



Occupational health and safety regulations require workers to use a fall protection system:

- Where they could fall at **4 feet or more** on a walking-working surface
- Where they could fall **10 feet or more** to the ground or lower level
- Where a fall from a **lesser height** may result in serious injury
- The following table indicates how far you can fall in just a few seconds:

Distance	Seconds
4'	0.5
16"	1
64'	2
144'	3
256'	4

- It is essential to realize that after 1 second, a body in free fall travels 120 miles per hour!
- Workers must be trained and thoroughly understand the safe use and limitations of personal fall protection equipment, including harnesses, lanyards, and lifelines.
- You may not have time to grab hold of something safe, but you can still prevent a tragedy. A properly maintained and worn full-body harness attached to a secure anchor could save your life.