

# AMERICAN NATIONAL STANDARD

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## ANSI/ASSE Z359.3-2007 Safety Requirements for Positioning and Travel Restraint Systems

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Part of the Fall Protection Code

VERSION **3**



AMERICAN SOCIETY OF  
SAFETY ENGINEERS



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**ANSI/ASSE Z359.3 – 2007**

**American National Standard**

**Safety Requirements for  
Positioning and Travel Restraint Systems**

**Secretariat**

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

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**American National Standards Institute, Inc.**

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## **Foreword** (This Foreword is not a part of American National Standard Z359.3-2007.)

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

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<b>Contents</b>	SECTION .....	PAGE
	1. Scope, Purpose, Applications, Exceptions, and Interpretations .....	8
	1.1 Scope .....	8
	1.2 Purpose and Applications .....	8
	1.3 Exceptions .....	8
	1.4 Interpretations .....	9
	2. Definitions .....	9
	3. Design Requirements .....	9
	3.1 Positioning Systems .....	9
	3.2 Travel Restraint Systems .....	9
	3.3 Rope Adjusters .....	10
	3.4 Positioning and Travel Restraint Lanyards .....	10
	3.5 Full Body Harnesses .....	11
	3.6 Positioning Harnesses .....	12
	3.7 Hardware .....	12
	4. Qualification Testing .....	13
	4.1 Test Equipment and Test Specimens .....	14
	4.2 Qualification Tests .....	15
	5. Marking and Instructions .....	17
	5.1 General Marking Requirements .....	17
	5.2 Specific Marking Requirements .....	17
	5.3 General Instruction Requirements .....	18
	5.4 Specific Instruction Requirements .....	19
	6. References.....	20





## STANDARD REQUIREMENTS

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

**1.1 Scope.** This standard establishes requirements for the performance, design, marking, qualification, test methods, and instructions of lanyards and harnesses comprising personal positioning and travel restraint systems for authorized persons within the capacity range of 130 pounds to 310 pounds (59kg to 140kg).

#### 1.2 Purpose and Application.

**1.2.1** This standard addresses minimum guidelines for the system design, manufacture, and testing of personal work positioning and travel restraint equipment.

**1.2.2** This standard addresses positioning systems and travel restraint systems. These systems shall not be used as a primary fall arrest system. Positioning systems shall be supplemented with a secondary fall protection system.

**1.2.3** Before any equipment shall bear the marking "Z359.3" or be represented in any way as being in compliance with this standard, the requirements of this standard shall be met.

#### 1.3 Exceptions.

**1.3.1** The requirements of this standard do not apply where an industry or operation has adopted a nationally recognized standard that provides at least equivalent protection.

**1.3.2** Body belts are not addressed by this standard for work positioning or travel restraint unless incorporated into a work positioning harness or full body

## EXPLANATORY INFORMATION

(Not part of American National Standard Z359.3)

**E1.1** Training, use, maintenance, removal from service of positioning, and travel restraint systems is addressed in ANSI/ASSE Z359.2, which provides the requirements for overall program management.

**E1.3.1** Currently excluded, but is not limited to:

- The construction and demolitions industry covered by ANSI/ASSE A10.32, Fall Protection Systems for Construction and Demolitions.
- Sports-related activities.
- Personal climbing equipment utilized by the electrical utility, telecommunication, and cable television industries are covered by ASTM F887, Standard Specifications for Personal Climbing Equipment.
- The window cleaning industry covered by ANSI-IWCA I 14.1, Window Cleaning Safety.