



Potential Fall Arrest Forces

The following provides general information on fall arrest forces that could occur in free-falls at different distances.

Non-shock absorbing web lanyard with 220 pound steel weight
(Data shown to reinforce the importance of using shock-absorbing lanyards)

Distance of Drop	Average Force
6 inches	1100 pounds
3 feet	2500 pounds
4 feet	3200 pounds
5 feet	3800 pounds
6 feet	4000 pounds

Miller Shock absorbing web lanyard with 220 pound steel weight

Distance of Drop	Average Force	Extension
3 feet	820 pounds	21 inches
4 feet	810 pounds	22 inches
5 feet	822 pounds	28 inches
6 feet	872 pounds	33 inches
7 feet	877 pounds	38 inches
9 feet	1315 pounds	41 inches
10 feet	1654 pounds	42 inches
11.5 feet	2332 pounds	42 inches

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