



# TOOLBOX TALKS

## SAFETY BELTS AND FALL ARREST SYSTEMS

Toolbox Talks are designed to promote safety discussions and best practices on the jobsite. To see more Toolbox Talks, please visit [hollandcs.com/toolboxtalks](https://hollandcs.com/toolboxtalks).

Safety belts and lines should be worn whenever a person works where there is danger of falling. A second person should tend the lifeline when confined spaces are to be entered.

## SAFETY BELTS AND FALL ARREST SYSTEMS

### WHAT IS A SAFETY BELT OR “FALL ARREST SYSTEM”?

- A “fall arrest system” provides a means to “arrest” a person’s fall
- The full body harness fall arrest system is preferred because a person is suspended from multiple body points and impact forces are distributed, whereas a safety belt provides suspension from one part of the body
- All devices must meet applicable government regulations and standards, and personnel should be properly trained

### WHEN TO WEAR FALL PROTECTION?

- Always wear fall protection when there is a danger or potential of falling
- Whenever a person is at risk of falling, no matter how high off the ground, a fall arrest system HAS to be worn and securely anchored
- The anchorage point has to be adequate for the intended load
- When working on heavy equipment, and outside of the protective handrails, you must ALWAYS wear a fall arrest system and be securely anchored

### WHY WEAR A FALL ARREST SYSTEM?

- Slips and falls of mining personnel are a major cause of accidents in the mining industry
- It only takes a minute to attach yourself to a suitable anchor point, and only a few seconds to slip and fall which could result in a lifelong disabling injury
- A simple safety belt or a fall arrest system can save your life

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