## **Proper Donning of Safety Harnesses**







3.



6.



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.



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