

Safety Harness

You may not need to work from heights on a regular basis, but you need to be prepared when the situation arises. With increased height comes an increased risk of falling. Falls can be tied to over 350 deaths each year in the workplace, accounting for roughly 40% of construction related deaths.

When to Inspect Your Harness:

OSHA requires that personal fall arrest systems shall be inspected prior to each use for wear, damage, and other deteriorations, and defective components shall be removed from service.

How to Inspect a Harness Before Using it:

1. Pick up the harness by its D-ring in the back.
2. Gently shake the harness to let the straps fall into place.
3. Make sure the buckles are unfastened.
4. Look for any damage, such as worn, frayed or missing threads, cracked webbing, or foreign material on the harness.
5. Check the metal strap fasteners and D-ring to make sure they are not cracked or deformed.
6. If your harness uses grommets, make sure they are firmly attached and are not deformed or otherwise damaged.
7. Make sure buckle tongues are firmly attached and not bent.

How to Put on a Fall Arrest Harness:

1. Slip the harness over your shoulders like a vest.
2. Make sure the D-ring is in the middle of your back, directly between your shoulder blades.
3. Pull each leg strap up and fasten the buckles together.
4. Stand up straight and adjust the length of the side body straps as needed to make sure there is no slack.
5. Fasten the chest strap as necessary to remove any slack.
6. Make sure the shoulder straps and leg straps are snug, while still allowing full range of motion.
7. Eliminate any excess slack by tightening the straps in the buckle.
8. Make sure the loose end of the straps are tucked into the strap retainers.
9. With your hand held flat, you should be able to fit your fingers underneath your leg straps.

Cleaning Your Harness:

- Use a damp cloth or sponge to remove dirt and dust, by mixing cleaning solution or detergent/soap
- Let the harness dry in room temperature. Do not use mechanical heat dryer or long periods of sun drying
- DO NOT soak harness and DO NOT use bleach, chlorine, or abrasives