

Q: When do I remove my harness from service?

A: ANSI (American National Standards Institute) A10.32-2004 states the service life of fall protection equipment manufactured of synthetic fiber shall be 5 years unless otherwise specified by the manufacturer. If a harness fails inspection a harness needs to be removed from service. Two manufacturers have stated that their products should be removed from service after being subjected to a fall and can remain in service for longer than 5 years if their products pass the ANSI and OSHA (Occupational Safety and Health Act) inspection criteria. They are Honeywell (Miller or North products) and Capital Safety Group (DBI/SALA or Protecta products).

Inspection requirements:

OSHA 1910.66 Remove impacted systems and components. Inspect systems prior to use.

OSHA 1926.502 Remove impacted systems and components. Inspect systems prior to use.

ANSI Z359.1-2007 Comply with manufacturer's instructions. Inspect SRL (Self Retracting Lifeline) after subjected to fall arrest

Inspected by user prior to use. Competent Person inspection at intervals of no more than one year.

Q: When do I remove SRL's from service? Do they need annual recertification by the factory?

A: Capital Safety: "There are no requirements for servicing frequency in OSHA or ANSI standards. The manufacturer's guidelines for servicing shall be followed according to ANSI Z359.1-2007. Capital Safety Group's guidelines indicate that SRL's shall be inspected before each use, and at least annually by a competent person. If unit fails inspection, SRL shall be serviced by an authorized service center or the manufacturer".

Honeywell/Miller: "Miller Fall Protection does not require the Miller MightyLite SRLs to be returned to their factory, or any other authorized service center for annual re-certification unless involved in a fall. Our labels and instructions indicate that the user should inspect the equipment upon each use and if the unit fails the user inspection, the unit should be returned for inspection and service to Miller Fall Protection or an authorized service center".

Q: How do I know an anchor on a roof on campus is safe to use for fall protection?

A: Existing anchors in wood framed roofs are not to be used at this time since their load rating is unknown. Newly installed anchors in wooden roofs must meet the standard for fall restraint. Fall arrest anchors on non-wooden framed buildings that are designed per the FS design guide can be used once they have been visually inspected for any deterioration or damage.

Q: How do I tie off in an elevating work platform (JLG/boom lift/bucket truck)?

A: Connect the lanyard to the back "D" ring of the harness to the manufacturers anchor point inside the JLG/Genie aerial lift basket, outside the bucket truck man baskets or wherever the manufacturer has placed the anchor for the machine in use. Use the double locking snap hook to attach to the anchor point. Do NOT tie off to the handrail or tie the lanyard back into itself.

Q: How often do I have to inspect my harness? What do I look for inspecting a harness?

A: Inspect the harness every time you have to wear it. To inspect your harness, perform the following procedures:



1) Webbing

Grasp the webbing with your hands 6 inches (152mm) to 8 inches (203mm) apart. Bend the webbing in an inverted “U” as shown. The surface tension resulting makes damaged fibers or cuts easier to detect. Follow this procedure the entire length of the webbing, inspecting both sides of each strap. Look for frayed edges, broken fibers, pulled stitches, cuts, burns and chemical damage.



2) D-Rings/Back Pads

Check D-rings for distortion, cracks, breaks, and rough or sharp edges. The D-ring should pivot freely. Inspect for any unusual wear, frayed or cut fibers, or broken stitching of the D-ring attachments. Pads should also be inspected for cracks, excessive wear, or other signs of damage.



3) Buckles

Inspect for any unusual wear, frayed or cut fibers, or broken stitching of the buckle attachments.



4) Tongue Buckles/Grommets

Buckle tongues should be free of distortion in shape and motion. They should overlap the buckle frame and move freely back and forth in their socket. Roller should turn freely on frame. Check for distortion or sharp edges. Inspect for loose, distorted or broken grommets. Webbing should not have additional punched holes.



5) Friction and Mating Buckles

Inspect the buckle for distortion. The outer bars and center bars must be straight. Pay special attention to corners and attachment points at the center bar.



6) Quick-Connect Buckles

Inspect the buckle for distortion. The outer bars and center bars must be straight. Make sure dual-tab release mechanism is free of debris and engages properly.



7) Harness Fall Arrest Indicators

Inspect fall arrest indicators (located on the back D-ring pad) for signs of activation. Remove from service if broken or stretched between any of the four (4) pairs of arrows.

Q: What do I look for when inspecting a lanyard?

A: When inspecting lanyards, begin at one end and work to the opposite end, slowly rotating the lanyard so that the entire circumference is checked. Additionally, follow the procedures below.



