

Safe System of Work
OPERATING AND SAFETY INSTRUCTIONS FOR HARNESS

Name: Training Date:.....

	Instruction	Understands ✓ or X
1	Explain how to do a visual check of the harness before use	
2	Check the components that are attached (harness connectors)	
3	Check straps and stitch threads - must not show any signs of abrasion, fraying, burns or cuts	
4	Check the adjusting device and loops - must not show any signs of corrosion or deformation and should operate correctly.	
5	Maximum load 2243kgs – do not use if load exceeds this	
6	Explain that the user must be in good physical and psychological health when using the equipment – user must decide on use based on their own personal assessment	
7	DO make sure you check the open space under the worksite to ensure that there is no risk of collision with the ground or obstacles on the fall path.	
8	DO make sure the anchorage point is secure	
9	DO follow fitment instructions	
10	DON'T use by sharp edges or rough surfaces or chemical substances	
11	DON'T modify the harness without written approval	
12	DON'T use the harness for any purpose other than protection against fall from heights	
13	Show WHS 3.1 attachment – Harness can be worn by following these simple 6 steps	
14	If in any doubt about the harness, remove from circulation and report to your Team Leader or Supervisor immediately	

THE HARNESS CAN BE WORN BY FOLLOWING THESE SIMPLE 6 STEPS:



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



If chest, waist and/or leg straps are buckled, release straps and unbuckle at this time.



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



Pull leg strap between legs and connect to opposite end. Repeat with second leg strap. Connect waist strap, if present. Waist strap should be tight but not binding.



Connect chest strap and position in mid chest area 6" (152mm) to 8" (203mm) below the trachea but not below the sternum. Tighten to keep shoulder straps taut.



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

I have received the above training and fully understand every point that was explained to me. I confirm that I will wear the required PPE equipment when using the above machinery and take all steps to ensure my own safety. I will ask for further training if I need to and will immediately inform the Supervisor or Manager if there are any issues with the machinery.

Name:

Signed: Date:.....

I confirm that I have trained the aforementioned person and that they fully understand how to use the above machinery, have received the required PPE equipment and know to inform me immediately of any issues with the machinery or if they require further training. I authorise this person to use the machinery detailed above.

Name:(Authorised Trainer)

Signed Date: