

## **TAKE 5** **Five Minute Safety Talks**



### Fall Protection- Body Harness Classifications

It is important for workers to understand the types of body harness classifications. This ensures that they remain safe while working at heights. Harnesses are broken down into the following classes:

- ✓ **Class A Fall Arrest:** Class A body harnesses are designed to support the body during and after the arrest of a fall with a single dorsal D-ring on the back that connects a fall arrest lanyard or other fall arrest component.
- ✓ **Class D Suspension:** Class D body harnesses are designed for suspension or controlled descent from a height, with an abdominal D-ring that can be attached to a descent system or work positioning system.
- ✓ **Class E Retrieval:** Class E body harnesses are designed with shoulder-mounted D-rings that support the worker in a position that reduces the worker's profile during passage through a limited access area, such as a confined space.
- ✓ **Class L Ladder Climbing:** Class L body harnesses are designed with a sternal D-ring. These systems are typically mounted on or adjacent to ladders or towers.
- ✓ **Class P Positioning:** Class P body harnesses are designed to position the worker during a work operation with side positioning D-rings at the hip position.
- ✓ **Class R Arc Resistant:** Class R body harnesses are designed to provide protection for workers who could be exposed to thermal hazards including electric arcs or flames.

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#### **CSA Harness Classifications**



Remember safety doesn't have to be difficult, simple steps such as selecting the right body harness can prevent injuries and save lives.

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## TAKE-5- Fall Protection – Body Harness Classifications

FIVE MINUTE SAFETY TALKS

**Date Presented:** \_\_\_\_\_

**Name of Presenter:** \_\_\_\_\_

### Acknowledgement:

_____ Employee Signature	_____ Employee Signature	_____ Employee Signature
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### Group Discussion Notes/Comments:

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