

# HOW TO CALCULATE YOUR FALL DISTANCE:

**1** LANYARD LENGTH

+

**2** DECELERATION DISTANCE

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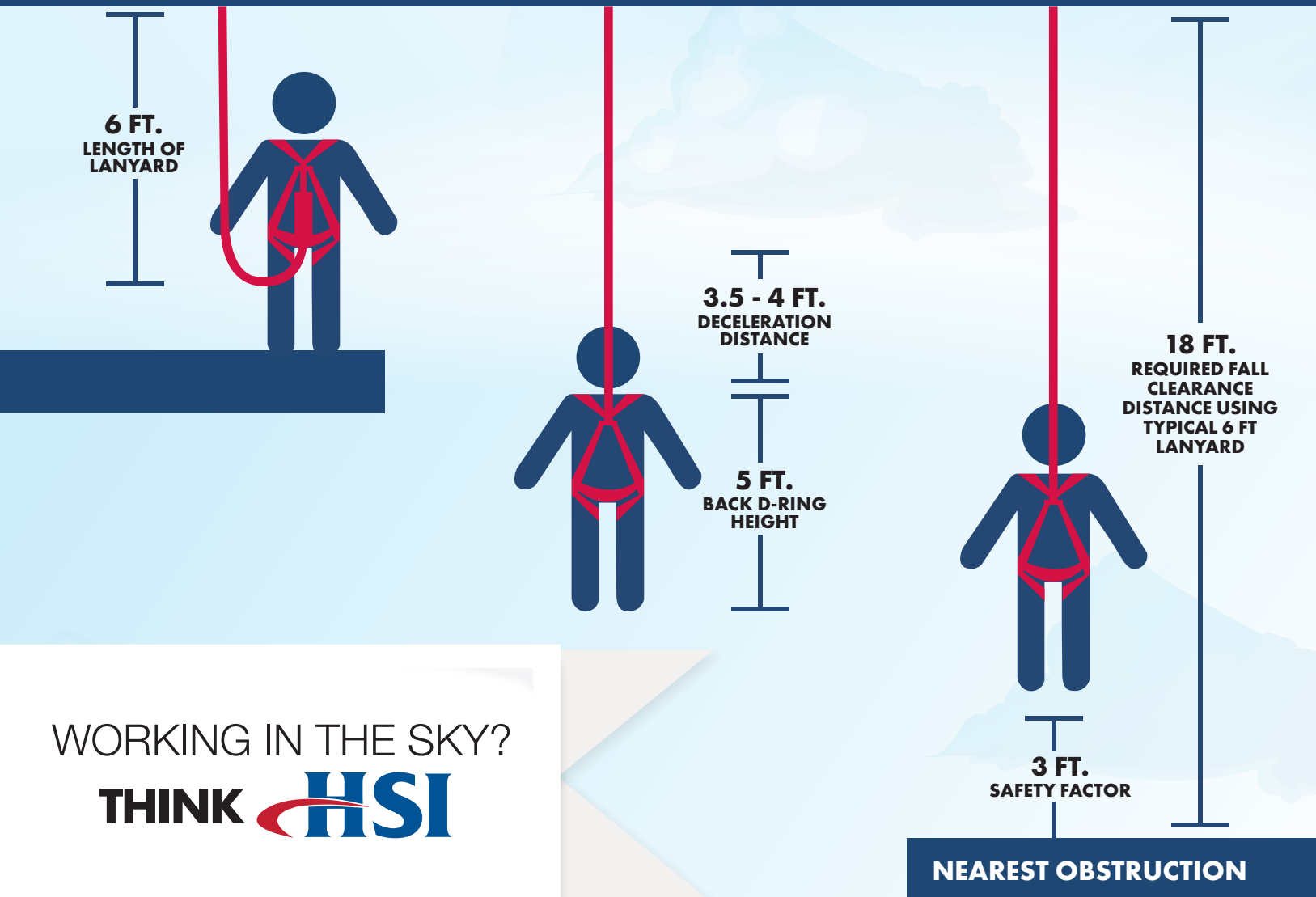
**3** BACK D-RING HEIGHT

+

**4** SAFETY FACTOR

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**REQUIRED DISTANCE  
BELOW ANCHOR POINT TO  
NEAREST OBSTRUCTION**



WORKING IN THE SKY?  
**THINK HSI**

**HSI**  
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