

Nine Steps To A Proper Harness Fit



01 INSPECT

Check your harness—straps and hardware—for damage. If damage is visible, replace immediately.



02 PREPARE

Holding the harness by the dorsal D-ring, shake it to allow straps to hang freely and untwisted. If buckles are fastened, unbuckle them all.



03 DON THE HARNESS

Place the shoulder straps over each arm and shoulder, like putting on a jacket. Position the dorsal D-ring in the middle of your back between your shoulder blades.



04 SECURE LEG STRAPS

Pull leg straps up and between legs then connect to buckles closet to each hip. Adjust each strap to fit snug but not tight.



05 SECURE TORSO STRAPS

While standing up straight, adjust torso straps to your height and to remove slack. Secure the loose ends of the straps in the retaining keepers.



06 SECURE CHEST STRAPS

Connect chest strap buckles and adjust to keep shoulder straps taut. Adjusted chest strap should be centered between pectoral muscle/mid-chest area.



07 SECURE WAIST STRAPS

Buckle the waist belt and secure the loose end in the belt retaining keeper.



08 BUDDY CHECK IT

Donning a harness may require assistance from a coworker. A buddy check for proper fit and adjustment is recommended before starting work.



09 FINAL FIT

Confirm dorsal D-ring is centered between shoulder blades, chest strap is fastened between pec muscles, and sub-pelvic strap is positioned properly under seat. Secure excess web straps in retainers and get to work.