

# HARNESSES DONNING



## Step 1

Hold harness by the dorsal D-ring and conduct a full visual inspection.

Ensure all buckles are unfastened and all straps are untangled.



## Step 2

Place the harness shoulder straps over your shoulders. Dorsal D-ring must face out, and must be positioned at the upper middle part of the shoulder blades.

Remove the harness to adjust the dorsal D-ring if necessary.



## Step 3

Connect the harness leg straps around the thighs, ensuring that there is no twisting or tangling of webbing.

Do not over-tighten the leg straps at this stage.



## Step 4

Connect the harness chest strap. Adjust the chest strap to rest at the lower chest level, approximately 6" from the top of your shoulders.



## Step 5

Tighten and adjust the chest, leg, and shoulder straps so that they fit snugly, but still allow for a full range of movement. Chest strap is too tight if the shoulder straps are pulled in towards each other, and too loose if there is visible slack.



## Step 6

To check the leg strap adjustments, use the hand method: an open hand should fit between your leg and the strap, but a closed fist should not.



## Step 7

If your harness is designed with a waist belt, connect and adjust the belt until it is snug.



## Good to go

After donning your harness, it is a best-practice to have another person or co-worker that is experienced with harness donning to inspect and ensure the harness is being worn correctly.



Visit our YouTube channel to watch **Guardian Harness Donning** and more height safety videos.

[guardianfall.com](http://guardianfall.com)

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