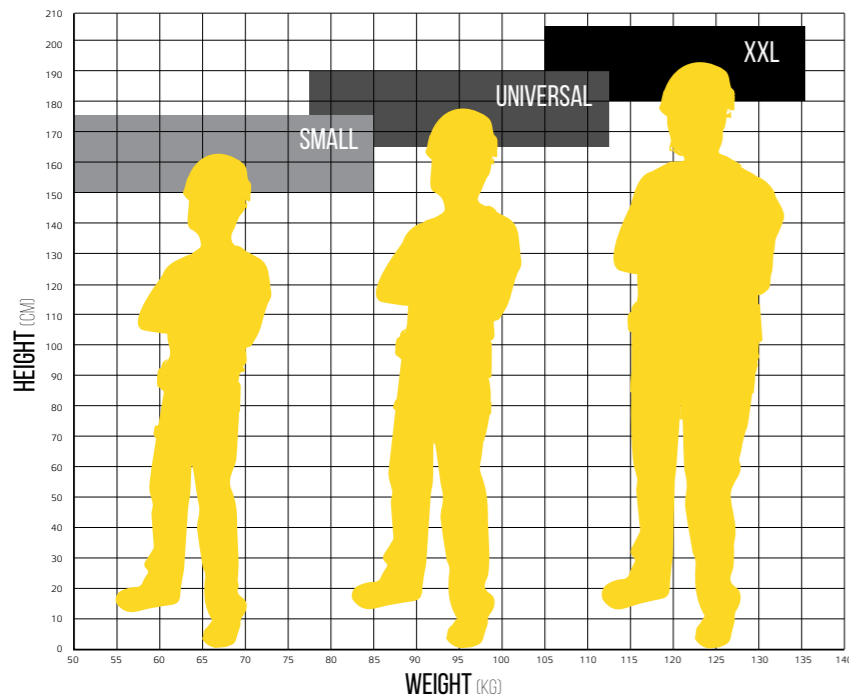


# HARNESSES FITTING GUIDE



**SIZE GUIDE** NOTE: The harness sizing chart is guide only. Ensure the harness is the right fit before using.



**1** Locate rear dorsal Fall Arrest D ring. Ensure harness is hanging freely and webbing isn't twisted. Visual check of harness, fittings and labels.



**2** Bring harness over other shoulder and clip the chest Quick Connect buckle. Adjust the chest strap to fit.



**3** Identify the front fall arrest loops. Place the karabiner through the front fall arrest loops and tighten the screw gate, to create the rated front Fall Arrest point.



**4** Pull the leg strap up between the legs and connect with buckle. Repeat on other side. Tighten the leg straps to fit, tucking any excess webbing into holders.

## INSPECTION, USE & MAINTENANCE

We are all required to inspect our own height safety equipment before and after each use.

All items of equipment which are in regular use shall be subjected to periodic formal inspection (test and tagging) and where applicable, servicing in accordance with the manufacturer's instructions.

All components of personal fall protection/fall arrest systems must be inspected by a competent person at intervals of no more than six months. Inspection reports must be recorded on a formal Inspection Log, and filed for safekeeping.

Where an operator is not competent to carry out this inspection, the inspection shall be carried out by an operator who is competent or a height safety supervisor.

### FREQUENCY OF INSPECTION

Personal fall protection/fall arrest systems should be inspected by worker/user, prior to every use. The user should also check all equipment before each use to be sure a formal inspection has been performed within the last six months.



**5** Correct fit on leg straps should allow a flat hand to be placed behind the leg strap.



**6** Correct chest fit should allow a fist to be placed behind the chest strap.



**7** Adjust the shoulder webbings so that when the front fall arrest point is lifted, it is level with the sternum.



**8** Back Fall Arrest D ring point should be correctly sitting between the shoulder blades. Check final fit.