

How to fit a Safety Harness

B-Safe guide to wearing a harness

1

Before using the B-Safe harness, you should inspect the harness straps, metal fittings connection points, and labels for damage. Refer to instruction booklet and if in any doubt you should contact your supervisor, supplier or B-Safe for advice.

Pick up the harness by holding the rear dorsal connection dee ring and gently shake the harness to separate the straps. Ensure the leg straps are free and not buckled up. Ensure that all straps are fully extended.

Holding the harness by the dorsal dee you must carry out a pre use inspection of the components, webbing, stitching and buckles. Check labeling, identify the withdrawal from service date is not passed.

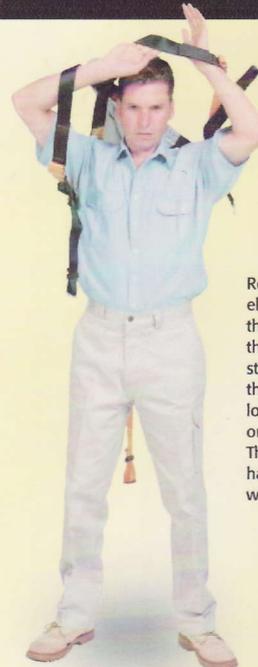


Dorsal dee



2

Still holding harness by the dorsal dee, with the **inside** of the harness facing you locate the two shoulder straps and hold harness open.



3

Rotate harness and insert elbow into arm loop and then place arm through the loop, release shoulder strap and place other arm through the other shoulder loop and let harness fall onto the shoulders. This ensures that the harness is fitted correctly without any webbing twists.

4

Buckle all straps prior to adjusting the fit. Locate chest strap and pass the smaller buckle plate through the other. (As shown in the "How to assemble buckles" diagrams at right). Locate leg straps and ensure that the left leg strap is connected to the left hip buckle and the right leg strap is connected to the right hip buckle.

Ensure the straps are not twisted and the loose webbing end is always on the outside, away from the body, and should be used to adjust the fit.



Ensure that adjuster end is on the outside.

When using the front loops for fall restraint, they must be used together.



5

Adjust shoulder straps first to ensure that the rear dorsal dee is located between the shoulder blades in the centre of the back. Then adjust chest and leg straps to a firm fit, and slide webbing keepers along to hold free webbing in place.



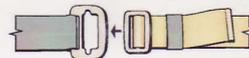
Buckle up Waist Belt
If waist belt is fitted to the harness this should be buckled up after the chest straps have been fitted. Place hands on the side dees, then slide hands along the waist strap in a forward direction to ensure the strap is not twisted then buckle up as shown in the **How to assemble buckles instructions**. The waist belt should tighten until firm and comfortable but not tight.

Attaching Lanyard to Rear Extension
Rear Fall Arrest Extension Strap when fitted allows the person using the harness to see the hook being connected ensuring a correct attachment. To attach, release the strap from its resting place, hold the strap in one hand either over or under the shoulder where you can see the eye of the extension strap, holding the hook in the other hand open the latch and place the hook onto the strap eye. Release the latch and pull the hook to ensure a correct connection has been made.

Please Note - Hooks should always be checked before use to ensure the latch is working correctly. (see instruction sheets) in the interest of safety and user safety only trained staff should use this equipment.

How to assemble buckles

- Make sure straps are not twisted. The loose end of the strap should be on the outside, away from the body, and should be used to adjust the fit.



- The small buckle with the centre bar must go through the slotted square link from back to front.
- Align the small buckle at right angles to the slotted square link from behind.



- Push the small buckle through the slotted square link completely from underneath.



- The small buckle should fall neatly into place on top of the slotted square link.
- Tighten the harness by pulling the loose end of the strap.
- Adjust the keepers to hold the loose end in place.
- Follow the steps in reverse to unbuckle.



BEAVER

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producers of B-Safe Products
that are manufactured to
Australian Standard
AS/NZS 1891.1-1995

These are general notes to assist personnel in the correct method of fitting harnesses. Please note in the interest of safety and user security only trained personnel should use the equipment and any person using and fitting harnesses should read the instructions sheet and understand the instruction within. Training of personnel is available from B-Safe, and for further information please contact your local representative or our customer service department.

B-Safe

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