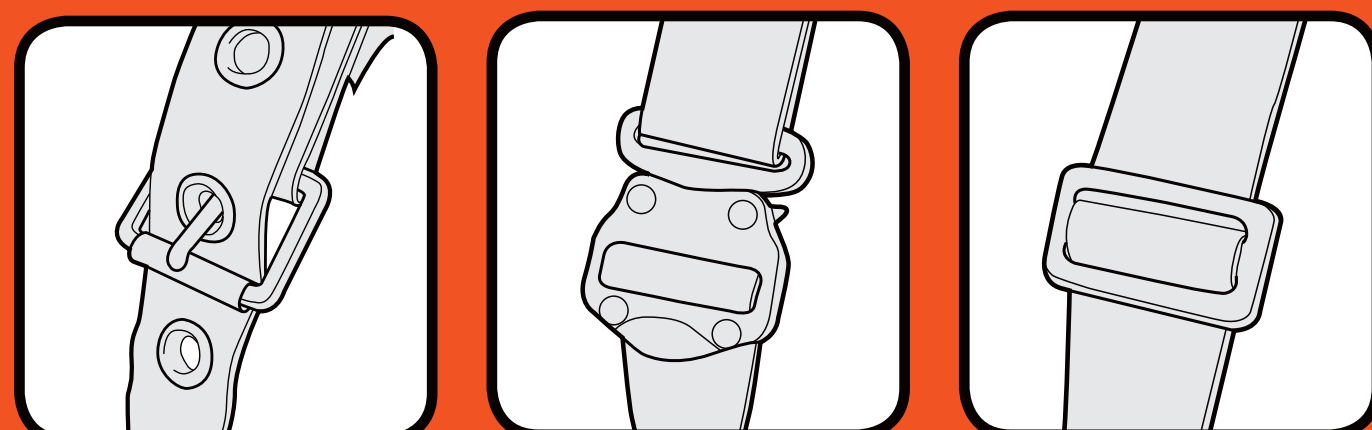


FULL BODY HARNESS 101

DONNING THE HARNESS



TYPES OF CONNECTORS



TONGUE BUCKLES

Easy operation, cannot slip once in position.

QUICK-CONNECT

Easiest operation, but can occasionally require readjustment.

PASS-THRU/MATING

Cheapest options, hardest to use and adjust properly.

INSPECTING THE HARNESS

Visually inspect these key areas of the harness every time, prior to beginning work. If you find any of these problems, take the harness out of service.

WEBBING

Cuts, tears, excess abrasion, holes, discoloration, UV damage, heat damage, welding slag, chemical damage, hard spots

STITCHING

Damaged stitching, broken thread, pulls and loose stitches, missing sections

D-RINGS, HARDWARE, & BUCKLES

Deformity, corrosion and rust, major nicks and dings, excess wear, proper operation

IMPACT INDICATORS

Deployed impact indicators, broken D-ring plates, deformed grommets

LABELS

Manufacturer, date of manufacture, inspection log, model, series, warnings

DORSAL CONNECTION

This D-Ring is found on all ANSI harnesses. It's used for fall arrest and should be placed directly between the shoulder blades.

CHEST STRAP

Some harnesses have another D-Ring here. It's the only other connection point which can be used for fall arrest, like on a cable climb system. Unlike the Dorsal D, fall distance must be limited to 2 feet or less.

WORK POSITIONING

Side D-rings are used for work positioning. Never fall arrest.

SEAT SLING

A seat is an optional feature on harnesses, useful for working in suspension. Look for features like additional tool loops or aluminum reinforcement. D-Rings can be connected using a spreader bar.

ANSI Z359.11-2014 – Safety Requirements for Full Body Harnesses
Full Body Harnesses (FBH) are used for fall arrest, positioning, travel restraint, suspension and/or rescue applications for uses ranging from 130 to 310 lbs. FBHs which meet this standard are intended to be used in a system that limits maximum arrest forces to 1,800 lbs (8kN) or less. All FBHs shall permanently incorporate a dorsal attachment, load bearing sub-pelvic strap, shoulder straps which come together at the dorsal location, and fall arrest indicators. Straps shall be no less than 1-5/8", made of synthetic material, and shall have a breaking strength not less than 5,000 lbs. Frontal attachment shall be used as a ladder climbing connection with a maximum free fall distance of 2 feet, and a maximum arresting force of 900 lbs. Hip attachment and suspension seat elements shall be used solely for work positioning and travel restraint.

OSHA 1910.66 App C & 1926.502 – Full Body Harness Regulations
Fall arrest systems shall limit max arresting force to 1,800 lbs, bring an employee to a complete stop and limit maximum deceleration distance to 3.5 ft., and shall have sufficient strength to withstand twice the potential impact energy of a free fall distance of six feet. The attachment point of the full body harness shall be located in the center of the wearer's back near shoulder level, or above the wearer's head. Body belts, harnesses, and components shall be used only for employee protection (as part of a personal fall arrest system or positioning device system) and not to hoist materials. Personal fall arrest systems and components subjected to impact loading shall be immediately removed from service and shall not be used again until inspected and determined by a competent person to be undamaged and suitable for reuse.