

# FULL-BODY HARNESES

Full-body harnesses, used with personal fall arrest systems (PFAS), come in a variety of styles that suit different work conditions.

- Harnesses may be configured slightly different depending on if they will be used primarily for positioning, climbing, confined spaces, or a combination of work tasks.
- A full-body harness should include a D-ring on the back for attaching a lifeline or lanyard.
- The position of the D-ring reduces strain on the body and keeps the wearer upright in the harness during and after a fall.
- Some safety harnesses have additional D-rings on the shoulders, hips, or chest that allow them to be used for positioning, ladder climbing, and raising or lowering workers into confined spaces.
- Harnesses may have compatible accessories like a high-visibility vest, a belt, a seat sling, or belly pad connection.
- For work, only use industrial full-body harnesses and not recreational climbing harnesses.

The wearer should inspect their personal fall arrest system equipment before every use and keep a written record of the inspection. During a PFAS inspection, look for worn, damaged or defective components. If there is any doubt about the safety of the equipment, do not use it.



Follow the manufacturer's instructions on how to care for and clean the components of the fall arrest system, including the body harness.

- After cleaning a PFAS, do not dry the equipment out in the sunlight for a long time, and keep the equipment away from direct heat.
- Store PFAS equipment in a clean, dry area, that is free of fumes, sunlight, corrosive materials, sharp edges, or vibration.

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## Discussion

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***How do you know if the full-body harness you are wearing is a good fit?***

***Describe how a full-body harness keeps you safe during a fall.***