

Common Industry Definitions

Anchorage: A secure point of attachment for lifelines, lanyards, or deceleration devices.

Anchorage Connector: A component or system used to join the connecting device (lanyard, lifeline or deceleration device) to the anchorage.

Arresting Force: The force transmitted to the body when a fall is arrested. Also known as Fall Arrest Force.

Back Strap: All full body harnesses shall permanently incorporate a waist belt or a back strap, or other means of controlling the separation of the shoulder straps on the back of the full body harness.

Body Belt: A strap that is secured around the waist and is used for positioning or restraint only. Body belts are not used for fall arrest. Also known as a *safety belt*.

Body Harness: A design of straps which is secured about a person in a manner to distribute fall arresting forces over at least the thighs, pelvis, waist, chest and shoulders, with provisions for attaching it to other components of a personal fall arrest system. Also known as a *full body harness*.

Body Support: Personal protective equipment worn by a worker, such as a body belt or body harness.

Buckle: An integral connector used to attach straps or webbing segments together or to themselves.

Carabiner: A connector component generally composed of a trapezoidal or oval shaped body with a normally closed gate or similar arrangement which may be opened to permit the body to receive an object and, when released, automatically closes to retain the object. Carabiners used in personal fall protection should be self-closing and self-locking and only be capable of opening with two consecutive actions by the user.

Chest Strap (Shoulder Strap Retainer): Full body harness webbing that maintains the position of the shoulder straps on the user.

Confined Space: An enclosed area that is large enough and so configured that an employee can bodily enter and has the following characteristics: Its primary function is something other than human occupancy, has restricted entry and exit, and may contain potential or known hazards

Connector: A mechanism or device used to join together components of a personal fall arrest system (for example a carabiner) or parts of a component within the system (such as a D-ring on a body harness).

Connector (connecting component): A means for joining a component to (a) another component; or (b) an anchorage.

Connector, Class I: Examples include carabiner, D-Ring, O-Ring, Oval-Ring, self-locking connector, snap hook, soft loop.

Connector, Class II: Examples include buckles, Stitching and rope splicing.

Continuous Fall Protection: A fall protection system that is designed so that there is no unprotected exposure to an elevated fall hazard.

Deceleration Device: A device that absorbs or dissipates energy during a fall arrest.

Deceleration Distance: The additional vertical distance a falling person travels, excluding lifeline elongation and free fall distance, before stopping, from the point at which the deceleration device begins to operate. It is measured as the distance between the location of a person's body harness attachment point at the moment of activation (onset of fall arrest forces) of the deceleration device during a fall, and the location of that attachment point after the person comes to a full stop.

Dorsal: The location on a full body harness that corresponds to the area on the back of the user that falls between elevations that are 50 mm (2 in) above and 50 mm (2 in) below the shortest line joining the undersides of the armpits.

D-Ring: An integral "D" shaped connector commonly found on body wear and some anchorage connectors which allows for attaching a connecting device (lanyard, lifeline, or deceleration device).

Energy-Absorbing Lanyard: A specially designed lanyard that elongates during a fall to significantly reduce fall arrest forces. **Fall Arrest**

Indicator: A safety device or warning flag which serves to let a user know that a component of a personal fall arrest system has been involved in a fall, or has been exposed to equivalent forces, and should be removed from service.

Fall Limiter: A self-retracting lifeline/lanyard with a quick-activating braking system that limits a free fall. Refer to *self-retracting lifeline/lanyard*.

Fall Restricting Equipment (FRE): A component of a fall restrict system (e.g., modified pole strap, rigid but articulated frame, or other such devices) that, when combined with other sub-components and elements, allows the climber of a pole to remain at his or her work position with both hands free and that performs a limited fall arrest function when contact is lost between the climber's spurs and the pole. **Note:** *The fall arrest function is considered to be limited because the work positioning and the fall arrest functions are served by interconnected sub-components of the device.*

Fall Restrict System (FRS): A combination of a work positioning system (WPS) and FRE.

Fixed Anchorage: A stationary anchor point that is capable of supporting at least twice the maximum potential force of the fall arrest system.

