



WEEKLY SAFETY TALK #7: TAILGATE DISCUSSION GUIDE

The ABCs of Fall Protection: Anchorage, Body Harness, Connector, and Rescue

Foreman: work through these with the crew on site. Point at the actual roof, the actual gear. Then run the quick check and sign off.

TALK IT THROUGH (10 MINUTES, ON THE JOB SITE)

1 What are the ABCs of a personal fall arrest system?

Prompt: Anchorage, Body harness, Connector, plus the D worth adding: Descent and rescue. Point at each one on today's setup: the anchor, each worker's harness, and the connecting device.

2 How strong does the anchorage have to be?

Prompt: 5,000 pounds per worker attached, or engineered two-to-one under a Qualified Person (1926.502(d)(15)). Who installed today's anchor, and does the documentation cover this roof type?

3 Why a full-body harness and never a body belt?

Prompt: Belts have been prohibited for fall arrest since 1998. A harness spreads arrest force across thighs, pelvis, chest, and shoulders, capped at 1,800 pounds, and since January 2025 it must fit each worker.

4 Which snaphook connections are off limits?

Prompt: One locking connector per D-ring. Never hook to hook, never back onto the lanyard webbing unless built for tieback, never daisy-chain. Side pressure on a bad pairing forces the gate open: roll-out.

5 What is our rescue plan if somebody falls today?

Prompt: OSHA requires rescue to be provided for before anyone ties off (1926.502(d)(20)). Who gets a fallen worker down, with what equipment, and how fast? A worker hanging in a harness is on a clock.

QUICK CHECK: CIRCLE THE ANSWERS AS A CREW

A. The ABCs stand for: Always Be Careful Anchorage, Body harness, Connector Anchor, Belt, Carabiner

B. Max arresting force on a worker in a full-body harness: 1,800 lbs 3,600 lbs 5,000 lbs

C. The rescue plan must exist: Before anyone ties off Within an hour of a fall Only over 25 feet

CREW SIGN-OFF (29 CFR 1926.503(b) requires written training certification)

NAME (PRINT)	SIGNATURE	DATE

Foreman / competent person: _____ Job site: _____ Date: _____

Key: A) Anchorage, Body harness, Connector B) 1,800 lbs (1926.502(d)(16)) C) Before anyone ties off (1926.502(d)(20))

For information purposes only; all plans must be approved by a Competent or Qualified Person before work begins, as required by OSHA.

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