

Chapter 20 – Appendix A: Definitions

A. DEFINITIONS

- (1) **Active Fall Protection** – Includes fall restraint and fall arrest.
- (2) **Anchor, or anchor points** – Anchorage that is securely attached to the building and capable of withstanding a 5,000 pound static load.
- (3) **Arresting force** – The force needed to stop the worker from falling (limited to 1800 lb. for body harness)
- (4) **Body belt** – A Type 1 safety belt used in conjunction with lanyard or lifeline for fall restraint only.
- (5) **Body harness** – Straps which may be secured about the employee in a manner that will distribute the fall arrest forces over at least the thighs, pelvis, waist, chest and shoulders with means for attaching it to other components of a personal fall arrest system.
- (6) **Buckle** – Any device for holding the body belt or body harness closed around the employee's body
- (7) **College** – Portland Community College.
- (8) **Competent person** – One who is capable of identifying existing and predictable hazards in the surroundings or working conditions which are hazardous, or dangerous to employees, and who has authorization to take prompt corrective measures to eliminate them.
[Note: For the ease of the reader, this definition is reprinted here from 1926.32]
- (9) **Connector** – A device which is used to couple (connect) parts of the personal fall arrest system and positioning device systems together. It may be an independent component of the system, such as a carabiner, or it may be an integral component of part of the system (such as a buckle or dee-ring sewn into a body belt or body harness, or a snap-hook spliced or sewn to a lanyard or self-retracting lanyard).
- (10) **Control** – Exercising restraint, directing influence over, or to have power over.
- (11) **Control Access Zone (CAZ)** – The area between the warning line and the unprotected sides and the walking/working surface beginning at 6-feet back from the leading edge.
- (12) **Dangerous** – Conditions or practices in any place of employment which could reasonably be expected to cause death or serious physical harm that can be eliminated through the enforcement of procedures.
- (13) **Deceleration device** – Any mechanism, such as a rope grab, rip-stitch lanyard, specifically-woven lanyard, tearing or deforming lanyards, automatic self-retracting lifelines/lanyards, etc., which serves to dissipate a substantial amount of energy during a fall arrest, or otherwise limit the energy imposed on an employee during fall arrest.
- (14) **Deceleration distance** – The additional vertical distance a falling employee travels, excluding lifeline elongation and free fall distance, before stopping, from the point at which the deceleration device begins to operate. It is measured as the distance between the location of an employee's body belt or body harness attachment point at the moment of activation (at the onset of fall arrest forces) of the deceleration device during a fall, and the location of that attachment point after the employee comes to a full stop.
- (15) **EH&S** – Environmental Health and Safety.
- (16) **Engineering controls** – To protect the worker from exposure to potential falls.
- (17) **Failure** – Load refusal, breakage, or separation of component parts. Load refusal is the point where the ultimate strength is exceeded.

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- (18) **Fall Arrest** – Utilizes equipment to stop a fall after it occurs.
- (19) **Fall Clearance Calculation** – The method for calculating the fall distance of a person in a harness from a height so not to hit the ground. The following are the symbols used in this calculation:
 - C = Clearance to obstruction**, minimum safety factor of 3-feet (1m) minimum
 - DD = Deceleration Distance**, energy absorber distance / limit fall to a distance of 5-feet (1.75m) + and harness stretch of 1-foot (0.25m) maximum distances.
 - FFD = Free-Fall Distance**, fall before arresting devices engage at 6-feet (2m) min.
 - RD = Required Distance**, stopping fall below working surface to nearest obstruction
- (20) **Fall Protection** – Protecting personnel from a fall of four-feet or more to the ground.
- (21) **Fall Protection Work Plan (FPWP)** – A form which documents the potential fall hazards and protection methods best used to arrest and/or restrain a worker at height.
- (22) **Fall Restraint** – Prevents a person from reaching a fall hazard.
- (23) **Fall protection system [437-003-1500(2)]** – Personal fall arrest system, personal fall restraint system, positioning device system, guardrail system, safety net system, warning line system, or safety monitoring system.
- (24) **Free fall** – The act of falling before a personal fall arrest system begins to apply force to arrest the fall, NOT to exceed six (6) feet.
- (25) **Free fall distance** – The vertical displacement of the fall arrest attachment point on the employee's body belt or body harness between onset of the fall and just before the system begins to apply force to arrest the fall. This distance excludes deceleration distance, and lifeline/lanyard elongation, but includes any deceleration device slide distance or self-retracting lifeline/lanyard extension before they operate and fall arrest forces occur.
- (26) **Guardrail system** – A passive barrier erected to prevent employees from falling to lower levels. Guardrails shall be 42 inches \pm 3 inches above the walking/working level in height [§1926.502(b)(1)]
- (27) **Hazard** – A source of danger.
- (28) **Hoist** – To raise into position by or as if by means of tackle.
- (29) **Hole** – A gap or void 2 inches (5.1 cm) or more in its least dimension, in a floor, roof, or other walking/working surface.
- (30) **Lanyard** – A flexible line of rope, wire rope, or strap which generally has a connector at each end for connecting the body belt or body harness to a deceleration device, lifeline, or anchorage.
- (31) **Leading edge** – The edge of a floor, roof, or formwork for a floor or other walking/ working surface (such as the deck) which changes location as additional floor, roof, decking, or formwork sections are placed, formed, or constructed. A leading edge is considered to be an "unprotected side and edge" during periods when it is not actively and continuously under construction.
- (32) **Lifeline** – A component consisting of a flexible line for connection to an anchorage at one end to hang vertically (vertical lifeline), or for connection to anchorages at both ends to stretch horizontally (horizontal lifeline), and which serves as a means for connecting other components of a personal fall arrest system to the anchorage.

