

Job site: \_\_\_\_\_  
 Foreman: \_\_\_\_\_

Date: \_\_\_\_\_  
 G.C. \_\_\_\_\_

**SMOHIT Safety Sense**  
 Toolbox Talks for the Sheet Metal Industry

**Personal Fall Arrest Systems**

- Fall arrest systems are designed for workers to wear in the event that they fall from a high elevation. They are designed to stop workers from falling before hitting the ground with as little shock and recoil as possible, or to completely prevent a fall from happening.
- A full body harness reduces the impact caused by a fall and spreads pressure evenly over your thighs, chest, shoulders, and pelvis.
- Body belts should never be part of a personal fall arrest system because once the lanyard plays out and stops the fall, your body can be severely affected around your waist, leading to serious injury.
- When stopping a fall, an arrest system must:
  - limit maximum arresting force to 1,800 pounds;
  - be rigged so that a worker cannot free fall more than 6 feet or contact a lower level;
  - bring a worker to a complete stop and limit maximum deceleration distance to 3½ feet; or
  - be able to withstand twice the potential impact energy of a worker free falling a distance of 6 feet, or the free fall distance permitted by the system, whichever is less.
- To maintain their service life and high performance, all belts and harnesses should be inspected frequently. Damage to fall arrest systems includes burns, hardening due to chemical contact, and excessive wear. Visually inspect your fall arrest system before each use. Fall arrest systems must be inspected monthly by a competent person. If any defects are found, take equipment out of service and replace or have repaired.

**Instructor Tips**

- **Emphasize to workers that body belts should never be part of a personal fall arrest system.**

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