

FALL PROTECTION INSPECTION & HOW TO WEAR IT RIGHT

INSPECTIONS

SAFETY HARNESS:

- 1) LOOK AT D-RING TO ENSURE IT'S INTACT WITH NO ISSUES
- 2) REPEAT WITH OTHER REMAINING METAL HOOKUPS
- 3) INSPECT WEBBING FOR ANY DAMAGE
- 4) LOOK AT LEG STRAPS, METAL GROMMETS, & STITCHING FOR DAMAGE

SRL INSPECTION:

- 1) CHECK TO SEE IF IT'S IN GOOD WORKING CONDITION & FALLS WITHIN THE MAXIMUM ALLOWABLE WEIGHT FOR THE SRL SELECTED
- 2) TEST THE LOCKING MECHANISM PULLING BOTH ENDS QUICKLY. IF IT DOESN'T LOCK, REPLACE IT!
- 3) LOOK AT BOTH HOOKS FOR OVERALL CONDITION & MAKE SURE THE LOCKS WORK

HOW TO PUT ON HARNESS

SAFETY HARNESS:

- 1) PUT ON LIKE A VEST & ENSURE THAT THE D-RING IS BEHIND YOU BETWEEN YOUR SHOULDER BLADES
- 2) LOCK & TIGHTEN THE CHEST STRAP, THEN TUCK AWAY THE EXTRA STRAP HANGING OUT
- 3) TO HOOKUP THE LEG STRAPS, GRAB THE STRAP THEN THREAD IT THROUGH THE BUCKLE WITH TIGHTNESS THAT ALLOWS 2 FINGERS BETWEEN THE STRAP & YOUR LEGS
*THIS WILL MAKE SURE THAT YOUR LEGS WILL BE COMFORTABLE HANGING IN CASE OF AN ACTUAL INCIDENT HAPPENS
- 4) NOW TUCK IN THE STRAP & REPEAT ON THE OTHER LEG.
- 5) MAKE SURE THE D-RING IS STILL BETWEEN THE SHOULDER BLADES. IF NOT ADJUST STRAPS TILL IT IS IN PLACE.

SRL HOOK-UP:

- 1) HOOK ONE END OF THE LINE TO THE D-RING ON YOUR BACK
- 2) HOOK THE OTHER ON YOUR ANCHOR POINT ON THE EQUIPMENT OR STRUCTURE