A fall arrest system must also be worn when workers are:

- On a rolling scaffold that is being moved
- Getting on, working from, or getting off a suspended platform, suspended scaffold, or bosun’s chair.

A fall arrest system prevents a falling worker from hitting the ground or any object below. It consists of a full-body harness attached to a lanyard and energy absorber, which reduces some of the force exerted on the body when a fall is arrested.

The lanyard and energy absorber is attached to an adequate anchor point or to a rope grab on an adequately anchored lifeline.

Full-body harnesses are fully adjustable and available in different sizes. Some types are specially designed for women. Proper fit of the harness is important, especially when it is being used for fall arrest.

**Demonstrate**

Ask workers if they have taken CPO-approved working at heights (WAH) training within the previous three years and have received site-specific WAH instruction.

Remind your workers how to put on, adjust, and wear a full-body harness.

1. Adjust the chest strap so that it is snug and located near the middle of the chest (i.e., above the sternum, just below the armpits).

2. Adjust the leg straps so that a fist can fit snugly between the strap and leg.

3. Adjust the shoulder straps so that the back D-ring rests between the shoulder blades.