

# Standard/Regulation Information

## Safety Requirements for Full Body Harnesses ANSI Z359.11-2014

On September 1, 2015, a new ANSI standard for full body harnesses becomes effective. This new standard supersedes the requirements for harnesses found in ANSI Z359.1, ANSI Z359.3 and Z359.4.

The standard includes new requirements for full body harnesses that effect the performance, design, markings, instructions, training, testing, inspection and use.

### Which products are affected by the new Standard?

Full body harness applications covered by ANSI Z359.11 include fall arrest, positioning, travel restraint, suspension and rescue.

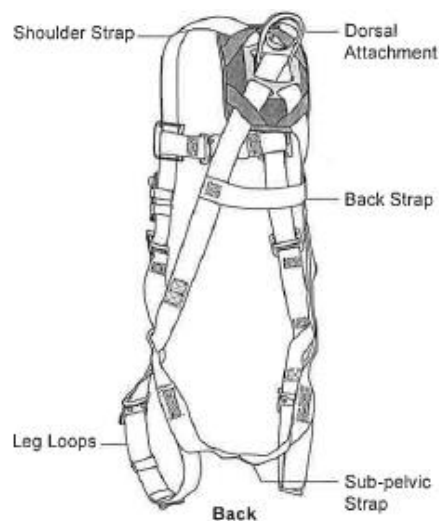
### Important Changes in the New Standard

The important sections of the standard which are new or different include the following:

**Waist Belt or back strap now required on all harnesses** – to control the separation of the shoulder straps, to prevent the wearers upper body from passing through the opening between the dorsal crossover point and the leg straps. Waist belts qualify as a back strap.

**Fall Indicator** – at least one indicator is now required. Indicator shall activate when a 2 ft. free fall is performed using an ANSI compliant energy absorbing lanyard.

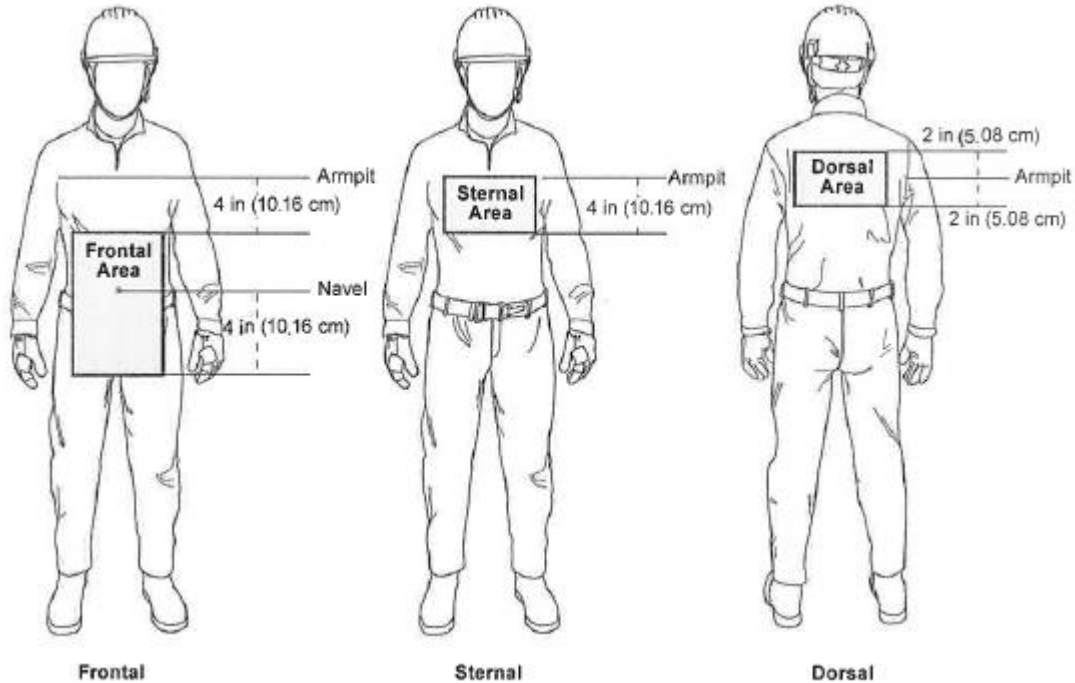
**Sub-pelvic strap** - required (except rope access for example, where user is suspended from the frontal /sternal connection). Sub-pelvic strap shall be load bearing.



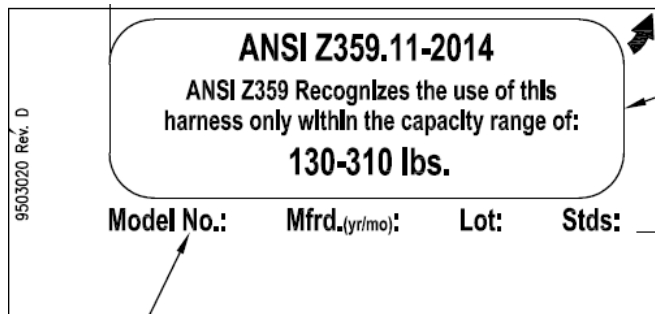
**Strap retainers** – keepers to retain loose web at adjustment points.

**Lanyard keepers** - Lanyard parking attachment to connect lanyard when not in use, must release at not more than 120 lbs., at least one is required per harness.

**Classifications for sternal and frontal d ring locations** – use for fall arrest (2 ft. maximum, feet first fall only), travel restraint or rescue. Frontal attachment can also be used for work positioning.



**Labeling** – A compliance label (showing capacity and ANSI standard number) is required. A label or marking is also required for the lanyard parking attachment. *NOTE: Capacity per ANSI is 130 -310 lbs. OSHA allows higher capacities. Most DBI-SALA and Protecta harnesses are rated to 420 lb. capacity.*



**Instructions** – additional information is required in the instruction such as harness stretch. The instructions shall also include an annex from ANSI Z359.11 on various topics including fall protection training, correct harness fit, suspension intolerance and proper use of attachment locations.

**Includes seat sling (for work positioning) and d ring extension requirements.** Attachment element / extender shall be no longer than 24 inches.

**Testing-** includes new test for sternal and frontal connections. A test weight of 220 lbs. is used to generate a peak impact load of 3600 lbs. Test to include static and dynamic test for feet first and head first drops. Static test on all D ring locations are now 3,600 lbs.

***Summary of major points of the new ANSI standard:***

Back strap – required on harnesses if waist belt is not present.

Fall indicator – at least one indicator is required on each harness.

Classifications for sternal and frontal D ring locations.

Labeling – new labels specifying the capacity and compliance to standard are required.

Instructions- new information is contained in the user instructions.

Effective date for new standard: September 1, 2015

**Notes:**

*Some Images provided by ANSI/ASSE Z359 ASC and ASSE.*

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