

MONTHLY

UC SAFETY SPOTLIGHT

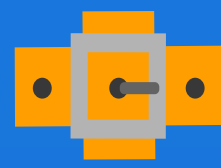
Poster of the Month

Practical Tips to Help You Keep Yourself, Your Co-workers and Your UC Campus Safe, Healthy and Secure

FEBRUARY 2018

Steps to Take When Donning a Full

BODY HARNES



- Inspect all components of the harness prior to donning.
- Hold the harness by the D-ring and shake to allow all straps to fall in place.
- Slip the straps over shoulders so the D-ring is located in middle of the back between shoulder blades.
- Pull the leg strap between legs, connect to the opposite end, and repeat with the second leg strap.
- For belted harnesses, connect the waist strap after the leg straps (the waist strap should be tight but not binding).
- Connect the chest strap and position in the mid-chest area and tighten to keep the shoulder straps taut.
- After all straps have been buckled, tighten all buckles so the harness fits snugly but allows full range of movement.
- Pass the excess strap through loop keepers.
- Note – all individuals using fall protection harnesses and equipment must receive appropriate training. Contact your local EH&S Office for assistance.



Friction Buckle

- Pass webbing under the buckle, over knurled bar, and back down between knurled bar and frame.
- Pull web end to tighten.



Mating Buckle

- Pull the center bar buckle completely through the square link.
- Allow the center bar buckle to fall into place on top of the square link.
- Pull the loose end of the strap to tighten the adjustment of the harness.
- Slide keepers to hold any excess webbing.



Tongue Buckle

- Insert the loose strap of webbing through the tongue buckle, placing the buckle tongue through the appropriate grommet.
- Push remaining webbing through the keeper to retain the loose end.