









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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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.