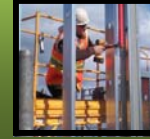


# Safety Training Works, Inc.

WA(425)531-2246, OR(503)356-0403 Ext 210



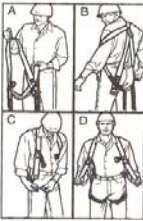
**FOCUS ON FALL PROTECTION...** Did you know fall hazards killed more workers in the construction industry than any other type of incident in Washington state during the years of 1998-2005. They accounted for 40 out of 114, or 30% of construction fatalities. The victims fell from ladders, scaffolding, roofs, unguarded building edges. And through roof, floor openings and skylights.

Did you know on any given day, a visit to any job site in the country will unveil fall protection equipment being used that is potentially dangerous because of wear, neglect, misuse or age/exposure. The combination of fall hazards not addressed and neglected fall protection equipment is deadly.

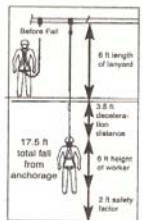
As stated in WAC 296-24-88050(6), personal fall arrest systems must be regularly inspected. Any component with any significant defect, such as cuts, tears, abrasions, mold or undue stretching; alterations or additions which might affect its efficiency; damage due to deterioration, contact with fire, acids or other corrosives; distorted hooks or faulty hook springs; tongues unfitted to the shoulder of buckles; loose or damaged mountings; nonfunctioning parts; wearing or internal deterioration in the ropes must be withdrawn from service immediately, and should be tagged or marked as unusable, or destroyed. **WHEN IN DOUBT THROW IT OUT!**

Please note each component in your fall arrest system will have specific inspection criteria and required inspection dates. For example full body harnesses have tags like these pictured:

**A** - Hold harness by dorsal D-ring and allow unbuckled straps to fall free  
**B** - Put on harness so that dorsal D-ring is in back between shoulder blades  
**C** - Attach/adjust shoulder and leg straps  
**D** - Tighten buckles, including chest strap, so that it fits snug but not tight  
SEE INSTRUCTION MANUAL(S) FOR FURTHER DETAILS



1 - Add length of lanyard (6 ft) and max elongation of shock absorber (3.5 ft) to the average height of worker (6 ft).  
2 - Add a safety factor of 2 ft to allow for improperly fit harness, taller worker and/or miscalculation of distance.  
3 - The 17.5 ft total is the suggested Safe Fall Clearance Distance. Proper anchorage must support 5,000 lbs while allowing for Safe Fall Clearance.



**INSPECTION GRID**  
SERIAL#  
**520067**

User must inspect as per instruction manual before each use.  
Competent person to inspect at least every **6 months**.  
Mark or punch on date grid:  
1) Initial service date.  
2) date of passed inspection.  
**If unit fails inspection, REMOVE FROM SERVICE AND DESTROY**

**DO NOT REMOVE LABEL**

	J	F	M	A	M	J	J	A	S	O	N	D
04												
05												
06												
07												
08												
09												
10												
11												

FT34N ALX

Each tag gives instructions for proper fit, safe fall clearance distances and an inspection grid, that has the serial number of equipment. **These tags are also clearly marked DO NOT REMOVE LABEL.** You must inspect your harness and lanyard before each use; it takes all of three minutes. A competent person must inspect your harness and lanyard every six months and mark or punch your grid on the tag. Don't forget to mark your initial date of service you put it into use. This is very important if you purchased fall protection equipment and it sat on the shelf in your warehouse for 18 months. We always mark our harnesses with **DOS (date of service): and the date**, so there is no question when these components went into service.

It clearly states in the ANSI A10.32-2004 service life of fall protection equipment manufactured of **synthetic fiber shall be 5 years** unless otherwise specified by manufacturer. (from date of 1st use DOS) and Semi-annual equipment inspection is required. Who's responsible for inspection and proper use? It's the employers responsibility. **Adopt a smart policy; train your employees, inspect your equipment, review job hazards and have a fall protection plan. Need more information regarding fall protection, call Valerie - (425)531-2246 cell phone or office (503)356-0403 ext 210.**