

Critical Eye Award



Dear Editor,

The summer 2005 *Mech* magazine rear cover is a poor example of how to work safely. Yes, the service member is wearing gloves and eye protection and yes, a harness to prevent him from falling in the hole. The problem is that that lanyard needs to be connected to a 5,000-pound tie off point. Having another service member wrap it around his body and hand is totally unsat. If the welder falls in that hole, the shock load will pull the second service member in also, especially on the surface he's on (asphalt with loose gravel on it). It will be just like he's on marbles. Please say something in your next issue so service members won't think this is an acceptable practice. Thanks.

Brion K. Hall
NAVOSH Specialist, CPSI
Naval Air Station Brunswick

Thanks for your input. We always welcome a reader's critical eye and suggestions for improving safety in the fleet. Now we ask you to take the same critical eye to your work center and identify safety hazards that may have become routine. We all share responsibility for practicing risk management both on and off duty. Some additional guidance on fall protection can be found below and on the Naval Safety Center website. —Ed.

Marine Corps Occupational Safety and Health Program

<http://safetycenter.navy.mil/instructions/osh/MCOP51008F.pdf>

19003.2.c – Personal Fall Arrest System. Composed of a body harness, lanyard with shock absorbing device,

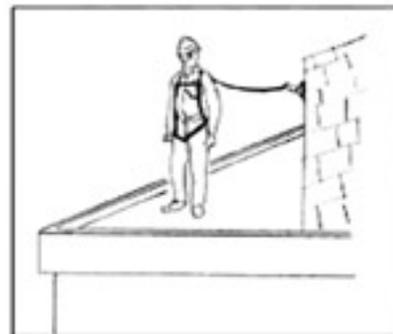
self-locking connectors, and horizontal, vertical, or self-retracting lifeline, and anchor point. All system components must be rated at 5,000 pounds breaking strength and compatible for use together as a system. Anchorages for lifelines must be independent of any anchorages used for suspended platforms, scaffolding, etc. Personal fall arrest system cannot allow worker free-fall distance to exceed six feet.

NOTE: Marine Corps personnel will not use body belts due to potential to “fall through” the belt if turned upside down.

Department of the Navy Fall-Protection Guide for Ashore Facilities

<http://safetycenter.navy.mil/osh/downloads/AshoreFallProtectionGuide.pdf>

Body Restraint System: An application of the fall protection equipment, in which horizontal travel is restricted, preventing exposure to fall hazards. The system consists of a strap device, such as chest harness or full-body harness that can be secured around a worker and attached to a load-bearing anchorage in order to restrict travel and limit fall hazards. The strap can be single or multiple. (See figure below.)



Body Restraint System

11.0 Identification, Use, Selection, Certification, and Re-certification of anchorages

Anchorages can either be engineered or improvised. An anchorage system is a combination of anchorage point and anchorage connector(s). Improvised fall-arrest anchorages and anchorage connectors shall withstand a force of 5,000 pounds for every person attached to the system. Positioning and restraint anchorage shall withstand a force of 3,000 pounds. 