

“JOBSITE SAFETY” ~ ILLUSTRATED SERIES

AN OCCUPATIONAL SAFETY & HEALTH TRAINING SERIES FOR HIGH HAZARD INDUSTRIES

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PERSONAL FALL ARREST SYSTEM (PFAS)

A personal fall arrest system is one option of protection that OSHA requires for workers on construction sites who are exposed to vertical drops of 7 ½ ft (Cal) / 6 ft (Fed) or more. A PFA is used to stop an employee during a fall from a working level and to keep him or her from hitting a lower level or structure. The system consists of an anchorage, connectors, and a body harness. It may include a lanyard, a lifeline, a deceleration device, or suitable combinations of these.



A PFA System must meet the following requirements:

- a. Must limit the max arresting force on an employee to 1,800 lbs
- b. Must be rigged such that employee can neither free fall more than 6 ft nor contact any lower level; the anchor end of the lanyard shall be secured at a level not lower than the employee’s waist.
- c. Anchorage Point (*left*) must be able to support 5,000 lbs per employee attached, or:
 1. Must be designed, installed, used as part of complete PFA system with safety factor of 2
 2. Under the supervision of a qualified person

- d. PFA lifeline must be able to support 5,000 lbs; each employee must be attached to a separate lifeline; the lower end of the vertical lifeline must extend to within 4 ft from the ground; horizontal lifeline system must be designed, installed, used under supervision of a qualified person.

