TETHER TRACK™
FALL PROTECTION SYSTEMS

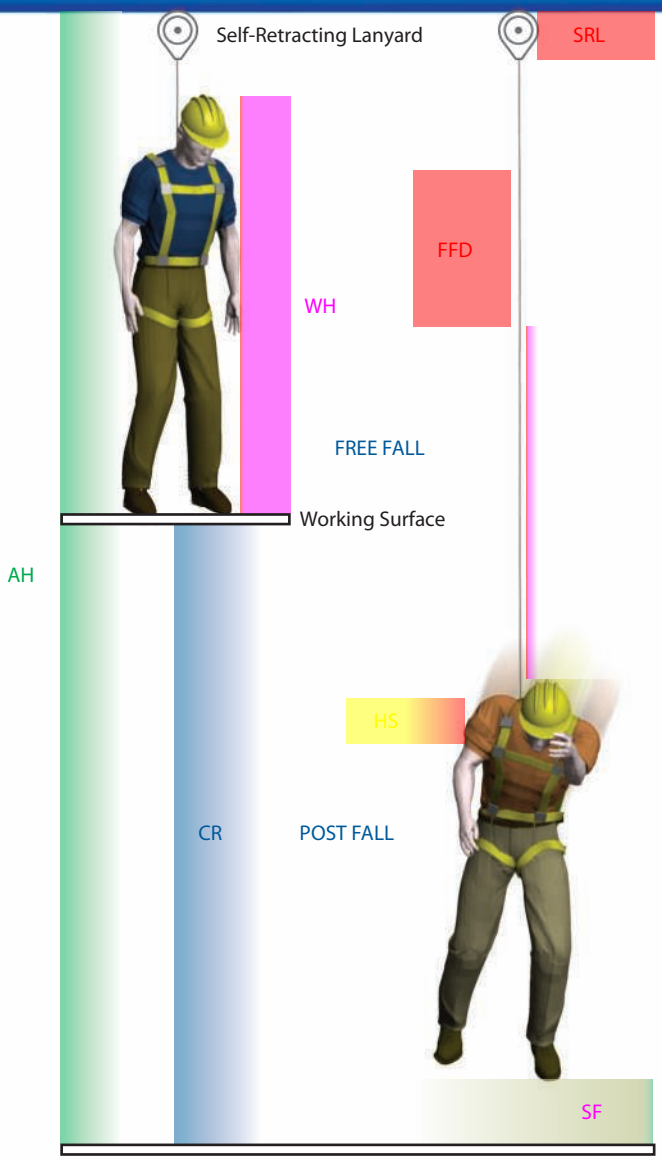
Fall Clearance Calculation Using an SRL

AH: Anchor Height
WH: Worker Height (standing)
CR: Clearance Required
FFD: Free Fall Distance *
*
HS: Harness Stretch *
SF: Safety Factor *
SRL: Self Retracting Lanyard Length

*All added up = Total Fall Distance (TFD)

NOTE: Total Fall Distance (TFD) must be less than the Clearance Required (CR)
(Total Fall Distance < Clearance Required)

- OSHA requires Free Fall Distance to be less than 24", but when using self-retracting lanyard (SRL), the typical activation distance is ~12".
  OSHA Regulation: FFD = <24"
  Typical Performance: FFD = 12"
- OSHA requires a maximum of 42" for Deceleration Distance.
  OSHA Regulation: DD = 42"
  Typical Performance: DD = 12"
- Harness stretch is 12" even when harness is worn correctly.
  HS = 12"
- Safety Factor (18-36") can include factors like additional harness stretch, D-Ring movement and a buffer zone.
  SF= 24"



Anchor Height:

Self Retracting Lanyard Length	=	18" (typical)
Free Fall Distance	=	24"
Deceleration Distance	=	42"
Harness Stretch	=	12"
Worker Height	=	60"
Safety Factor	=	24"
Anchor Height:		180" (15 feet)

Fall Clearance:

Free Fall Distance	=	24"
Deceleration Distance	=	42"
Harness Stretch	=	12"
Safety Factor	=	24"
Total Fall Distance:		102" * (8.5 feet)

*Shorter Fall Distance may be achieved based on Typical Performance