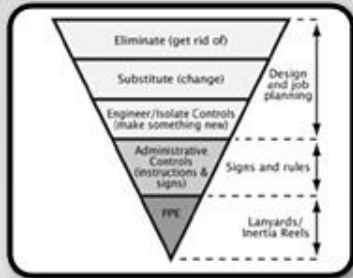


# Fall Protection Slideshow Sample

# *In this slideshow on Fall Protection, we consider:*

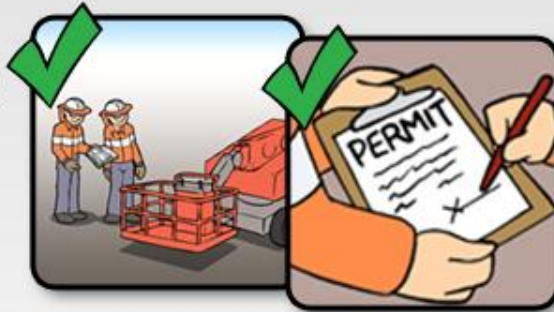
## The Hierarchy of Controls



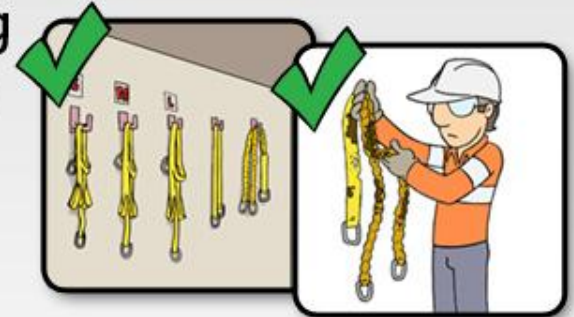
## Restraint Technique & Fall Arrest



## Requirements for Working at Height



## Maintaining Lanyards & Harnesses & Wearing Harnesses



## Using Inertia Reels & Arrest Lanyards



## Dropped Objects



In this sample, we show the contents of the Chapter on using Energy Absorber Lanyards and Inertia Reels. It covers:

- The free fall distance and the fall clearance distance
- Potential arcs of swing if lanyards or self retracting devices are not vertical
- The consequence of using fall arrest lanyards attached to inertia reels
- 100% hook up with dual lanyards



***If using an Inertia Reel:***

**Allow for:**

Free Fall

Energy extension  
(refer reel spec)

Your height:  
Use your height

Residual clearance 1.0m



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***When calculating the residual fall clearance distance with Inertia Reels, allow for:***

- Free Fall
- The energy extension of the inertia reel
- Your height
- and a residual clearance of at least 1 metre!



