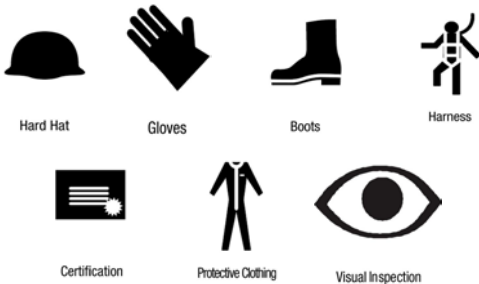


## SAFETY FIRST:

If you are collecting the equipment for someone else please make sure this sheet is given to the equipment user to read. In accordance with Health and Safety in Employment Act requirements, this sheet should be given to the site supervisor if the equipment is being hired for use at a commercial worksite so that the information is available to all users.



## Required Safety Equipment



## Warning

- ! These harnesses aren't designed to constantly support the weight of a person for a period of time, in the event of a fall the user must be rescued as soon as possible.
- ! Always have a rescue plan ready should it be required
- ! In the event of a fall the harness should be withdrawn from service immediately!

## PreUse Checks and Safety Harness:

- ! Fully inspect harness webbing for cuts, tears, burns, abrasion, and damage due to contact with heat, paint, solvents etc
- ! Fully inspect stitching for broken, cut or worn threads plus damage or weakening of threads from rotting, mildew or ultra violet exposure
- ! Inspect snap hooks, buckles, adjusters and "D" rings for distortion of hook or latch, cracks in forging folds (bends), wear at swivel and latch pivot points & open rollers. Also check for free movement of the latch including broken, weak or misplaced latch springs. Ensure it is free from dirt, paint, rust or other obstructions, check the double acting latch opening and that a lock bolt is fitted to the latch on the harness end of the lanyard

## Pre Use Checks and Safety Lanyard:

- ! Fully inspect harness webbing for cuts, tears, burns and abrasion damage especially where there is contact with hardware
- ! Check for damage due to contact with heat, paint, solvents or corrosives
- ! Ensure the absorber pack is intact (not deployed/used) and showing no sign of damage due to rotting, mildew or ultra violet exposure
- ! Ensure the lanyard is adjusted to its shortest length possible to prevent the user from reaching zones where the risk of a fall from height exists

## Fitting the Harness

Pick up the harness by the metal "D" ring where the lanyard attaches (this ends up on your back between your shoulders)  
Place legs through the two leg loops  
Place arms through the two arm loops  
Connect the two chest straps together  
Adjust the shoulder straps to bring the chest strap around your chest  
Adjust the chest strap  
Adjust the two leg straps  
If required re adjust all straps to get a comfortable fit but always make sure the chest strap remains around the chest  
All straps should be comfortably tight while still permitting freedom of movement

## Working while in the Harness

Periodically re check the straps for correct fitting  
Remember to always have a rescue plan ready should it be required

## Removing the Harness

Loosen all adjustable straps  
Remove arms and legs from harness loops  
Store harness carefully and out of the elements