

A thorough inspection of a fall protection body harness to ensure it is safe to use can be the critical difference between a routine task and a life-altering incident.



**Initial Inspection** When you receive the harness from the manufacturer, perform a preliminary inspection to make sure it's the right harness and does not have any defects. Confirm the model number, the size, the fit, and the condition.

**Frequent Inspections** An inspection should be completed by the person who is going to wear the harness before every use.

**Periodic Inspections** A documented inspection of the harness that occurs at least once every 12 months is critical. Maintain records of these inspections.

As you begin the inspection, start at the top of the harness. Examine the hardware first including the buckle and connection point. Make sure the hardware moves freely and is not defective. If you recognize any of these issues with the hardware, do not use the harness.

- defects, deformities, corrosion, or cracks on the D-ring, fasteners, adjusters, or other hardware
- missing or bent grommets or any grommets that are not fully secure (loose)

After inspecting the hardware, then inspect the straps and webbing of the harness. Use your hands to feel for heat damage while visually inspecting the harness at the same time. If you recognize any of these issues with the harness, do not use it.

- loose or frayed stitching
- worn or damaged straps or webbing
- foreign objects (staples, duct tape) adhered to the fabric
- damage from corrosives, chemicals, flames, or weld splatter
- any kind of cuts or holes, intentional or from wear
- fabric damage from paint or grease



- During visual harness inspections, hold the components and also perform a “hand over hand” inspection. Grasp the webbing and bend it, checking both sides. This will create some surface tension making damaged fibers or defects easier to see.
- If a harness fails an inspection for any reason, even if you think it’s *not a big deal*, the harness should be removed from service, and tagged so that it is not used again before it can be repaired or replaced.
- Do not write your name with a marker on the straps of the harness. This introduces a chemical onto the load bearing straps and it could fail inspection.
- During the inspection if you see anything questionable... anything you are unsure of... do not wear it. Take it out of service. Do not risk it. Get it looked at by a competent person (a trained and qualified harness inspector) or replace it.
- Labels must be visible and legible on personal fall protection equipment. If labels are unreadable, or have been removed, the equipment should be removed from service.

---

## COPYRIGHT AND DISCLAIMER

This material is the copyrighted property of Weeklysafety.com, LLC. Purchase of this material from Weeklysafety.com, LLC grants the owner the right to use this material for workplace safety and education purposes only. Use of this material for any other purpose, particularly commercial use, is prohibited. This material, including the photos, may not be resold. Weeklysafety.com, LLC does not warrant or assume any legal liability or responsibility for the accuracy, completeness, or usefulness of any information, apparatus, product, or process disclosed in these materials. Photos shown in this presentation may depict situations that are not in compliance with applicable Occupational Safety and Health Administration (OSHA) safety requirements. These materials are meant for informational purposes only and it is not the intent of Weeklysafety.com, LLC to provide compliance-based training. The intent is more to address hazard awareness in the construction and related industries, and to recognize the potential hazards present in many workplaces. These materials are intended to discuss Federal Regulations only, as individual State requirements may be more stringent. Many states operate their own state OSHA and may have standards that are different from information presented in this training. It is the responsibility of the employer and its employees to comply with all pertinent OSHA safety rules and regulations in the jurisdiction in which they work.

## PHOTO ACKNOWLEDGMENTS

Unless specified below, all photos are the copyrighted property of Weeklysafety.com, LLC and may not be used in any other training materials or resold for any purpose.

- 0003402 Shutterstock License for Weeklysafety.com

For more information on this weekly safety topic, other topics that are available and the full list of FAQs please visit [www.weeklysafety.com](http://www.weeklysafety.com) or email [safety@weeklysafety.com](mailto:safety@weeklysafety.com).