

# General Reference Guide for Fall Protection Items



## Rope Edge Protector

Protects rope from damage while rubbing on the edge of a Structure. May be as simple as a piece of cloth or rubber. Or could be a mechanical means as shown



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## Anchors



**Toggle Anchor** - Reusable in concrete or steel; multi-directional  
**Swivel** - Concrete or Steel option; multi-directional; optional backplate  
**D-Plate** - Permanent mount in steel beams or columns;

## Anchorage Connectors



**Carabineers** - Aluminum or Steel; do not connect to other hook openings  
**Straps** - Web, Chain, Wire - loops around "sturdy" equipment



## Lanyards



**Several Options**  
**Material** = Web, Chain, Wire (galv & stainless steel)  
**Design** = Fixed Length, Adjustable Length, Twin Leg, Retractable  
**Positioning** = Usually does not have "shock-absorber", connects to harness' side or chest D-Ring  
**Fall Protection** = Must have shock-absorber, connects to harnesses back D-Ring



**Harnesses** - NFPA has different regulations from OSHA. However, a full-body harness is Type III. Requires qualified connection to anchor point.

### D-Ring Locations:

- Back** - Entry, Retrieval, Fall Protection
- Chest** - Rescue and Positioning (not fall protection nor retrieval)
- Side** - Positioning (not fall protection nor retrieval)

**Buckle** - Snap, Tongue (common on legs), Friction, Quick-Connect

**Material** - Polyester, Nylon, Fire-resistant, Spark-resistant



## Bos N Chairs

Seat used to increase comfort while suspended. May have a spreader bar above workers head



## Rope Grab Lanyard

Energy-absorbing connection from harness to lifeline (wire or rope).

**Manual** - worker holds grab open

**Trailing** - travels freely until activated



## Prusik Rope Systems

**Prusik-Minding-Pulley** is common in rope rescue. The rope to be pulled is passed through a pulley, and a Prusik is tied on the loaded side. When the rope is pulled, the Prusik rides against the pulley, and the rope slides through it; but when the rope is relaxed, the Prusik slides away from the pulley and grabs the rope. Thus, the combination acts as a ratchet.

