

# Working at Heights – Full-Body Harness

When you are required to use fall restraint or fall arrest equipment, you will be required to wear a **full-body harness**. This equipment is available from Safety Supply vendors.

All harnesses are quickly and easily adjusted to body size. The safety and comfort of your full-body harness depends on it being properly fitted. The correct fitting for most harnesses is outlined below:

- Inspect all fall protection equipment prior to use. Check for cuts, tears, missing hardware, loose or broken stitching or frayed webbing.
- Disconnect all harness fasteners.
- Spread the harness out on a flat surface with the back “D” ring facing down. (The “D” ring indicates the upper straps of the harness.)
- Lay out the chest strap and leg loops.
- Put the harness on with the upper straps over your shoulders.
- The back “D” ring should be between your shoulder blades.
- Reach between your legs and pull the thigh straps forward; adjust the front buckles so that these straps fit snugly against the seat of your pants.
- Be sure that the shoulder strap ends are equally balanced. Adjust as necessary.
- Pass the leg straps, one at a time, from behind, up between your legs, around the front of your groin and through the harness adjuster buckle located on the front of your hip. Adjust to a snug fit.
- Thread the chest strap through the buckle and adjust for a snug fit.
- Warning:** When positioning chest strap, make sure the maximum distance from the top of your shoulder to the top of your chest strap does not exceed 6 inches. Failure to follow this warning can result in serious injury or death.

## **Remember:**

- Harnesses must fit snugly and be positioned properly. All fasteners should be checked to ensure that they are closed and secure.
- Make sure that all strap ends are secured, either by passing through adjoining, in-line loops or strap keepers. Strap keepers located next to adjuster buckles should be placed firmly against the buckles.

## **Note:**

If your harness varies from the described harness, check the harness manufacturer’s instructions.