

Donning and Doffing Checklist: Fall Arrest Equipment

Complete the checklist below and check off each step as it has been completed.



Step 1: Shake it Out and Allow Straps to Fall

- Take hold of the harness by the back D-ring.
- Shake it out to allow straps to hang downwards and to fall into place.



Step 2: Check Straps are Unbuckled

- Make sure all straps are unbuckled
 - The chest
 - The waist and/or
 - The leg straps.



Step 3: Slip into the Harness

- Slip straps over the shoulders, ensuring that the D ring is positioned in the middle of the back between the shoulder blades. No buckling is done yet.
- Check that the sub pelvic strap is situated below the buttocks – adjust accordingly. Work tension from the bottom up.



Step 4: Connect Leg and Waist Straps

- Pull the leg straps between the legs and connect to the opposite end. Make sure the leg straps are not crisscrossed.
- Once the leg straps are connected, test the fit. If you can fit your fist in the leg strap, then it is too loose and requires adjusting. Repeat with the other leg strap.
- If the harness comes belted, connect the waist strap following the leg straps getting done up



Step 5: Connect Chest Strap, Tighten Shoulder Straps

- Connect the chest strap once it is positioned in the mid chest area. On or above the nipples.
- Tighten to keep shoulder straps in place.



Step 6: Tighten all Buckles

- Tighten all the buckles so the fit of the harness is comfortable and provides freedom of movement and ease to get the job done.



Step 7: Fit Test Location

- From the front, check that the leg loops (straps) are as high as they can go.
- Ensure the cross piece lay across or just over the nipples.
- Get another competent person to help inspect the fit. Have them check your back to see that the D-ring sits between the shoulder blades and the sub-pelvic strap lies under the buttocks.



Step 8: Fit Test Tension

- Test the tension of the leg straps by putting your hand under each loop.
- Try to twist your hand. If you can, it means the loop is too loose and must be adjusted accordingly.



Step 9: Fit Test Tightness and Attach the Lanyard

- Squat to test mobility in the legs. If squatting cannot be done, the legs may be too tight and might require adjustments to be made to the leg straps.
- General tightness can be tested by grabbing the shoulder straps and pulling them straight up.
- When the straps move farther up to the ears, that indicates fit is too loose. **The fit may be more comfortable but the tighter it is the longer you can hang in the event of a fall.**
- A looser fit means maximum comfort when walking around and working, versus a tighter fit which means maximum hanging time in the event of a fall.
- Attach the Lanyard.



Step 10: Doffing the Harness

- Re-inspect the harness. If the harness is found to be ok, it must then be stored correctly.
- If not, the damaged harness must be removed from service immediately.
- Make sure all straps - the chest, and waist and/or leg straps are unbuckled.