# SAFE WORK INSTRUCTION
## FALL ARREST SYSTEM - FULL BODY HARNESS

### PERSONAL PROTECTIVE EQUIPMENT
- Close fitting / protective clothing to cover arms and legs must be worn.
- Safety harness must be worn.
- Safety helmet must be worn.
- Safety footwear must be worn.
- Rings and jewellery must not be worn.

### POTENTIAL RISKS
1. Harness failure.
2. Slip from harness.
3. Stabbing injury from pens and other items in pockets during a fall.
4. Groin trauma from loose harness during a fall.
5. Onset of Suspension Intolerance.

### DON'Ts
- Do not use faulty equipment. Immediately report suspect equipment to your supervisor.
- Do not exceed the safe working load of the harness.
- Do not carry items such as tools or pens in pockets of clothing.
- Do not use waist belts or half harness when working at height. Only use a full body harness.

### PRE-OPERATIONAL SAFETY CHECKS
- Never work alone.
- Ensure you are trained in harness use.
- Conduct a pre-use check in accordance with the manufacturer’s recommendations before first use each day.
- Ensure the harness is fitted with suspension intolerance relief straps.
- Ensure the harness is correctly adjusted. You should be able to fit a flat hand between the harness and your body, but not a closed fist.
- Close and lock off all buckles.
- Ensure a buddy has double checked your harness once you have put it on.
- Ensure the rescue plan has been briefed, and that a rescuer and rescue equipment are available while you are working at height.

### ENDING OPERATIONS AND CLEANING UP
- Only disconnect from connectors when you are in a safe area.
- Use a tag line to ensure retractable lifelines are retracted under control.
- Ensure harnesses are undamaged and have not been contaminated.
- Store all working at height equipment in a cool, dry area, away from sunlight.

### OPERATIONAL SAFETY CHECKS
- Ensure the harness, and any lanyards or other connectors are compatible.
- Do not allow any connectors to wrap around your neck or other body parts.
- Always ensure all connections are made and are secure before leaving any solid platforms or landings.
- Keep within 30 degrees of an overhead anchor point.