

SAFE WORK PRACTICES

3.14 SAFE USE OF FULL BODY HARNESS

Safe Work Practices:

1. Never expose harness to sharp edges, chemicals, corrosive environments, high voltage, gases or moving machinery.
2. Full body harnesses are not designed for extended suspension. The user must be retrieved as soon as possible after a fall.
3. Never make modifications to the harness (including writing on the harness).

Procedures:

1. First, inspect the harness. Check D-rings, buckles, back pad etc. These items must not be damaged, broken, distorted and must be free of sharp edges, burrs, cracks, worn parts or corrosion.
2. Inspect webbing and ensure it is free of frays, cuts or broken fibers. Check for tears, abrasions, mold, burns or discoloration.
3. Inspect stitching. Broken stitches may be an indication that the harness needs to be removed from service.
4. Once determined the harness is in good working order, lift harness by the D-ring and untangle the straps. Allow legs to hang free.
5. Pass one arm through each of the shoulder straps keeping the D-ring to the back.
6. Reach between the legs and grasp the left leg strap. Draw up between legs and attach the buckle to the torso of the harness. Repeat for other leg strap.
7. Fasten chest strap buckle. Adjust the chest strap so it is located 6 inches below the shoulders.
8. Connect chest strap by passing male buckle through female buckle. Pass excess webbing through loop keepers.
9. Adjust shoulder strap to a snug fit. Once adjusted, the chest strap should prevent shoulder straps from slipping off the shoulder.
10. Center the back D-ring between the shoulder blades. It can be adjusted by pulling the web through the D-ring pad in the desired direction.
11. Connect the fall arrest sub system (self retracting line) to the D-ring between your shoulder blades.

