

# Making the Right Choice: Fall Restraint or Fall Arrest?

When choosing a fall protection system, you should consider installing guardrails or barriers, which provide a high level of protection. But if that's not possible or practical, you may need personal fall protection equipment.

## Fall Restraint Systems

When used properly, a fall restraint system will prevent you from falling. There are a couple of versions you can use including:

- Work-positioning systems – using either safety belts or full body harnesses that attach you to an anchor and leaves both of your hands free.
- Travel-restriction systems – personal fall protection equipment used to prevent you from reaching an edge where you may fall.

Basically, in a fall restraint system, a line is attached to an anchor and to your harness or safety belt in such a way that it prevents you from falling. The anchor must be able to withstand 800 pounds.

## Fall Arrest Systems

Another option for fall protection is the fall arrest system which will protect you *after* you fall by keeping you from hitting the surface below. Examples include:

- Full body harnesses connected by lanyards or lifelines to secure anchors. The harness must be attached to an anchor that can withstand 5,000 pounds or two times the maximum arrest force.
- Safety nets

For more information and additional risk management and prevention tools, visit: [fwcruminsurance.com](http://fwcruminsurance.com)