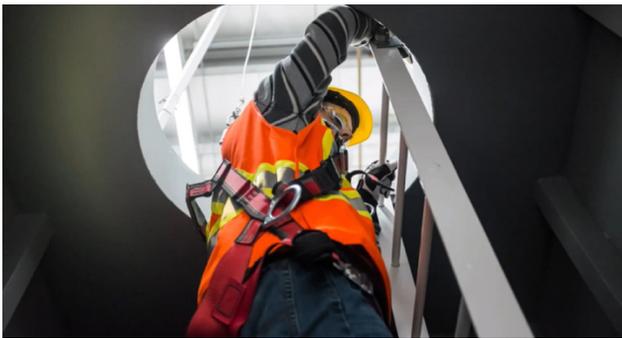


# Donning a Fall Arrest Harness

When working at heights, your personal fall arrest system is your last line of defense, with the safety harness being the one item that attaches the entire system to the worker. If the harness fails, then the entire fall arrest system cannot protect the worker. This of course means that the safety harness is critical and that things like storage of the harness, cleaning, inspections, and today's topic of fitting and donning of the harness, are essential to keep you safe in the event of a fall.

This toolbox talk will go through the six simple steps of donning a full body harness and should be used in conjunction with the manufacturer's instructions as each harness can be slightly different.

1. After the harness has been inspected hold by the dorsal d-ring shake out the harness and allow the straps to fall into place.
2. Undo any buckles and release the strap.
3. Don the harness. Slip over the shoulders and adjust so that the D-ring is in the middle of the back and between the shoulder blades.
4. Connect the chest strap. Connect across the mid-chest area in line with the sternum. If this is too high, and we fall, it could choke the user. If it is too low, and we have a headfirst fall, we could fall out of the harness.



5. Ensure your pockets are empty and connect the leg straps (these can be tongue buckles, parachute buckles, pass style buckles, quick connect buckles, etc.) This should be a snug fit with enough gap to push two fingers between the straps and the leg.



6. Check and adjust all straps. Once connected and buckled, adjust so that they are snug but allows full range of motion. Use loop keepers to keep hanging straps out of the way and check again that the D-ring is located between the shoulder blades.

A video version of this toolbox talk can be found at [youtube.com/watch?v=cWzj-P1oPbo](https://www.youtube.com/watch?v=cWzj-P1oPbo)