



24-Hr Fall Protection Competent Person Module 1

Key Terms



Active Fall Protection System: A system for personal fall protection. Authorized Persons (End-Users) must wear personal fall protection equipment and undergo fall protection training. These systems can include travel restraints or Personal Fall Arrest Systems (PFAS).

Aerial Work Platform (AWP): Non-scissor lifts that are used in construction.

Anchorage: A safe point where lifelines, lanyards, or deceleration devices can be securely attached.

Anchorage Connector: A part of fall protection or rescue equipment that is used to secure or attach the equipment to the anchorage. This can be any device designed to support the weight of a person and withstand the forces generated during a fall, such as a steel cable sling, anchor strap, load-rated hoist ring, tripod, or davit arm.

Anchor Point: A secure attachment point for lifelines, lanyards, or deceleration devices.

ANSI: American National Standards Institute.

ASSP: American Society of Safety Professionals.

Authorized Person: An individual approved or assigned by the department to perform specific duties or be at a particular location or job site.

Authorized Rescuer: A trained individual assigned by the employer to rescue Authorized Persons who may need help.

Body Belt (Safety Belt): A strap that can be secured around the waist and attached to a lanyard, lifeline, or deceleration device.

Body Harness: An attachment with straps that can be fastened around the employee to spread the fall arrest forces across the thighs, pelvis, waist, chest, and shoulders. It can be connected to other parts of a PFAS.

Buckle: Any device for holding the body belt or body harness closed around the employee's body.

Cage (Cage Guard or Basket Guard): An enclosure designed to surround the climbing space of a fixed ladder to provide additional safety and protection.

Carabiners: Metal rings with spring-loaded gates that are used as connectors.

Carrier: The defined pathway of a vertical climbing safety system that is comprised of a flexible or rigid component on which the carrier sleeve moves. It is attached to the ladder or structure



using carrier mounting brackets and may be a single uninterrupted piece or have joints and splices.

Certified Anchorage: A secure point used for personal fall protection systems. It has been inspected by a qualified professional and can withstand the potential forces of a fall.

Clearance Requirement: The minimum distance from the Authorized Person to any obstructions to prevent any potential encounters during a fall.

Climbing Ladder Fall Arrest System (CLFAS): A fall arrest system that consists of a carrier, carrier mounting brackets, and a carrier sleeve.

Competent Person (CP): An individual who can identify and fix hazards in the workplace. He/she is authorized to take prompt action to eliminate these hazards and ensure the safety of employees.

Competent Person (CP)/ Qualified Person (QP) Trainer: An individual with the appropriate training, knowledge, and experience to deliver fall protection training at the CP or QP level.

Competent Rescuer: An individual with the necessary training, knowledge, and experience to safely use specialized rescue equipment such as harnesses, lanyards, and horizontal lifelines (HLL). He/she is capable of implementing, supervising, and monitoring the employer's rescue plan and must be designated by the employer.

Competent Rescuer Trainer: An individual who possesses the necessary training, knowledge, and experience related to fall protection rescue to provide effective rescue training.

Connector: A device used to connect parts of the PFAS and positioning device systems together. It can be a separate component or it can be a built-in part of the system. This includes carabiners, buckles, dee-rings, and snap hooks.

Controlled Access Zone (CAZ): An area where certain work can be done without using guardrail systems, PFAS, or safety net systems. Access to the zone is restricted.

Deceleration Device: A mechanism that is designed to reduce the amount of energy during a fall arrest, or to limit the energy put on an employee during a fall arrest. This includes rope grabs, rip-stitch lanyards, specially-woven lanyards, tearing or deforming lanyards, and automatic self-retracting lifelines/lanyards.

Deceleration Distance: When a worker falls and their safety equipment kicks in, the additional vertical distance they travel before coming to a complete stop is known as the deceleration distance. This distance is measured from the initial point where the safety equipment starts working to the point where the worker comes to a full stop.



Dee-Ring (D-Ring): A piece of hardware that is shaped like the letter D, which is used as a hooking device in most cases. It is sometimes attached to the end of a strap, chain, cable, or rope.

Designated Area: Area where work can be done without additional fall protection. It is marked by a warning line on the walking-working surface.

Equivalent: Different designs, materials, or methods that employers can use for protection against hazards, as long as they offer the same (or better safety) for employees compared to those required in the standard.

Extension Ladder: A portable ladder that can be adjusted in length but needs to be supported by something else while in use.

Failure: Includes load refusal, breakage, or separation of parts. Load refusal happens when the strength limit is exceeded.

Fall Hazard: Any condition on a walking or working surface that puts employees at risk of being harmed by falling on the same level or to a lower level.

Fall Protection: Any equipment, device, or system that stops an employee from falling or reduces the effect of a fall from a height.

Fall Protection Program Administrator (Program Manager): An individual chosen by the employer to oversee the creation, execution, monitoring, and assessment of the employer's Fall Protection Program. The program administrator should possess training and comprehensive understanding of existing fall protection regulations, standards, equipment, and systems to carry out this role effectively.

Fixed Ladder: A ladder permanently attached to a structure, building, or equipment. It includes individual rung ladders but not ship stairs, step bolts, or manhole steps.

Free Fall Distance: The vertical distance that the fall arrest attachment point on the employee's body belt or body harness moves from the start of the fall until just before the system starts to stop the fall. This distance doesn't include the distance it takes to slow down, or the stretching of the lifeline or lanyard. It does include any sliding distance from a deceleration device or any extension of a self-retracting lifeline or lanyard before they start to stop the fall.

