

ANSI/ASSP Z359.1-2024

The Fall Protection Code

PREVIEW ONLY



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS



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ANSI/ASSP Z359.1 – 2024

American National Standard

The Fall Protection Code

PREVIEW ONLY

Secretariat

American Society of Safety Professionals
520 N. Northwest Highway
Park Ridge, Illinois 60068

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Foreword (This Foreword is not a part of American National Standard Z359.1-2024.)

The first edition of ANSI/ASSP Z359.1, published in 1992, was the first American National Standard for personal fall arrest systems in non-construction occupations. It established requirements for performance, design, marking, qualification, instruction, training, inspection, use, maintenance, and removal from service of full body harnesses, connectors, lanyards, energy absorbers, anchorage connectors, fall arresters, vertical lifelines, and self-retracting lanyards.

This standard was reaffirmed in 1999 and revised in 2007. The 2007 revision was accompanied by new ANSI/ASSP Z359 standards for managed fall protection program elements, positioning and travel restraint systems, and rescue systems. Additionally, the definitions common to all ANSI/ASSP Z359 standards were published in a separate standard. Along with other changes, the 2007 publication of this standard increased the snaphook and carabiner gate strength to 3,600 pounds. This requirement was subsequently adopted by OSHA in the 2017 updates to General Industry Subpart I (29 CFR 1910.140(c)(8)). In the years since then, new standards have been developed for the products and systems covered by ANSI/ASSP Z359.1-2007, and the requirements of that standard have been superseded. This set of ANSI/ASSP Z359 standards is referred to collectively as the Fall Protection Code.

The 2016 edition of ANSI/ASSP Z359.1 introduced a change in technical content and intent of the standard, not a revision of the requirements of the previous editions. The intent of this standard is to provide a key to understanding and applying the standards within the ANSI/ASSP Z359 Fall Protection Code, as well as a single point of reference to define compliance with the Fall Protection Code. This allows organizations the ability to identify ANSI/ASSP Z359.1 as a single reference when accepting the Fall Protection Code.

In addition to this standard, ANSI/ASSP Z359.2, *Minimum Requirements for a Comprehensive Managed Fall Protection Program*, should be the first document that someone within a user's organization should become familiar with. Subsequent product standards contain relevant information that provides guidance on the use and limitations associated with a specific product category along with creating consistency and minimum requirements for products offered by manufacturers and distributors. Manufacturers and distributors are also required to provide this information in the instruction material provided with the product. As product standards are updated, user guides are being added to provide guidance to users of the specific product and also will be made available as stand-alone documents. The ANSI/ASSP Z359 Fall Protection Code excludes material handling operations or sports related activities.

The interdependence of the ANSI/ASSP Z359 standards is key to their use as the Fall Protection Code. Although the equipment aspect of fall protection is likely the most visible element, all applicable standards must be implemented to create a safe and truly compliant fall protection system and program. For example, training, fall hazard surveys and procedures are critical to safely identifying, evaluating, and controlling fall hazards based on the hierarchy of controls. The ANSI/ASSP Z359.2 standard contains these items and should be integral to your overall program. Furthermore, it is becoming more common, and in some instances a requirement, that a qualified person who is commonly an engineer design the overall system. This act of design includes selecting the system, ensuring strength of the anchorage(s), specifying equipment components, preparing use and rescue procedures, and verifying the implementation of general and system-specific training. Requirements for engineered systems are found in ANSI/ASSP Z359.6.

The standards in the Fall Protection Code are constantly evolving and are revised on a regular schedule in conformity to ANSI requirements. ANSI/ASSP Z359.1 is periodically updated as

new standards and revisions are developed and published. The use of national consensus standards is voluntary. Please note that the revised Fall Protection Code requires that new products are manufactured to conform to the current version of the relevant standard. Products in use when new standards or revisions to existing standards become effective can continue to be used until they are removed from service.

Normative Requirements: This standard uses the single column format. The normative requirements appear aligned to the left margin. To meet the requirements of this standard, machinery, equipment and process suppliers and users must conform to these normative requirements. These requirements typically use the verb “shall.”

NOTE: The informative or explanatory notes in this standard appear indented, in italics, in a reduced font size, which is an effort to provide a visual signal to the reader that this is an informative note, not normative text, and is not to be considered part of the requirements of this standard; this text is advisory in nature only. The suppliers and users are not required to conform to the informative note. The informative note is presented in this manner in an attempt to enhance readability and to provide explanation or guidance to the sections they follow.

Suggestions for Improvements: Suggestions for improvements to this standard are welcome. They should be sent to: American Society of Safety Professionals (ASSP), 520 N. Northwest Highway, Park Ridge, IL 60068, Attention: Z359 Secretariat.

Revisions: The Z359 Committee welcomes proposals for revisions to this standard. Revisions are made to the standard periodically (usually every five years from the date of the standard) to incorporate changes that appear necessary or desirable, as demonstrated by experience gained from the application of the standard. Proposals should be as specific as possible, citing the relevant section number(s), the proposed wording, and the reason for the proposal. Pertinent documentation would enable the Z359 Committee to process the changes in a timely manner.

For the most accurate dates for the most recent ANSI Z359 standards, please use the following link: <https://www.assp.org/standards/standards-topics/fall-protection-and-fall-restraint-z359>

Appendices: Appendices are included in most standards to provide the user with additional information related to the subject of the standard. Appendices are not part of the approved standard.

Committee Meetings: The Z359 Committee meets on a regular basis. Persons wishing to attend a meeting should contact the Secretariat for information.

Standard Approval: This standard was developed and approved for submittal to ANSI by the Z359 Secretariat. Committee approval of the standard does not necessarily imply (nor is it required) that all members voted for its approval. At the time this standard was approved, the Z359 Committee had the following members:

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PREVIEW ONLY

AMERICAN NATIONAL STANDARD Z359.1 THE FALL PROTECTION CODE

1. Scope, Purpose and Application, Exceptions, and Interpretations

1.1 Scope

1.1.1 The Fall Protection Code is a set of standards that covers the following for the processes used to protect workers at height in a managed fall protection program:

- program management
- system design
- training
- qualification and testing
- equipment, component, and system specifications.

This standard identifies those requirements and establishes their role in the Fall Protection Code and their interdependence.

1.1.2 The Fall Protection Code encompasses standards for personal fall protection systems that incorporate a full body harness intended to protect the user against falls from a height either by preventing or arresting free falls. In general, systems that prevent a free fall are preferable to systems that arrest a free fall. The types of systems that shall be addressed by this Fall Protection Code include:

- a. Travel restraint systems
- b. Work positioning systems
- c. Rope access systems
- d. Fall arrest systems
- e. Rescue systems

1.2 Purpose and Application

1.2.1 This standard specifies minimum requirements for the processes, systems, sub-systems, and components used in a managed fall protection program that meets all of the requirements of the ANSI/ASSP Z359 Fall Protection Code.

1.2.2 Before any product shall bear an ANSI/ASSP Z359 marking or be represented in any way as being in compliance with any ANSI/ASSP Z359 standard, the requirements of the associated product standard shall be met.

1.2.3 No product, component, or system shall be labeled as meeting ANSI/ASSP Z359.1.

NOTE: ANSI/ASSP Z359.1 ceased being a product standard with the 2016 publication.

1.3 Exceptions

1.3.1 The ANSI/ASSP Z359 product standards do not apply to material handling and sports-related activities.

1.4 Interpretations

Requests for interpretations of this standard shall be in writing in accordance with procedures and addressed to the Secretariat of this standard.