



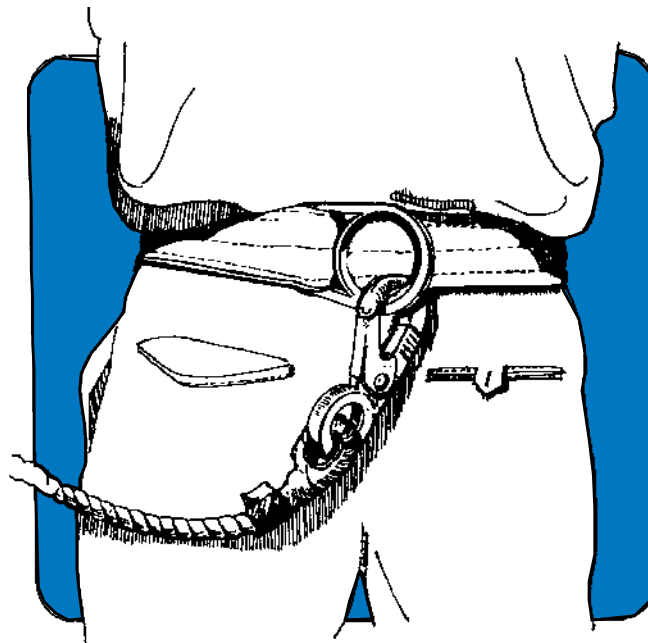
When to use a safety belt

You must never wear a safety belt in a fall arrest situation.

- If you fall while attached to a safety belt, you could suffer severe back and abdominal injuries.

Restrict the use of safety belts to fall restraint systems only.

- If there's a chance you could fall
 - Install guardrails OR
 - Wear a full body harness in a properly configured personal fall protection system



Putting on a safety belt

- Before putting on the belt, make sure you have the right size.
- Fasten the belt snugly around your waist. Wear it high on your waist, not low around the hips or pelvic area.
- Position the belt buckle at the front of your body, and make sure the belt tail is secure in the belt loop and not hanging out loosely.

Project: _____ Address: _____

Employer: _____ Supervisor: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Other safety issues or suggestions made by crew members:

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Manager's remarks: _____

Manager: _____ Supervisor: _____

(signature)

(signature)



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