3D Safety talks

FROM THE ISAO SAFETY COMMITTEE:

Properly Fitting A Fall Arrest Harness

Arborists using aerial devices such as bucket trucks and elevated work platforms rely on properly fitted fall-arrest harnesses to prevent serious injury in the event of a slip, ejection, or platform malfunction. A well-adjusted harness ensures forces are distributed safely during a fall and maintains the worker's stability while the bucket maneuvers around branches and equipment.

DESCRIBE the Hazards

- Working from aerial devices exposes arborists to fall hazards caused by sudden platform movement, hydraulic failure, or collision with branches.
- Being thrown or ejected from a bucket during abrupt stops or unintended boom motion is a leading cause of serious injury.
- Poorly fitted fall-arrest harnesses can lead to improper load distribution, increasing the risk of spinal injuries or suspension trauma.
- Loose leg straps or an oversized waist belt may allow the user to slip partially or completely out of the harness during a fall event.
- Overly tight adjustments can restrict circulation, impair range of motion, and reduce response capability during emergency movements.
- Worn or damaged webbing may tear under load, especially when subjected to the high shock forces associated with fall-arrest situations.

DISCUSS Control Measures

- Use only full-body fall-arrest harnesses compliant with industry standards and manufacturer recommendations for aerial device work.
- Conduct a thorough inspection before each use:
  - Examine webbing for cuts, abrasion, UV damage, and chemical contamination.
  - Check for bent or malfunctioning buckles and D-rings.
  - Ensure stitching is intact and shows no signs of fraying.
- Fit the harness while standing on level ground:
  - Adjust the waist belt securely above the hips without restricting breathing.
  - Tighten leg straps until comfortably snug; verify you can fit two fingers between strap and leg.
  - Align shoulder straps so the dorsal D-ring sits between the shoulder blades.
- Securely stow excess strap ends to prevent snagging on tools or the bucket rim.
- Replace harnesses involved in fall events or those that reach their manufacturer-specified service life.
- Store harnesses in clean, dry conditions away from direct sunlight and contaminants.
- During winter months additional adjustment may be required due to bulky clothing.
- If sharing a fall arrest harness with co-workers, be sure to remember to adjust your harness.

DEMONSTRATE Knowledge

- Show how to correctly put on and adjust a fall-arrest harness.
- Identify improper fits on co-workers, such as twisted webbing, loose leg loops, or incorrect D-ring placement.
- Explain the purpose of the harness components and understand compatibility with lanyards, anchors, and SRLs used in the bucket.
- Assess job-specific hazards and choose appropriate harness configurations and connectors.

VIEW FALL ARREST IMAGES HERE:

Date: _____

Location: _____

_____

_____

Presenter: _____

MEETING WAS ATTENDED BY

(Each participant is to sign below)

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

ISA ONTARIO