**Transcript**

00:04

the first thing every worker must know

00:07

in order to use a fall protection system

00:09

is how to put on adjust and properly

00:12

wear the full body harness before

00:14

putting on a harness it must be

00:16

inspected for damage inspect the surface

00:19

of the webbing for damage beginning at

00:21

one end bend the webbing into an

00:24

inverted u while holding the side of the

00:26

harness that would face the body towards

00:28

you inspect for frayed edges broken

00:31

fibers pulled stitches or cuts

00:34

discolored fused brittle or melted

00:37

fibers may also indicate signs of

00:39

chemical or heat damage broken webbing

00:42

generally appears as Tufts on the

00:44

webbing surface if damage is found

00:47

replace the harness according to high

00:49

safe guidelines inspect the hardware

00:52

next check the d-rings and other metal

00:54

components for cracks that may signal

00:56

the beginning of metal fatigue also

00:59

check for sharp edges that could damage

01:01

webbing and for other corrosion

01:03

distortion or signs of wear check the

01:06

wear pad at the base of the d-ring and

01:08

make sure the d-ring pivots freely also

01:12

check that friction or quick-release

01:13

buckles engage correctly in harnesses

01:16

with buckles and grommets check for

01:18

loose distorted or broken grommets do

01:21

not cut or punch additional holes in any

01:23

straps check that the rivets are tight

01:26

and cannot be moved also make sure that

01:28

the rivets are not bent inspect the

01:31

buckle for distortion the outer and

01:34

center bars must be straight any harness

01:37

that has been subject to a fall must be

01:39

removed from service the first thing you

01:42

should do when putting on a vest style

01:44

full body harness is to pick up the

01:47

harness by the center back d-ring this

01:49

should align the harness for proper

01:51

donning untwist any twisted webbing the

01:54

harness can then be put on like a vest

01:56

putting one arm through the shoulder

01:58

straps and then the other the shoulder

02:01

straps can then be adjusted to fit the

02:03

wearer the leg straps can now be buckled

02:06

take the front part of the leg strap and

02:09

hold it by the buckle then reach between

02:12

the legs

02:13

and grasp the other end of the leg strap

02:16

bring the two ends together and slide

02:19

the grommeted strap through the buckle

02:21

attaching the buckle through a snugly

02:23

fitting grommet tuck the excess webbing

02:26

under the elastic webbing keeper if

02:28

available adjust the length of the chest

02:31

strap and connect it by taking a smaller

02:33

part of the buckle turning it slightly

02:36

sideways and sliding it through the

02:38

larger part the chest strap should fit

02:40

snugly the d-ring should be positioned

02:43

in the center of the back between the

02:45

shoulder blades pull the back slide and

02:48

d-ring to this location the wearer will

02:51

either need to remove the harness to do

02:53

this or have another person assist them

02:57

the pullover style of harness is donned

02:59

in a different manner first pick up the

03:02

harness by the back d-ring be sure that

03:04

the straps are all unfastened and

03:06

untwisted

03:07

the shoulder straps cross at the front

03:09

through the front d-ring pad and at the

03:12

back through the back d-ring pad grasp

03:15

the shoulder straps and separate them

03:17

lift the shoulder straps over your head

03:19

making sure that the straps are crossed

03:22

in the back and that the harness is not

03:24

turned inside-out lower the harness onto

03:28

your shoulders both d-ring should lie

03:31

flat against the body with the d-rings

03:33

facing outward the chest straps will now

03:36

be hanging loosely in front buckle the

03:40

chest straps

03:52

followed by the leg straps the leg and

03:57

chest straps connect in the same fashion

04:03

adjust the chest straps for a

04:05

comfortable yet snug fit then adjust the

04:09

leg straps for a comfortable but firm

04:11

fit you should allow enough to be able

04:13

to insert two fingers between your leg

04:16

and the leg strap last check that the

04:19

d-ring is located between your shoulder

04:21

blades you may need someone to help you

04:23

adjust the d-ring