

## HARNESS SIZING

Buckingham offers a full array of standard design full body harnesses to be used in fall arrest, work positioning, suspension, retrieval and rappelling applications.

CHEST SIZE						
HEIGHT	34 - 36	38 - 40	42 - 44	46 - 48	50 - 54	56 - 60
5' 4" - 5' 7"	S	S	M	L	X	XX
5' 8" - 5' 11"	S	M	L	X	XX	XXX
6' 0" - 6' 3"	M	M	L	X	XX	XXX
6' 3" +	L	L	X	X	XX	XXX
S = Small	M = Medium	L = Large	X = Extra Large	XX = 2X	XXX = 3X	



Shoulder straps should lie flat & in close to the neck

Torso buckles should lie flat and positioned at waist level

Leg straps should be snug but not so tight as to restrict movement



Chest strap should be snug and positioned approximately 6" below the neck

Leg strap buckles should lay flat on legs approximately 4" - 5" below waist



Fall arrest attachment should be positioned high between the shoulder blades

Seat strap should have no twists and be positioned below the buttocks

## HARNESS STYLES

H-Style

Model 68L9EQ12

- 9KV rated Dielectric hardware.
- Dielectric dorsal D-Ring.
- Dual trauma straps.
- Electric Arc Rated shoulder pads.

X-Style

Model 603A8Q4

- 9KV rated Dielectric hardware
- Web loop dorsal & sternal attachment
- Dual trauma straps
- Electric Arc Rated shoulder pads

Y-Style

Model 69B9DQ5

- Quick connect leg buckles
- Sternal D-Ring
- Web dorsal loop
- Electric Arc Rated

Y-Style Tower Harness

Model 61992

- Built-in body belt for work positioning
- Sternal & umbilical D-Rings
- Padded leg straps with quick connect buckles for easy donning
- Electric Arc Rated

Indicates meets ASTM F887 Electric Arc Performance Requirements

## HARNESS/BELT INSPECTION

### Full Body Harness Inspection

Before each use, it is important to check for the following:

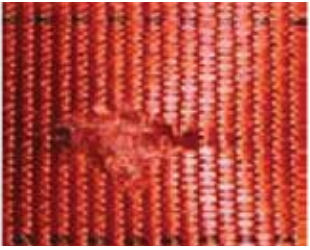
#### Webbing

- ☐ Cuts
- ☐ Kinks
- ☐ Abrasions
- ☐ Cracks
- ☐ Excessive wear
- ☐ Discoloration
- ☐ Chest strap Hook & Loop have sufficient adhesion

☐ Burns or charring☐ Broken fibers☐ Swelling☐ Chemical/Physical exposure☐ Loose, cut or missing stitching☐ Evidence of shock load to harness

#### Hardware

- ☐ Cracks or nicks
- ☐ Distorted/Bent
- ☐ Moderate to severe rust or corrosion
- ☐ Quick connect buckles operate properly



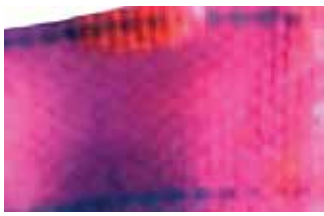
Cuts



Burns



Stitching



Chemical



Broken



Severe Rust/Corrosion

IF ANY OF THESE CONDITIONS EXIST CEASE USE IMMEDIATELY!

## LANYARD STYLES/INSPECTION

BuckYard™

Flexibility & reduced arresting force

Model 84+G7E16S1

BuckArrest™

16" Electric Arc Rated Shock Pack

Model 64V116S2

BuckYard™

Flexibility & reduced arresting force

Model 8VV1D14.5S1

BuckStop™

6" shock pack in shrink tube

Model 5VV116S1

Indicates meets ASTM F887 Electric Arc Performance Requirements

### Energy Absorbing Lanyard Inspection

Before each use, it is important to check for the following:

#### Webbing

- ☐ Cuts
- ☐ Kinks
- ☐ Cracks
- ☐ Abrasions
- ☐ Discoloration
- ☐ Excessive wear
- ☐ Swelling

☐ Broken fibers☐ Burns or charring☐ Chemical/physical exposures☐ Loose, cut or missing stitching☐ Evidence of shock loading

#### Hardware

- ☐ Distorted/bent
- ☐ Cracks or nicks
- ☐ Moderate to severe rust or corrosion
- ☐ Locking & snap keepers operate freely & smoothly
- ☐ Locking mechanism functions improperly

IF ANY OF THESE CONDITIONS EXIST CEASE USE IMMEDIATELY!

## DO'S & DON'TS/OSHA

### Do's & Don'ts

- Always, prior to each use, inspect your fall protection equipment
  - Always attach to a 5,000 lb. anchorage point or an anchor point designed/installed as part of a complete personal fall arrest system under the supervision of a qualified person
  - Always use Personal Protection Equipment manufactured to the current standards
  - Always use a properly sized & adjusted full body harness
  - Always have a rescue plan in place
- Never rig yourself so you can free fall more than 6' or come in contact with a lower level
  - Never attach a steel snap to a web loop unless loop has a built in wear guard
  - Never use Fall Protection equipment that has been subjected to impact loading
  - Never make modifications to Personal Fall Protection Equipment

### OSHA - Regulatory

OSHA	1926.502 1926.502(d) 1910.269 1910.269(g)(2) 1910 Subpart D 1926.954	Fall Protection Systems Criteria & Practices Personal Fall Arrest Systems Electric Power Generation, Transmission & Distribution Fall Protection Walking-Working Surfaces Electric Power Transmission and Distribution
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### ASTM/ANSI - Consensus Standards for Manufacturers

ANSI	Z359	Fall Protection Code
ASTM	F887	Personal Climbing Equipment
	F887 18	Harnesses
	F887 19, 20, 21	Shock Absorbing Lanyards
	F887 22	Electric Arc Performance