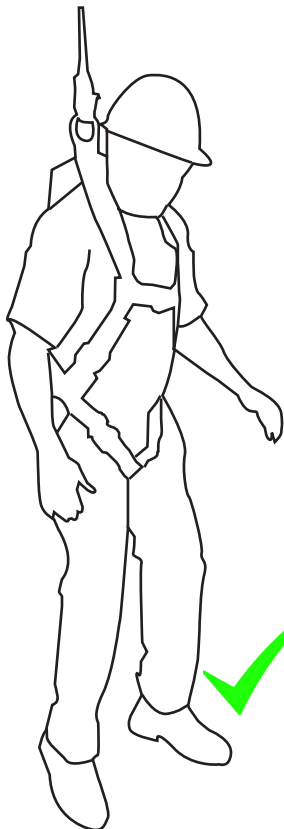




Why is it preferable to connect a fall arrest system to the sternal (front) D-link, rather than the dorsal (back) D-link? And what are the differences?

Below is a brief explanation aimed to provide some insight in to the various benefits and advantages of connecting any fall arrest system to the sternal D-link.

Let's start by looking at the a scenario where a worker has fallen on a fall arrest system whilst connected to the **dorsal D-link:**



- The worker is unable to assist in any rescue procedures as he/she cannot reach the dorsal connection point.
- The worker's field of vision is greatly restricted downward.
- The harness puts a large amount of pressure on the femoral artery, this accelerates the symptoms of suspension trauma greatly.
- The position is very uncomfortable and is more likely to cause injury to the worker.
- The worker is likely to fall towards the structure increasing the risk of injury.
- The worker will struggle to implement any suspension trauma prevention techniques.

If we compare this to a situation where the worker has fallen on a fall arrest system whilst being connected to the **sternal D-link:**

- The worker is able to assist in any rescue procedures as he/she can perform tasks as per the instructions of the rescuer.
- The worker has a clear field of vision up and down.
- The majority of the pressure from the harness is applied to the rear of the legs/thighs, which reduces the constriction of the femoral artery thus, delaying the symptoms of suspension when compared to the previous situation.
- The position is nearer to the natural position of being seated and is thus more comfortable.
- The worker is more likely to fall away from the structure, decreasing the risk of injury
- The worker will be able to apply suspension trauma prevention techniques more easily such as: getting the legs horizontal or the bicycling motion.

