# CALCULATING YOUR FALL DISTANCE Measured From Rigid Anchor Point 

RD Required Fall Clearance Distance (e.g. $17-1 / 2 \mathrm{ft}$. using Typical

6 ft. Lanyard with 6 ft . free-fall)

DD Deceleration Distance (e.g. 4 f.) Height of
Suspended Worker (e.g. 6 ft.)
RD = LL + DD + HH + C

1) Add 1 ft . to $\mathbf{D D}$ for free-fall over 6 ft . up to 12 ft . or for person over 310 lbs .
2) Add 1.7 ft . to DD for Canadian CSA Z259.11-05 (E6) compliant lanyard.
3) D-ring slide and harness stretch factors are built into $\mathbf{H H}$ and $\mathbf{C}$.
4) DD shown in e.g. assumes maximum allowable amounts.
5) See User Instruction Manual for additional information.

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\text { up to } 420 \text { lbs. with } 6 \text { ft. max. free-fall for ANSI \& OSHA compliant lanyards. }
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5) See User Instruction Manual for adirional information.


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