

FALL PROTECTION: As Easy as 1-2-3

On average annually, MSHA issued 111 fall-related imminent danger orders for using the personal fall arrest system incorrectly or not at all.*



1. SELECT AND INSPECT

Select a stable anchorage and anchorage connector with the required strength, a full body harness that fits your body, and a lanyard type and length based on the work application and fall distance. Inspect your harness and lanyard for cuts, tears, dirt, grease, or burn marks. Remove all damaged items from service.



2. PUT ON

Put on your full body harness and make the necessary adjustments for a correct fit. A proper fit of the straps around the thighs, pelvis, waist, and shoulders is critical to the performance of the system.



3. TIE OFF

Attach the lanyard to the full body harness D-ring first and then connect the snap-hook of the lanyard to the anchorage connector or life line.

! Ensure that the anchorage point is rated for 5,000 pounds for each person attached and that all necessary safety fall prevention training is up to date.

To learn more, visit [cdc.gov/niosh/mining](https://www.cdc.gov/niosh/mining)

* Reported data based on an analysis of 1,057 imminent danger orders issued by MSHA between 2010 and 2017. Recommendations are based on OSHA 29 CFR 1910.140, Personal fall protection systems.