

TOOLBOX TALK for September 28th, 2026

Carpenter's Training -

Portland - First Aid. 10/2 OSHA 30. 10/17 MEWP. 10/24 First Aid.

Ontario - 10/3 Fall Protection. 10/3 Forklift. 10/10 MEWP.

Taper's -

Portland -9/30 Forklift. 9/30 Aerial Lift.

The other day while walking a couple jobs there were examples of our guys wearing their fall protection harnesses wrong. We made corrections but thought it might be time to do a refresher on how we put on our harnesses.

Before You Put on Your Harness

Empty your pockets: Remove anything that could interfere with the harness or prevent the straps from sitting properly. And be extra careful about having things in your pockets that could harm you if you do fall.

Inspect the harness: Check webbing for cuts, fraying, burns, or other damage. Check buckles, D-rings, and hardware for cracks, bends, or damage. If part of your harness is not right don't wear it.

Check the impact indicator: If the harness shows signs that it has been involved in a fall, remove it from service immediately.

Putting It On

Grab the D-ring: Hold the harness by the dorsal D-ring and shake it out so the straps fall into place.

Put it on like a backpack: Slip your arms through the shoulder straps and make sure nothing is twisted.

Position the D-ring: The back D-ring should be centered high between your shoulder blades.

Buckle & Adjust

Chest strap: Buckle and adjust it across your chest, around mid-chest/armpit level.

Leg straps: Bring each strap between your legs, make sure they aren't twisted.

Sub pelvic strap: Make sure these sit properly below your buttocks. This helps distribute forces during a fall. Buckle these to the leg straps.

Check the Fit

Leg straps: You should be able to slide a flat hand between the strap and your leg. Snug is good—too loose or too tight is not.

Secure loose straps: Tuck excess webbing into the strap keepers so nothing is hanging loose.

Final check: Before tying off, check that every buckle is connected, straps are snug and untwisted, and the D-ring is properly positioned.

Remember: A harness only protects you when it is inspected, fitted, and worn correctly.

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