
Harness and Body Belt Inspection

To inspect your harness or body belt, perform the following procedures:



Webbing

Grasp the webbing with your hands 6 inches (152mm) to 8 inches (203mm) apart. Bend the webbing in an inverted “U” as shown. The surface tension resulting makes damaged fibers or cuts easier to detect. Follow this procedure the entire length of the webbing, inspecting both sides of each strap. Look for frayed edges, broken fibers, pulled stitches, cuts, burns and chemical damage.



D-Rings / Back Pads

Check D-rings for distortion, cracks, breaks, and rough or sharp edges. The D-ring should pivot freely. Inspect for any unusual wear, frayed or cut fibers, or broken stitching of the D-ring attachments. Pads should also be inspected for cracks, excessive wear, or other signs of damage.



Buckles

Inspect for any unusual wear, frayed or cut fibers, or broken stitching of the buckle attachments.



Tongue Buckles / Grommets

Buckle tongues should be free of distortion in shape and motion. They should overlap the buckle frame and move freely back and forth in their socket. Roller should turn freely on frame. Check for distortion or sharp edges. Inspect for loose, distorted or broken grommets. Webbing should not have additional punched holes.



Friction and Mating Buckles

Inspect the buckle for distortion. The outer bars and center bars must be straight. Pay special attention to corners and attachment points at the center bar.



Quick Connect Buckles

Inspect the buckle for distortion. The outer bars and center bars must be straight. Make sure dual-tab release mechanism is free of debris and engages properly.



Harness Fall Arrest Indicators

Inspect fall arrest indicators (located on the back D-ring pad) for signs of activation. Remove from service if broken or stretched between any of the four (4) pairs of arrows.