

SAFE WORK INSTRUCTION

FALL ARREST SYSTEM - FULL BODY HARNESS

PERSONAL PROTECTIVE EQUIPMENT



Close fitting / protective clothing to cover arms and legs must be worn.



Safety footwear must be worn.



Rings and jewellery must not be worn.



Safety harness must be worn.



Safety helmet must be worn.

POTENTIAL RISKS

- ❗ Harness failure.
- ❗ Slip from harness.
- ❗ Stabbing injury from pens and other items in pockets during a fall.
- ❗ Groin trauma from loose harness during a fall.
- ❗ Onset of Suspension Intolerance.

DON'Ts

- ✗ Do not use faulty equipment. Immediately report suspect equipment to your supervisor.
- ✗ Do not exceed the safe working load of the harness.
- ✗ Do not carry items such as tools or pens in pockets of clothing.
- ✗ Do not use waist belts or half harness when working at height. Only use a full body harness.

PRE-OPERATIONAL SAFETY CHECKS

- ✓ Never work alone.
- ✓ Ensure you are trained in harness use.
- ✓ Conduct a pre-use check in accordance with the manufacturer's recommendations before first use each day.
- ✓ Ensure the harness is fitted with suspension intolerance relief straps.
- ✓ Ensure the harness is correctly adjusted. You should be able to fit a flat hand between the harness and your body, but not a closed fist.
- ✓ Close and lock off all buckles.
- ✓ Ensure a buddy has double checked your harness once you have put it on.
- ✓ Ensure the rescue plan has been briefed, and that a rescuer and rescue equipment are available while you are working at height.

ENDING OPERATIONS AND CLEANING UP

- ✓ Only disconnect from connectors when you are in a safe area.
- ✓ Use a tag line to ensure retractable lifelines are retracted under control.
- ✓ Ensure harnesses are undamaged and have not been contaminated.
- ✓ Store all working at height equipment in a cool, dry area, away from sunlight.

OPERATIONAL SAFETY CHECKS

- ✓ Ensure the harness, and any lanyards or other connectors are compatible.
- ✓ Do not allow any connectors to wrap around your neck or other body parts.
- ✓ Always ensure all connections are made and are secure before leaving any solid platforms or landings.
- ✓ Keep within 30 degrees of an overhead anchor point.

This Safe Work Instruction does not necessarily cover all possible hazards associated with this equipment and should be used in conjunction with other references. It is designed as a guide to be used to compliment training and as a reminder to users prior to equipment use

