Fall Protection Requirements by Height

OSHA Trigger Heights and Protection Systems

Application	Trigger Height	Standard	Key Requirement
General Industry	**4 feet**	1910.28	Guardrails or PFAS
Construction (General)	**6 feet**	1926.501	Guardrails, nets or PFAS
Residential Construction	**6 feet**	1926.501(b)(13)	Conventional or alternate
Scaffolds	**10 feet**	1926.451	Guardrails on all open sides
Steel Erection	**15 feet**	1926.760	Connectors: 15-30 ft special
Aerial Lifts	**All heights**	1926.453	Body harness + short lanyard

Protection Systems

- **Guardrail:** 42" top rail (+-3"), 21" mid-rail, 4" toe board
- **Safety Net:** Max 30 ft below work, extends 8-13 ft
- **PFAS:** Full body harness + lanyard + anchor
- **Warning Line:** 6 ft from edge (low-slope roofs only)

Tie-Off Requirements

- **Anchor strength:** 5,000 lbs per worker
- **Free fall limit:** 6 ft maximum
- **Deceleration:** Max 3.5 ft distance
- **Total fall distance:** Must be calculated
- **D-ring:** Dorsal (back) for fall arrest

Remember: 100% tie-off means workers are connected at ALL times when at height. Plan the fall distance - you need clearance below.