



TOOL BOX 058-SAFETY GENERAL- SELF INSPECTION SAFETY HARNESS

Self-Inspection before use

Labels to verify present and clearly legible. (Note there is an expiry date)

- ✓ Webbing and stitching, by flexing to easily highlight cuts, frays, pulled or broken threads, signs of abrasion, excessive wear, altered or missing parts, burns, heat and chemical exposures
- ✓ Metallic components, D-ring, buckles, Karabiners for signs of deformation, fractures, cracks, corrosion, deep pitting, burrs, sharp edges, cuts, deep nicks, missing or loose parts and improper function.
- ✓ Plastic components, back D-ring locator, chest strap guide, broken or excessively worn parts, loose parts, inspect for signs of burns and excessive heat and chemical exposures
- ✓ Repeat the above for lanyards, and any knots that may not have been intended by the manufacturer

IF AFTER INSPECTION YOU HAVE ANY DOUBTS SEEK ASSISTANT "DON'T USE"

Donning the Harness

1. Hold the harness by the back D-ring. Shake the harness to allow all straps to fall in place.
2. If chest, leg, and/or waist straps are buckled, release the straps and unbuckle.
3. Slip the straps over shoulders so the D-ring is located in middle of the back between shoulder blades.
4. Pull the leg strap between legs and connect to the opposite end. Repeat with the second leg strap. If belted harness, connect the waist strap after the leg straps. The waist strap should be tight, but not binding.
5. Connect the chest strap and position in the mid-chest area. Tighten to keep the shoulder straps taut.
6. After all straps have been buckled, tighten all buckles so the harness fits snugly but allows full range of movement.
7. Pass excess strap through loop keepers (ensure one loop keeper under mating buckle)

Mating Buckle Right Right

1. Pull the centre bar buckle completely through the square link
2. Allow the centre bar buckle to fall into place on top of the square link
3. Pull the loose end of the strap to tighten adjustment of harness
4. Slide keeper to hold any excess webbing



Friction Buckle Left Picture

1. Pass webbing under buckle and over knurled bar, and back down between the knurled bar and frame.
2. Pull web end to tighten

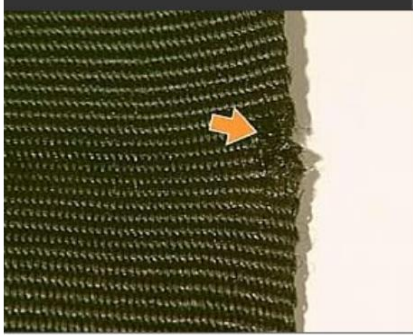
Storage



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Store the harness in a clean dry place, preferably by the D-ring, in the event the harness is wet after use leaving hanging in a suitably warm environment so as slowly air dry.

Examples of Problems



Small Cut



Beginning of a break at crossing point



Wear level with "D"ring DO NOT USE



Cut Thread in stitching DO NOT USE



Edge Fraying

Presented By:	Date	Signature
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HARNES

Name: _____	_____	_____
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NAME	SIGNATURE	NAME	SIGNATURE