



THENJIWE SUPPLIES & REPAIRS

Reference Number	TSR/SOP/014
Implementation Date	03.12.2018
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SAFE OPERATING PROCEDURE FOR THE USE OF SAFETY HARNESSSES



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	Position / Name	Signature	Date
Compiled By	MSHEQ		4/12/18
Approved By	Martin du Plessis		4/12/18

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1. PURPOSE

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To ensure safety harnesses are used correctly and by all necessary employees.








2. SCOPE

The use of double lanyard safety harness is compulsory in areas which are still under construction and where platforms and handrails are not provided, e.g. conveyor take up towers, tail end v-ploughs, top of bunkers and any other area where platforms/handrails are not installed, until construction is completed and areas are made safe.

3. RESPONSIBILITIES

It is the responsibility of all managers and supervisors to ensure that this SOP is implemented and adhered to accordingly.

4. PPE REQUIREMENTS

Gloves	
Hard hat	
Safety shoes	
Safety goggles	
Overall	
Dust mask (Depending on area)	
Ear Protection	

5. GENERAL

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Not applicable.

6. PROCEDURE

HOW TO USE A SAFETY HARNESS

1. Check that the harness is in good condition.
2. Adjust waist belt according to waist line.
3. Secure shoulder strap to waist belt. Shoulder strap must be between two leg straps.
4. Secure leg straps to waist belt.
5. Put legs through rings of leg straps and fit belt to waist.
6. Adjust rings of leg straps to fit properly around leg.
7. Put front loops of shoulder straps through waist belt.
8. Adjust shoulder straps to fit properly.
9. Ensure harness fits comfortably.

FITTING AND REMOVAL

1. Ensure all straps are not twisted.
 2. Lift harness, by rear dorsal "d" ring, pass arms through shoulder straps, as if putting on a jacket.
 3. Tighten waist belt to fit securely around waist.
 4. Passes each leg strap under legs and fastens to rectangular link, tighten and ensuring leg loops are not twisted and webbing emerges forward.
 5. Tighten all straps according to comfort and secure loose webbing.
 6. Adjusts dorsal "d" to be positioned between shoulder blades.
 7. To remove, reverse steps **e** to **a**.
- If subjected to fall or if the device is worn or damaged, or any other part of the unit is considered worn - **DO NOT USE**. Return the unit for evaluation and possible service immediately.
 - The recommended service interval is 12 months from date of first use and thereafter at least annually, which should be done by a competent person.
 - If there is any doubt of the suitability of any P.P.E device - **DO NOT USE**

7. REFERENCE

Occupational Health and Safety Act

8. SUPPORTING DOCUMENTS

Safety Harness Checklist
Safety Harness Register