

Fall Arrest Systems

If you use a damaged harness, or it is used incorrectly, you risk falling from height and being severely injured. People working below you are also at risk.

Inspect the harness carefully for:

- Cuts at the edges
- Surface abrasion across the face of the webbing
- Damage to stitching
- Any knot other than those intended by the manufacturer.
- Chemical attack (flaking of the surface or a change to the colour of the fibres.
- Contamination (e.g. with dirt, grit, sand, etc.) which may result in internal or external abrasion.
- Defects and damage to D-rings, karabiners, grommets & buckles
- Any bends or other kinds of distortions
- Worn or sharp edges, Any sign of a crack or break
- Looseness
- Harness **MUST** have a current 6-monthly Thorough Examination with a copy of the test certificate on site.
- Inspect items daily and record on Daily Plant Inspection Sheets
- Taking care of the harness prolongs its life & makes it easier to see damage at an early stage.
- Store in a dry, well ventilated place. Hang it up - do not store it on the floor or in a bucket

Make sure the harness is fitted correctly

- Ensure that all clips / connectors are tightened / adjusted / attached.
- Ensure that the webbing is adjusted to suit your body size
- A loose harness around the legs and chest may **FEEL** more comfortable, but in the event of a fall the sudden “jerk” can cause serious damage. (especially the groin area, and internal organs!).

Did You Know?

A 1mm cut in a harness' webbing can reduce its strength by **40%**



Q. What damage would you look for when inspecting a harness?

Q. Why shouldn't strong detergents or jet washes be used to clean harnesses?

Q. Why should you never wear a loose fitting harness?