

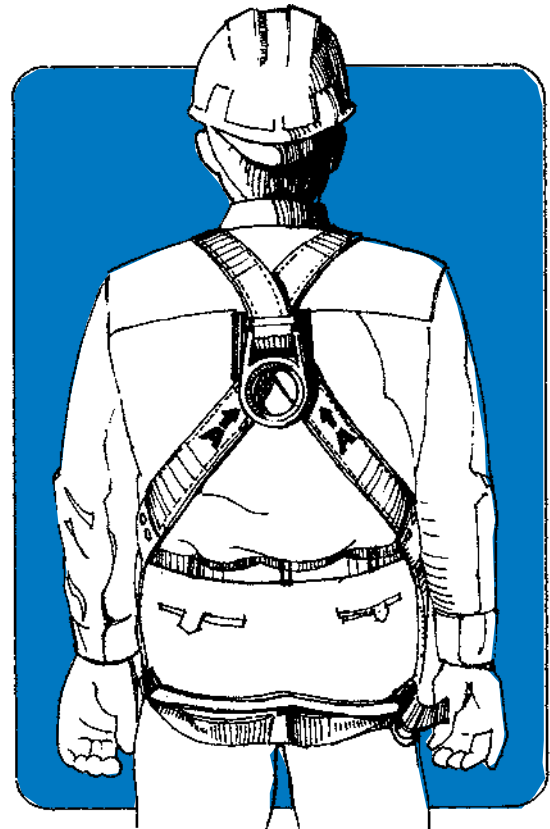


## Putting on a full body harness

Some harnesses are designed to serve more than one purpose. Check the manufacturer's label for the harness's classification:

- Group A—Fall arresting
- Group D—Controlled descent
- Group E—Confined entry (raising and lowering)
- Group L—Ladder climbing
- Group P—Work positioning

NOTE: A full body harness that meets CSA Standards Z259.10 is acceptable to WorkSafeBC.



- Adjust all hardware and straps so the harness fits snugly but still lets you move freely. Tuck in all loose straps so they don't snag or cause you to trip.
- Hook onto the harness D-ring (marked "A" on each shoulder strap, as shown in the above-right diagram) designed to arrest falls.

Project: \_\_\_\_\_ Address: \_\_\_\_\_

Employer: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Shift: \_\_\_\_\_

Number in crew: \_\_\_\_\_ Number attending: \_\_\_\_\_

Other safety issues or suggestions made by crew members:

---

---

---

---

---

---

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Manager's remarks: \_\_\_\_\_

---

Manager: \_\_\_\_\_ Supervisor: \_\_\_\_\_

*(signature)*

*(signature)*



WORKING TO MAKE A DIFFERENCE  
worksafebc.com