

TOOLBOX TALKS

Heights - How to Fit a Safety Harness

How do I fit my fall arrest harness?

Fitting or donning a fall arrest harness may look complicated but once you are familiar with the process it could not be simpler.

Before you begin, your first priority is to inspect the harness. Remember: your primary responsibility is your **own** safety. Don't leave it to someone else! If you are unsure or spot anything strange, DO NOT USE IT. Falling from height is the biggest killer in the workplace, don't become a statistic!

Step 1:

Hold your harness by the D-ring and shake out any kinks, ensuring the straps are not tangled or twisted.



Step 2:
Hold the harness up by the shoulder straps and ensure leg straps hang free.



Step 3:
Pass your arms through shoulder straps.



Step 4:
Connect the chest buckle.

Step 5:
Adjust the read D so that it's between the shoulder blades. A read D that is too high or too low will cause the body to take an undesirable position during a fall.



Step 6:
Pull the harness down at the back so the sub pelvic strap sits under the buttocks. DO NOT twist or cross the straps.



Step 7:
Connect the leg buckles and adjust all webbing so that the harness fits comfortably without restricting free movement or pinching.



Lastly, consider the environment you are working in: are there any other risks to consider? If so, make sure you are using the CORRECT personal protection equipment for the situation. For example, wearing a hi-visibility jacket may ensure your colleagues can see you. However, if it hasn't been adapted to fit around a fall arrest harness, you are putting yourself in unnecessary danger. If you are not sure, please ask.

DISCUSSION

Questions from staff

Comments by staff

Suggestions from staff

TOOLBOX TALK ATTENDANCE REGISTER

Date		Facilitator Name:	
Site/Department:		Facilitator Signature:	
Topic:			

The information in this document had been explained to me and I understand the content

Emp Name	Emp No	Signature	Emp Name	Emp No	Signature