Free Fall: The act of falling before the personal fall arrest system begins to apply force to arrest the fall.

Free-Fall Distance: The vertical displacement that a person falls before the fall arrest system begins to arrest the fall.

Friction Buckle: An integral connector whereby the webbing passes over the knurled bar and back down between the knurled bar and frame to adjust and tighten webbing straps.

Frontal: The location on a full body harness that corresponds to the area on the front of the user that falls between elevations that are 100 mm (4 in) below the navel and 100 mm (4 in) below the underside of the armpits.

Full Body Harness: See *body harness*

Hardware: Buckles, D-rings, snap hooks and associated connectors which are used to attach components of a personal fall arrest system or parts of a component within the system.

Horizontal Lifeline Energy Absorber (HLEA): An energy absorber used in series with a horizontal lifeline.

Integral: Not removable from any component, subsystem, or system without mutilating any of its elements or using a special tool.

Ladder Climbing Safety Device: A device that is connected to a harness and fall arrester to prevent a fall from ladders.

Lanyard: A flexible line of rope, wire rope/cable, or webbing which generally has a connector at each end for securing a body belt or body harness to a lifeline, deceleration device or anchorage.

Lanyard Ring: A component of a body harness that allows the user to attach a lanyard when not in use so that it is not hanging freely.

Lifeline: A line provided for direct or indirect attachment to a body belt, body harness, lanyard, or deceleration device. Such lifelines may be horizontal or vertical in application.

Lineman's Pole Strap: A lanyard that is adjustable in length and used as a part of pole-climbing equipment.

Lower Level: An area or surface to which a person can fall.

Snaphook: A snaphook that includes a locking mechanism which will keep the hook closed and locked until manually unlocked and opened.

Mating Buckle: An integral connector whereby a center bar is pushed through a square link. Webbing is then tightened for proper fit.

Maximum Arrest Force: The peak force on the body during arrest of a fall by the fall arrest system. Also known as *peak fall arrest force*.

Orthostatic Intolerance: Refer to *suspension trauma*.

Performance Factor (P): A measure of the performance of an energy absorber for a particular user mass.

Personal Fall Arrest System (PFAS): An arrangement of components that together will arrest a person in a fall from a working level. *A fall arrest system typically comprises components such as full-body harnesses, lanyards, deceleration devices, horizontal lifelines, vertical lifelines, anchorages, and anchorage connectors.*

Personal Energy Absorber (PEA): A component of a personal fall arrest system which allows dissipation of energy by extending deceleration distance reducing fall arrest forces. Typically used in lanyards or self-retracting devices (SRD.)

Personal Fall Limiter (PFL): A self-retracting lanyard with a quick-activating braking system that limits a free fall. In addition, a PFL offers versatility through dual operation by either attaching directly to the harness back D-ring for use as a personal fall limiter, or being used as a traditional retractable lifeline.

Personal Lowering Device/Controlled Descent Device: A device that provides a means of lowering an individual from a height at a controlled rate of descent.

Proof Load: A load that a component being tested is required to withstand without deterioration from its as-new condition.

Quick-Connect Buckle: For leg and chest harness straps that interlock similar to a seat belt for easy use and features a dual-tab release mechanism to prevent accidental opening.

Retractable Lifeline: See *self-retracting lifeline/lanyard*.

Roll Out: A process by which a snap hook, carabiner or similar device unintentionally disengages from another component to which it is attached.

Rope Grab: A deceleration device that travels on a lifeline and automatically engages the lifeline and locks so as to arrest a fall.

Saddle: A device between the knees and buttocks that, with an integral belt, supports the body and is used for work positioning or suspension.

Self-Retracting Lifeline/Lanyard (SRL): A deceleration device containing a drum-wound line which can be slowly extracted from or retracted onto the drum under slight tension during normal worker movement, and which, after onset of a fall, automatically locks the drum and arrests the fall within 2 feet. ANSI/ASSE standards use the term *self-retracting device (SRD)* to refer to all types of SRLs. Refer to *fall limiter*.

