

As we continue with our Safety Series of articles from the Summer 2006 newsletter. You may wish to reread the Fall and Summer issues just to refresh your memory. If you have misplaced your issues they are available on the USSC site [www.USSC.org](http://www.USSC.org) or my site [www.rkw-consulting.com](http://www.rkw-consulting.com).

The information on the requirements is readily available at [www.osha.gov](http://www.osha.gov) and only some of the information will be reprinted here. Please take the time to download and read all the information carefully.

## Equipment Safety: Part I

### Safety belts, lifelines, and lanyards. - 1926.104

#### 1926.104(a)

Lifelines, safety belts, and lanyards shall be used only for employee safeguarding. Any lifeline, safety belt, or lanyard actually **subjected to in-service loading**, as distinguished from static load testing, shall be immediately removed from service and shall not be used again for employee safeguarding.

*Commentary: The above regulation refers to the care and use of the safety equipment. This means that you cannot use the same rope as a guide line for hoisting and then as a safety line. Once the rope has been used (**subjected to in-service loading**,) it will need to be removed from service.*

#### 1926.104(b)

Lifelines shall be secured above the point of operation to an anchorage or structural member capable of supporting a minimum dead weight of 5,400 pounds.



*Commentary: The identification of an attachment point is always subject to interpretation in my opinion.*

*Every time we select an attachment point I doubt that we have an engineer evaluate the location.*

*Good common sense and overkill should prevail.*



*The safety equipment, belts, lanyards, and connectors are easy to select because they are marked or tagged for strength and use.*

*The equipment contact points have been evaluated for the attachment of safety equipment.*

*When in doubt, ask for help.*

#### **1926.104(c)**

Lifelines used on rock-scaling operations, or in areas where the lifeline may be subjected to cutting or abrasion, shall be a minimum of 7/8-inch wire core manila rope. For all other lifeline applications, a minimum of 3/4-inch manila or equivalent, with a minimum breaking strength of 5,400 pounds, shall be used.

#### **1926.104(d)**

Safety belt lanyard shall be a minimum of 1/2-inch nylon, or equivalent, with a maximum length to provide for a fall of no greater than 6 feet. The rope shall have a nominal breaking strength of 5,400 pounds.



#### **1926.104(e)**

All safety belt and lanyard hardware shall be drop forged or pressed steel, cadmium plated in accordance with type 1, Class B plating specified in Federal Specification QQ-P-416. Surface shall be smooth and free of sharp edges.

#### **1926.104(f)**

All safety belt and lanyard hardware, except rivets, shall be capable of withstanding a tensile loading of 4,000 pounds without cracking, breaking, or taking a permanent deformation.

[59 FR 40729, Aug. 9, 1994; 60 FR 5131, Jan. 26, 1995; 60 FR 39254, Aug. 2, 1995]

## **GENERAL FALL PROTECTION CONSIDERATIONS :**

(reprinted from [www. Millerfallprotection.com](http://www.Millerfallprotection.com)) a bacou-dalloz company

**Warnings:** Always read all instructions and warnings contained on the product and the packaging before using any fall protection equipment.

**Inspection:** All fall protection equipment should be inspected prior to each use.

**Training:** All workers should be trained by a Competent Person in the proper use of fall protection products.

**Regulations:** Understand all Federal, State, Local and Provincial regulations pertaining to fall protection before selecting and using the equipment.

**Rescue Planning:** Minimizing the time between a fall occurrence and medical attention of the worker is vitally important. A thorough rescue program should be established prior to using fall protection equipment.

**Equipment Preferences:** The basic Personal Fall Arrest System consists of a full-body harness, a connecting device such as a shock-absorbing lanyard or retractable lifeline; and an anchorage/anchorage connector. If there are any doubts about which fall protection products to use, contact your Miller Distributor or call Miller Customer Service toll-free at 800.873.5242.

**System Components:** Only components that are fully compatible with one another should be used. Fall arrest systems are designed and tested as complete systems and should be used in this way.

**What to do after a Fall:** After a fall occurs, all components of the fall arrest system should be removed from service.

In addition to this excellent information, I would suggest you contact your safety equipment provider for their training and support. Miller also has a 44 page "Smart Policy MillerGuide", which is downloadable from their site, or available from your safety equipment provider. ([www.millerfallprotection.com](http://www.millerfallprotection.com))

This would be an excellent handout at your weekly safety meetings. Always document your safety meetings and the products discussed and handouts for your permanent reports. Remember, not only rock stars like records, but your government does as well.

Questions or comments [randy@ussc.org](mailto:randy@ussc.org)

Photo's Compliments of Lamar Outdoor Advertising; RKW Consulting; Miller Fall Protection.