TOOLBOX TALKS

The Upside of Safety



PUTTING ON A HARNESS

When working at heights, your safety harness is vitally important. It's the piece of equipment that will prevent you from falling from a height. It's critical that you understand how to put it on properly.



5 STEPS

Inspect the harness for wear and tear, rust/corrosion, rips, fraying, etc. If you find a problem, dispose of the harness immediately.



Pick up the harness by the D ring and make sure it's untwisted. Put arms through. Check that the D ring is positioned on the center of the back between the shoulder blades.



Connect the leg straps. Use this rule of thumb: once adjusted, you should be able to slide an open hand between the strap and your leg...but not a closed fist.



Connect the chest strap. You may need to turn the smaller mating buckle slightly sideways to fit through the larger part. Adjust for a snug but comfortable fit.



Adjust the side straps to fit your height.

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SAFETY CHECK	
Was the correct size harness chosen for each worker?	Is D-ring positioned on the center of the back between the shoulder blades?
Were harnesses inspected before use?	Are leg and chest straps adjusted properly?
Company:	Location:
Presenter:	Date:
ATTENDANCE SHEET	