D. Fall Restraint Systems and Positioning Devices

1. Personal Fall Restraint Systems

Fall restraint systems (identified in rule as Personal Fall Restraint) prevent the user from falling ***any*** distance. To determine the force needed to restrain a worker, consideration is given to the force that would be generated by the worker walking, leaning, or sliding down the working surface. Personal fall restraint systems must have the capacity to withstand at least 3,000 pounds of force or twice the maximum expected force that is needed to restrain the worker from exposure to the fall hazard. Additionally, fall restraint systems must use fall arrest system components that conform to the criteria in Div 3/M, 1926.502 except a body belt may be used in fall restraint systems and the attachment point to the body belt or full body harness may be at the back, front or side D-rings. (see Div 3/M, 437-003-0502; Figure 11d).

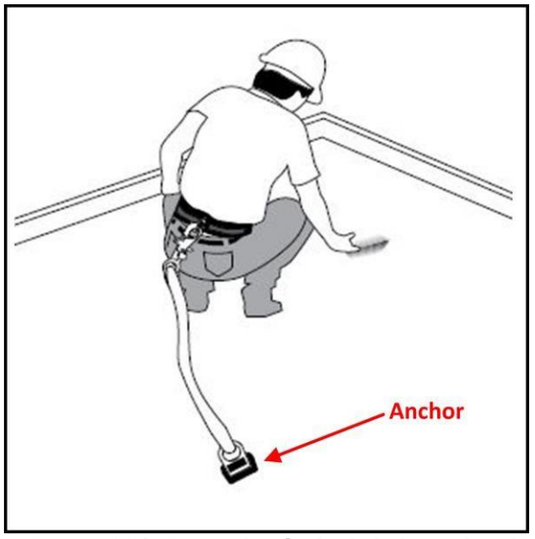

Figure 11d. ***Example of a body belt used with a personal fall restraint system***

2. Positioning Devices

Positioning devices are specialized systems that hold workers in place on an elevated vertical surface (such as a wall) allowing them to keep both hands free to work while leaning into the system (see Div 3/M, 1926.500(b)).

When the worker leans back, the system is activated (supporting the worker's body weight). Positioning devices must be rigged to limit free falls to 2 feet or less (see Div 3/M, 1926.502(e)(1); Figure 11e).

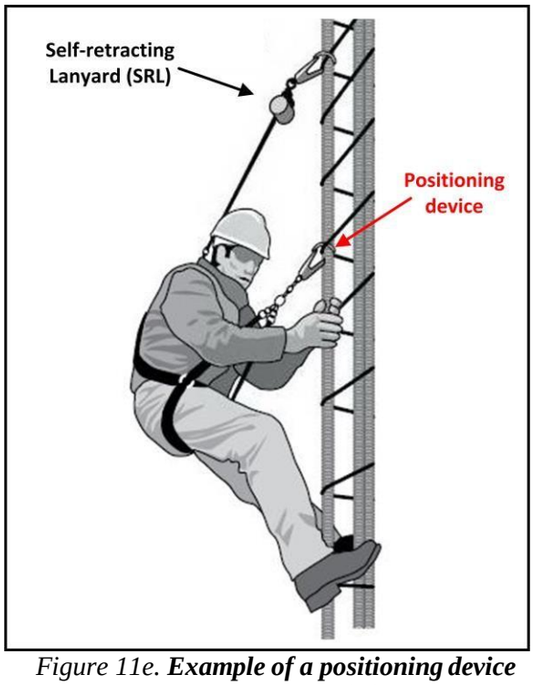

Figure 11e. ***Example of a positioning device system used with a SRL***