

Working at Heights – Working Below the Permanents - Single 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.** This equipment includes: a full body harness with a self-retracting lanyard, a vertical lifeline with rope grab, and a tag line.

Fall arrest equipment is available from Safety Supply vendors.

- Inspect all fall protection equipment prior to use.
- Locate an anchorage point for the vertical lifeline. The anchorage points must be capable of supporting 5000 lbs.
- Select an anchorage point 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 lifeline to the anchorage point with the double-locking snap hook.
- Attach the manual rope grab to the 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 “D” ring located on the back of your harness.
- Never remove your lifeline until you are back on the ground or greenbed.
- If you need to move a longer distance horizontally across the set, you can rig two or more vertical lifeline systems. This will reduce the swing fall potential. (See info sheet “Multiple Rope Grab Systems.”)