Self-Retracting Lanyard with Integral Rescue Capability (SRL-R): An SRL that includes an integral means for assisted rescue via raising or lowering the rescue subject.

Self-Retracting Lanyard with Leading Edge Capability (SRL-LE): A self-retracting lanyard that can withstand impact loading of the line over a sharp or abrasive edge during fall arrest. An SRL-LE is suitable for use in applications where it may not necessarily be mounted or anchored overhead. The device may be anchored at foot level and used where the possible free fall is up to 5 feet (1.5m).

Shoulder Strap: Full body harness webbing that passes over the shoulder of the user.

Shoulder Strap Retainer: See *Chest strap*.

Snap Hook: A self-closing device with a keeper, latch or other similar arrangement that will remain closed until manually opened. Snaphooks used in personal fall protection should be self-closing and self-locking and only be capable of opening with two consecutive actions by the user.

Soft Loop: A connector consisting of a manufactured, stand-alone loop of flexible material integrally attached to a component. **Note(s):** *An example of a soft loop is a fall arrest connection point that is a loop of webbing sewn to a full-body harness.*

Sternal: The location on a full body harness that corresponds to the area on the front of the user that falls between the elevation of the underside of the armpits and the elevation that is 100 mm (4 in) below the underside of the armpits.

Strap: A length of webbing.

Stretchable Harness: A full-body harness constructed from webbing that is a blend of nylon, polyester, and a specially-formulated elastomer that stretches. Includes provisions for attaching a lanyard, lifeline or deceleration device.

Sub-Pelvic Strap: A full-body harness strap, which passes under the buttocks without passing through the crotch, which is designed to transmit forces applied during fall arrest or post-fall suspension to the sub-pelvic part of the body.

Suspension Trauma (Orthostatic Intolerance): A condition that may occur when a person falls and remains suspended both vertical and sedentary for a period of time. Blood pools in the veins of the legs, which could result in unconsciousness. If a person is not rescued quickly, permanent damage and possibly death may result.

Swing Fall: A pendulum-like motion that can result from moving horizontally away from a fixed anchorage and falling.

Thigh Strap: Full body harness webbing that passes around the user's thigh.

Tie-Back Lanyard: A flexible line of heavy-duty, abrasion-resistant webbing designed to be used as the connecting device and anchorage connector with a specially-engineered snap hook able to withstand 5,000 lb. (22 kN) on the body and gate.

Total Fall Clearance Distance: The maximum vertical distance that a worker could potentially fall and still avoid contact with a lower level.

Total Fall Distance: The maximum vertical distance between a full body harness attachment point and the lowest extremity of the body before and after the fall is arrested including lanyard extension and/or deceleration distance.

Tongue Buckle: An integral connector similar to a standard belt buckle whereby a webbing strap is inserted through the buckle placing the buckle tongue through the appropriate grommet hole. Also known as a *grommet buckle*.

Trailing Rope Grab: A rope grab which moves freely up and down the lifeline with handsfree operation.

Travel Restraint System (TRS): An assembly of components that, when properly assembled and used together and when connected to a suitable anchorage, prevents a worker from reaching an unprotected edge or opening where a fall could occur. A TRS is not intended for use as a work positioning system or FAS. **Note:** *A body belt or a full body harness connected to a suitable lanyard and anchorage is an example of a travel restraint system.*

Waist Strap: Full body harness webbing that passes around the waist of the user.

Webbing: A narrow woven fabric with woven selvages and continuous filling yarns.

Work Positioning System (WPS): An assembly of components that, when properly assembled and used together, supports a worker in a position or location so that the worker's hands are free in the work position. A WPS is not intended for use as an FAS. **Note:** *A lineman's body belt or harness, or both, in addition to a pole strap and spurs, constitute a work positioning system for climbing and working on a wood pole.*

Vertical Lifeline: A component, element or constituent of a lifeline subsystem which consists of a vertically suspended flexible line with a connector at the upper end for fastening it to an overhead anchorage or anchorage connector and along which a fall arrester travels.