**Transcript**

00:06

welcome to another short information

00:08

video my name is Timmy Kersey and I've

00:11

been around the industry for an excess

00:13

of 25 years I've been involved in

00:15

writing standards improving standards to

00:18

ensure that people are using the proper

00:19

product when working at heights in the

00:21

industry the problem is over the years

00:24

as we write and improve standards to

00:26

have excellent product in the field

00:28

people do not use the product properly

00:31

one issue in the field is donning a

00:34

harness if a harness is not worn

00:37

properly and you fall into it you could

00:40

seriously hurt yourself or be killed so

00:43

today we're going to run through the

00:45

proper donning of a harness okay now

00:49

prior to donning a harness it is

00:51

extremely important that the end user go

00:55

through and inspect their harness before

00:57

Donning very important when we Don our

01:01

harness we want to make sure that all of

01:03

our buckles are disconnected we simply

01:07

put the harness on over our shoulders we

01:17

connect our chest buckle we connect our

01:24

leg buckles we ensure that our dorsal

01:31

d-ring is positioned between our

01:34

shoulder blades at the back now we can

01:37

feel that or we can have a buddy help us

01:39

position it once that's done we position

01:44

our chest strap we want it mid chest if

01:48

it's too high and we fall into it it

01:50

could choke us if it's too low and we do

01:53

a headfirst fall we could fall out of it

01:56

so positioning the chest strap is

01:58

important we then position our leg

02:02

straps and adjust our leg straps to fit

02:04

proper adjustment of a leg strap is to

02:07

be able to get a flat hand between the

02:11

webbing and your leg on both sides

02:14

fists a flat hand okay in addition when

02:19

we get properly fitted the plastic belt

02:24

keepers that are included on the product

02:27

must be pulled down right above the

02:29

buckles the purpose of that is to keep

02:34

the webbing in place so that as you move

02:36

around during the day the webbing

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doesn't back off and loosen that is very

02:41

important and a lot of people don't know

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or understand the use of those the other

02:46

thing that is very important for us is

02:48

to ensure that once it is done we have a

02:52

body that is working with us ensure that

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everything is positioned properly before

02:57

we head up to working at height have a

03:00

safe and productive day