Grab Bar: A handhold installed horizontally or vertically to help access areas above the height of the ladder.

Guardrail System: A barrier that is put up to stop employees from falling to lower levels.



Hole: A space in a floor, roof, or other walking/working surface that is 2 inches (5.1 centimeters) or larger.

Horizontal Lifeline (HLL) System: An active fall protection system consisting of a flexible wire, rope, or synthetic cable that is stretched horizontally between two end anchorages or anchorage connectors. It may incorporate in-line energy absorbers, lifeline tensioners, turnbuckles, and intermediate anchorages. This system is designed for use in fall arrest or restraint system applications.

Infeasible Work: Work such that it is impossible to use a regular fall protection system (like guardrails, safety nets, or PFAS).

Ladder Safety System: A system designed to prevent falling from a ladder. It typically includes a carrier, safety sleeve, lanyard, connectors, and body harness.

Lanyard: A flexible line made of rope, wire rope, or strap. It usually has connectors at each end to attach the body belt or body harness to a deceleration device, lifeline, or anchorage.

Leading Edge: The edge of a floor, roof, or formwork that changes position as more sections are added. It is considered an "unprotected side and edge" when not actively under construction.

Lifeline: A lifeline is a flexible line that can be connected at one end for vertical hanging or at both ends for horizontal stretching. It is used to connect other components of a PFAS to an anchorage.

Low-Slope Roof: A roof in which for every 12 inches of horizontal distance, the roof rises by less than four inches.

Lower Levels: Areas or surfaces where an employee can fall. These include ground levels, floors, platforms, ramps, runways, excavations, pits, and tanks.

Mechanical Equipment: All wheeled machines that are powered by motors or humans (except for wheelbarrows and mop carts) that are used for roofing work.

Non-Certified Anchorage: An unquestionable strong anchorage that can be deemed by a CP as capable of supporting the required anchorage strength as specified in 29 CFR 1926, Subpart M and ANSI/ASSP Z359.1 requirements. It is utilized for fall arrest, work positioning, travel restraint, or rescue.

Opening: A gap or void in the walking/working surface, platform, roof, wall, or floor; A hole in a wall or barrier that is at least 30 inches high and 18 inches wide. It could lead to someone falling to a lower level.

OSHA: The Occupational Safety and Health Administration.



Overhand Bricklaying: A technique that involves bricklayers laying bricks on the opposite side of the wall from where they are working, requiring them to lean over the wall to do their job.

Passive Fall Protection System: A form of fall protection that eliminates the need for workers to individually wear or utilize personal fall protection equipment. This includes guardrails, safety nets, covers, and compliant parapet walls.

Personal Fall Arrest System (PFAS): A system that is designed to prevent an employee from falling when working at heights. It includes an anchorage, connectors, a body harness, and may incorporate additional components such as a lanyard, deceleration device, lifeline, or a combination of these. The use of a body belt for fall arrest has been prohibited since January 1, 1998.

Personal Fall Protection System: A comprehensive set of components and equipment utilized by employers to prevent or safely arrest an employee's fall. This can include personal fall arrest systems, positioning systems, and travel restraint systems.

Positioning Device System: A positioning device system is a body belt or body harness system designed to support an employee on a vertical surface, such as a wall, allowing them to work with both hands free while leaning.

Qualified Person (QP): An individual who has the necessary education, certification, or professional experience to solve problems related to the subject matter, work, or project.

Rope Grab: A safety device that moves along a lifeline and automatically locks in place (using friction) to stop a person's fall. It works by using the principles of inertial locking, cam/lever locking, or both.

Roof: The outer surface on top of a building. It excludes floors or formwork that temporarily becomes the top surface of a building.

Roofing Work: Includes lifting, storing, applying, as well as removing roofing materials and equipment. This doesn't include building the roof deck.

Safety-Monitoring System (SMS): A safety system that involves a CP identifying and alerting employees of potential fall hazards.

Self-Retracting Lifeline/Lanyard: A safety device that contains a line wrapped around a drum. The line can be pulled out or retracted back onto the drum as a person moves, and it automatically locks the drum to stop a fall in case of an emergency.

Single Anchor Lifeline: A dynamic line that allows a fall arrestor to move along it, which is supported by a single anchorage point. It can be used in vertical, horizontal, or sloped orientations.



Snaphook: A type of connector that has a hook-shaped member with a closed keeper that can be opened to attach an object and automatically closes to secure the object when released. It has two kinds: a locking type and non-locking type (prohibited As of January 1, 1998).

Steep Roof: A roof in which for every 12 inches of horizontal distance, the roof rises by more than four inches.

Toeboard: A low protective barrier that prevents materials and equipment from falling to lower levels and keeps personnel from falling.

Total Fall Distance: The total vertical distance from an individual's feet at the beginning of a fall to the position of the feet after the fall is stopped. It encompasses both the free fall distance and the deceleration distance.

Unprotected Sides/Edges: Any side or edge of a walking or working surface (except at entrance points) that lacks a wall or guardrail system at least 39 inches (1.0 meters) high, such as floors, roofs, ramps, or runways.

USACE: The U.S. Army Corps of Engineers.

Walking/Working Surface: Any surface where an employee walks or works, such as floors, roofs, ramps, bridges, runways, formwork, and concrete reinforcing steel. This does not include ladders, vehicles, or trailers that employees need to use to perform their job duties.

Warning Line System: A barrier set up on a roof to alert workers when they are nearing an unprotected edge. It also indicates an area where roofing work can be done without needing additional safety systems like guardrails, body belts, or safety nets.

Work Area: The part of a walking or working surface where job duties are performed.