## **Fall Protection: How to Don a Harness**

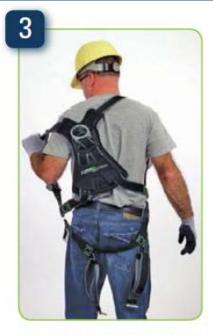
All work shall comply with the EH&S Safety Manual. The below is an attempt to summarize a portion of the Safety Manual specific to this topic, but not intended to replace the Safety Manual. A copy of the Safety Manual is available from your supervisor or EH&S.



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



If chest, leg and/or waist 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. If belted harness, connect waist strap after leg straps.



Connect chest strap and position in midchest area. Tighten to keep shoulder straps taut.



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

Source Credit: Miller Fall Protection