

# Equipment Inspection

Take the time to examine your equipment before each use.

## Hardware

Deformation, rust, non-functioning

## Webbing

Fraying, cuts, tears, stretching, contamination/stains, melting

## Stitching

All intact, no missing strands

## Tags

Present, legible, current  
(shows appropriate inspections)



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# Quick Reference Pocket Guide

If the risk of falling exists, you require the following:

## Anchor Point

Your connector attaches to it

## Body Wear

Full-body harness

## Connector

Lanyard and/or lifeline

## Drops

Prevention of objects falling from height

## Education

Train and educate employees who work at height

# Harness Donning

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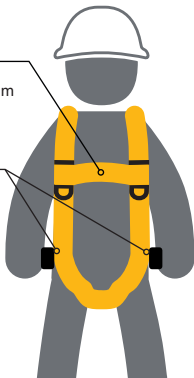
## Front

### Chest Strap

Across the upper part of the sternum

### Trauma Straps

Install according to manufacturer's instructions



## Once the harness is donned:

Test for full range of motion. All tag ends secured.  
All straps snug, but not constrictive.

  
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### Dorsal D-Ring

Positioned at upper-middle part of shoulder blades

### Leg Straps

Flat hand fits between strap and leg, closed fist does not

### Subpelvic Strap

Positioned under the buttocks



## Back

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