

✓	<b>Fall Arrest Harness Training Form</b>		
	Indicate Make/Model/Type of Body Harness in section below		
	Review the Manufacturer's instructions for the personal fall arrest system that the employee will be using. Using the manufacturer's instructions, discuss the below training items.		
	Employee has read the manufacturer's instructions _____( <i>employee's initials</i> )		
	Discuss the following application limitations <ul style="list-style-type: none"> <li>• Capacity of the system (including weight of the person, clothing, tools) not to exceed 310 pounds</li> <li>• How to determine the fall clearance and free fall distances</li> <li>• Swing falls</li> <li>• Environmental hazards (heat, chemicals, corrosive environments, sharp edges, moving machinery, high voltage power lines, etc.) that might be present</li> </ul>		
	Demonstrate the donning and fitting of the harness that the employee will be using.		
	Before each use, inspect the body harness <ul style="list-style-type: none"> <li>• Closely examine all of the nylon webbing to ensure there are no burn marks, which could weaken the material.</li> <li>• Verify there are no torn, frayed or broken fibers, pulled stitches, or frayed edges anywhere on the harness.</li> <li>• Examine the D-ring for excessive wear, pits, deterioration, or cracks.</li> <li>• Verify that buckles are not deformed, cracked, and operate correctly.</li> <li>• Check to see that each grommet (if present) is secure and not deformed from abuse or a fall. All rivets should be tight and not deformed.</li> <li>• The harness should never have additional punched holes.</li> <li>• Check tongue/straps for excessive wear from repeated buckling.</li> <li>• System component or subsystem component that will be used with the harness according to its manufacturer's instructions</li> </ul> Before each use, inspect the lanyard. <ul style="list-style-type: none"> <li>• Check lanyard material for cuts, burns, abrasions, kinks, knots, broken stitches and excessive wear.</li> <li>• Inspect the snaphooks for distortions in the hook, locks, and eye.</li> <li>• Check carabiner for excessive wear, distortion, and lock operation.</li> <li>• Ensure that all locking mechanisms seat and lock properly.</li> <li>• Once locked, locking mechanism should prevent hook from opening.</li> <li>• Visually inspect shock absorber for any signs of damage, paying close attention to where the shock absorber attaches to the lanyard.</li> <li>• Verify that points where the lanyard attaches to the snaphooks are free of defects.</li> </ul> Periodic inspections must be conducted by a qualified person in accordance with the manufacturer's instructions.		
	Review proper cleaning and storage techniques – as recommended by the manufacturer's instructions.		
	Explain that if an inspection reveals a defective condition, remove the unit from service immediately. Only personnel authorized in writing by the manufacture may make repairs on any personal fall arrest system.		
	When personal fall arrest systems are used, how will the worker contact emergency services?		
	Review with the worker to consult their doctor if there is any reason to doubt their fitness to safely absorb the shock from a fall arrest.		
	Other specialized training may be required depending upon the tasks being performed.		
<b>Training Documentation</b>			
Date of Training	Make Harness	Model Harness	Type of Lanyard
Employee Name ( <i>Print</i> )		Employee Name ( <i>Signature</i> )	
Trainer's Name ( <i>Print</i> )		Trainer's Name ( <i>Signature</i> )	

*A copy of the completed training record must be kept on file in the employee's work area for review.*