ARCO SAFE TOOL BOX TALKS

Aerial Boom Lift – Fall Protection

Shock Absorbing Lanyard:

Fall Restraint Lanyards:

Fall Protection Requirements:

- Fall Protection is required AT ALL TIMES while operating an Aerial Boom Lift
  - Must tie off to manufactured anchor points
- Fall Protection is required by use of rails and a Fall Restraint System
  - Fall Arrest Systems are not allowed

Difference between Fall Arrest System and Fall Restraint System:

- Fall Arrest System:
  - Incorporate a Full Body Harness and Shock Absorbing Lanyard
    - Shock Absorbing Lanyards can be either a tubular design (pictured left-top), with a specially woven inner core that expands upon force of a fall or a shock absorbent pack (pictured left-middle) fixed to the nylon lanyard that rips open and expands upon the force of a fall.
- Fall Restraint System:
  - Incorporates a Full Body Harness and a Fall Restraint Lanyard
    - Fall Restraint Lanyards are designed for worker positioning and shorter falls
    - Fall Restraint Lanyards DO NOT have a shock absorbing factor

Why are Fall Restraint Systems required and Fall Arrest Systems prohibited?

- Fall Protection in Boom Lifts is technically provided by the top rail, mid rail, and toe board of the lift
- Fall Restraint Systems are required to keep the operator from being thrown out of the basket
  - This is why workers are **NEVER** allowed to climb, sit on, or work from the rails of a lift!!!! **NO MATTER WHAT!!**
- Because the working heights in a boom lift vary from 0 ft. to 100+'
  - Standard 6' Shock Absorbing Lanyards require a descent distance as drastic as 18' 6" to safely decelerate and stop a falling worker

Boom Lift – Fall Protection Requirements