1) Hardware

A) Snaps: Inspect closely for hook and eye distortions, cracks, corrosion, or pitted surfaces. The keeper (latch) should seat into the nose without binding and should not be distorted or obstructed. The keeper spring should exert sufficient force to firmly close the keeper. Keeper locks must prevent the keeper from opening when the keeper closes.



B) Thimbles: The thimble must be firmly seated in the eye of the splice, and the splice should have no loose or cut strands. The edges of the thimble must be free of sharp edges, distortion, or cracks.



2) Wire Rope Lanyard

Always wear gloves when inspecting a wire rope lanyard; broken strands can cause injury. While rotating the wire rope lanyard, watch for cuts, frayed areas or unusual wearing patterns on the wire. Broken strands will separate from the body of the lanyard.



3) Web Lanyard

While bending webbing over a pipe or mandrel, observe each side of the webbed lanyard. This will reveal any cuts, snags or breaks. Swelling, discoloration, cracks and charring are obvious signs of chemical or heat damage. Observe closely for any breaks in stitching. Inspect lanyard warning flag for signs of activation. Titan tubular lanyards must be measured to determine activation.



4) Rope Lanyard

Rotate the rope lanyard while inspecting from end-to-end for any fuzzy, worn, broken or cut fibers. Weakened areas from extreme loads will appear as a noticeable change in original diameter. The rope diameter should be uniform throughout, following a short break-in period.



5) Shock Absorber Pack

The outer portion of the pack should be examined for burn holes and tears. Stitching on areas where the pack is sewn to D-rings, belts or lanyards should be examined for loose strands, rips, deterioration or other signs of activation.

Q: What about wooden roof anchors? Are they safe to use here on campus?

A: Wooden roof anchors are not to be used at this time until the FS (Facilities Services) Engineering department has been able to inspect them and recertify them for use.

Q: How do I know if I'm wearing my harness properly?

A: It should be fairly tight without restricting movement but not loose enough to fall out of, the chest strap should be square across your upper chest, the body length adjustment should be snug when standing, and the leg straps fairly tight as if you were putting your hand in your tight jeans pocket. The lanyard or SRL attaching point or "D" ring on your back should be between your shoulder blades. Try it on when you check it out and ask the tool room or your co-worker if it's fitting properly, if it feels too loose get a smaller size. The body length, chest strap and legs are all adjustable on full body harnesses.

Q: Can I use a body belt for fall arrest?

A: No – Body belts are no longer allowed as an option for fall arrest or fall restraint. A full body harness must be used in place of body belts. This restriction includes positioning devices. Only positioning harnesses or full body harnesses may be used in a positioning device system.

Q: Which end of the lanyard do I attach to my harness?

A: The end of the harness that has the fall arresting material closest to the snap hook attached to the "D" ring on the upper back which should be fit between your shoulder blades.

Q: At what height do I need to use fall protection or a fall protection plan?

A: At four feet you need fall protection. At ten feet, you need to have fall protection **and** a written fall protection work plan.

See the table below from WA DOSH (Department of Occupational Health & Safety) WAC (Washington Administrative Code) 296-800) :

Fall Protection in Washington State All Industries					
Applicable Industry	Equipment Activity or Surface	Fall Protection Trigger Height	Applicable WISHA Standard	Requirement	Applicable Notes
ALL	Open-sided floors, walkways and platforms	Always	WAC 296-800-26010-1	Guard open-sided floors, walkways and platforms above or adjacent to dangerous equipment, pickling or galvanizing tanks, degreasing units, and other similar hazards, regardless of height with a railing and toe-board.	
	Open-sided floors and platforms	4 feet		Guard open-sided floors and platforms 4 feet or more above adjacent floor or ground level by a railing. The entrance to a ramp, stairway, or fixed ladder does not need a railing.	
	Scaffolds	10 feet	WAC 296-874-20052	Protect each employee on a scaffold more than 10 feet above a lower level, by providing personal fall arrest systems or guardrails.	A fall protection work plan is not required for persons working from a scaffold
	Elevating work platforms	Always	WAC 296-869-20045	Make sure all persons on the platform of boom-supported elevating work platforms wear a full body harness and lanyard fixed to manufacturer provided and approved attachment points.	Guardrails are the primary means of fall protection for manually propelled elevating work platforms.
		Always, if required	WAC 296-869-60035	All persons on the platform are wearing fall protection devices and other safety gear if required.	

Q: Do I need to use fall protection in an elevating work platform even if it has guardrails?

A: Yes! All aerial platforms have anchor points in them that need to be attached to with a lanyard or Self Retracting Lifeline to your full body harness after entering the basket. It is designed to prevent you from being thrown out of the bucket in a catapult fashion if the equipment is bounced hard.