



Fall Protection: How to Don a Harness

All work shall comply with the EH&S Safety Manual. The below is an attempt to summarize a portion of the Safety Manual specific to this topic, but not intended to replace the Safety Manual. A copy of the Safety Manual is available from your supervisor or EH&S.

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.

Source Credit: Miller Fall Protection

LET NO PERSON'S GHOST SAY THAT THEIR TRAINING FAILED THEM.....