

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!