

Body Harnesses



Are the body harnesses on your site ready to save a life? All harnesses, lanyards, anchors and other associated gear should be selected and correct for the job – and inspected prior to each use. Always follow the manufacturer's directions when it comes to anchoring and wearing these devices.

Harnesses and associated gear should be in good working condition, including:

Hardware, webbing and stitching are all free of damage, tears and fraying

The harness should fit you correctly

Labels are legible and held securely in place

Snaphooks, D-rings, carabiners and other hardware are all free of damage or corrosion

Lanyards are free of damage and are right for the job

Ropes are free of pulled or cut yarns, knots or abrasions

Wire ropes are free of sharp wires and kinks

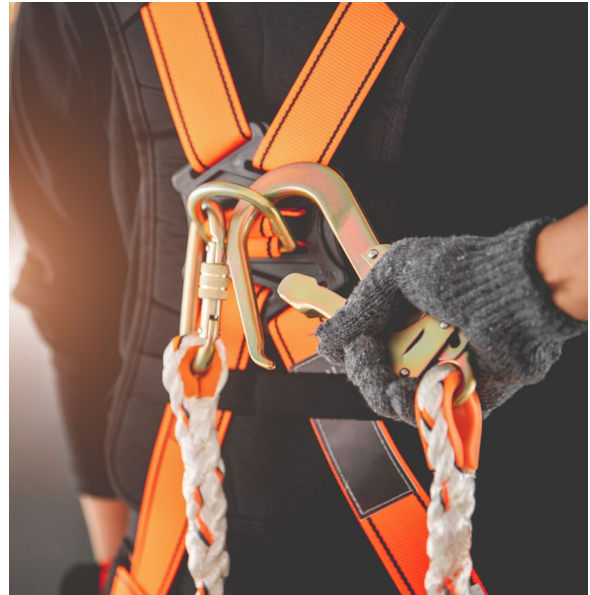
Ropes are free of discoloration and obvious wear

Energy absorbing components are free of elongation or wear

You should store your harness in a way that keeps it safe from damage

Anchorage plates are properly installed and free of physical damage or corrosion

All aspects of self-retracting lifelines should be in good working order, including impact indicator, housing and retraction/extension



For detailed instructions on using the body harnesses at your site, please follow the manufacturers' instructions and guidelines.

References:

1. <https://multimedia.3m.com/mws/media/13012460/inspection-checklists-and-logs-tools-misc-resources.pdf>
2. https://www.falltech.com/content/product_documents/posters/Inspection_Form_Harness_Fillable.pdf
3. <https://www.engineeredfallprotection.com/fall-protection-equipment-inspection?srltid=AfmB0opvJigcogx6q5-dA9l7QEnpgq7Yry6hNerYvoO-t-36Vmaz6S1>
4. <https://www.engineeredfallprotection.com/video/inspection-and-donning-a-safety-harness.mp4>
5. <https://www.engineeredfallprotection.com/video/how-to-inspect-a-self-retracting-lifeline.mp4>
6. <https://www.engineeredfallprotection.com/video/how-to-inspect-a-safety-lanyard.mp4>

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