



Fall Protection

Fall Clearance Calculation Charts.

To determine the required **Fall Clearance** add the appropriate factors together, this will give you the safe **Required Distance (RD)** below the working surface for work which is to be carried out where there is any risk of falling.

Shock Absorbing Lanyard.

RD = Required Distance Below Working Surface to Nearest Obstruction

FFD = Free Fall Distance
(2.0m maximum allowed)

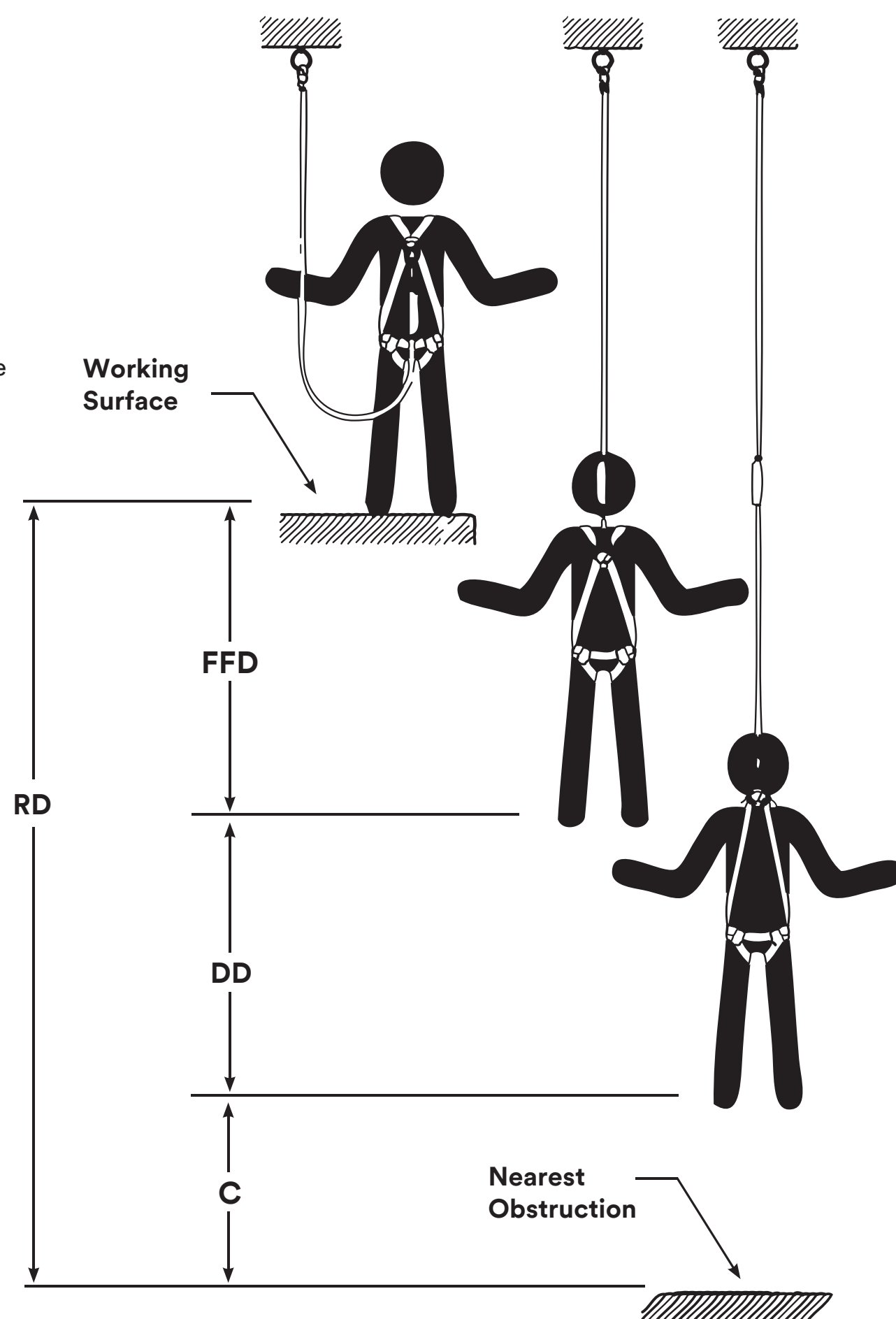
DD = Energy Absorber Deceleration Distance
When using a DBI-SALA lanyard
(1.75m max. for users up to 136kg)
(1.95m max. for users from 136kg to 160kg)
+ D-ring Slide and Harness Stretch
(0.25m)

C = Clearance to Obstruction During Fall Arrest
(1.0m minimum safety factor required)

$$\frac{\text{FFD} + \text{DD} + \text{C}}{\text{RD}}$$

As per AS/NZS 1891.4, DD can be estimated based upon FFD in order to reduce RD.

FFD	Extension
600 mm	300 mm
1000 mm	500 mm
1500 mm	600 mm
2000 mm	900 mm



Self Retracting Lifeline.

