



Fall Protection

Fall Protection is easy as A, B, C, D.

When it comes to protecting employees and preventing falls, it's a good time to refresh yourself on the ABC's—or in the case of fall protection and rescue solutions, the ABCD's: Anchorage, Body support, Connectors, Descent and rescue.

Each of the components of fall protection equipment plays an important role in the safety of workers and the public.

Anchorage

According to OSHA, anchorage means a secure point of attachment for equipment such as lifelines, lanyards, or deceleration devices. These items are designed to hold under the forces generated during a fall. Anchorage connectors vary by industry, job, type of installation, and structure.

Body Support

This is the equipment that directly supports the worker's weight and maintains the body in a safe position. When choosing the right equipment, it's important to consider how long it will be used during the workday along with worker comfort, fit, and ease of use. Depending on the job, you might need a full-body harness, body belt, or a workseat.

Connectors

A worker's safety harness uses connectors to attach to the anchorage connector. It's important to consider the right connector depending on whether the job requires movement or if workers will be stationary. Types will vary depending on whether the worker needs connecting for personal fall arrest or positioning and travel restriction.

A personal fall arrest connector can be a lanyard that absorbs shock or a self-retracting lifeline equipped with an energy-absorbing element. They are designed to reduce the force and impact on the worker's body during a fall. You will need to determine if the job will require lanyards, self-retracting lifelines, or vertical lifelines.

Descent and Rescue

In certain situations, a descent and rescue device or system is necessary for the safe rescue of injured or incapacitated workers. If a rescue is required, this equipment allows for quick extraction and will not put other workers in danger.

Shop our full assortment of devices and equipment to keep those that work at height safe and secure.

- Anchorage Connectors <https://www.zoro.com/anchorage-connectors/c/6419/>
- Harnesses <https://www.zoro.com/harnesses/c/6164/>
- Lanyards and Lifelines <https://www.zoro.com/lanyards-and-lifelines/c/6165/>
- Rescue/Descent Equipment <https://www.zoro.com/rescuedescent-equipment/c/18152/>



Product Compliance and Suitability

The product statements contained in this guide are intended for general informational purposes only. Such product statements do not constitute a product recommendation or representation as to the appropriateness, accuracy, completeness, correctness or currentness of the information provided. Information provided in this guide does not replace the use by you of any manufacturer instructions, technical product manual, or other professional resource or adviser available to you. Always read, understand and follow all manufacturer instructions.