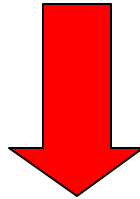


You are not careful in attaching your lanyard to your fall protection harness:

THIS MIGHT HAPPEN TO YOU



Incident Description

When stepping off the first rung of the ladder where he was working, a contractor caught his left leg in the lanyard of his harness. He fell and struck his arm on adjacent equipment causing a cut that required 6 stitches.

What Went Wrong

Because of the way the lanyard was attached it looped down past the employees knees behind him. When descending a ladder you move your foot back then down. If a lanyard loop is hanging behind you below knee level it is easy to get a foot or leg into the loop causing a tripping hazard.

Lessons Learned

Several options are available to prevent this incident:

- Use a shorter lanyard
- Use a lanyard with a retractable line
- Attach the lanyard such that it does not loop below knee level, such as looping it over the shoulder.

A method should be selected which takes into consideration the type of work being done and the conditions at the worksite.

