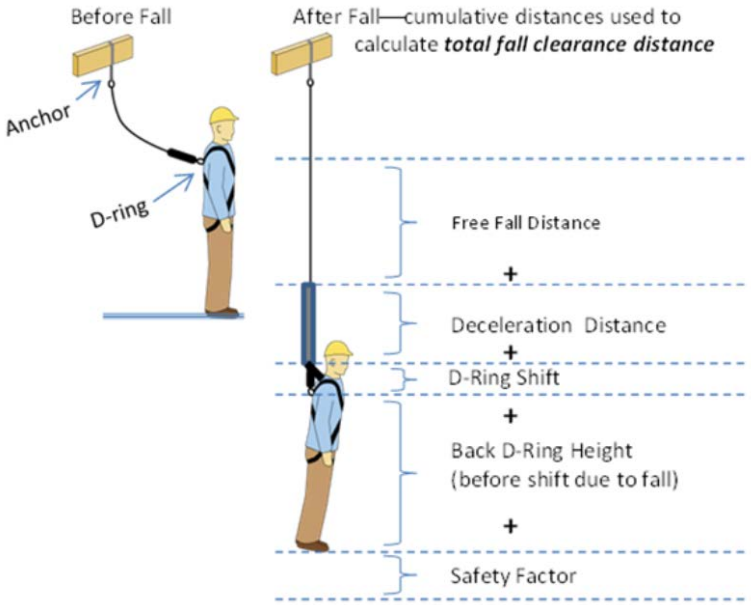
## Appendix A: Fall Distance Clearance

Free fall distances in a PFAS must be limited to the fullest extent possible. OSHA does not allow a free fall greater than 6 feet to help protect against excessive arresting force in the event of a fall. Considerations for free fall distances include:

**Shock Absorbing Lanyards**




As pictured above, total fall clearance is calculated by adding:

*Free Fall Distance (distance prior to engaging deceleration device)*
*+*
*Deceleration Device Distance (3.5' constant unless more specific info is available)*
*+*
*D-Ring Shift (1' constant)*
*+*
*Back D-Ring Height (5' constant)*
*+*
*Safety Factor (2' constant)*
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***Total Fall Clearance***

*Keep in mind that equipment or materials on the ground must be considered.*

**Retractable Lifelines**