OCCUPATIONAL SAFETY · TEMPORARY WORK AT HEIGHT

VITS

Safety harness

Without a clipped-on harness, you can fall from a roof or lift basket. **A worker fell 6 m from a roof. They had a helmet but no harness. They were paralysed from the waist down.**

Possible consequences

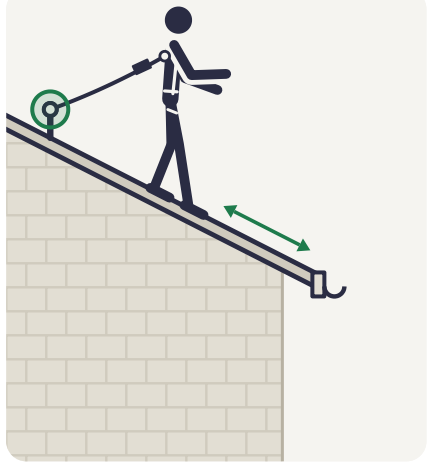
- Serious injury or death
- Head injury
- Spinal injury
- Fracture
- Suspension trauma

ON A ROOF — No harness



- No harness worn
- Sloping, slippery roof
- If they slip, they fall

ON A ROOF — Clipped on



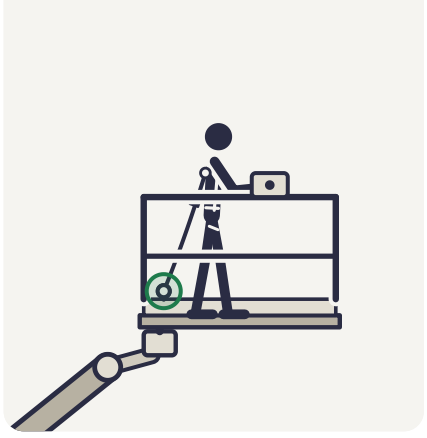
- Anchor at the ridge
- Lanyard is short and tight
- Edge is out of reach

IN A LIFT BASKET — Unclipped



- Lanyard hangs loose
- Stands on the guardrail
- A jolt can throw them out

IN A LIFT BASKET — Clipped on



- Lanyard is anchored
- Short lanyard
- Body stays inside basket

On scaffolds, roofs, work platforms and elsewhere, where the risk of falling cannot be avoided by other measures, a safety harness with a suitable anchorage system must be used.

DO

- **Check harness, lanyard and karabiners first.**
- **Tighten the straps, especially leg straps.**
- **Clip the lanyard to the point marked A.**
- **Clip on before you go near the edge.**
- **On a roof, choose an anchor above you.**
- **In a lift basket, clip on to the anchor point.**
- **Keep the lanyard as short as possible, no slack.**
- **Agree on a rescue plan before work.**

DON'T

- **Don't work on a roof or in a basket unclipped**
  A fall of a few metres can cause paralysis or death.
- **Don't stand on the guardrail**
  A sudden basket movement can throw you over the rail.
- **Don't anchor off to your side**
  If you fall, you swing and can hit a wall.
- **Don't use a positioning belt to arrest a fall**
  The forces of a fall can injure your spine.
- **Don't run the lanyard over a sharp edge**
  In a fall, the edge can cut the lanyard.
- **Don't reuse a lanyard or harness after a fall**
  They may be damaged and no longer protect you.
- **Don't work alone in a harness**
  When suspended, you need help quickly.

REMEMBER

Harness on. Clipped on. Help nearby.

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