

INSTRUCTIONS

1. Hold harness by back D-ring and allow all straps to hang untangled and free. Unclip waist belt (if applicable), chest strap and leg straps.
2. Slip harness over your shoulders like a jacket so that the D-ring is in back and the chest strap buckle is in front. Position butt strap to a comfortable position.
3. Pull leg straps between legs and buckle. Keep two fingers of space between leg and leg strap.
4. Pull down on shoulder straps. (If applicable)
5. Connect chest strap and adjust to a comfortable fit. Connect waist strap (if applicable) to a snug but not binding fit.
6. Adjust back D-ring high enough so you can connect your lanyard easily.
7. After harness is on, adjust all buckles to the proper fit to allow full range of motion.
8. To remove, reverse steps. Hang harness by D-ring when not in use.

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Safe Approach, Inc.

Harnesses
Lanyards
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We specialize in the design, manufacture and
installation of custom, site specific fall protection
systems both temporary and permanent.



Harnesses Instructions & Maintenance

WARNING

Safe Approach Harnesses are to be used as part of a complete OSHA compliant fall arrest, restraint, positioning or rescue system. They must be used in conjunction with other OSHA compliant components. **AS A USER, YOU MUST READ AND FOLLOW THE MANUFACTURERS INSTRUCTIONS, LABELS AND WARNINGS FOR EACH COMPONENT PART OF THE SYSTEM.**

If you do not understand any part of the following instructions, please have them explained to you.

FAILURE TO FOLLOW THESE USER INSTRUCTIONS AND WARNINGS, MISUSE OR ALTERATION OF THIS COMPONENT IN ANY WAY MAY RESULT IN SERIOUS INJURY OR DEATH.



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Visit our website: www.safeapproach.com

OSHA/ANSI REQUIREMENTS

Safe Approach Harnesses fully comply with all ANSI and OSHA standards as well as all current OSHA requirements for a personal fall arrest or fall restraint system.

HARNESS DO'S & DON'TS

DO

- Do use this harness only with other OSHA compliant components as part of a complete fall arrest or restraint system. All components must be compatible with each other including the weight rating.
- Do use caution when rigging your system.
- Do use this harness in a system which limits the free-fall distance to a maximum of 6ft.
- Do rig this system in such a way that you avoid a swing fall or striking any objects that may be below you.
- Do inspect this harness on a regular basis,

DON'T

- Don't use this harness if your combined weight (body, clothing, tools, etc.) exceeds 310lbs (140kg) or 400lbs (180kg), see harness label for max weight rating.
- Don't use this system if there are signs of excessive wear or if it has been exposed to extreme heat, fire, chemicals, corrosion **OR IF IT HAS ARRESTED A FALL.**
- Don't subject the harness to sharp or abrasive objects including polypropylene rope and webbing.
- Don't use the harness to hoist equipment.
- Don't use the harness near any moving equipment that the harness could become entangled in and cause a hazardous situation.
- Don't use this harness if you are working near high voltage lines or equipment.
- Don't use this harness if you are pregnant, a minor or have reduced tolerance to impact forces from a fall as a result of age, physical or medical condition.
- Don't knot any components of this system.



WARNING

IF THIS HARNESS ARRESTS A FALL, IT MUST BE TAKEN OUT OF SERVICE AND DESTROYED IMMEDIATELY!

FALL PROTECTION PLAN & TRAINING

As an employer you must provide a fall protection plan for your workers which includes a fall protection policy that provides the safest work environment possible as well as a rescue plan should a fall occur. Your plan should include the following components:

1. **Compatible components:** All components of the system should be compatible. This harness is designed to work with Safe Approach lanyards and anchor points. Other OSHA compliant products may also be compatible.
2. **Proper anchorage point:** Any anchorage point (structural beam or other member) must be capable of supporting a 5,000lb. static load per person attached to it, or must be part of system designed under the supervision of a competent person that maintains a safety factor of at least 2 per OSHA 1910.66 Appendix C.
3. **Limit free fall distance** to six feet or less.
4. **Check fall path:** Be sure fall protection system is set up to minimize swing falls and that the path under which a person may fall is free from obstructions or hazards.
5. **Rescue: You must have a plan in place for rescuing a worker who has fallen.**
6. **Immediately remove and destroy any fall protection equipment that has arrested a fall.**

OSHA also requires that the employer provide training for any employee that may be subjected to a fall hazard. The user of this lanyard must become familiar with the following items:

1. Read and understand all of the instructions included with this harness.
2. Know the limitations of the harness and be aware of the hazards associated with improper use.
3. Know proper care of the harness and be aware of the hazards associated with mistreatment.

INSPECTION & MAINTENANCE

This harness must be inspected **BEFORE EACH USE**. It should also be inspected by a competent person other than the user at least twice a year. Find the components below on your harness and inspect carefully using the guide given. Record the results of the inspection in a log.

HARDWARE: Inspect harness D-rings and buckles. Be sure they are not deformed, broken or damaged in any way. There should not be any corrosion, cracks, sharp edges or worn part. Be sure all buckles work freely and correctly.

WEBBING: Be sure there are no cuts, breaks or fraying of the material. Chemical or heat damage is indicated by unusual swelling, charring or obvious discoloration other than fading due to normal wear and tear.

STITCHING: Look for fraying or broken strands. Be sure none of the stitches are broken or pulled out.

LABELS: Make sure all harness labels are still attached and legible. Missing or illegible labels can be replaced by contacting Safe Approach.



WARNING

If any of the above conditions are found, it may mean the harness has arrested a fall or is simply worn out. Remove from service immediately and destroy.

CLEANING

To clean this harness, use warm water and a mild soap detergent. Do not use any harsh abrasives or strong chemicals. Dip a sponge in the soap solution and scrub the harness working up a thick lather. Rinse with clean water. Wipe hardware with a clean cloth and hang up to air dry. Do not force dry by using heat.

STORAGE

Hang the harness in a cool, dry place out of direct sunlight by one of the hooks. Do not store the harness in an area where there may be chemical vapors or high heat and humidity.