



## When to use a full body harness

When using personal fall protection equipment, wear a full body harness if you are at risk of falling.

A full body harness consists of straps passed over the shoulders, across the chest, and around the legs.

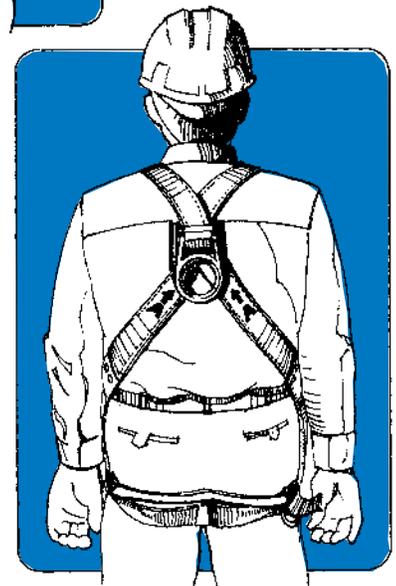
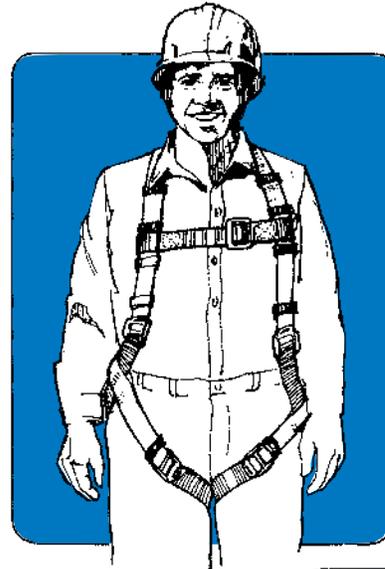
In a fall, a full body harness protects you more than a safety belt because the harness distributes the force of impact over a greater area of your body.

### Using the right full body harness

A full body harness designed to arrest falls should have:

- A back-mounted D-ring located between the shoulder blades
- The letter “A” stencilled on each shoulder strap below the D-ring (as shown in bottom diagram)
- An arrow stencilled above each letter “A” pointing up at the D-ring

The arrows on the shoulder straps point to the only D-ring on the harness designed to safely arrest a fall.



*This is a full body harness worn to arrest falls. Note that the D-ring is located between the shoulder blades.*

Project: \_\_\_\_\_ Address: \_\_\_\_\_

Employer: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Shift: \_\_\_\_\_

Number in crew: \_\_\_\_\_ Number attending: \_\_\_\_\_

Other safety issues or suggestions made by crew members:

---

---

---

---

---

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Manager's remarks: \_\_\_\_\_

---

Manager: \_\_\_\_\_ Supervisor: \_\_\_\_\_

*(signature)*

*(signature)*



WORKING TO MAKE A DIFFERENCE  
worksafebc.com