**If using fall arrest:**  
Allow for:

Free Fall

Energy absorber extension

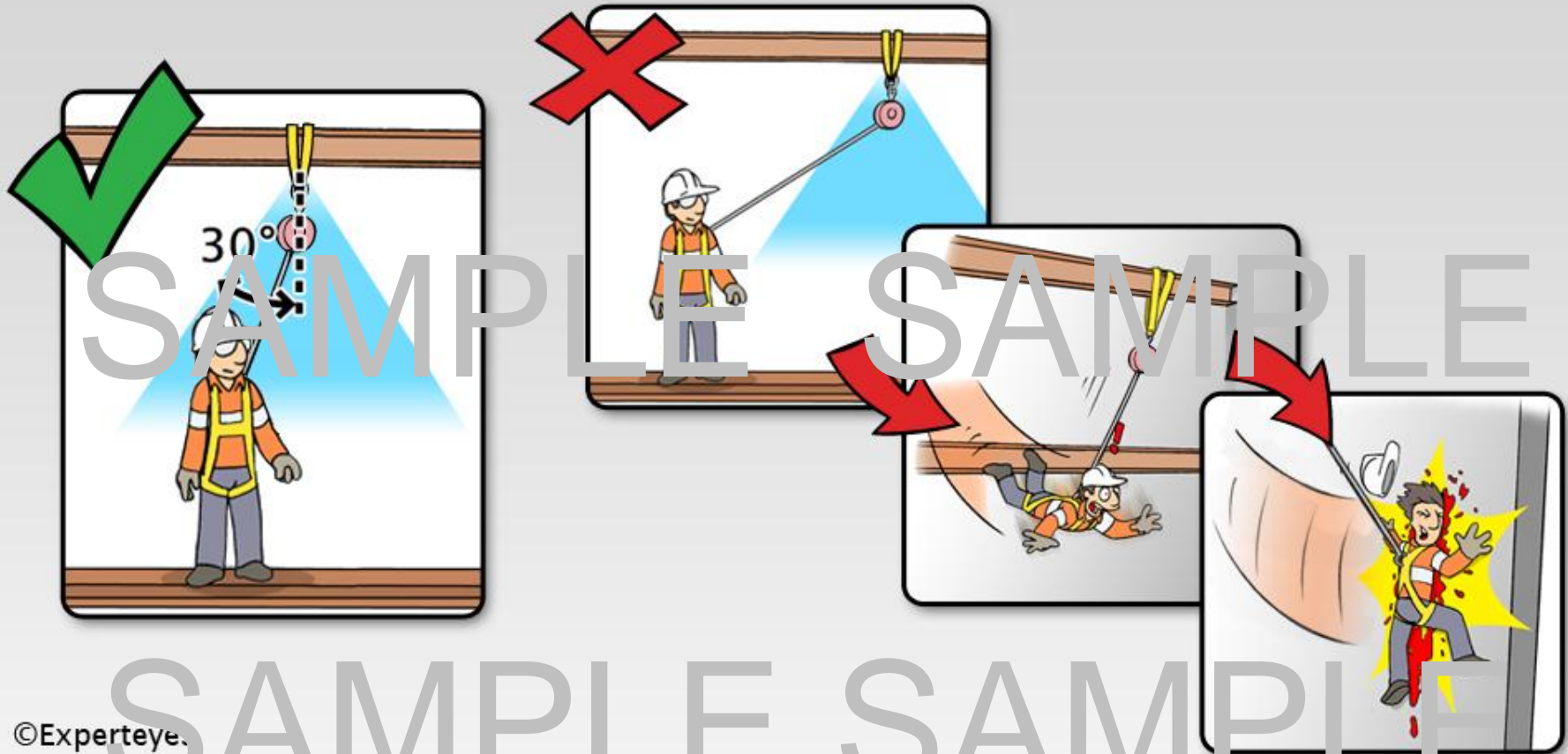
Your height:  
use your own height

Residual clearance 1.0 m



**When calculating fall clearance distance with Energy Absorber Lanyards, allow for:**

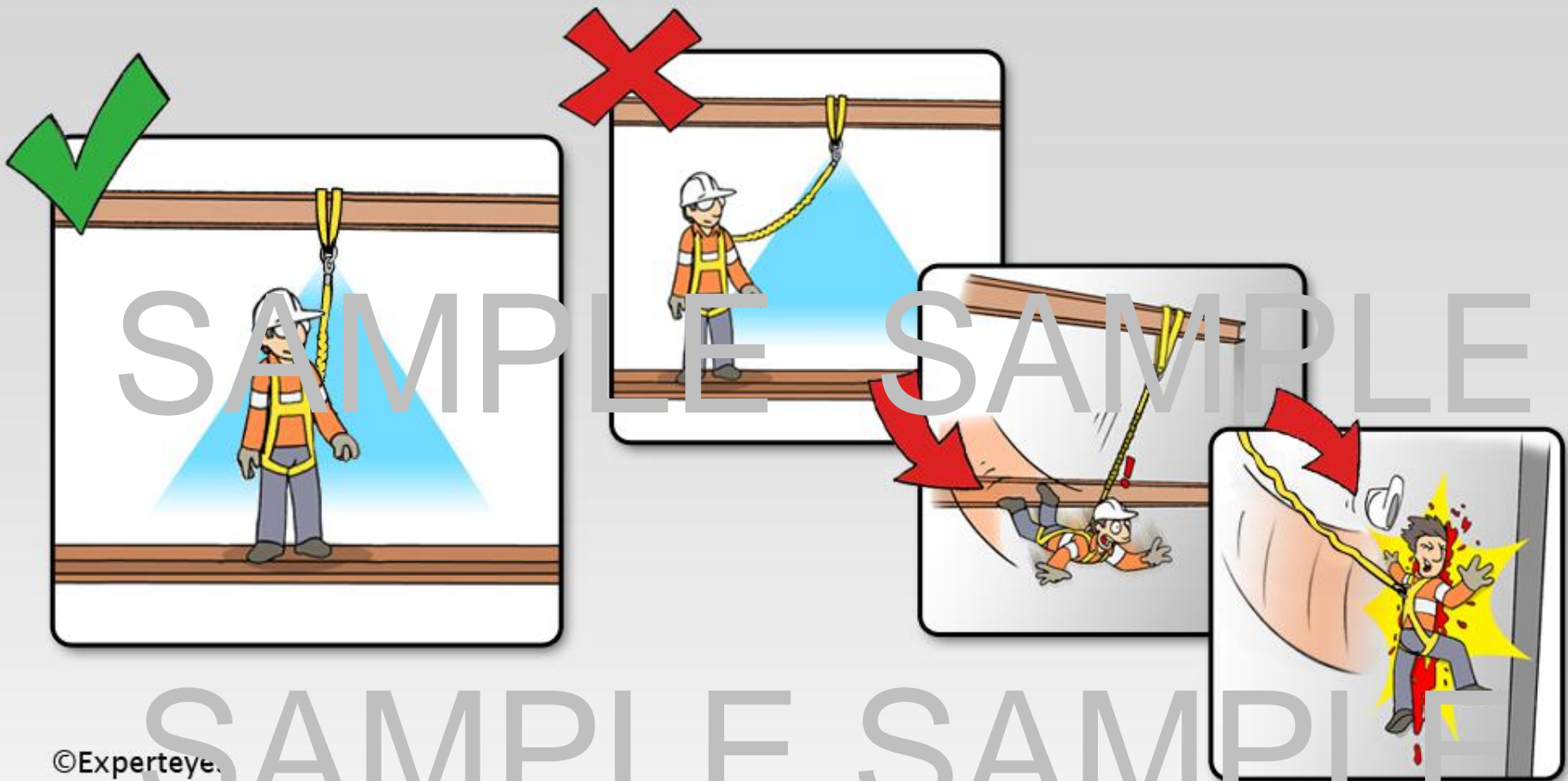
- Free Fall – it must be less than 2 metres
- The lanyard energy absorber extension
- Your height
- and a residual clearance of at least 1 metre



***Angle from vertical of Inertia Reel Self Retracting Lifelines:***

- The maximum angle from vertical allowed under Australian regulations is 30 degrees

