

## Best Practices

### FALL PROTECTION

#### VISUAL INSPECTION - BEFORE EACH USE

<i>Elements</i>	<i>Criteria</i>
<b>Energy absorbers – Fall indicators</b>	Deployed – Damaged
<b>Metallic &amp; Plastic Elements</b> D-rings, buckles, grommets Hooks	Cutting edges, cracks, wear, tear, twists <b>Corrosion</b> Check the mechanisms are operational
<b>Straps</b>	Tear, holes, wear, abrasion, cuts, discolouration Seams cut or pulled Burns, chemical expositions Tape, felt pen markings

#### HARNESS ADJUSTMENT

Harnesses have do be adjusted in height and at the thighs in order to avoid wounds, **especially in the groin area.**

#### LANYARDS AND WEIGHT

Check the fall protection equipment is adapted to your weight range with tools :

Not heavy enough = will not trigger the safety systems / Too heavy = safety not efficient

#### RESCUE PLAN

Minimal injury suspension time in case of fall is : **15min.**

Hence the importance of having a rescue plan already operational, as well as trauma straps on your harness to relieve the legs and blood circulation while waiting for rescue.

#### CARE / STORAGE

- Store in a **clean and dry area, away from sunlight** and corrosive vapors or excessive heat source.
- Clean with warm water and mild soap ; Let air dry before use, away from heat sources.