

Importance of Inspecting, Fitting, and Adjusting Your Full Body Harness Before Each Use

It is essential that the users of a full body harness receive proper training and instruction, including detailed procedures for the safe use of such equipment in their work application. ANSI/ASSP Z359.2, “Minimum Requirements for a Comprehensive Managed Fall Protection Program”, establishes guidelines and requirements for an employer’s managed Fall Protection program, including policies, duties and training; Fall Protection procedures; eliminating and controlling fall hazards; rescue procedures; incident investigations; and evaluating program effectiveness. Correct fit of a Full Body Harness (FBH) is essential to proper performance. Users must be trained to select the size and maintain the fit of their Full Body Harness. Users must follow manufacturer’s instructions for proper fit and sizing, paying particular attention to ensure that buckles are connected and aligned correctly, leg straps and shoulder straps are kept snug at all times, chest straps are located in the middle chest area, and leg straps are positioned and snug.

Before Each Use!

1. Verify that your work area and Fall Protection system meet all criteria defined in instructions provided by the manufacturer.
2. Verify that a formal Rescue Plan is in place.
3. Inspect the product per the points of the “Inspection and Maintenance Log” in the instructions for use.
4. If inspection reveals an unsafe or defective condition, or if any doubt should arise about its condition for safe use, remove the product from service immediately. Clearly tag the system “DO NOT USE”.

Checking the Fit and Adjustment Before You Climb

Before starting

Remove all items from your pockets, as during work, or most importantly in the event of a fall, objects in pockets can become trapped between the harness webbing and the wearer's body, potentially causing injury. Always refer to instruction for use supplied with the specific harness, concerning correct fitting and adjusting.



Step 1
Getting started

Hold harness by back D-Ring, which is often held in place by a D-Ring pad, make certain straps are not twisted.



Step 2
Shoulder straps

Slip harness over arms and onto shoulders. Make certain all straps are not tangled and hang freely.



Step 3
Leg straps

Reach between your legs and grasp the leg strap on your left side. Bring the strap up between your legs and connect it with the buckle on the left side (see Buckle Types). Connect the right leg strap using the same procedure. To adjust the leg straps see Buckle Types.



Step 4
Chest straps

Attach the chest strap buckle to the corresponding opposite side buckle (see Buckle types).



Step 5
Waist belt (if present)

Attach the Waist strap buckle to the corresponding opposite side buckle (see Buckle types).



Step 6
Adjust harness to a snug fit

Adjust shoulder straps to a snug fit with the Vertical Torso Adjusters. The left and right sides of shoulder straps should be adjusted to the same length and the chest strap should be centered on your lower chest, approx. 6 in. (15 cm) down from shoulder. The front D-Ring on the vest style harness is moved up or down by adjusting the shoulder straps and leg straps. Center the back D-Ring between your shoulder blades. Note: On applicable models, the back (dorsal) D-Ring can be repositioned up or down on the harness webbing as needed for a correct fit. Re-adjust leg straps to a snug fit (see Correct leg adjustment). At least 3 in. (8 cm) of webbing must extend past the buckle on the leg straps. Adjust the waist belt (if present).

NOTE: After adjustment, tug upwards on the shoulder straps and downwards to ensure that each adjuster is locked in place.

Stowing webbing

Now the harness is correctly fitted, tidy up the loose ends of webbing, by either sliding the plastic web-tidys to the ends, or trucking the loose webbing under the loops, depending on your harness model.



You're ready to go!

A properly donned and adjusted full body harness will effectively distribute impact forces throughout your body and provide appropriate support during suspension and rescue following a fall.

Buckle types

Quick Connect Buckles



To attach:
Insert male portion into receptor until click is heard.



To release:
Press the tabs on the side of the buckle towards each other with one hand, while pulling on the male portion of the buckle with the other hand.



To tighten:
Hold the buckle at 90° to the webbing and pull free webbing.



To loosen:
Hold the buckle at 90° to the webbing and pull the buckle. A plastic end keeper on the strap will stop it from pulling completely out of the buckle.

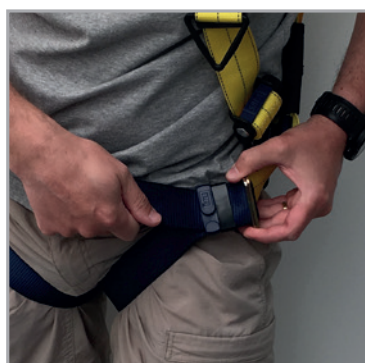
Pass-Through Buckles



To attach:
Pass male buckle through female buckle.



To release:
Pass male buckle through female buckle.



To tighten:
Hold the buckle at 90° to the webbing and pull free webbing.



To loosen:
Hold the buckle at 90° to the fixed webbing and pull the buckle. A plastic end keeper on the strap will stop it from pulling completely out of the buckle.

Tongue Buckles



To attach:
Pass webbing through buckle, and adjust to fit then put tongue through grommet. Secure web through keeper.



To release:
Pull on free end of webbing, then remove tongue from grommet, feed webbing out of buckle.

Correct leg adjustment



If you cannot pass your hand under leg strap - too tight.



If you can pass your fist under leg strap - too loose.



If you can just slip your hand under leg strap - correct fit.

Torso adjuster types



Revolver

To tighten:
Turn Ratchet Knob in direction A.



To loosen:
Pull Ratchet Knob out and turn in direction B.



Spring loaded

To tighten:
Hold the buckle at 90° to the webbing and pull free webbing.



To loosen:
Hold the buckle at 90° to the fixed webbing and pull the buckle.