***Be aware of where you may swing and what you may hit, if you fall***

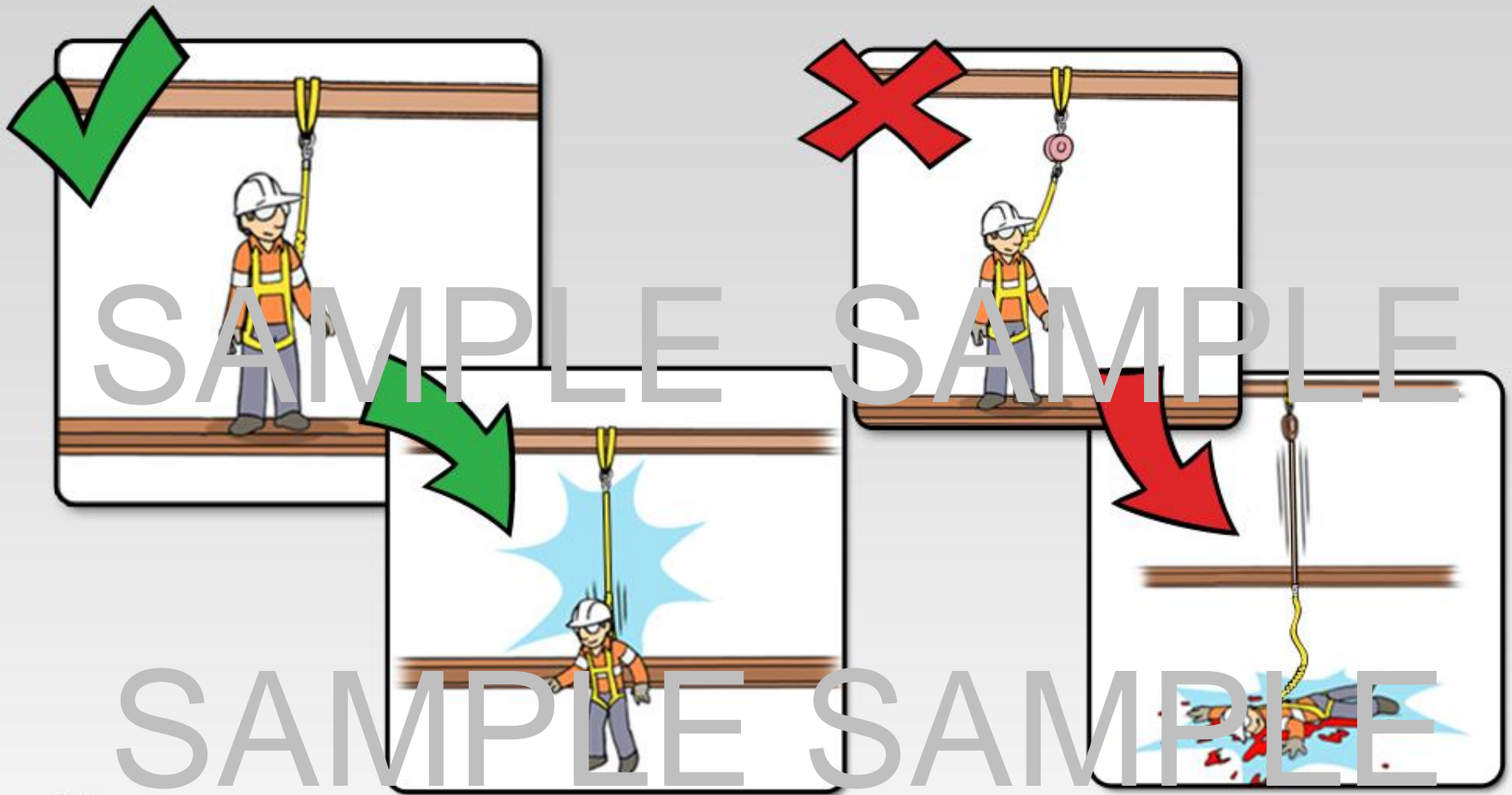


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***Angle from vertical of Shock Absorber Lanyards:***

