

# Essential Principles of Fall Arrest Safety



4. Connect all components of your fall arrest system only to compatible connecting hardware.
5. Attach your fall arrest system only to a suitable anchorage
6. Keep your fall distance to a minimum



10. Be properly trained before using any fall protection equipment.

1. Inspect Your Equipment every use.
2. Don and Adjust your harness properly
3. Use a shock absorbing lanyard whenever possible



7. Consider the conditions of your workplace when choosing your equipment.
8. Care for your equipment as you would care for yourself.
9. Know the rescue procedure and the equipment to use if you should fall

**Identifying the Hazards**  
**is the First Step in Staying Safe**



**West Fraser Mills Ltd.**

