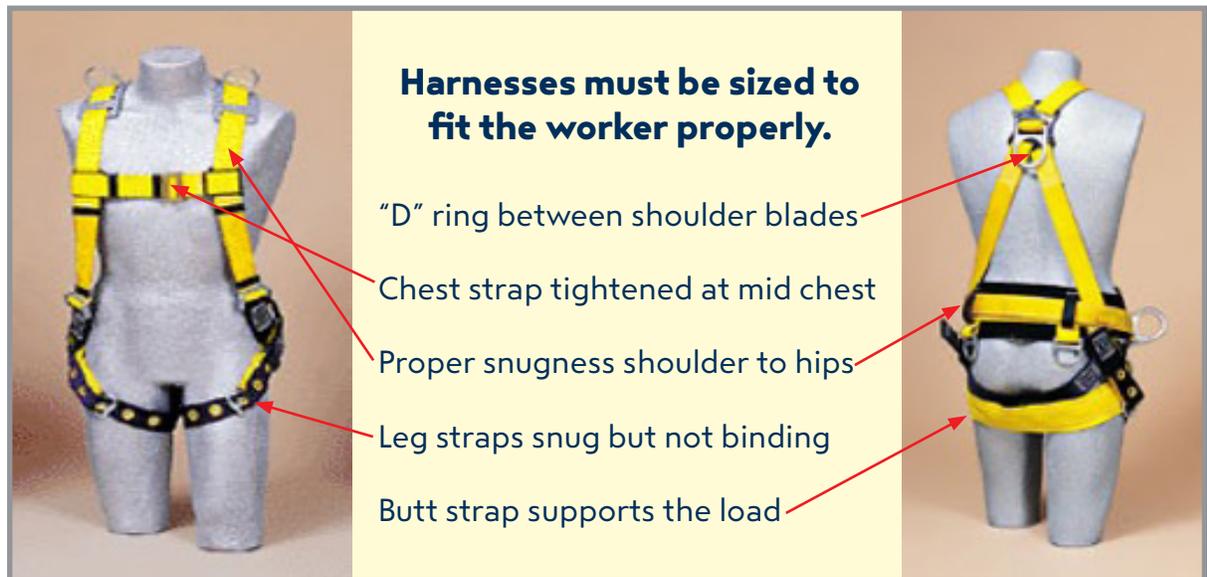


Safety tips for fall protection body harnesses

There are three component parts to a personal fall arrest system (PFAS): the anchorage point, the connector, and the body harness. Because one of the most common misuses of the system involves the body harness, here are some safety tips to consider when using one.

- Before using a body harness, the user should read and follow the manufacturer's instructions. Labels contain information about proper selection, use, capacity, care, and inspection. If labels are damaged or missing, replacements should be obtained.
- Inspections should be conducted before the worker uses the harness, with a competent-person inspection at least monthly. Check harness for:
 - burns on nylon webbing
 - torn, frayed, or broken fibers
 - pulled stitches
 - excessive wear on "D" ring
 - deformed or cracked buckles
 - deformed rivet
 - worn tongue or straps
- Harnesses should be taken out of service immediately if defects are found during inspection or exposed due to an impact.
- Harnesses should never be modified. Examples of this include cutting the ends of the straps to shorten them so they don't flap around or cutting extra holes in the straps for a tighter fit.



Harnesses must be sized to fit the worker properly.

- "D" ring between shoulder blades
- Chest strap tightened at mid chest
- Proper snugness shoulder to hips
- Leg straps snug but not binding
- Butt strap supports the load



Proper adjustment is a key "Rule of Thumb."

- You must be able to reach your D-ring with your thumb.
- There should be a maximum of four (flat) fingers of slack at the legs with the straps as high as comfortably possible.
- Ensure the chest strap is across the chest/breastbone.
- Have a buddy double check for twists, etc.

