



Fall Protection and Training

VIDEO: 5 Crucial Tips for a Safety Harness Inspection Checklist

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Video Highlights

- Fall protection is everyone's responsibility.
- OSHA requires that fall protection be provided any time someone is working at an elevation of 4 feet or higher in a manufacturing environment.
- Any time workers put on safety harnesses, they must perform a five-point safety inspection.

In this quick video, you will learn the five must-do safety checks that show you what to do before you put on a harness and the signs for when it's time to replace it.

Often, shares MSC Safety Specialist Bruno Cunha, metalworking shops don't realize that the **fall protection requirements** specified by the Occupational Safety and Health Administration begin at 4 feet in general industry workplaces. OSHA details the specifications for harnesses in **OSHA Standard 1910.140** on Personal Fall Protection Systems.

"It doesn't seem that high," but manufacturing businesses must protect their workers from falls any time workers are elevated above 4 feet to do their jobs, Cunha says.

Cunha demonstrates the inspection technique using a **Pro-Safe safety harness**.

Find additional fall protection best practices in our video "4 Ways to Stop Falls from Height and Improve Fall Protection."