

Working at Heights Equipment



Fall Protection Equipment

Harnesses

5 Categories **ADELP**:

- A** Fall Arrest
- D** Controlled Descent
- E** Confined Space
- L** Ladder Use
- P** Work Positioning

Lanyards

Shock Absorbing for Fall Arrest; Non-Shock Absorbing for travel restraint; Selfretracting

Lifelines

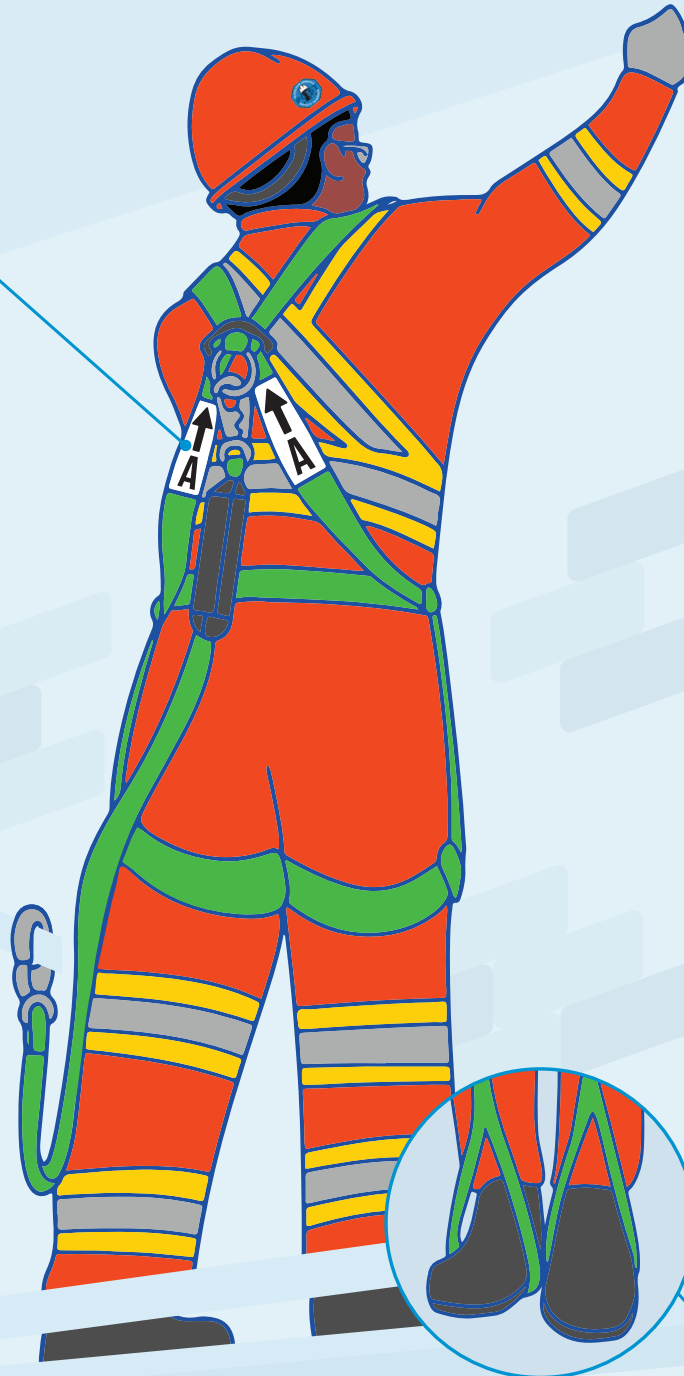
Vertical, Horizontal, Retractable or Static

Rope Grabs

Used in conjunction with Lifelines

Anchors

Must be engineered



Inspecting Equipment

Workers must inspect and identify equipment deficiencies, **refuse to use sub-standard equipment**, and report any issues as required by law.

- ⚠️ Employers/Supervisors cannot threaten or dismiss workers for exercising their rights
- ⚠️ Defective, Personal Fall Protection Equipment must be destroyed
- ⚠️ Some jurisdictions require certification to inspect equipment

Relief Step Safety Device

Avoid risk of **Suspension Trauma**.

- ⚠️ Prolonged hanging causes blood to pool in the legs, leading to **unconsciousness and potentially death**. Additionally, if the victim is laid down immediately after rescue, the rush of blood can overload the heart—**leading to death**.

To prevent suspension trauma, use a **Relief-Step Safety Device**.

Allows the user to stand, ensuring proper blood flow.



Fall Protection Plans

A fall protection plan is a pre-planned strategy—it includes essential information about **equipment types and locations needed for the rescue process**.