

# Self-Retracting Devices for Personal Fall Arrest and Rescue Systems

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Appendix B



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This End User Guide is derived from Appendix B of ANSI/ASSP Z359.14-2021, "Safety Requirements for Self-Retracting Devices for Personal Fall Arrest and Rescue Systems." It is intended to offer the reader some key, actionable guidance regarding best practices and recommendations regarding the selection and use of these devices as part of a complete personal fall arrest system.

This document is not a standard, and is not a complete body of guidance. It is intended to supplement and enhance the reader's understanding and to provide a foundational level of knowledge regarding these products. It is important that users of these devices read, understand and adhere to all manufacturer's instructions and comply with OSHA regulations at all times while engaged at work at height activity.

**It is also recommended that the reader of this document become familiar with the Z359 Code and the resources available therein. The following documents are available as free downloads at [www.assp.org](http://www.assp.org):**

- **ASSP Z359.0**
- **ANSI/ASSP Z359.1**

Also available, please consider the following standards for your library if you are responsible for the management of fall protection programs and the utilization of fall protection systems for the protection of workers at height:

- ANSI/ASSP Z359.2
- ANSI/ASSP Z359.6