

FALL PROTECTION CODE

ANSI/ASSE Z359.0-2007
Definitions and Nomenclature Used for
Fall Protection and Fall Arrest



AMERICAN SOCIETY OF
SAFETY ENGINEERS



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AMERICAN NATIONAL STANDARD

ANSI/ASSE Z359.0-2007 Definitions and Nomenclature Used for Fall Protection and Fall Arrest

Part of the Fall Protection Code



AMERICAN SOCIETY OF
SAFETY ENGINEERS



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American National Standard

**Definitions and Nomenclature Used
for Fall Protection and Fall Arrest**

Secretariat

American Society of Safety Engineers
1800 East Oakton Street
Des Plaines, Illinois 60018-2187

Approved May 31, 2007

American National Standards Institute, Inc.

American National Standard

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Foreword (This Foreword is not a part of American National Standard Z359.0-2007.)

This standard, national in scope, was developed by an Accredited Standards Committee functioning under the procedures of the American National Standards Institute, with the American Society of Safety Engineers (ASSE) as secretariat.

It is intended that every employer whose operations fall within the scope and purpose of the standard will adopt the guidelines and requirements detailed in this standard.

The need for this standards activity grew out of the continuing development of a series of fall protection related standards. The focus is to tie the elements of those standards together and provide the tools with which employers may develop the programs that incorporate those elements. This standard also brings together the administrative requirements of those fall protection standards. It should be noted, as in all Z359-series standards, that this standard applies to all occupational and non-occupational activities except those in SIC Division C (construction). It also is not intended to apply to sports activities such as mountaineering.

Neither the standards committee, nor the secretariat, states that this standard is perfect or in its ultimate form. It is recognized that new developments are to be expected, and that revisions of the standard will be necessary as the state-of-the-art progresses and further experience is gained. It is felt, however, that uniform guidelines for fall protection programs are very much needed and that the standard in its present form provides for the minimum criteria necessary to develop and implement a comprehensive managed fall protection program.

The Z359 Committee acknowledges the critical role of design in influencing the use of proper fall protection equipment. Designs which eliminate fall hazards through the proper application of the hierarchy of safety controls are the preferred method for fall protection. Design deficiencies often increase the risk for employees who may be exposed to fall hazards: examples are (1) lack of rail systems to prevent falls from machines, equipment and structures; (2) failure to provide engineered anchorages where use of personal fall arrest systems are anticipated; (3) no provision for safe access to elevated work areas; (4) installation of machines or equipment at heights, rather than floor/ground level to preclude access to elevated areas; (5) failure to plan for the use of travel restriction or work positioning devices. To that end, this series of standards also provides guidance for design considerations for new buildings and facilities.

Basic fall safety principles have been incorporated into these standards, including hazard survey, hazard elimination and control, and education and training. The primary intent is to ensure a proactive approach to fall protection. However, the reactive process of accident investigation is also addressed to ensure that adequate attention is given to causation of falls.

The Z359 Committee solicits public input that may suggest the need for revisions to this standard. Such input should be sent to the Secretariat, ASC Z359, American Society of Safety Engineers, 1800 E. Oakton Street, Des Plaines, IL 60018-2187.

This standard was developed and approved for submittal to ANSI by the American National Standards Committee on Standards for Fall Protection, Z359. Committee approval of the standard does not necessarily imply that all committee members voted for its approval. At the time it approved this standard, the Z359 Committee had the following members:

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SPRAT – Society of Professional Rope
Access Technicians

Safety Equipment Institute
Safety Through Engineering, Inc.

St. Paul Travelers Insurance
Scaffold Industry Association

Scaffolding, Shoring & Forming Institute

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STANDARD REQUIREMENTS

1. SCOPE, PURPOSE, APPLICATION, EXCEPTIONS, AND INTERPRETATIONS

1.1 Scope. This standard establishes the definitions and nomenclature used for the Z359 Fall Protection Code.

1.2 Purpose and Application.

1.2.1 This standard addresses definitions and nomenclature for the Z359 Fall Protection Code.

1.3 Exceptions.

1.3.1 The scope of this standard does not include the construction industry (SIC Division C), window cleaner belts, or sports related activities.

1.3.2 Body belts, window cleaner belts, chest-waist harnesses, and chest harnesses, even when referred to as body supports, are not addressed by the provisions of this standard.

1.3.3 Systems that incorporate horizontal lifelines and personal protective systems for activities such as climbing, man riding, travel restriction, work positioning, rescue, and evacuation may suitably incorporate components or subsystems specified herein. When incorporated into such systems, however, those systems, subsystems, and components are not within the scope of this standard.

1.3.4 Variance from the requirements of this standard is permissible in isolated instances of practical difficulties when applying it at the user level, but only when it is clearly evident that an equivalent degree of protection is implemented.

1.4 Interpretations. Requests for interpretations of this standard shall be in writing and addressed to the Secretariat of this standard.

2. DEFINITIONS

2.1 Activation Distance. The distance traveled by a fall arrester or the amount of line payed out by a self-retracting lanyard (SRL) from the point of on-

EXPLANATORY INFORMATION

(Not part of American National Standard Z359.0)

E1.3.2 Chest-waist harnesses refer to harnesses consisting of separate waist and chest components that are not integral as defined by this standard and that form a full body harness when combined.

E1.3.3 This paragraph recognizes that some fall protection equipment meeting the requirements of this standard may have multiple uses, making the equipment suitable for other uses. In such cases, the equipment must be evaluated according to its use, and the requirements of this standard are not applicable.

E2.1 Activation distance is part of the free fall distance. The activation point is the point where the fall arrester engages the lifeline or, in the case of an