

Correct Donning of full body harness



STEP 1

Hold harness up by shoulder straps and ensure leg straps hang free



STEP 2

Pass arms through shoulder straps



STEP 3

Connect chest buckle



STEP 4

Adjust shoulder straps so rear 'D' sits between shoulder blades



STEP 5

Pull harness down at the back so sub pelvic strap sits under the buttocks



STEP 6

Connect leg buckles and adjust to a snug fit

A Safety Harness must be worn

correctly to ensure that, in the event of a Fall, it works to its design potential, and does not cause additional injury.

If the harness is worn incorrectly

(loose, undone etc), the user may find that they injure themselves severely.

1. Ensure that the right harness is used for the job in hand
2. Ensure that the harness is in Test / Inspected
3. Ensure that all Clips / Connectors are tightened / adjusted / attached
4. Ensure that the webbing is adjusted to suit your body size – Leaving the harness loose around the legs and chest may FEEL more comfortable, but in the event of a fall the sudden “jerk” that occurs when the slack is taken up, can cause serious damage to the body (especially the groin area, and internal organs!).
5. If a lanyard is attached to the harness, wrap it around the body and attach to the chest or shoulder strap – a dangling lanyard constitutes a serious trip hazard.