



Fall Protection

Harness Protection

Fall Protection Harness

Falls are among the most common causes of serious work-related injuries and deaths. It is vital to set up the work place to prevent employees from falling off of overhead platforms, elevated work stations or into holes in the floor and walls.

OSHA requires that fall protection be provided at elevations of four feet in general industry workplaces, five feet in shipyards, six feet in the construction industry and eight feet in longshoring operations. In addition, OSHA requires that fall protection be provided when working over dangerous equipment and machinery, regardless of the fall distance.

Employees who work at heights must understand and follow safety procedures because it could be a matter of life and death. After using engineering controls such as railings and toe board, floorhole coverings, guard rails and safety nets, an employee may also be required to use a safety body harness and lanyard.

Fall Protection Harness Inspection

OSHA requires that a qualified or competent person inspects a harness every time a worker needs to use it. This person must check:

- every knot in a vertical lifeline or lanyard to ensure that it's according to regulation and safe to use.

- the stitching on a harness to see if it's burned, broken, or pulled.
- the state of the D-rings, belt ends, rivets, frames, bars, rollers, labeling, friction buckles, and webbing.

Inspection Points

WEBBING	}	<ul style="list-style-type: none"> •Check visually, but also hold and bend while checking both sides. This is the best way to highlight any cuts or damage. •Any cuts, breaks, fraying or broken fibers, knots, deformation, or deterioration is an instant fail. Look for any hard or shiny spots, burned or melted fibers, and excessive hardness or brittleness – these suggest heat damage. There should be no user modifications, missing straps, or excessive stretching. If there is mildew, you should clean it before use. Check with the manufacturer when someone has used a permanent marker on it, that may compromise safety. Discoloration could be a sign of damage, but you'll need to inspect it to find the cause.
STITCHING	}	<ul style="list-style-type: none"> •You need to check visually and touch it to spot any damage. •You should not use the harness if there are any pulled, missing, or cut stitches. If there are hard or shiny spots, this could be due to fire damage. Discoloration may be a concern, but it depends on what caused it.
HARDWARE	}	<ul style="list-style-type: none"> •You need to check visually and touch it to spot any damage. •There shouldn't be any twists or bends in the hardware of the harness. Check for rough or sharp edges, breaks, cracks, and rust. The grommets should not be broken or distorted. The tongue buckle should overlap the buckle frame and move freely, while the roller turns freely on its frame. Check that the bars are straight and the springs are in a good condition. Also, ensure that no one has modified the hardware in any way.
TAGGING SYSTEM	}	<ul style="list-style-type: none"> •Visual. •Each body harness should feature a tag with all the important information written on it. It should tell you the make and model of the harness. When it was made and any warnings or limitations that you should know about. While inspecting the tag, note when it was made and check that it's not used beyond its recommended lifespan (if the manufacturer sets such a date). If you cannot read the tag, you should remove it from use.
D-RINGS	}	<ul style="list-style-type: none"> •You need to check visually and touch it to spot any damage. •Make sure the ring can easily pivot and there are no signs of rust, distortion, or any kind of fatigue.

1. Pre-Use Inspection

It is vital to check that the harness and fall protection equipment is in good condition every time you want to use it. Even if it was inspected recently, there is always a chance that something has happened to it in storage.

Do the inspection using proper light so you can see any obvious problems. After conducting the visual, then inspect every part of the equipment with your hands to spot any wear, cuts, or other issues.

2. Regular Detailed Inspection

A more thorough inspection should be done of all your fall protection equipment at regular intervals. Every three to six months, check each individual component of the harness to ensure it meets the OSHA regulations.

If you use fall protection systems daily, you should perform detailed inspections more often. But be sure to do the detailed inspection at least every six months.

3. Interim Inspection

Perform ad-hoc inspection between the major scheduled inspections. This can prevent potential problems, and it's also handy to do an interim inspection when there are changes on site that could affect the harness. You may be using new chemicals, a shift in the atmospheric conditions, or anything that could compromise the safety it should offer.

6 Easy Steps That Could Save Your Life

How To Don A Harness



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



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



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



4 Pull leg strap between legs and connect to opposite end. Repeat with second leg strap. If belted harness, connect waist strap after leg straps.



5 Connect chest strap and position in midchest area. Tighten to keep shoulder straps taut.



6 After all straps have been buckled, **tighten all buckles so that harness fits snug but allows full range of movement.** Pass excess strap through loop keepers. *Snug Fit*

Checklist: Inspect Before Use

Pick up the harness by its D-ring in the back.

Gently shake the harness to let the straps fall in to place.

- Make sure the buckles are unfastened.
- Look for any damage, such as worn, frayed or missing threads, cracked webbing, or foreign material on the harness.
- Check the metal strap fasteners and d-ring to make sure they aren't cracked or deformed.
- If your harness uses grommets, make sure they are firmly attached and are not deformed or otherwise damaged.
- Make sure buckle tongues are firmly attached and not bent

SAFETY TRAINING SIGN-IN SHEET

Company Name: _____ Date: _____

Subject: Fall Protection Safety Harness

The following employees participated in this training:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____