**Transcript**

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Today we're going to discuss how to inspect and how to properly don your full body harness.

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Before you use any part of a personal fall arrest system, you are required to inspect it.

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If you find anything wrong with the equipment, if it does not pass the inspection, you must

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take it out of service.

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Before you start the inspection, you want to grab the harness by the back dorsal D-ring,

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raise it up and shake it.

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What this will do is allow the leg straps to fall downward where they need to be.

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If it's a little bit jumbled up, giving it a shake will smooth out the harness so it

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can hang correctly.

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The first things you want to look at are the impact indicators.

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On a harness there are two of them.

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You can see that it's just webbing folded over and it says impact indicator.

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If the impact indicator is neither there or has been exposed, stop the inspection and

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remove the harness from service.

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Next, you'll want to inspect the labels.

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If you cannot read the labels, you cannot use that harness.

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It must be taken out of service.

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When inspecting hardware, we'll start from the top and work our way down.

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First, look at the back dorsal D-ring.

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Make sure there's no major bends, cracks or discoloration.

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Next, check your chest strap.

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Make sure that the quick connect or mating buckle is able to close and stay closed.

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If it's a quick connect, it needs to be able to lock into itself and the green dot will

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tell you that it has in fact locked.

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You want to make sure that it cannot come loose.

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For the mating buckle, you pass the buckle through this slot and give it a couple of

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short pulls to make sure it will stay in place as well.

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The next thing you'll be inspecting are your adjusters.

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Mating buckle adjusters or rolling friction buckle adjusters.

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On the roller, keep in mind that any piece of hardware that has a spring or roller, the

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roller has to roll, and the spring has to function.

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With the mating buckle adjusters, make sure that the webbing freely passes through and

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it can lock down.

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Now let's look at the leg straps.

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There are three types of leg buckles for harnesses.

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Tongue and buckle, mating buckle, and the quick connect.

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If it's a tongue and buckle, look at the grommets.

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Look for cracked, bent or missing grommets.

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You also want to make sure that the tongue and buckle sits neatly by itself and against

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the gate, so it doesn't move against the bar.

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Look at it.

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If the bar has rotation and you are able to spin it, you need to make sure it can spin

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and it's not bent.

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If it's a quick connect, just like with the chest strap we've reviewed earlier, it needs

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to be able to lock into itself so the green dot shows and it has been locked.

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Again, for the mating buckle, you pass the buckle through the slot and give it a couple

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short pulls to make sure it will stay in place.

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Okay, let's talk about webbing.

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You always want to do this inspection without your gloves on.

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First, an easy one is tears, holes or discoloration of the webbing.

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Grasp the webbing with your hands and bend it in an inverted U fashion, checking both sides.

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This creates surface tension, making damaged fibers or cuts easier to see.

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Remember to inspect both sides of the webbing.

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Webbing damage may not show up by just looking at it.

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Run your hands down the webbing to feel for any hard shiny spots caused by heat damage,

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or feel free to make sure the thickness of the webbing is uniform.

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If it thins in places or show signs of undue stretching, that could indicate it has been

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subject to a fall.

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Then you also want to make sure the edges are not worn down too much.

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If you've got 10% of wear on the outside of the webbing, then it needs to be removed from service.

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A key thing to look at is the stitching.

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Make sure you don't have any loose or missing stitches.

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One place many people tend to forget to look at is the sub-pelvic strap.

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Underneath there gets a lot of wear, so be sure to check all of your stitching on your harness.

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Now that we have fully inspected our harness and confirm that it has passed inspection,

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we're ready to don the harness.

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Again, hold the harness by the dorsal D-ring and locate the chest strap.

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Now, just like putting on a shirt, slip one arm through one side, then the other arm through

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the other side, so the dorsal D-ring is at your back.

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You do not want to secure the chest strap just yet.

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From here, you'll want to adjust the harness from the bottom up.

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This is the best way to get a proper fit.

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First, ensure that the sub-pelvic strap is hanging just below the buttocks, so that when

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you fall, the bulk of your weight will get caught by the sub-pelvic strap.

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That's your strongest support area.

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You can adjust the height of your sub-pelvic strap by adjusting your torso adjusters.

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Now that the sub-pelvic strap is in place, you can move on to securing the leg straps.

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Whether you're using tongue buckles, mating buckles or quick connects, it's all the same.

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You want them tight enough where it's tight to put two to three fingers between you and the leg strap.

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If the straps are too loose, you could be subjected to serious injury during a fall.

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Once you have both leg straps in place, double check the torso adjustment to make sure the

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sub-pelvic strap is still correctly positioned.

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Then you're ready to go to the chest strap.

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The chest strap should sit straight across your chest cavity.

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You don't want the chest strap to be too low or you could roll out.

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You also don't want it to be too high because if you do take a fall, the harness could move

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up and it could actually come up under your chin and cause damage.

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But straightened tight against the center of the chest is where it needs to be.

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This is what can keep you from slipping out of the harness if you fall head over heels.

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Now that you've got your harness on and it's adjusted properly,

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let's talk about caring for your harness.

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It's very simple.

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Store your harness in a cool, dry place, out of direct sunlight and away from chemicals.

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If the webbing gets dirty, it can be cleaned with mild soap and water and then hung to

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dry.

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And that's it.

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If you've got any questions or need additional product information, please give us a call

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or visit us at falltech.com.

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