



## Anchors

An anchor—what you connect your lanyard or lifeline to—is a key element of any personal fall protection system. An anchor may consist of a load-rated strap or sling wrapped around a substantial structural member of a building. An anchor may also be a manufactured component that permanently or temporarily attaches to a structure.

### Selecting an anchor

The selection of a suitable anchor depends on the type of personal fall protection system you use.

- If you use a fall restraint system, your anchor must be capable of supporting at least 3.5 kN (800 lb.) or the equivalent of four times the weight of the worker.
- If you use a fall arrest system, your anchor must be capable of supporting at least 22 kN (5000 lb.). Alternatively, when the potential arrest forces are known, an anchor capable of supporting the equivalent of two times the maximum arrest force generated by a falling worker is acceptable. For example, the manufacturer will specify the maximum arrest force on personal energy-absorbing devices in the fall arrest system.

**NOTE:** The anchor values above do not apply to horizontal lifeline systems. The potential forces imposed on the anchors of a horizontal lifeline can be much greater than those for personal fall restraint or arrest systems. For more information, see the *Horizontal Lifelines Toolbox Meeting Guide*.



*This is an example of a fall restraint system. Fall restraint systems prevent workers from falling.*



*This is an example of a fall arrest system. Fall arrest systems protect workers after they fall by stopping the fall before they hit the surface below.*



*These are examples of various fall protection anchors for slope roof applications.*



*These are the same anchors installed.*

Project: \_\_\_\_\_ Address: \_\_\_\_\_

Employer: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Shift: \_\_\_\_\_

Number in crew: \_\_\_\_\_ Number attending: \_\_\_\_\_

Other safety issues or suggestions made by crew members:

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Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
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7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Manager's remarks: \_\_\_\_\_

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Manager: \_\_\_\_\_ Supervisor: \_\_\_\_\_

*(signature)*

*(signature)*



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