

Bacon's SAFETY TIPS

FALL CLEARANCE

Keeping the Splat out of Fall Protection



Before you rely on a **Personal Fall Arrest System**, make sure you know the **Required Fall Clearance Distance**:

TD	Total Distance from anchor to nearest obstruction.
RD	Required Distance must be less than TD or Splat Happens.
LL	Length of Lanyard that is being used.
DD	Deceleration Distance is the elongation of the deceleration device when deployed. (customary to use 3.5 feet when calculation)
HH	Height of Suspended Worker is the distance from the workers feet to D-Ring. (take into account worker's height as well)
C	Safety Factor is the distance from obstruction after a fall. You must include 1.5 feet for required clearance and an additional 1 foot for D-Ring Movement and material stretch, totaling 2.5 feet.

Here's How to Calculate Fall Clearance:
LL + DD (3.5 ft) + HH + C (2.5 ft) = RD
(RD must be less than TD)

In order for Self-Retracting Lifelines to meet ANSI requirements, SRL's must activate and stop within 4.5 feet. There are always variables that need to be taken into consideration such as free fall distance, deceleration distance, Back D-Ring height and D-Ring shift.

Don't take chances!
Always survey the risks & make sure you have the right equipment for the job !

Fall Clearance Tips

**North-east coast institution of
engineers and shipbuilders,
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another component of healthy eating is dietary diversity meaning eating a variety of foods following a diet that s rich in different kinds of food supports your gut bacteria promotes a healthy body weight and protects against see more

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web 3 hours ago mushrooms red peppers tomatoes lentils and spinach contain key nutrients and combine brilliantly in a

curry credit istock in a large saucepan or wok sauté 1