- Be conservative when the anchor point is not directly above you

***As with Inertia Reels, allow for swing resulting from a fall***



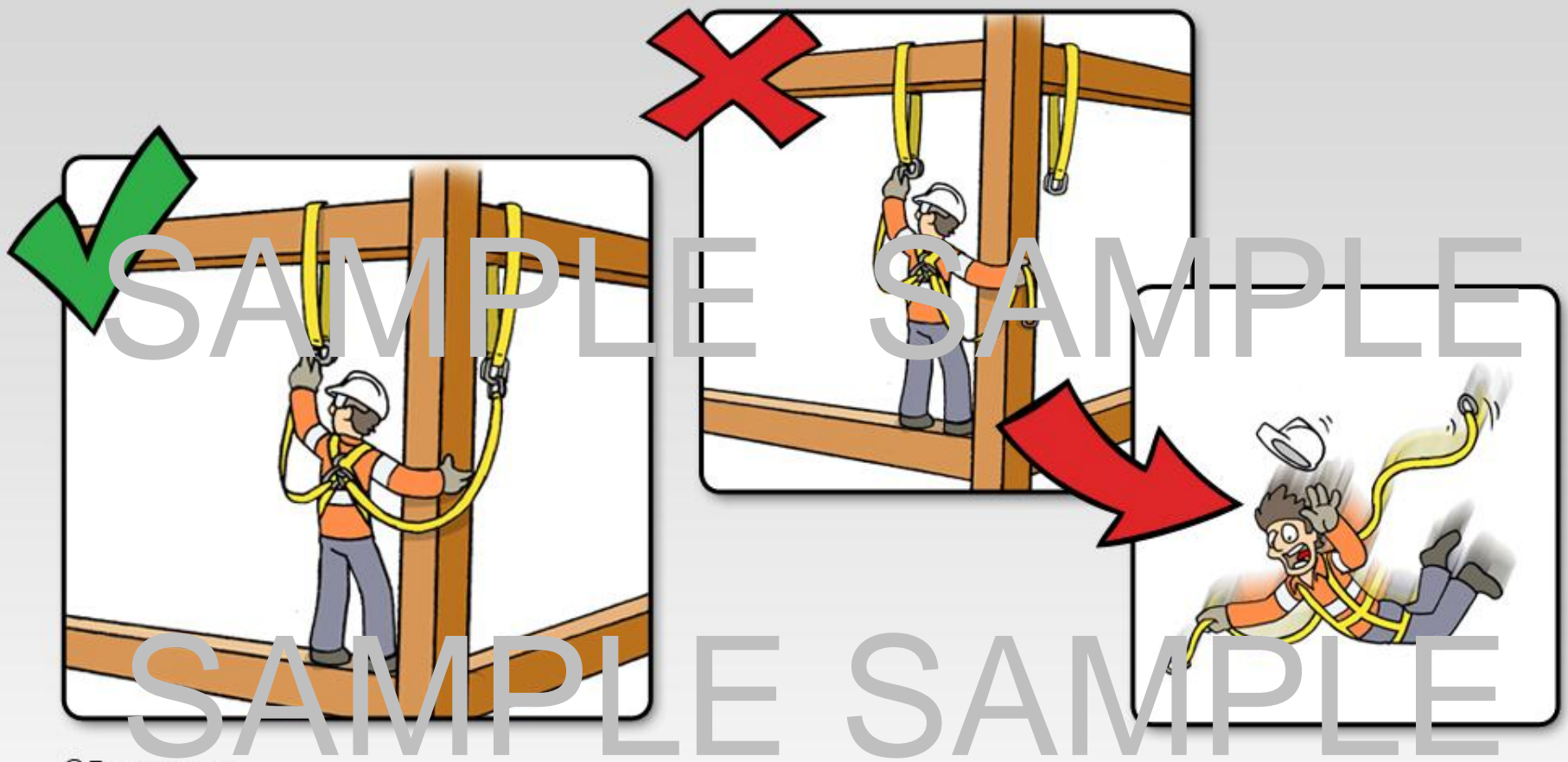
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***DO NOT attach Energy Absorber Lanyards to Inertia Reels:***

- The tearing of the energy absorber may disengage the inertia reel brake

***You can fall further than you expect!***





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***When using dual lanyards, apply 100% Hook Up:***

- Always have one lanyard attached to an anchor point
- Concentrate when working at heights

***One lapse in concentration can be fatal!***

SAMPLE SAMPLE



SAMPLE SAMPLE

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It's the stopping that's the problem!!!