

# THE **A B C D** OF FALL PROTECTION

The **A, B, C, D of Fall Protection** covers the fundamental requirements of every personal fall protection system. Use it as a guide when evaluating your fall protection requirements, however, always consult a fall protection specialist if you're unsure of any aspect of fall protection or fall protection equipment.

## A

### ANCHORAGE

Anchorage devices provide a secure point of attachment (to an existing structure) for the fall arrest system. Anchorage devices can be permanent or temporary and vary to suit the type of structure available.



## B

### BODY SUPPORT

Full body harnesses connect the worker to the fall arrest system. They are specially designed to protect the worker against serious injury in the event of a fall whilst also remaining comfortable to wear.



## C

### CONNECTOR

Connectors are devices that connect the full body harness to the anchorage system. They can be single products or multiple devices working together.



## D

### DESCENT/ RESCUE

Descent & Rescue systems enable the retrieval of an injured or incapacitated worker. In the event of a rescue, this equipment facilitates rapid recovery of the worker without endangering other workers in the process.

