



Fall restraint or fall arrest?

In choosing a fall protection system, you should first consider installing guardrails or barriers. They provide a high degree of protection once installed properly.

However, installing guardrails or barriers at a worksite is not always practical. That's when you may need personal fall protection equipment.

Fall restraint systems **prevent** you from falling.

Examples include:

- Work-positioning systems—using either safety belts or full body harnesses that attach you to an anchor and leave both your hands free
- Travel-restriction systems—personal fall protection equipment used to prevent you from travelling to an edge from which you may fall

NOTE: In a fall restraint system, a line is attached to an anchor and to your harness or safety belt in such a way that you cannot fall. The anchor must be able to withstand 3.5 kN (800 lb.).

Fall arrest systems protect you **after** you fall by stopping the fall before you hit the surface below.

Examples include:

- Full body harnesses connected by lanyards or lifelines to secure anchors. The harness must be attached to an anchor that is able to withstand 22 kN (5000 lb.) or two times the maximum arrest force.
- Safety nets



This is an example of a fall restraint system. The worker cannot fall off the edge.



This is an example of a fall arrest system.

Project: _____ Address: _____

Employer: _____ Supervisor: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Other safety issues or suggestions made by crew members:

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
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15.		

Manager's remarks: _____

Manager: _____ Supervisor: _____

(signature)

(signature)



WORKING TO MAKE A DIFFERENCE
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