



Full Body Harness Standard

1.0 PURPOSE

This standard supports the Personal Protective Equipment Policy and specifies the requirements for full body harnesses at SaskPower.

2.0 DEFINITIONS

2.1 Breaking Strength

The stress level at which a material fails.

2.2 Full Body Harness

Personal protective equipment that is designed to support the body during and after the arrest of a fall.

- **D-ring, O-ring, Oval-ring** - A connector used integrally in a harness as an attachment element or fall arrest attachment and in lanyards, energy absorbers, lifelines, and anchorage connectors as an integral connector
- **Extended Dorsal Ring** - A component of the full body harness, which is a short 60-cm section of webbing that is connected to the full body harness "D" ring which allows the worker to connect the Self Retracting Lifeline to the body harness and make a visual confirmation of the connection.

3.0 METHOD / PRACTICE

3.1 Selection

- A full body harness shall be a part of a Personal Fall Arrest System (PFAS).
- Full body harnesses shall meet the requirements of CSA Z259.10-06 Standard.

3.2 Provisioning

- Full body harnesses shall be supplied through SaskPower Central Stores or through the Registration Unit's purchasing process.
- Full body harness tensile strength shall meet the minimum requirements of CSA Z259.10-06.

3.3 Use

- Full body harnesses shall:
 - Be worn and used as per the manufacturer specifications and instructions.
 - Be donned and adjusted prior to entering a fall risk area.
 - Be removed after leaving a fall risk area.
- Full body harnesses that have been subject to a fall shall be removed from service, tagged and inspected and/or disposed of through the Registration Unit's inspection process.
- Full body harnesses shall not be modified.
- Other PPE or equipment must not compromise the level of protection provided by the full body harness.

3.4 Inspection

- Full body harnesses in use shall be inspected by a competent person:
 - Annually, as per manufacturer's specifications.
 - When the harness has been subject to a fall.



- Full body harnesses shall be inspected by the user prior to use. If in doubt, do not use.
 - Inspect all straps and webbing for cuts, frays, pulled stitching, burns, or chemical damage.
 - Inspect D-Rings/Back pads for cracks, sharp edges, distortion.(bends)
 - Inspect buckles for any unusual wear, distortion, or corrosion.
 - Inspect Tongue/Grommets for heavy wear, from repeated buckling and unbuckling, loose grommets, punched holes in webbing or corrosion.
 - Inspect Tongue Buckle for distortion or sharp edges.
 - Inspect Friction and Mating Buckles for distortion or corrosion.
 - Check the date of manufacture. The harness expiry date shall not exceed manufacturer's recommendations.

3.5 Care

- Full body harnesses shall only be cleaned with manufacturer's recommended cleaning agents.
 - Oil and grease lubricants shall not be used on any fall arrest system component.
- Full body harnesses shall be stored in a cool dry area, out of the elements, sunlight and potential chemical exposure.
 - Hang the harness by the dorsal "D" ring to prevent tangling or in a storage bag.
- Do not drop your equipment on any hard surface, such as a concrete floor or a pavement.
- Do not remove labels, tags, or any other markings.
- Do not mark with paint, felt marker or tape, as chemical damage may result.

4.0 REFERENCE

- Saskatchewan
 - *The Saskatchewan Occupational Health and Safety Regulations, Sections 101 – 107,116, 122, 126*
- SaskPower
 - Personal Protective Equipment Policy
 - Hazard Control Policy
 - Job Hazard Assessment Policy
 - Hazard and Risk Assessment Standard
 - Fall Protection Standard
 - Personal Fall Arrest System (PFAS) Components Standard
 - Safety Briefing # 17: Full Body Harness Standard
 - Safety Briefing # 18: Fall Protection Standard
- 3RD Party Standards
 - CSA Z259.10-06 (formerly Z259.10-M90)