



Training Solutions, Delivered!

THE FULL BODY HARNES

Leader's Guide, Fact Sheet
& Quiz

Item Number: 5191
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This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation.

PREPARING FOR THE MEETING

Here are a few suggestions for using this program:

- a) Review the contents of the Fact Sheet that immediately follows this page to familiarize yourself with the program topic and the training points discussed in the program. The Fact Sheet also includes a list of Program Objectives that details the information that participants should learn from watching the program.
- b) If required by your organization, make an attendance record to be signed by each participant to document the training to be conducted.
- c) Prepare the area and equipment to be used for the training. Make sure the watching environment is comfortable and free from outside distractions. Also, ensure that participants can see and hear the TV screen or computer monitor without obstructions.
- d) Make copies of the Review Quiz included at the end of this Leader's Guide to be completed by participants at the conclusion of the presentation. Be aware that the page containing the answers to the quiz comes before the quiz itself, which is on the final page.

CONDUCTING THE PRESENTATION

- a) Begin the meeting by welcoming the participants. Introduce yourself and give each person an opportunity to become acquainted if there are new people joining the training session.
- b) Introduce the program by its title and explain to participants what they are expected to learn as stated in the Program Objectives of the Fact Sheet.
- c) Play the program without interruption. Upon completion, lead discussions about your organization's specific policies regarding the subject matter. Make sure to note any unique hazards associated with the program's topic that participants may encounter while performing their job duties at your facility.
- d) Hand out copies of the review quiz to all of the participants and make sure each one completes it before concluding the training session.

5191 THE FULL BODY HARNESS FACT SHEET

LENGTH: 1:17 MINUTES

PROGRAM SYNOPSIS:

Performing work on an elevated surface is inherently dangerous due to the risk of falling. When proper guardrails or other means of fall protection are not installed, a personal fall arrest system is usually required. A personal fall arrest system, consisting of a full body harness, a connecting device and anchor point, is designed to reduce the amount of force exerted on a worker during a fall and to prevent the falling worker from striking a lower level or hitting the ground below. Various OSHA standards require an employer to ensure that each employee is trained in the proper use of a fall arrest system before he or she uses the equipment. As part of such training, this program explains how to properly don a full body harness to ensure it has a snug, secure fit.

PROGRAM OBJECTIVES:

After watching the program, the participant should be able to explain the following:

- How to don a full body harness properly;
- Why it is important that a harness have a snug, secure fit;
- Which of the multiple D-rings on a harness should be used as the connection point.

INSTRUCTIONAL CONTENT:

THE FULL BODY HARNESS

- A full body harness used as part of a personal fall arrest system is designed to distribute the shock load of a fall to various points on the body to reduce the risk of injury.
- To don the harness properly, hold it by the back, or dorsal, D-ring and gently shake it; this will allow the harness to fall into shape.
- Then, slip your arms through the shoulder straps like you would put on a jacket. Next, place the chest strap at mid-chest and tighten, then pull the leg straps around your legs and secure them snugly.
- Harnesses are designed to have a snug, secure fit while working above ground. Leaving the leg straps loose can lead to serious injuries during a fall, as the straps are driven violently upwards into the groin area.
- Always inspect the body harness prior to use and ensure that it is in good condition and does not show any indication that it has been exposed to the force of a fall.
- A harness may have multiple D-rings, but only the dorsal D-ring should be used as the connection point for fall arrest purposes. The other D-ring locations are designed for positioning, restraint or rescue purposes.

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ANSWERS TO THE REVIEW QUIZ

1. b

2. a

3. b

**THE FULL BODY HARNESS
REVIEW QUIZ**

Name _____ Date _____

The following questions are provided to determine how well you understand the information presented in this program.

1. The back D-ring on a full-body harness is also known as the _____ D-Ring.
 - a. Cranial
 - b. Dorsal
 - c. Ventral

2. Harnesses are designed to have a snug, secure fit while working above ground.
 - a. True
 - b. False

3. Any D-ring on a full body harness may be used as the connection point for fall arrest purposes.
 - a. True
 - b. False