



# How to correctly fit a harness

## Step 1

- Harnesses should be inspected before every use; this check should be both visual and tactile.
- The webbing should be passed through the hands to check for minor cuts or tears that may affect the strength of the webbing.
- The harness should also be checked for abrasion, hardening fibres, dirt or contaminants.
- Harnesses are also affected by UV degradation so any fading of the colouring should also be carefully monitored.

## Step 2



Check the date of manufacture of your Tractel harness which is located on the back plate. The life span of Tractel harnesses is 10 years from date of manufacture. If you are unsure of how to identify this on a Tractel harness, please contact Tractel for assistance.

## Step 3



Hold the harness up by the rear 'D' and check for any twists or tangles.

## Step 4



Open the harness out

**The safest course of action is to remove from service any harness about which there is any doubt. Any harness that has arrested a fall should be replaced.**

## Step 5



Put both arms through the straps

## Step 6



Connect the front buckle and tighten.



## Step 7



Connect the leg straps and tighten

## Step 8



Adjust the straps. The harness should be snug but not overly tight.

## Step 9



The harness is now fitted correctly. The rear 'D' should be between the shoulder blades and the sub pelvic strap should be positioned under the buttocks. Follow best practice, ask a colleague to check your harness.