

# How to correctly fit a harness



Tractel® harnesses can be used without restrictions provided that:

- Use is in accordance with the instruction manual
- A **periodic inspection** is carried out at least **every 12 months** in accordance with **EN 365**, by a competent person who will authorise in writing that the PPE is fit to be returned to service.
- The instruction manual procedures for storage and transport are strictly met.



- 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.
- Harnesses are affected by UV degradation so any fading of the colouring should also be carefully monitored.

1

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



4

Connect the leg straps and tighten.



2

Put both of your arms through the shoulder straps.



5

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



6

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. If in doubt follow best practice, ask a colleague to check your harness.

3

Connect the front buckle and tighten.

