

DONNING INSTRUCTIONS

Putting on a *FallTech* Full Body Harness.



1. After inspecting the harness, grab the dorsal (back) D-ring and give the harness a shake while lifting harness up. This ensures harness strapping is not tangled.



2. Unfasten all buckles (mating and/or tongue buckle). Slip one arm through harness making sure dorsal D-ring is on your back. Slip your free arm through other side of harness and position straps on shoulders. Chest strap will be across your chest if positioned properly.



3. Reach between legs and grab one leg strap. Bring strap up between legs and connect mating or tongue buckle. Repeat for other leg strap.



4. Connect chest strap by attaching mating buckle closures. Ideal position for your chest strap is about six (6) inches below your shoulders. Adjust waist belt (if included).



5. Adjust leg and chest straps to size. If you can slip your three lead fingers between yourself and webbing, proper sizing has been achieved.

A,B,C,Ds of Personal Fall Arrest Systems

A ANCHOR...the point of attachment for lanyards, lifelines, and deceleration devices; also called a tie-off point.
Examples: rebar, I-beam, scaffold, roof truss

ANCHOR CONNECTOR...used to enjoin a connecting device (SRL, lanyard) to the anchor point.
Examples: sling anchor, grip anchor, wire form hook, beam clamp

B BODY WEAR...the Full Body Harness worn by a person used to enjoin the body with the connecting device in every personal fall arrest system.
Examples: vest style, crossover style, single D-ring up to 6 D-ring.

Full Body Harnesses should be chosen to compliment the work to be done with consideration to the work environment.

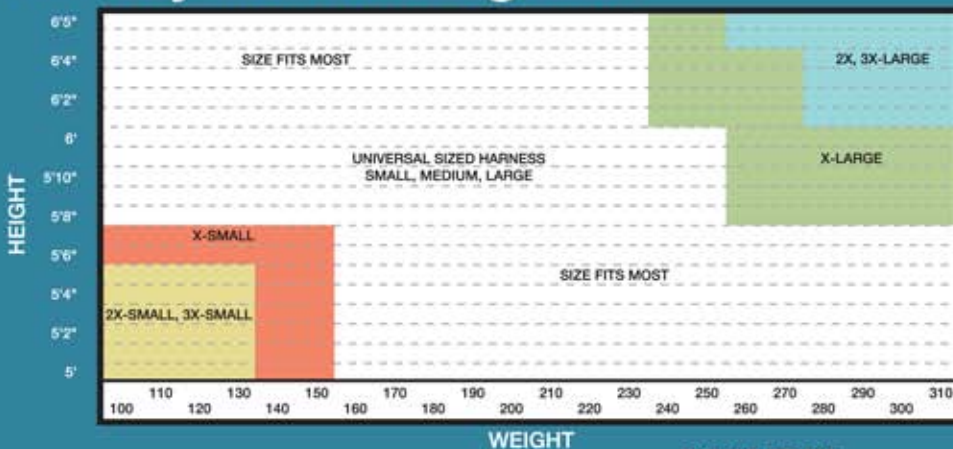
C CONNECTOR...a piece of equipment used to enjoin components of all personal fall arrest systems.
Examples: carabiner, snap hook, mating buckle, D-ring.

CONNECTING DEVICE...a component of the personal fall arrest system that couples the full body harness to the anchorage connector.
Examples: lanyard, lifeline.

D DECELERATION DEVICE...component that slows and dissipates energy during a fall.
Examples: shock absorbing lanyard, self-retracting lifeline, rope grab.

Only when all of the above components are assembled together, do you have a complete Personal Fall Arrest System (PFAS). Collectively, these are A, B, C, D.

Full Body Harness Sizing Guide



FALLTECH BELT STYLES	28"	29"	30"	31"	32"	33"	34"	35"	36"	37"	38"	39"	40"	41"	42"	43"	44"	45"	46"	47"	48"	49"	50"	51"	52"	53"	54"	55"	56"	57"	
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