
Do the following to calculate the fall clearance distance using a shock-absorbing lanyard and D-ring anchorage connector:

- First, add the length of the shock-absorbing lanyard (6 feet) to the maximum elongation of the shock absorber during deceleration (3 1/2 feet) to the average height of a worker (6 feet).
- Then, add a safety factor of 3 feet to allow for the possibility of an improperly fit full body harness, a taller than average worker and/or a miscalculation of distance.
- The suggested safe fall clearance distance for this example is 18 1/2 feet.