

## Safe Work Practice / Job Procedure

### 5 Point Harness

#### Potential Hazards

- Falls From Heights
- Injuries Due to falling
- All personnel must ensure they have been appropriately trained by their supervisor.

#### Required Personal Protective Equipment and Devices

Foot Protection	Hearing Protection	High Visibility	Head Protection	Eye Protection	Face Protection	Hand Protection	Protective Clothing
							

#### Safe Work Practices

- **Do Not** use a harness or lanyard that has not been properly inspected
- Ensure that the equipment is up to day
- Workers must be properly trained before use
- **Do Not** work at heights alone
- If possible, eliminate the hazard
- Use the specialized PPE provided by your employer

#### Required PPE:

- Foot Protection
- Head Protection
- Eye Protection
- Harness – Specialized PPE
- Lanyard – Specialized PP

#### Safe Job Procedures

1. Check harness daily before use
2. Check connecting linkage and straps
3. Check snap hook on the line; it must be self-locking
4. Put on harness
5. Adjust straps so the harness is properly fitted to the worker
6. Snap hook is to be fastened to a lifeline or a secure anchor point

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Date: 2022-13-06

***If an emergency situation occurs while conducting this task, or there is an equipment malfunction, shut the equipment off immediately and follow the lock out procedure.***

**REPORT ANY HAZARDOUS SITUATION TO YOUR SUPERVISOR IMMEDIATELY**

This SWP must be reviewed any time the task, equipment, or materials change and at minimum, every three years.