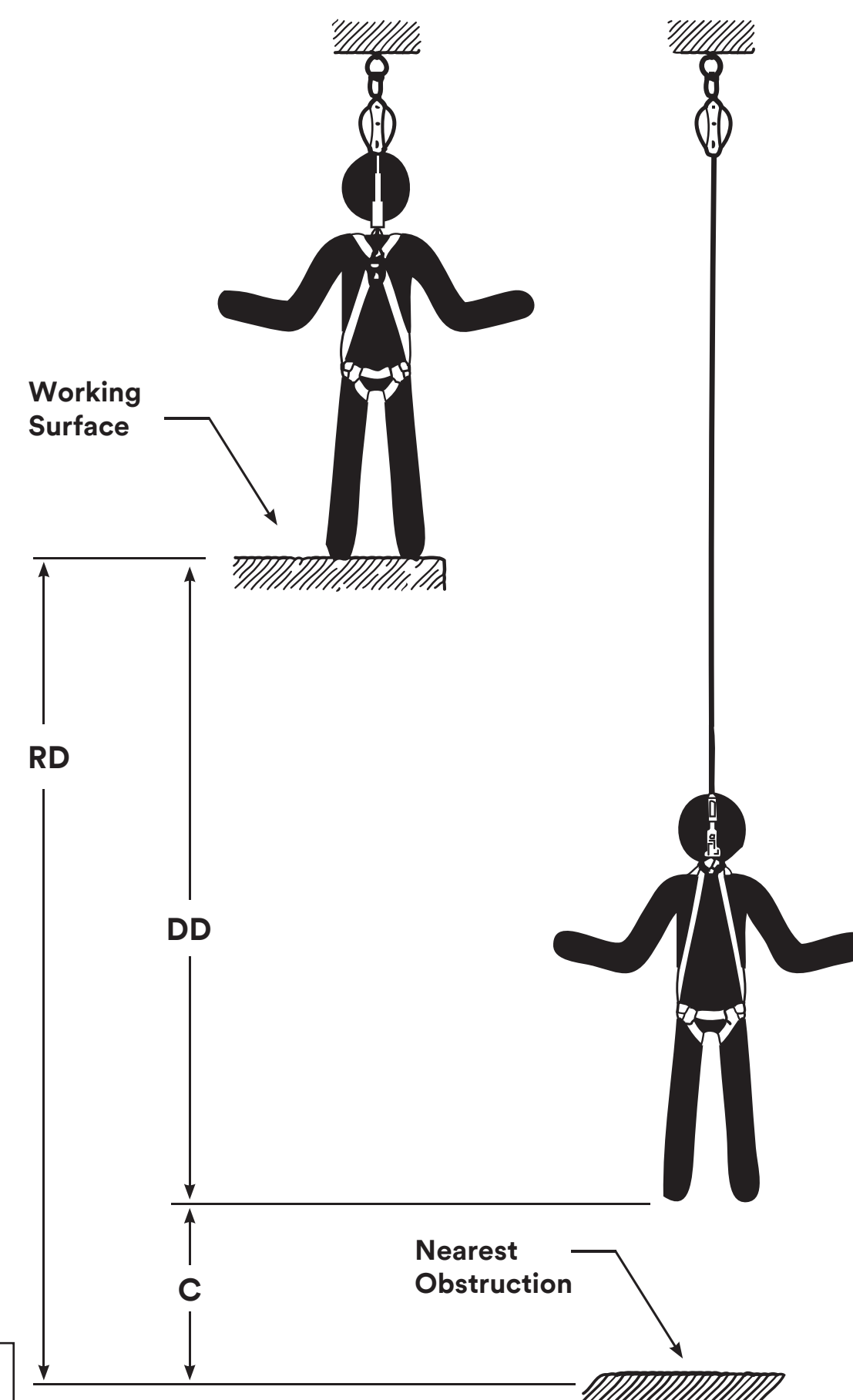
RD = Required Distance Below Working Surface to Nearest Obstruction

DD = Free Fall, Lock Off and Deceleration (1.4m max.) + D-ring Slide and Harness Stretch (0.25m)

C = Clearance to Obstruction During Fall Arrest
(1.0m minimum safety factor required)

$$\frac{\text{DD} + \text{C}}{\text{RD}}$$

As per AS/NZS 1891.4, DD can be estimated at 700mm. 250mm must be added for D-Ring slide.



The sky's the limit

AUS: 1800 245 002 | NZ: 0800 212 505

Height Safety | Confined Space | Industrial Rescue

3M.com.au/FallProtection

3M Australia Pty Ltd
Bld A, 1 Rivett Road, North Ryde, NSW 2113
TechAssist Helpline: 1800 024 464
Customer Services: 1300 363 565
Email: techassist@mmm.com
www.3M.com/au/ppesafety

3M New Zealand Limited
94 Apollo Drive, Rosedale, Auckland 0632
TechAssist Helpline: 0800 364 357
Customer Services: 0800 252 627
www.3M.com/nz/ppesafety

3M Fall Protection Business
Personal Safety Division
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