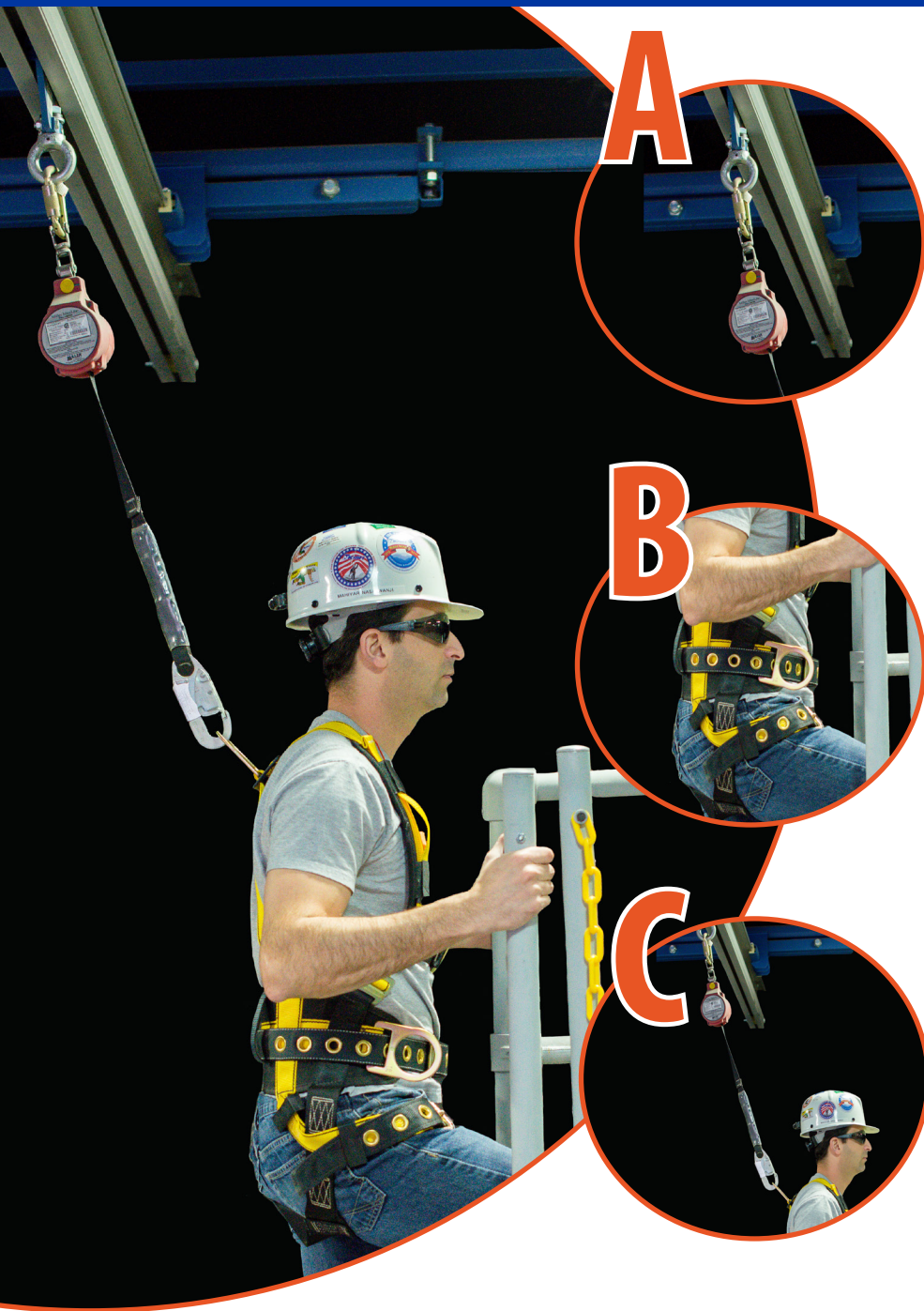


# FALL PROTECTION: As Simple as A-B-C

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)**



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

\* 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.