

## Working at Heights – Below the Permanents Multiple Rope Grab System

When work at heights below the permanents cannot be accomplished by using a ladder, aerial lift, or scaffolding, (for instance, when hanging greenbeds or walking on the top of set walls), **you must use fall arrest equipment.** When you need to move long distances horizontally across the set, use a multiple rope grab system. Two or more rope grab set-ups will allow you to travel across the set without risking a swing fall. This equipment includes: a full body harness with self-retracting lanyards, vertical lifelines with rope grabs, tag lines, and a double D-ring extender. Fall arrest equipment is available from Safety Supply vendors.

- Inspect all fall protection equipment prior to use.
- Locate an anchorage point for each of your vertical lifelines. Each must be rated for a 5000 lbs. load.
- Select anchorage points above you and as close as possible to where you are going to be working to avoid or limit a swing fall.
- Connect the vertical lifelines to the anchorage points you have chosen with the double-locking snap hook. Attach only one vertical lifeline per anchor point.
- Attach the manual rope grab to each vertical lifeline. Make sure that the arrow on the rope grab is pointing up toward the anchorage point.
- Attach the self-retracting lanyard (SRL) to the rope grab with a self-locking carabiner.
- Connect the tag line to the double-locking snap hook on the SRL.
- Position the rope grab, SRL and tag line on the lifeline so that the final height of the SRL is 6 feet above your intended work height.
- Protect the lifeline against rough edges by using a rope protector or by padding sharp corners.
- From the ground or greenbed, pull the tag line and attach the double-locking snap hook from the SRL to the double D-ring extender located on the back of your harness.
- Never remove one lifeline until you are safely attached to the second lifeline, or until you are back on the ground or greenbed.