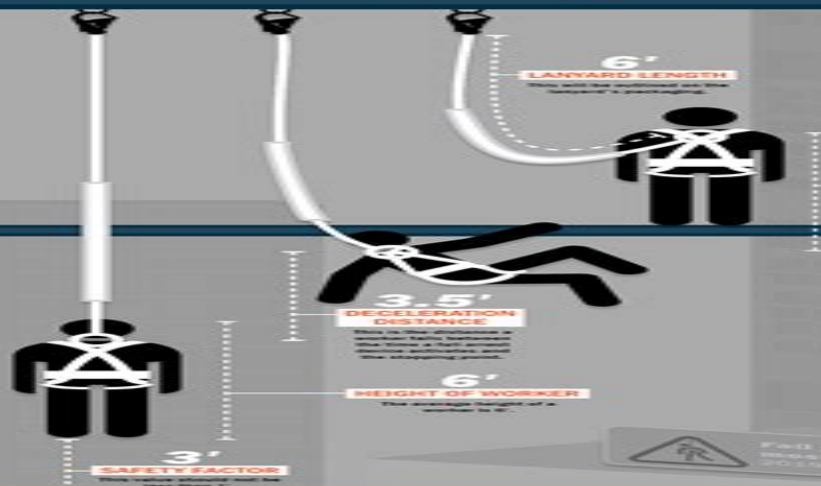


# OSHA FALL PROTECTION EQUIPMENT & FALL CLEARANCE CALCULATIONS



## How to Calculate Fall Clearance Distance

USING A SHOCK-ABSORBING LANYARD & D-RING ANCHORAGE CONNECTOR



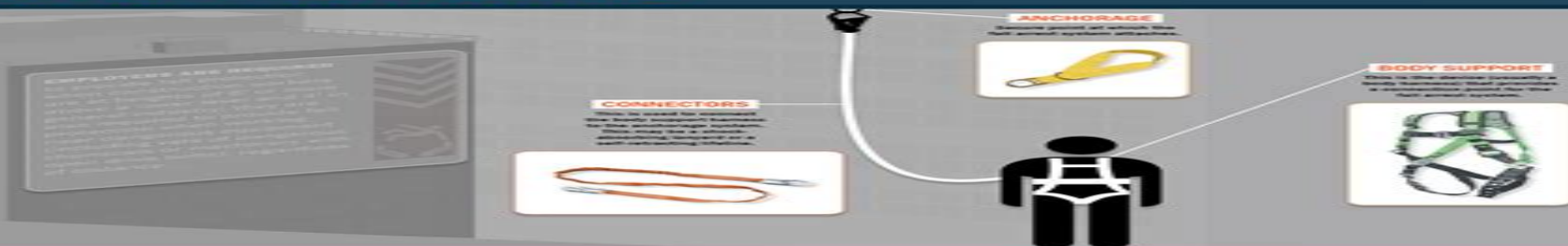
LANYARD LENGTH
+
DECELERATION DISTANCE
+
HEIGHT OF WORKER
+
SAFETY FACTOR
=
TOTAL FALL CLEARANCE DISTANCE

### USING A RETRACTABLE LIFELINE

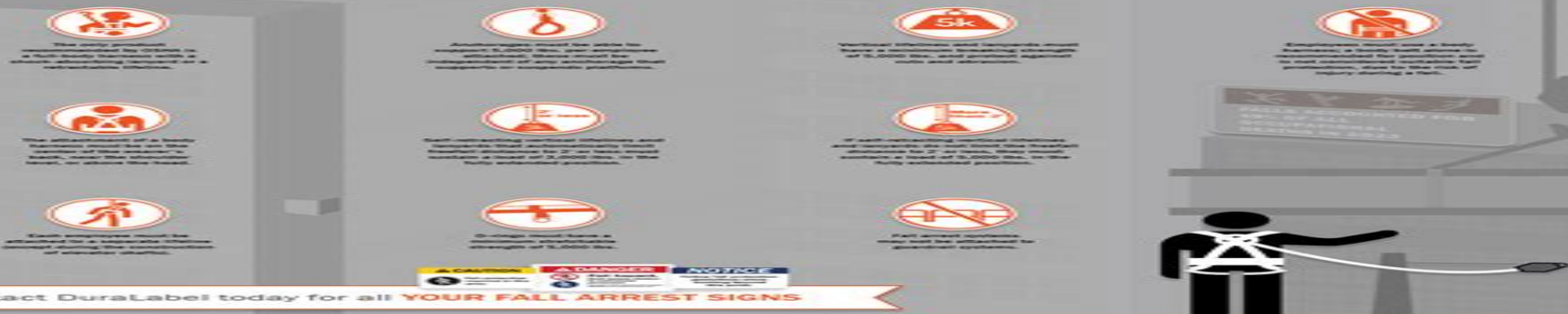
Retractable lifelines are designed to provide a constant length of lifeline between the worker and the anchorage point. They are typically used in conjunction with a shock-absorbing lanyard and a D-ring anchorage connector. The total fall clearance distance is calculated as follows:

**19.5'**  
**TOTAL FALL CLEARANCE DISTANCE**  
The total distance a worker will travel after the lanyard begins to stretch and before the worker comes to a complete stop.

## Necessary Elements of an Effective Fall Arrest System



## OSHA Requirements for Fall Arrest Systems



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# Fall Clearance Oscar Predictions Last 90 Days

**Clemens Wendtner**



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