

## Fall Protection – Appendix A: Definitions

**Anchorage** - a secure point of attachment for equipment such as lifelines, lanyards, or deceleration devices.

**Body Harness** - straps that secure the employee in a manner to distribute the fall arrest forces over at least the thighs, pelvis, waist, chest, and shoulders, with a means for attaching the harness to other components of a complete personal fall protection system.

**Carabiner** - a connector generally composed of a trapezoidal or oval shaped body with a closed gate or similar arrangement that may be opened to attach another object and, when released, automatically closes to retain the object.

**Competent Person** - a person who is capable of identifying existing and predictable hazards in any personal fall protection system or any component of it, as well as in their application and uses with related equipment, and who has authorization to take prompt, corrective action to eliminate the identified hazards.

**Connector** - a device used to couple (connect) parts of the fall protection system together.

**D-ring** - a connector used:

- (i) In a harness as an integral attachment element or fall arrest attachment;
- (ii) In a lanyard, energy absorber, lifeline, or anchorage connector as an integral connector; or
- (iii) In a positioning or fall restraint system as an attachment element.

**Deceleration Device** - any mechanism that serves to dissipate energy during a fall, such as a rope grab, rip-stitch lanyard, automatic self-retracting lifelines, etc.

**Deceleration Distance** - the vertical distance a falling employee travels from the point at which the deceleration device begins to operate, excluding lifeline elongation and free fall distance, until stopping. It is measured as the distance between the location of an employee's 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.

**Designated Area** - A distinct portion of a walking-working surface delineated by a warning line in which employees may perform work without additional protection. Designated areas can only be used on low-slope roofs (2:12 pitch) if the work being performed is between 6' and 15' from the edge and is both infrequent and temporary.

**Free Fall** - the act of falling before the personal fall arrest system begins to apply force to arrest the fall.

**Free fall distance** - the vertical displacement of the fall arrest attachment point on the employee's 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, lifeline and lanyard elongation, but includes any deceleration device slide distance or self-retracting lifeline/lanyard extension before the devices operate and fall arrest forces occur.

**Infrequent Work**- Regular maintenance that is performed no more than once per month, or work that is performed sporadically as needed. Examples of infrequent tasks include annual maintenance or servicing of equipment, monthly or quarterly replacement of batteries or HVAC filters, and responding to an equipment outage or breakdown.

**Lanyard** - a flexible line of rope, wire rope, or strap that generally has a connector at each end for connecting the body belt or body harness to a deceleration device, lifeline, or anchorage.

**Lifeline** - a component of a personal fall protection system consisting of a flexible line for connection to an anchorage at one end so as to hang vertically (vertical lifeline), or for connection to anchorages at both ends so as to stretch horizontally (horizontal lifeline) and serves as a means for connecting other components of the system to the anchorage.

**Personal Fall Arrest System** - a system used to arrest an employee in a fall from a walking-working surface. It consists of a body harness, anchorage, and connector. The means of connection may include a lanyard, deceleration device, lifeline, or a suitable combination of these.

**Personal Fall Restraint System** - a system used to prevent the employee from being exposed to a fall hazard by restricting their travel along an elevated surface. This will typically include a horizontal lifeline (HLL) established across two or more anchor points. Included in a complete personal fall restraint system is a fall restraint lanyard, full-body harness, and connector.

**Positioning System** - a system of equipment and connectors that, when used with a body harness, allows an employee to be supported on an elevated vertical surface, such as a wall or windowsill, and work with both hands free. Positioning systems also are called "positioning system devices" and "work-positioning equipment."

**Qualified Person** - describes a person who, by possession of a recognized degree, certificate, or professional standing, or who by extensive knowledge, training, and experience has successfully demonstrated the ability to solve or resolve problems relating to the subject matter, the work, or the project.

**Rope Grab** - a deceleration device that 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/lever locking, or both.

**Safety Factor** - the ratio of the design load and the ultimate strength of the material

**Self-retracting lifeline/lanyard** - a deceleration device containing a drum-wound line that can be slowly extracted from, or retracted onto, the drum under slight tension during normal movement by the employee. At the onset of a fall, the device automatically locks the drum and arrests the fall.

**Snap hook** - a connector consisting of a hook-shaped body with a normally closed gate, or similar arrangement that may be manually opened to permit the hook to receive an object. When released, the snap hook automatically closes to retain the object. Opening a snap hook requires two separate actions. Snap hooks are generally one of two types:

- (i) Automatic-locking type (permitted) with a self-closing and self-locking gate that remains closed and locked until intentionally unlocked and opened for connection or disconnection; and
- (ii) Non-locking type (prohibited) with a self-closing gate that remains closed, but not locked, until intentionally opened for connection or disconnection.

**Temporary Work** - the task that the employee performs is brief or short where the time it takes to complete the work is less than 2 hours.

**Warning Line** - a barrier erected on a roof to warn employees that they are approaching an unprotected roof side or edge, in which a designated area is established where roofing may take place without the use of other means of fall protection. Must consist of ropes, wires, or chains, and supporting stanchions as well as flagged at no more than 6' intervals with high-visibility material.