

Fall Prevention

Knowledge card — earned on successful completion of CertiFlyers Course 3

4 feet and an open edge: guardrails first, PFAS last, or disengage.

Know the height threshold and the hierarchy of controls, inspect and tie off your PFAS correctly, and configure ladders, rolling stands and aerial lifts before you climb.

THE THREE RULES

1 Guardrails before harnesses

An unprotected edge 4 feet or more above the next level means fall protection. Try ground-based tooling first. Going up? Use a stand with standard guardrails on all open sides. Don a PFAS only when guardrails must come off or you are walking on the aircraft itself. Not safe? Disengage and tell your supervisor.

2 Inspect daily, tie off at the D-ring

Before donning, bend the webbing into an inverted U and reject frayed edges, pulled stitches, transverse cracks or chemical damage. Reject distorted, cracked or corroded hardware; a snaphook that binds or does not self-lock; a torn or deployed shock pack; unreadable labels. Anchor at or above the dorsal D-ring — free fall 6 feet maximum.

3 Set the equipment before you climb

Ladder: base out 1 foot per 4 feet of height, rails 36 inches above the landing, three points of contact. Rolling stand: level surface, fully planked, caster brakes locked so the stand cannot move while you are on it — no lateral flex. Boom lift: lanyard clipped to the engineered basket anchor before the basket goes up.

NEVER

- ✗ Use a body belt or lineman's belt for fall arrest — full-body harness only
- ✗ Connect two snaphooks to each other, to webbing or back onto their own lanyard
- ✗ Tie off to a lift guardrail unless it is engineered for that purpose
- ✗ Ride a rolling scaffold while it is being moved — dismount first

ALWAYS

- ✓ Inspect webbing, hardware, snaphooks and shock pack every day before donning
- ✓ Tag out and remove from service any component that fails inspection
- ✓ Tie off to an approved anchorage at or above the harness attachment point
- ✓ Use an approved tie-off adapter with abrasion pads around beams or sharp surfaces

NUMBERS TO REMEMBER

4 feet

or more, unprotected edge — fall protection is mandatory

6 feet

maximum free fall — tie off at or above the dorsal D-ring

5,000 lbs

anchorage strength per attached worker — or designed, installed and used under a qualified person's supervision, safety factor at least 2

3,600 lbs

snaphook gate strength — reject a hook that binds or does not self-lock

1:4

ladder base: 1 foot out for every 4 feet of vertical height

36 inches

of side rail above the landing on a straight ladder

BEFORE YOU CLIMB — CHECK

- ☐ Working height verified — unprotected edge 4 feet or more? Protection required
- ☐ Harness, lanyard and snaphooks inspected today — labels and certifications legible
- ☐ Ladder: no loose rungs or cracked rails, no grease, set at 1:4
- ☐ Ground-based tooling ruled out; guardrails on all open sides of the stand
- ☐ Anchorage approved, 5,000 lbs per worker, at or above the D-ring
- ☐ Stand: platform clear, fully planked, casters locked, no lateral flex

M1 Fall Protection Thresholds and Hazard Control **M2** PFAS Selection, Inspection, and Use

M3 Access Equipment — Ladders, Scaffolds, and Aerial Lifts

Regulatory basis: FAA Order 3900.65A, Flight Standards Service Fall Protection Program · OSHA 29 CFR 1910 & 1926 · EN 355 / EN 364 / EN 365 · ANSI/ASSP Z359

CertiFlyers Hangar Card series · Card No. 03 of the course catalogue · Print on Letter or A4, display in the hangar · Summarises Course 3; it does not replace the approved technical data or the maintenance manual.