











ABCs of Fall Protection - Body Support

The full-body harness provides the necessary body support with straps that fasten around the user and distribute fall arrest forces over the upper thighs, pelvis, chest and shoulders.

Full body harnesses are mandatory for fall arrest and are attached to a shock-absorbing lanyard or self-retracting lifeline with a maximum arresting force of less than 1,800 pounds to the body.

A full body harness should be snug, but it shouldn't bind. The harness should fit so that the center grommets are used most often. Make sure all leg snaps or buckles are attached. The chest strap should be in your mid-chest area. Elastic harnesses will not absorb shock. They are simply more comfortable. Side and Front "D" rings are for positioning only! Do not punch holes in a harness to increase the size.



<p>FallSafe L/XL Fall Protection Kit FS152-DK \$99.95 FS Flex 185 L/XL Harness FS580 Lanyard FS 8125 Bag</p>  	<p>FallSafe Flex Harness, L/XL FS-FLEX185-L/XL XXL FS-FLEX185-2XL \$69.00</p>  	<p>FallSafe Roof Fall Protection Kit in a Bucket FS120E-1118DC \$188.00 99280 Harness 88560 Lanyard 700-50 Lifeline 870 Roof Anchor 1118DC Rope Grab Bucket</p>  
<p>FallSafe Extreme Harness with Back Pad & Tool Belt FS175-L FS175-XL \$192.25</p>  	<p>FallSafe Deluxe Harness with Waist Belt FS251-L/XL \$216.95</p>  	<p>FallSafe L/XL Dielectric/Arc Flash Harness FS77225-UT \$129.00</p> 