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- (33) **Lower levels** – Those areas or surfaces to which an employee can fall. Such areas or surfaces include, but are not limited to, ground levels, floors, platforms, ramps, runways, excavations, pits, tanks, material, water, equipment, structures, or portions thereof.
- (34) **Mechanical equipment** – All motor or human propelled wheeled equipment used for roofing work, except wheelbarrows and mopcars.
- (35) **Midrail** – A rail that is located midway between the top rail and the walking/working level, and able to withstand a force of 150 pounds applied in any downward or outward direction.
- (36) **Netting** - Passive net barrier erected to prevent employees from falling to lower levels
- (37) **OAR** – Oregon Administrative Rules.
- (38) **OR OSHA** – Oregon OSHA.
- (39) **OSHA** – Occupational Safety and Health Administration.
- (40) **Opening** – A gap or void, 30 inches (76 cm) or more high and 18 inches (48 cm) or more wide, in a wall or partition, through which employees can fall to a lower level.
[Note: Overhand bricklaying from scaffolds is addressed in Subdivision L.]
- (41) **Passive fall protection** - A fall protection system includes guard rails, and netting
- (42) **Personal fall arrest system (PFAS)** – A system used to arrest an employee in a fall from a working level. It consists of an anchorage, connectors, a body belt or body harness and may include a lanyard, deceleration device, lifeline, or suitable combinations of these [as of January 1, 1998, the use of a body belt for fall arrest is prohibited].
- (43) **Personal fall restraint system [437-003-1500(3)]** – A fall protection system that prevents the user from falling any distance. The system is comprised of either a body belt or body harness, along with an anchorage, connectors and other necessary equipment. The other components typically include a lanyard, and may also include a lifeline and other devices.
- (44) **PCC** – Portland Community College, or 'College'.
- (45) **PPE** – Personal protective equipment.
- (46) **Qualified person** – One who, by possession of a recognized degree, certificate or professional standing, or who by extensive knowledge, training and experience, has successfully demonstrated his/her ability to solve or resolve problems relating to the subject matter, the work or the project.
- (47) **Rake edge [437-003-1500(4)]** – The inclined roof edges, such as those on the gable end of a building.
- (48) **Rope grab** – A deceleration device which travels on a lifeline and automatically, by friction, engages the lifeline and locks so as to arrest the fall of an employee. A rope grab usually employs the principle of inertial locking, cam/level locking, or both.
- (49) **Roof** – The exterior surface on the top of a building. This does not include floors or form work which, because a building has not been completed, temporarily become the top surface of a building.
- (50) **Roofing work [437-003-1500(5)]** – the hoisting, storage, application, and removal of roofing materials and equipment, including related insulation, sheet metal, and vapor barrier work, but not including the construction of the roof deck and leading edge work.
- (51) **Safety monitor system (SMS)** – A safety system in which a competent person is responsible for recognizing and warning employees of fall hazards.
- (52) **Scaffold** – A platform at a height above ground or floor level.

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- (53) **Self-retracting lifeline/lanyard** – A deceleration device containing a drumwound line which can be slowly extracted from, or retracted onto, the drum under slight tension during normal employee movement, and which, after onset of a fall, automatically locks the drum and arrests the fall.
- (54) **Snaphook** – A connector comprised of a hook-shaped member with a normally closed keeper, or similar arrangement, which may be opened to permit the hook to receive an object and, when released, automatically closes to retain the object. Snaphooks are generally one of two types:
- (1) The locking type with a self-closing, self-locking keeper which remains closed and locked until unlocked and pressed open for connection or disconnection; or
 - (2) The non-locking type with a self-closing keeper which remains closed until pressed open for connection or disconnection. As of January 1, 1998, the use of a non-locking snaphook as part of personal fall arrest systems and positioning device systems is prohibited.
- (55) **Stanchion** – An upright bar, post, or support.
- (56) **Tie-Off** (see 'Anchor').
- (57) **Toprail** – A rail that is 42 inches (+/- 3 inches) above the walking/working level, and able to withstand a force of 200 pounds when applied in any downward or outward direction.
- (58) **Toeboard** – A rail that must be four inches in height, securely fastened, and located at the working surface, and required for all guardrails on elevated walking or working platforms where employees working below are exposed to falling objects.
- (59) **Unprotected** – Any side or edge (except at entrances to points of access) of a walking/working surface, e.g., floor, roof, ramp, or runway where there is no wall or guardrail system at least 39 inches (1.0 m) high.
- (60) **Walking/working surface [437-003-1500(6)]** – Any surface, whether horizontal or vertical on which an employee walks or works, including, but not limited to, floors, roofs, ramps, bridges, run- ways, formwork, beams, columns, trusses and concrete reinforcing steel but not ladders, vehicles, or trailers, on which employees must be located in order to perform their job duties.
- (61) **Warning line system** – A visual or physical barrier, either painted on, or erected on a roof, to warn employees that they are approaching an unprotected roof side or edge, and which designates an area in which roofing work may take place without the use of guardrail, body belt, or safety net systems to protect employees in the area.

Note: For the ease of the reader, this definition is reprinted here from 1926.32.

Stat. Auth.: ORS 654.025(2) and 656.726(4).

Stats. Implemented: ORS 654.001 through 654.295.

Hist: OR-OSHA Admin. Order 6-2002, f. 7/19/02, ef. 7/19/02. OR-OSHA Admin. Order 2-2016, f. 3/1/16, ef. 10/1/17.