

TOOLBOX TALKS

The Upside of Safety



Inspecting Your Harness

When working at heights, your safety harness is vitally important. Before using your harness, it is vitally important that you complete an inspection of your harness to ensure that the harness will not fail if you were to fall. Follow the steps below to fully inspect your harness.



5 STEPS

1 Grab your harness by the back D-Ring. Hold up in the air and shake the harness loose to assist with untangling the leg straps.

2 Look at the Impact Indicators located on your harness. If the indicators are damaged, missing, or pulled apart, stop the inspection and get a new harness.*

3 Inspect the harnesses labels. If the labels are not legible or missing, get a new harness.*

Start by inspecting the hardware from the top down:

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- Check the D-Ring for corrosion, discoloration, bends or cracks.
 - Check the chest strap. Ensure the chest strap can safely close. Once the strap is locked in place, give it a few pulls to ensure it won't open.
 - Check the adjusters. Ensure that the straps are able to pass through the adjusters when adjusting the straps.
 - Check the leg straps. Ensure the closing mechanism works and there are no missing parts.

5 Inspect the webbing on the harness. Make sure there is no cracks, tears, wearing, or cuts. Run your fingers down both sides of the webbing to feel for damages. Check the stitching. Ensure there is no loose or missing stitches. If your harness has chemical residue that has discolored or has potentially damaged the webbing, it should be taken out of service for inspection by a competent person.

Initialed Your Harness? If you have marked on the harness webbing with magic marker, you must check with the manufacturer to make sure it is permitted. Some manufacturers will permit it, and some will not.

***If you find any problems with your harness during the inspection, don't use it and get a new one. Turn the suspect one in to your company's Competent Person for a thorough inspection**

