

Product Information Report

Fall Protection Body Harnesses



Example of a full body harness.

Overview

A harness is a design of straps that can be secured around an employee in a manner that distributes fall-arrest forces over (at least) the thighs, pelvis, waist, chest and shoulders, with the means for attaching it to other components of a personal fall-arrest system.

Full-body harnesses distribute fall forces over the body, substantially reducing the chance of injury. In addition, a full-body harness keeps the worker suspended upright in the event of a fall and supported while awaiting rescue.

Body Harness Nomenclature

Label Pack – Contains and protects product safety and identification labels

Front D-Ring – Used for a variety of climbing, confined space and rescue applications

Friction Buckle – The belt is pulled behind and through the back of the buckle where part of the buckle “sticks” into the belt and holds it in place

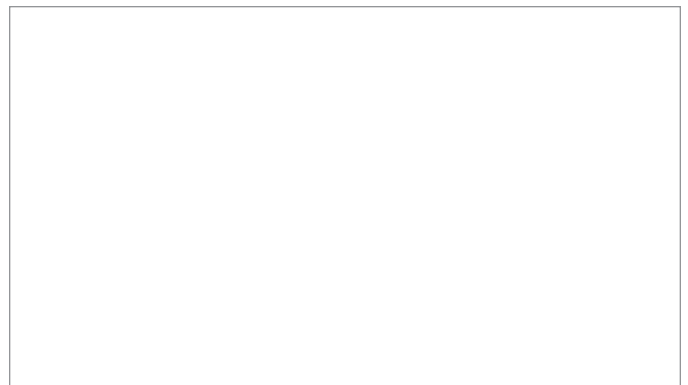
Side D-Ring – Most commonly used for work positioning



Shoulder D-Rings – Primarily used for lifting and lowering individuals, such as in confined spaces and rescue applications



Sliding Back D-Ring – Connects lanyard to harness



Buckle Styles



Mating Buckle – Connects to the mating buckle by pushing the center bar buckle completely through the square link and allowing it to fall into place.



Cam Buckles – Use cam action for easy adjustment with the lift of a tab and holds webbing securely in place to prevent unintentional slipping.



Tongue Buckle – Works by inserting the loose strap of webbing through the tongue buckle and placing the buckle tongue through the appropriate grommet hole.



Quick-Connect Buckles – Used for chest and leg straps. Interlocks like a seat belt for easy donning and features a dual-tab release mechanism to prevent accidental opening.

How To Don A Harness

6 Easy Steps That Could Save Your Life



1 Hold harness by back D-Ring. Shake harness to allow all straps to fall in place.



2 If chest, leg and/or waist straps are buckled, release straps and unbuckle them.



3 Slip straps over shoulders so D-Ring is located in the middle of the back between shoulder blades.



4 Pull leg strap between legs and connect to opposite end. Repeat with second leg strap. If belted harness, connect waist strap after leg straps.



5 Connect chest strap and position in mid-chest area. Tighten to keep shoulder straps taut.



6 After all straps have been buckled, tighten all buckles so that harness fits snugly but allows full range of movement. Pass excess strap through loop keepers.

Snug Fit

**Typical Harness
Sizing Chart**

