



Properly adjusting your harness can make all the difference Safety Message

A snug fit means a safe fit

While some workers mistakenly prefer loose fitting, full-body harnesses for comfort, harness designs require a snug fit to prevent serious injury in the event of a fall. Placement and connection of the chest strap, leg straps, back strap and D-ring critically affect harness fit and safety. Chest straps are a critical component and must withstand fall forces without tearing or breaking during a fall. If a chest strap is not fastened properly, it can slide up around a worker's neck after a fall.

How can you test if your harness is properly adjusted?

Tighten or loosen the webbing through the harness' buckles to get a snug fit. The safety harness should not hinder your range of motion. **Check the adjustment of each leg strap by placing your hand flat and sliding your fingers beneath the strap. Your fingers should fit snugly between the strap and your leg**