- An anchor point as part of a personal fall arrest system is a secure point of attachment for equipment such as horizontal lifelines, lanyards or deceleration devices.
- An anchor point must be able to support 5,000 pounds or 22.24 kilonewtons of dead weight per person connected to it or must be designed and installed as part of a complete personal fall arrest system which maintains a safety factor of at least twice the potential impact energy of an employee free falling the distance permitted by the fall arrest system.
- The capacity and suitability of any anchor point used as part of a fall arrest system must be verified and approved by a qualified person.
- Electrical conduit, guardrails and similar objects are not strong enough to bear the force of a fall and cannot be used as anchor points.
- As a worker required to use a fall arrest system, it is your responsibility to know which structures have been verified and approved as anchor points. If you are unsure, stop and ask the proper authority before beginning work.
- When connecting to an anchor point, it must always be located at or above the height of the dorsal D-ring on your harness. Connecting to an anchor point below the D-ring will add additional free fall distance which can result in serious bodily injury or equipment failure should a fall occur.
- There are a variety of anchor point attachments available. Make sure you understand how to properly connect and use any device you plan to use as an anchor point.
- Do not create an anchor point by looping a lanyard over an I-beam or other structure and connecting it back to itself. Most lanyards are not designed for this purpose. This reduces the lanyard's strength by half and can also allow the lanyard to be cut or damaged by the sharp edge of the I-beam.
- To create an anchor point from a beam, use a beam strap that is specifically designed for this purpose.

**THE ANCHOR POINT**

**ANSWERS TO THE REVIEW QUIZ**

1. a

2. b

3. c

**THE ANCHOR POINT  
REVIEW QUIZ**

Name \_\_\_\_\_ Date \_\_\_\_\_

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

1. An anchor point must be able to support 5,000 pounds or 22.24 kilonewtons of dead weight per person connected to it.
  - a. True
  - b. False
  
2. Any employee who has training and experience in the use of fall arrest equipment is permitted to verify the capacity and suitability of an anchor point.
  - a. True
  - b. False
  
3. Creating an anchor point by looping a lanyard over a structure and connecting it back to itself reduces the lanyard's strength by \_\_\_\_\_.
  - a. One quarter
  - b. One third
  - c. One half