

Fall Clearance Calculation Using an SRL

- AH:** Anchor Height
- WH:** Worker Height (standing)
- CR:** Clearance Required
- FFD:** Free Fall Distance*
- DD:** Deceleration Distance*
- HS:** Harness Stretch*
- SF:** Safety Factor*
- SRL:** Self Retracting Lanyard Length

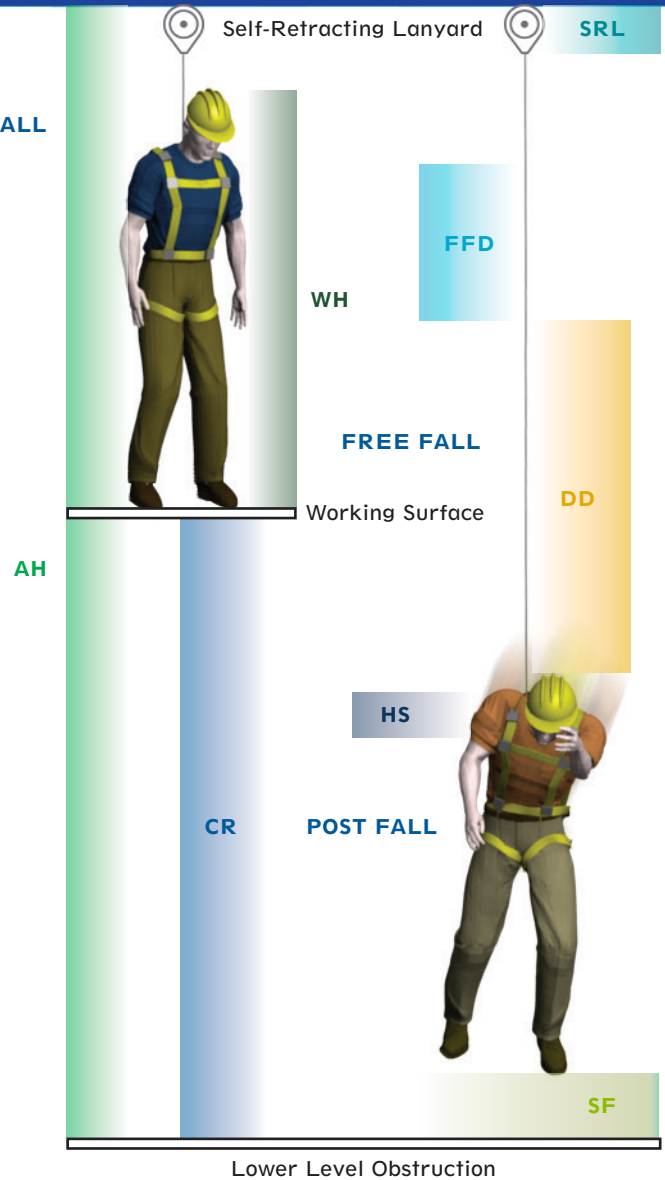
*All added up = Total Fall Distance (TFD)

NOTE: Total Fall Distance (TFD) must be less than the Clearance Required (CR)
(Total Fall Distance < Clearance Required)

- OSHA requires Free Fall Distance to be less than 24", but when using self-retracting lanyard (SRL), the typical activation distance is ~12".
OSHA Regulation: FFD = <24"
Typical Performance: FFD = 12"
- OSHA requires a maximum of 42" for Deceleration Distance.
OSHA Regulation: DD = 42"
Typical Performance: DD = 12"
- Harness stretch is 12" even when harness is worn correctly.
HS = 12"
- Safety Factor (18-36") can include factors like additional harness stretch, D-Ring movement and a buffer zone.
SF = 24"

Anchor Height:	
Self Retracting Lanyard Length =	18" (typical)
Free Fall Distance =	24"
Deceleration Distance =	42"
Harness Stretch =	12"
Worker Height =	60"
Safety Factor =	24"
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Anchor Height:	180" (15 feet)

BEFORE FALL



Fall Clearance:	
Free Fall Distance =	24"
Deceleration Distance =	42"
Harness Stretch =	12"
Safety Factor =	24"

Total Fall Distance: 102"* (8.5 feet)

*Shorter Fall Distance may be achieved based on Typical Performance