

Safety Harnesses

Objective: To provide an overview of safety harness requirements for use, inspection, maintenance, and storage

Safety harnesses are a common form of fall protection PPE. Due to the dangers of working at heights, assuring that your harness is in good condition is essential.

Proper Use

Keep your harness effective by properly using and caring for it.

- Do not drop your harness on the ground from any height.
- Never alter the harness by cutting or punching holes.
- Do not let the harness come into contact with:
 - Sharp or abrasive objects.
 - Acids, caustics, or other corrosive materials.
 - Paints or coatings.
- Never use a defective or worn harness.



Inspections

Prior to use, inspect your harness and hardware for:

- Fraying
- Holes
- Cuts
- Any other signs of excessive wear or damage

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Maintenance and Storage

- Replace harnesses as needed:
 - If the harness is found to be defective, damaged, or excessively worn, remove it from service immediately.
 - If the harness is subjected to in-service loading, such as a fall, remove it from service immediately.
 - Harnesses must also be replaced according to the manufacturer's instructions and timeline.
- To wash the harness:
 - Wipe the harness with warm water and mild soap.
 - Rinse with warm water.
 - Wipe the wet harness with a clean, dry cloth.
 - Let it dry slowly at room temperature.
 - Do not expose the wet harness to extreme cold, heat, or sunlight.
- Store harnesses safely in separate, dry compartments or hang them so that they will not be crushed, worn, or creased.

Safety Harnesses

This form documents that the training specified above was presented to the listed participants. By signing below, each participant acknowledges receiving this training.

Organization: _____ Date: _____

Trainer: _____ Trainer's Signature: _____

Class Participants:

Name: _____ Signature: _____

Name: _____ Signature: _____

Name: _____ Signature: _____

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