

PROPER HARNES DONNING

Full-body harnesses are the only form of body wear to be used for fall protection/fall arrest. It is very important to have a proper fitting harness throughout the entire course of a work shift. Do not allow your harness to become loose or slack. The following procedure will describe how to properly “don” (put on) a harness. The location of the chest, leg and sub-pelvic straps are critical to the optimal performance of a fullbody harness in a fall arrest.



1 STEP Hold harness by back D-ring. Shake harness to allow all straps to fall in place.



4 STEP Pull leg strap between legs and connect to opposite end. Repeat with second leg strap. Connect waist strap, if present. Waist strap should be tight but not binding.



2 STEP If chest, waist and/or leg straps are buckled, release straps and unbuckle at this time.



5 STEP Connect chest strap and position in mid chest area 6” (152mm) to 8” (203mm) below the trachea but not below the sternum. Tighten to keep shoulder straps taut.



3 STEP Slip straps over shoulders so D-ring is located in middle of back between shoulder blades.



5 STEP After all straps have been buckled, tighten all webbing so that harness fits snug but allows full range of movement. Pass excess strap through loop keepers.

7 STEP To remove harness, reverse procedure.

Frontline Fall Protection recommends hanging the harness by back D-ring to help it keep its shape when not in use and provide the worker with a starting point when next attempting to don the Harness