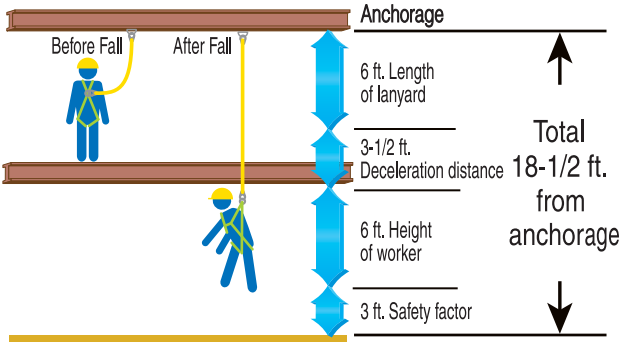
# Miller® Shock-Absorbing Lanyards

Miller Shock-Absorbing Lanyards extend deceleration distance during a fall, significantly reducing fall arrest forces by 65 to 80 percent below the threshold of injury. This ensures greater safety on the jobsite. However, when using a shock-absorbing lanyard, it is important to understand how to calculate potential fall distance to avoid contact with a lower level.

## Calculating Your Potential Fall Distance




1. When using a six foot shock-absorbing lanyard and a full-body harness, first add the length of the shock-absorbing lanyard [6 ft. *(1.8m)*] to the maximum elongation of the shock absorber during deceleration [3-1/2 ft. *(1.1m)*] to the average height of a worker [6 ft. *(1.8m)*].
2. Then, add a safety factor of 3 ft. *(1m)* to allow for the possibility of an improperly fit harness, a taller than average worker and/or a miscalculation of distance.
3. The total, 18-1/2 ft. *(5.6m)*, is the suggested safe fall clearance distance, the height at which you must attach to an anchorage to minimize the risk of contact with a lower level.

## Miller® Splat Indicator

For a quick and easy alternative to calculating your fall distance, use the Miller Splat Indicator.

- Similar to a plumb bob, simply attach the device to an anchorage or to the lanyard at the anchoring snap hook and lower the weight using the attached string.
- If the weight strikes a lower level, then a higher anchorage must be selected.
- If a higher anchorage is not accessible, a shorter lanyard or a fall limiter should be used.