Fall Clearance Awareness

DATE	CREW	JOB SITE
Sunday, August 16, 2026	Formwork Crew	Riverside Hospital Project
LANGUAGE	**OPENED**	**COMPLETED**
EN	2026-08-16 22:57 UTC	2026-08-16 22:59 UTC

TALK CONTENT

A harness only saves your life if you have enough room to stop before hitting the ground or a lower level. Workers have died wearing perfect, fully-inspected gear simply because they ran out of fall clearance. Knowing your numbers before you tie off matters as much as the gear itself. A typical setup with a 6 ft lanyard needs about 18.5 ft of clearance, and there is zero acceptable margin for guessing.

Total fall clearance is the sum of everything between your anchor and a hard stop. Add the lanyard or connector length before the fall is arrested, the deceleration distance as the shock absorber stretches (typically up to 3.5 ft), harness stretch and D-ring shift (about 1 ft), your standing height below the D-ring (about 5 ft), and a safety margin of at least 2-3 ft.

The mistakes that kill are predictable: forgetting deceleration distance, tying off at foot level so a low anchor doubles your free fall, using a 6 ft lanyard where there is only 10 ft of clearance, and leaving zero safety margin.

Anchor as high as possible, because every foot of anchor height removes a foot of free fall. Do the math before you connect, every time. Choose a self-retracting lifeline to greatly reduce required clearance, and use the shortest connector that still lets you work. When in doubt, stay out: never tie off if the clearance is uncertain.

SUPERVISOR SIGN-OFF

James Mayer
Certified 2026-08-16 22:59 UTC



INTEGRITY SUMMARY

Signatures: 3 · Devices: 1 · IPs: 1

Collected 2026-08-16 22:58 UTC – 2026-08-16 22:59 UTC

SHARED DEVICE (KIOSK MODE)

All 3 signatures were collected on a single shared device (kiosk mode).

COMPREHENSION CHECK

3 of 3 workers answered all 2 questions correctly.

Awareness check — recorded as evidence of engagement, not a pass/fail test.

James Carter — answered 2/2
Michael Brooks — answered 2/2
Sofia Herrera — answered 2/2

ATTENDANCE (3)

James Carter · Group A
2026-08-16 22:58 UTC



Michael Brooks · Group A
2026-08-16 22:58 UTC



Sofia Herrera · Group A
2026-08-16 22:59 UTC



AUDIT TRAIL

#	NAME	SIGNED (UTC)	GROUP	DEVICE / BROWSER	IP / GEO
1	James Carter	2026-08-16 22:58 UTC	A	iPhone · Safari	203.0.113.24 –
2	Michael Brooks	2026-08-16 22:58 UTC	A	iPhone · Safari	203.0.113.24 –
3	Sofia Herrera	2026-08-16 22:59 UTC	A	iPhone · Safari	203.0.113.24 –

Document integrity

Document ID: FST-20260816-EFC57D70

SHA-256: a8003735971be305de8d16d37b687564652ed1eef61b128e7aa4511cc6be3058

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VERIFY THIS RECORD

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