

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!

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