

Proper Donning of Safety Harnesses



Harnesses must be inspected, maintained, and stored as instructed by manufacturer. Employee must be trained in the proper use of fall protection they will be using.

1. Hold the harness by the D-ring and shake it out. Let the leg straps hang down and make sure they are not tangled.
2. Pull straps over shoulders like a jacket so the D-ring is between the shoulder blades.
3. Adjust strap for proper fit.
4. Pull chest straps and fasten. Adjust strap to snug fit.
5. Pull leg strap over through legs and over thigh and fasten.
6. Adjust strap to be snug on thigh.
7. The D-ring should be in between your shoulder blades after adjustments.

Visual Inspection:

Before each use, personal harnesses must be inspected for signs of defects from use and environment.

- Inspect harness for; loose or broken stitching, cuts, burn marks, or any evidence that would lead you to believe the strapping has been weakened.
- Inspect harness components; D-rings, quick connect buckles, friction buckles, locking cams, snap hooks, and grommets.