



Harness Inspection: Why Inspect Your Harness?

Safety harnesses are essential protection against falls, the leading cause of serious injuries on job sites. Inspecting your harness before every use can save your life. Defective harnesses put you at risk, even if you do everything else right.

How to Inspect Your Harness

Webbing:

- Check for cuts, nicks, tears, or broken fibers.
- Look for fraying, abrasions, or overall deterioration.
- Watch for hard, shiny, or discolored spots that could signal heat or chemical damage.

Stitching:

- Look for pulled, cut, or missing stitches.
- Check for discoloration, which could mean chemical or UV damage.

Hardware:

- Inspect for twists, bends, rough/sharp edges, or distortion.
- Watch for rust, corrosion, or broken/distorted grommets.

- Ensure there are **no unauthorized modifications**.

Lanyards & Connectors:

- Inspect lanyards and connectors with the same care as harnesses.
- Follow all manufacturers' recommendations.

Remove the harness from service immediately if you find any damage or defect.

Never try to repair a harness yourself.

Cleaning & Storing Your Harness

- Wipe off dirt with a damp sponge, then use mild soap and water if needed.
- Hang to dry away from heat, steam, or direct sunlight.
- **Store harnesses in a clean, dry place**—away from chemicals, fumes, heat, and UV exposure.

Reminders

- **Inspect every harness, every time before use**—no exceptions.
- Remove any harness from service if there's any doubt about its safety.
- A harness is only as good as its condition—**your life depends on it!**

**Any questions or need help with an inspection?
Ask your supervisor or safety officer.**