

YOUR LES®

QUICK GUIDE

TO

HEIGHT SAFETY HARNESSES



WHAT ARE SAFETY HARNESSES?

In short, a safety harness is a form of personal protective equipment that is designed to protect a person from falling. Through wearing a safety harness, the risk of a user falling or being injured is significantly reduced.

Safety harnesses allow you to attach and anchor yourself to a stationary object which will stop you from falling and hitting the floor should you slip when suspended.

DIFFERENT TYPES OF SAFETY EQUIPMENT

Available to suit a wide range of shapes and sizes, LES offer an array of safety harnesses, body harnesses, scaffolding harnesses, lanyards, kit bags, female-specific harnesses, and karabiners, all designed around specific activities.

From single-point cost-effective versions, high-visibility models, right up to high-protection multi-point rigging harnesses, we have your working at height needs covered.

“ Safety harnesses allow you to attach and anchor yourself to a stationary object ”

BENEFITS OF SAFETY HARNESSES

We know it's an obvious one but... a harness will improve your safety when working at height, or areas that may be unstable, making the possibility of injury preventable.

A full-body harness with a shock-absorbing lanyard or retractable lifeline is often the preferred fall arrest system because it evenly distributes the force of the fall throughout the whole body.

Equipping users with this system, not only improves overall protection, but also allows them to use their hands safely and freely whilst working.

HOW TO USE A SAFETY HARNESS

Before putting on a safety harness, it's important to make sure that you have assembled it correctly. When putting on your safety gear, your legs come first, and you need to pull the thigh straps up and around your legs, tightening until snug.

Next, your arms go through the higher straps and then connect to the chest strap to fit accordingly. You will need to check if there are any restrictions in your movement and, if so, simply adjust the straps for a looser fit.

Once you have it on, and you're feeling comfy, you can attach your device to ensure you do not fall. When, and only when, the above steps are completed, you will be ready to undertake your task in a safe and secure manner.

“ Improves overall protection, but allows them to use hands safely and freely ”

WHICH INDUSTRIES/ACTIVITIES SHOULD I EXPECT TO SEE THEM?

To give you an idea of where you can see/use this type of personal protection equipment in action, here's a small list of common examples – industrial and recreational. But it's important for you to acknowledge that the below mentioned environment is not exhaustive.

CONSTRUCTION: One of the most common industries for people to be wearing a safety harness. Construction workers often have to assemble/disassemble structures and scaffolding. The majority of this work is undertaken from above ground.

POWERLINES: A Lineman is someone who works on the powerlines and maintains the electric power transmission. You can expect a linesman to wear a harness since they generally work at heights. You could also expect them to wear protective gear such as gloves, bucket liners, and protective blankets. These workers have to be extremely careful that all the equipment they use will keep them protected from energised lines.

WINDOW CLEANING: Most window cleaners will wear one but, due to task, many may not. For example, many window cleaners will only use ladders when reaching a second floor, but for taller buildings, likely commercial, basically anything passed a second floor, will require one. The higher the building, the more likely workers are to wear a safety harness to decrease the chances of a potential fall leading to serious injury.

OPERATORS/ENGINEERS: Many crane operators will have to wear a harness when fixing/operating cranes. This is especially important on larger cranes since the higher you are the more like a fall will result in death.

ROCK CLIMBING: Rock climbing, now a popular activity, is a sport where people ascend/descend a rock formation. Safety should always be taken seriously in these activities, particularly as they are physically and mentally demanding.

Prior to this type of safety equipment, climbers would simply attach a rope to a stable rock for support. Thanks to advanced technologies, climbers can now feel safe and significantly decrease the likelihood of injury by simply utilising a safety harness.

BUNGEE JUMPING: You have probably seen online, people jumping from great heights for fun. This is known as an extreme sport. Most people who bungee jump wear an ankle harness, which secures the bungee to the body, and a body harness to further increase stability and security.

HIGH ROPES: High Ropes are where you climb on high wooden poles, planks, or stumps, whilst being suspended in the air – today, another popular modern recreational activity and one where you would expect to wear a safety harness, or even an ankle harness, if you wish to feel that extra security.

OUR MOST POPULAR SAFETY HARNESSES



**KRATOS SINGLE
POINT COMFORT
HARNESS**
From £22.31

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**KRATOS 2 POINT HIGH-
VIZ FULL BODY
HARNESS**
From £79.99

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**KRATOS 5 POINT
COMFORT FULL BODY
HARNESS**
From £93.41

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SHOULD I INVEST IN A SAFETY HARNESS?

Most jobs at height will require the use of this type of safety equipment by law, therefore, our recommendation is that if you are above ground and there is any potential for a serious injury to occur, then yes, you should invest in a safety harness.

If you would like to find out more or have any questions about our range of Safety Harnesses and systems, please contact one of our fully trained LES team who will be more than happy to advise you on choosing the most suitable solution for your application.

PLEASE NOTE: Prices are subject to change since the time of guide creation