



SAFE USE OF SAFETY HARNESSES

Applies to: Full-body fall-arrest harnesses used with lanyards, SRLs, and fall-arrest systems

Purpose

Safety harnesses are personal fall-arrest devices designed to protect workers from falls from height. They spread arresting forces across the body and connect the user to an approved anchor via a lanyard or fall-arrest system. This leaflet provides safe use guidance to prevent falls, incorrect fitting, or equipment failure.

Before Use

- Inspect the harness – Check webbing, stitching, buckles, D-rings, and labels for cuts, burns, fraying, corrosion, or deformation.
- Check certification – Ensure it is within inspection date and has a valid thorough examination record.
- Verify compatibility – Ensure lanyards, SRLs, and connectors are approved for use with the harness.
- Fit correctly – Adjust leg straps, shoulder straps, and chest straps so the harness is snug but not restrictive.
- Check anchor points – Ensure the anchor or lifeline is rated for fall arrest (minimum 12 kN).
- Identify fall clearance – Verify sufficient clearance exists to prevent impact with the ground during a fall.
- Ensure operator competence – Only trained persons should don, adjust, and inspect harnesses.

During Use

- Connect using appropriate attachment points (usually dorsal D-ring; front D-ring for specific applications).
- Keep lanyards/SRLs free of sharp edges and abrasion risks.
- Maintain tension and avoid unnecessary slack.
- Avoid trip hazards caused by trailing lanyards.
- Ensure continuous connection when moving between anchor points (“100% tie-off”).
- Maintain communication when working at height.

Do Not

- Use a harness with damaged stitching, webbing, buckles, or missing labels.
- Use with uncertified or incompatible lanyards.
- Tie knots in webbing or use makeshift repairs.
- Exceed the rated user weight including tools.
- Work at height without proper anchor points.
- Allow untrained persons to wear or inspect harnesses.

After Use

- Remove and clean if necessary using mild soap and water.
- Store in a dry, clean area away from UV, chemicals, and heat sources.
- Inspect again and report any damage immediately.
- Hang by the dorsal D-ring or store flat to avoid creasing.

Safety Reminders

- Always perform a buddy check before starting work.
- Ensure fall-arrest blocks and lanyards are anchored above the user wherever possible.
- Never reuse a harness that has been subjected to a fall until examined by a competent person.
- Conduct regular toolbox talks on working at height.

Support and Maintenance

For service, inspection, and replacements, contact your local Lifting Gear and Safety Depot

Depot List

Bristol: 0117 9714883

Avonmouth: 0117 9550456

Newport: 01633 334450

Port Talbot: 01639 540007

Pembroke: 01646 574000

Plymouth: 01752 474488

Fareham: 01329 550988

Redruth: 01209 703990