

# Fall protection: How to inspect your full-body harness

Each time, before you use it:

## Inspect the labels

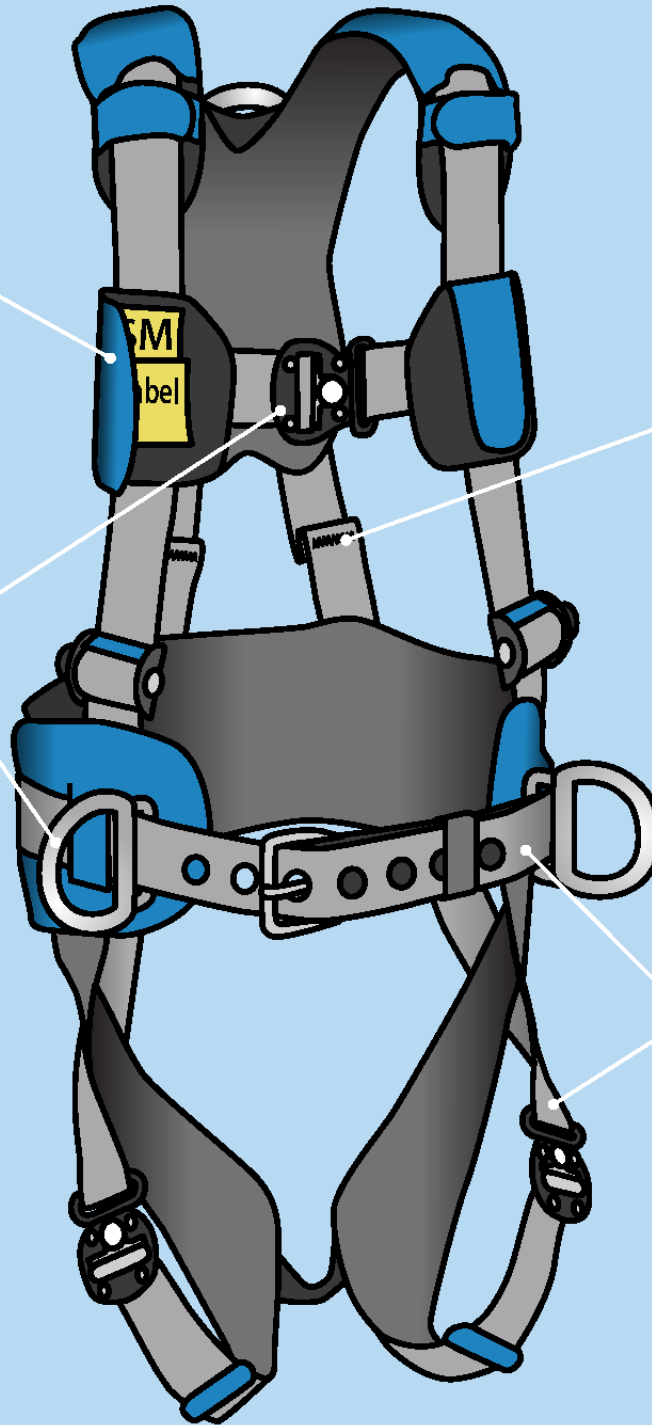
All labels should be intact and legible.

## Inspect the hardware

Look for damaged, broken, missing, or distorted buckles, eyelets, and D-rings. Release tabs on buckles must work freely and click when the buckle engages.

## Annual inspection by a competent person

At least once a year, the harness should be inspected by a competent person other than the user. Record the date and the results of the inspection.



## Inspect the Impact indicator

The impact indicator is a section of webbing that is secured with a special stitch pattern. It is designed to release when the harness has been subjected to impact loading from a fall. Prevent any future use by destroying and discarding the harness if the impact indicator is broken.

## Inspect the webbing

Look for frayed, cut, or broken fibers and stitches. Broken stitches may indicate the harness has been subjected to a fall. Other signs of damage: tears, abrasions, mold, burns, or discoloration from ultraviolet light and corrosive chemicals.

## Also

Check the harness manufacturer's inspection recommendations to be sure that you are not missing anything.