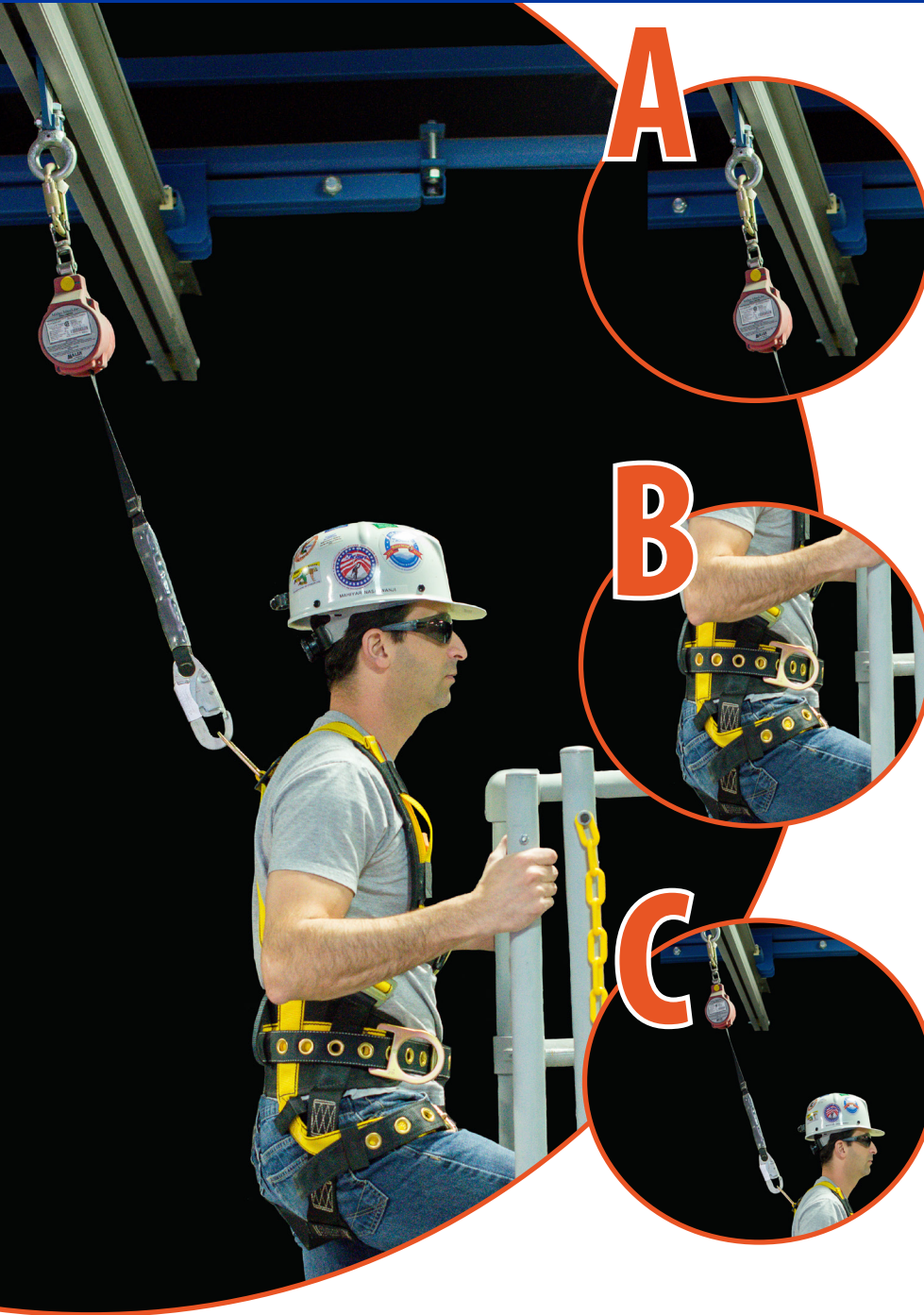


# FALL PROTECTION: As Simple as A-B-C

On average annually, MSHA issued 111 fall-related imminent danger orders for using the personal fall arrest system incorrectly or not at all.\*



## A

## ANCHOR

Ensure that the tie-off point, consisting of either an anchorage and anchorage connector or a life line, is directly overhead.

## B

## BODY HARNESS

Be certain to use a full body harness that is sized to fit your height and weight, with a D-ring on the back to attach the lanyard snap-hook. The correct fit adjustments of the straps around the thighs, pelvis, waist, and shoulders are critical to the performance of the system.

## C

## CONNECTING DEVICE

Select the appropriate connecting device between the anchorage connector or life line and the D-ring of the full body harness that best suits the conditions of the work environment. Consider the fall distance and the work activity to be performed when making the selection.

! Ensure that the anchorage point is rated for 5,000 pounds for each person attached and that all necessary safety fall prevention training is up to date.

To learn more, visit [cdc.gov/niosh/mining](https://cdc.gov/niosh/mining)

\* Reported data based on an analysis of 1,057 imminent danger orders issued by MSHA between 2010 and 2017. Recommendations are based on OSHA 29 CFR 1910.140, Personal fall protection systems.



Centers for Disease Control and Prevention  
National Institute for Occupational Safety and Health