

## Work restraint & fall arrest harness

All Designers or Principal Designers should be capable harness users and must understand its use and limitations as PPE especially if they have to inspect roof, façade or high level instabilities;-

Harness training should be provided to all designer site personnel.

- Ensure the harness is put on like a jacket, and adjust the chest strap, so it is tight but comfortable.

Stepping into a full body safety harness is extremely bad practice.

Not only does it increase the risk of slips trips and falls if the harness is placed on the ground, but it could pick up all kinds of dirt and contamination.

Check the chest strap is located correctly so the wearer cannot be struck in the face in the event of a fall.

### Harness/Lanyard checks

Equipment should be checked by the user for the following;

- Cuts.
- Abrasions.
- Broken stitching.
- Swelling.
- Unusual patterns.
- Fraying.
- Burns.
- Chemical damage.
- Weld spatter.
- Discoloration.
- Deformed and damaged hardware

including distortions, cracks, corrosion and pitted surfaces.

If any of the above are apparent do not use the harness and make sure it is suitably removed from use. Fall arrest harnesses are not to be confused with Rope Access Full Body Harnesses.

