

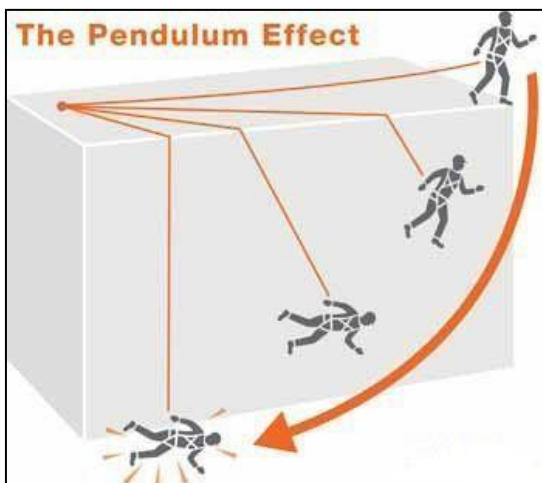
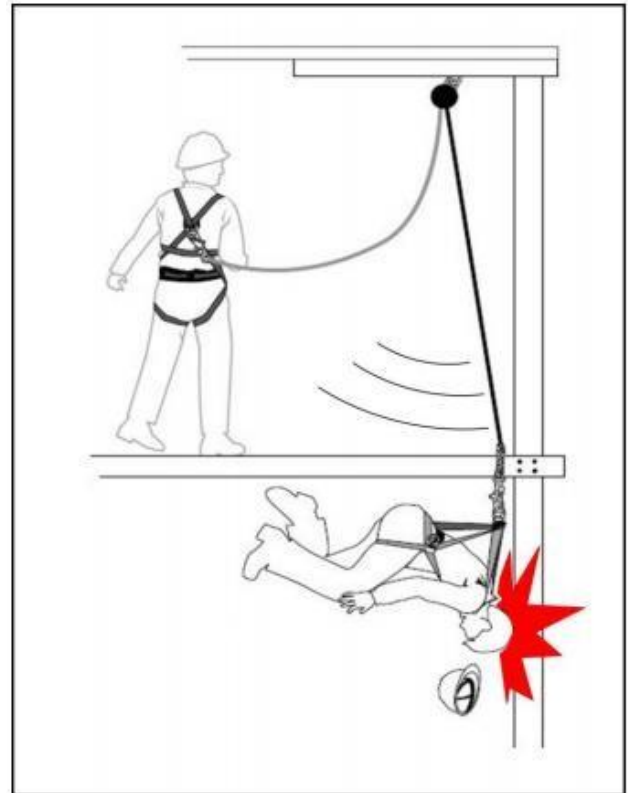


Swing-Fall Hazard

The swing fall hazard is created by the pendulum effect, which can swing a fallen worker into a nearby surface, such as a wall or protruding beam. It is important to evaluate the swing fall hazard at any edges where a worker might fall. A worker who falls while connected to an anchor (unless it is directly overhead) will swing back and forth like a pendulum. Workers can be seriously injured if they strike objects during a swing fall. Installing the anchorage point directly above the work area (i.e., connected to an overhead attachment point with sufficient strength) will help prevent swing fall injuries.

Minimize Swing Fall

- Work directly below anchor
- Do not extend your work zone more than 30° from the anchor
- Manage the slack in the rope



Retractable lanyards do not recoil during a fall, they just lock. The entire amount of your lanyard will remain played-out and you could strike the ground.

This is a very real problem. Most people put on their harness and lanyard and give little more thought to their fall protection. They pull the lanyard out as far as they can in any direction they need to go, completely unaware of the swing hazard until it is too late.