

FALL PROTECTION HARNESS INSPECTION & FITTING GUIDE



INSPECTION



1. Inspect the harness before use

All fall protection equipment should be inspected by the user prior to and after each use. A detailed inspection should also be performed by a Height Safety Equipment Inspector every six months as per AS/NZS 1891.4.

Harnesses should be inspected for felt pen markings on load bearing webbing, cuts, burns, discolouration, excess dirt or wear, knots, other damage and activation of the impact indicator where applicable (Fig. A).

All labels must be present. Hardware such as D-rings, snaphooks and buckles should be free of cracks, corrosion, deformation, burrs, missing parts, or other damage and/or wear (Fig. B & C).

If there is ever any sign of an unsafe condition or if the harness shows signs that it has been used to arrest a fall it should be immediately withdrawn from service & destroyed.



VEST STYLE



CROSS-OVER STYLE



2. Getting Started

Vest – Hold harness by back D-ring, ensure all buckles are undone and ensure there are no tangles in the webbing. Holding the shoulder straps slip harness over arms and onto shoulders like a jacket. Check straps are not tangled and hang freely.

Crossover – Holding harness on your right ensure all buckles are undone and straps aren't twisted. Slip the harness over your head

from right to left and attach the frontal attachment strap on your left side. Front D-ring should be positioned at the base of the rib cage (*sternum*) so that the shoulder straps will not slip off the shoulders.

3. Sub pelvic strap

The positioning of the sub-pelvic strap is critical.

Vest – Adjust the shoulder straps to ensure the sub-pelvic strap

is positioned directly below the frontal attachment strap on your left side. Ensure the straps are adjusted to the same length on each side.

Crossover – Adjust sub pelvic strap to sit directly below the buttocks by tightening the upper right hand buckle (*to raise both the sub-pelvic and front D-ring*) and then the lower left side frontal adjustment strap.

Note: This strap may need to be fed through the frontal D-ring.

4. Leg Straps

Pass left leg strap between legs ensuring it is not twisted and fasten with relevant buckle on left hand side. Repeat procedure with right side.



Make sure webbing does not cross between legs. Adjust the leg straps so that a flat hand (**Not a Fist**) can be placed between the leg and the leg strap (Fig. D).

5. Chest Strap & Waist belt

Note: Not all models have a chest strap or waist belt.

Position chest strap across the middle of the chest, approximately 3 finger widths above the base

of the sternum. Shoulder straps should be vertical, not pulled into centre of body. Connect the waist buckle ensuring that the webbing straps are not twisted and kept loose so that the belt does not impact a worker during a fall.

6. Final Adjustments

The harness should be comfortable without undue pressure on the shoulders, thighs or pelvis. You should still have your full range of motion with the harness fitted

correctly. The dorsal D-ring should be positioned centrally between the shoulder blades.

Keepers should be positioned properly to prevent webbing slippage and entanglement. If two keepers are present, one should be positioned tight against the buckle to keep it in adjustment and the second to store the extra webbing.

BUCKLE TYPES



Quick-Connect Buckle
Insert male portion into receptor until click is heard. Pull free end of web to tighten.



Pass-Thru Buckle
Pass male buckle through female buckle and pull free end of webbing to tighten.



Revolver™ Vertical Torso Adjusters
Turn Ratchet Knob clockwise to tighten. To loosen, pull Ratchet Knob out and turn counterclockwise while pulling strap.



Duo-Lok™ Quick Connect Buckles
Connect buckle ends by inserting the tab into the receptor until a click is heard. To adjust strap, rotate Webbing Lock to unlocked position. Pull strap to adjust. Rotate Webbing Lock to locked position.

Note: After adjustment, ensure that the ramped teeth on the adjuster are engaged in the ratchet slots

Consult user manual provided with all DBI-SALA & PROTECTA harnesses for complete information on donning, limitations, use and care, Contact Capital Safety with questions or to obtain a copy of the user instruction manual.

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