

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

- 1** Inspect the harness for wear and tear, rust/corrosion, rips, fraying, etc. If you find a problem, dispose of the harness immediately.
- 2** 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.
- 3** 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.
- 4** 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.
- 5** Adjust the side straps to fit your height.

