

WORKSHEET

FALL CLEARANCE

Measure in feet, below the working surface

JOB OR SITE

DATE

WORK LOCATION

COMPLETED BY

CONNECTING DEVICE

- ☐ Energy absorbing lanyard, rated for ☐ 6 ft or ☐ 12 ft free fall
- ☐ Self-retracting device (SRD) ☐ Class 1 ☐ Class 2

ANCHORAGE

- ☐ Overhead ☐ D-ring height ☐ Foot level

Foot-level use with an SRD: Class 2 only, and only when the manufacturer permits that configuration. Use the device's clearance chart.

01 ADD UP THE FALL

Use the values on your equipment labels and instructions

TERM AND WHERE TO FIND IT	Example 1 6 ft lanyard, D-ring height	Example 2 SRD, overhead, no slack	Your system From your equipment labels
Free fall Lanyard: lanyard length plus the height of your dorsal D-ring above the anchorage, or less when the anchorage is above the D-ring. SRD anchored overhead with no slack: enter 0. Activation is already inside the arrest distance.	6 ft	No separate term	ft
Deceleration distance (lanyard) / Arrest distance (SRD) The maximum on your label. Lanyard: up to 4 ft for a 6 ft free fall lanyard, 5 ft for a 12 ft. SRD anchored overhead: up to 3.5 ft. SRD anchored below the D-ring or used over an edge: use the clearance chart in the manufacturer's instructions. Over 310 lb, use the label of equipment rated for that weight.	+ 4 ft	3.5 ft	ft
Harness stretch From your harness instructions. Z359.11 allows up to 1.5 ft (18 in).	+ 1.5 ft	1.5 ft	ft
Clearance margin Fall Labs recommends never less than 2 ft. On a horizontal lifeline or other flexible anchorage, use the system manufacturer's clearance.	+ 2 ft	2 ft	ft
Required clearance Below the working surface	= 13.5 ft	7 ft	ft

If the manufacturer gives a total required clearance for your setup, use that number instead of this sum.

02 CHECK THE SITE

Clearance available Measure from the working surface down to the nearest obstruction: the ground, a lower floor, equipment, or anything the worker could strike.	ft
---	-------------------------

Is the clearance available equal to or greater than the required clearance?

☐ **Yes:** continue your site and equipment checks

☐ **No:** stop and change the setup

Confirm the result against the manufacturer's instructions for each component.

A longer lanyard is not the answer. Raise the anchorage, shorten the connection, or change the approach.

Tie off as high as possible. A foot-level anchorage, kneeling before a fall, a heavier worker and swing all add distance.

Standards referenced: American National Standards Institute (ANSI) and American Society of Safety Professionals (ASSP) Z359.11-2021, full body harnesses; Z359.13-2013 (R2022), personal energy absorbers and energy absorbing lanyards; Z359.14-2021, self-retracting devices. **For planning only.** **This worksheet does not replace** the manufacturer's instructions, training, or the judgment of a competent or qualified person. **This sum is for a standing worker on a rigid anchorage with no swing.** Swing falls, horizontal lifelines, and SRDs used below the D-ring or over an edge need the manufacturer's clearance figures.