

# How to Wear a Full Body Harness

1. Verb
2. Verb
3. Verb
4. Noun
5. Noun
6. Noun
7. Noun
8. Noun
9. Adjective
10. Noun
11. Verb - Base Form
12. Noun
13. Noun
14. Part Of Body
15. Noun - Plural
16. Part Of Body
17. Part Of Body
18. Verb
19. Noun
20. Verb Ends In Ed
21. Verb - Base Form
22. Adjective
23. Part Of Body

24. Verb - Past Participle
25. Noun
26. Noun - Plural
27. Adjective
28. Verb - Base Form
29. Noun - Plural
30. Verb

# How to Wear a Full Body Harness

Once trained, the first thing that MUST be done when using a harness is to \_\_\_\_\_ Verb it. Whether you actually \_\_\_\_\_ Verb or not, you must treat this piece of equipment as if it is going to \_\_\_\_\_ Verb your \_\_\_\_\_ Noun EVERY time you put it on. Check every \_\_\_\_\_ Noun, buckle, plastic fitting, and \_\_\_\_\_ Noun for signs of \_\_\_\_\_ Noun or damage. Check the \_\_\_\_\_ Noun to find out when it was last inspected by the \_\_\_\_\_ Adjective person. If the harness passes inspection, then it's time to put it on.

The easiest way to orient the harness is to grab the \_\_\_\_\_ Noun and let the harness \_\_\_\_\_ Verb - Base Form. This will give you a better idea of where the shoulder straps, \_\_\_\_\_ Noun strap, and \_\_\_\_\_ Noun straps are. Step into the \_\_\_\_\_ Part of Body straps (unless they are the type with \_\_\_\_\_ Noun - Plural that you will secure later) and put the straps over your \_\_\_\_\_ Part of Body. Connect the \_\_\_\_\_ Part of Body strap. Before going any further, have a second person \_\_\_\_\_ Verb the \_\_\_\_\_ Noun to make sure everything is \_\_\_\_\_ Verb ends in ED properly, and not twisted.

Now that you've got the harness on, you need to \_\_\_\_\_ Verb - Base Form it. A \_\_\_\_\_ Adjective chest strap could allow you to shoot right out of your harness in a \_\_\_\_\_ Part of Body first fall, like a sausage being \_\_\_\_\_ Verb - Past Participle from its \_\_\_\_\_ Noun. \_\_\_\_\_ Noun - Plural that are too \_\_\_\_\_ Adjective could cut off circulation. Once you've made all of your adjustments, \_\_\_\_\_ Verb - Base Form the ends of your \_\_\_\_\_ Noun - Plural into the provided fasteners. Now you're ready to \_\_\_\_\_ Verb your lanyard to the anchor point and get

to work!