



TRAINING SESSION

Chapter 2: Body Harness

2.1 INSPECTION

Step 1. Body Harness Inspection



All of the components of a fall protection system (including your harness) should be visually inspected prior to use each day or each shift. Making a careful inspection of your harness provides maximum assurance that it is in serviceable condition and will provide the protection for which it was designed.

Step 2. Check your harness for worn or damaged parts

Ensure that all hardware is present; such as



the buckles



the D-Rings - and that they are secure



the back D-Ring pad is not damaged or cracked

Step 3. Check your harness for hardware distortion



Ensure that all hardware are not distorted

Step 4. Check your harness components in finer detail



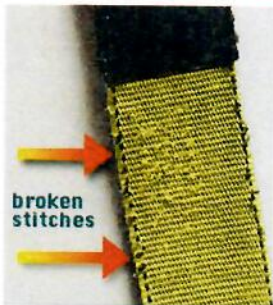
Inspect for sharp edges or corrosion on the hardware.

Step 5. Check your harness webbing



Inspect the webbing of your harness for wear, cuts, Abrasions, burns and frayed edges.

6. Check your harness for pulled or broken stitches



Even a slight pull or a few missing threads are significant.

2.2 CAUTION

Caution - 1

If any of the previously stated conditions (from the Inspection section) exist, your harness may not be safe.

DO NOT WEAR IT!

ANY HARNESS SUBJECTED TO ARRESTING A FALL MUST BE REMOVED FROM SERVICE.

Caution - 2



Do not use solvent base solutions to clean or identify your harness.

Caution - 3



It is always good practice to store your harness away by hanging it up by the dorsal D-Ring.

2.3 Harness Donning

To don your harness - Step 1



Lift the harness by the back D-Ring and ensure that it is not tangled and that the straps are not twisted.

CAUTION:

Use caution when donning your harness in proximity to moving or rotating equipment. Harness straps can easily become caught in such equipment.

To don your harness - Step 2



Don your harness by slipping the shoulder straps over your shoulders.

To don your harness - Step 3



Make sure that the butt strap is properly located beneath the buttocks.

To don your harness - Step 4



Pass the leg straps over the legs and insert the smaller pass through buckle through the matching larger one.

To don your harness - Step 5



Buckle the chest strap in the same manner. Make sure the chest strap is positioned to sternum height or about 6" below the shoulders.

To don your harness - Step 6



Adjust your harness to length by pulling the shoulder straps through each of the slide adjusters. Each side should be adjusted to the same length.

Now, adjust the leg straps to a snug fit.

To don your harness - Step 7



If adjusted properly, the back D-Ring pad should be located between the shoulder blades in the position. It will keep your body upright for maximum support both during and after a fall.

To don your harness - Step 8



A properly fitted harness will not be too loose, but tight enough to be felt. You should be able to move about freely climb stairs, sit and bend down without discomfort. Your hand should fit snug between leg and strap.

To don your harness - Step 9



If your harness is equipped with extended dorsal D-Ring, ensure that the keeper, or Velcro, is in place.

To don your harness - Step 10



Adjust your personal safety harness so that it is comfortable yet fitted in a proper manner so as to provide adequate protection.

To don your harness - Step 11



Refer to the harness manufacturer's guidelines for inspection procedure, maintenance and cleaning.