



Training Solutions, Delivered!

# **INSPECTION OF THE HARNESS AND CONNECTING DEVICE**

**Leader's Guide, Fact Sheet  
& Quiz**

**Item Number: 5194**  
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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.

## **5194 INSPECTION OF THE HARNESS AND CONNECTING DEVICE FACT SHEET**

**LENGTH: 59 SECONDS**

### **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 what to look for when inspecting a full body harness and connective device.

### **PROGRAM OBJECTIVES:**

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

- What to look for when inspecting a full body harness and connective device;
- What to look for on various fall arrest system components that could indicate they have been exposed to the forces of a fall.

### **INSTRUCTIONAL CONTENT:**

#### **INSPECTION OF THE HARNESS AND CONNECTING DEVICE**

- Before using a personal fall arrest system, you must inspect its components. To inspect the harness and lanyard, check every strap for frayed or torn webbing or stitching.
- Also, verify that there are no burns, chemical damage or signs of deterioration to any webbing or component.
- Look for any indication that the item has been exposed to the forces of a fall, such as distorted buckles, D-rings, snap hooks or keeper gates.
- Look closely at any energy-absorbing devices for signs of torn stitching or elongation.
- Harnesses, lanyards and fall-limiting devices may also display a red alert-indicator to indicate the item has been exposed to the force of a fall.
- Damaged devices or those that have been involved in a fall must be removed from service.

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**ANSWERS TO THE REVIEW QUIZ**

1. a

2. a

**INSPECTION OF THE HARNESS AND CONNECTING DEVICE**  
**REVIEW QUIZ**

Name \_\_\_\_\_ Date \_\_\_\_\_

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

1. Before using a personal fall arrest system, you must inspect its components.
  - a. True
  - b. False
  
2. Fall arrest harnesses and lanyards that are damaged or involved in a fall must be removed from service.
  - a. True
  - b. False