

# Fall Protection Infographic

## THE ABC'S OF PERSONAL FALL PROTECTION

IOWA STATE UNIVERSITY  
Environmental Health and Safety

When working at heights, it can be challenging to remember the basics of personal fall protection systems. The ABC's of fall protection is an easy way to remember the basics of personal fall protection systems. The ABC's include the three components most often used together when utilizing a personal fall protection system.

| <b>A</b> Anchor Point   | <b>B</b> Body Harness   | <b>C</b> Connector   |
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|  <p>An <b>anchor point</b> is a secure point of attachment to a structure.</p> <p>Anchoring devices come in a variety of forms and can be temporary or permanent.</p> |  <p>A full <b>body harness</b> allows for maximum range of motion while still providing body support in the event of a fall.</p> <p>They're designed to distribute the force of a fall through-out the trunk of the body.</p> |  <p>The <b>connector</b> attaches the body harness to the anchor point.</p> <p>They come in many forms, the most common being a fixed-length shock absorbing lanyard or a self-retracting lifeline.</p> |

Source: <https://www.ehs.iastate.edu>