

Full Body Harness

A full body harness (FBH) consists of a harness which is adjustable for proper fit to the body; a lifeline (anchorage line) which should reach the ground from the highest point of climb; a lanyard to connect to tree or is an integral part of the harness; connecting hardware to connect the lanyard to the anchorage line; and in some cases a climbing belt which connects harness D-rings to the anchorage line.

The Harness

Many of the FBH's on the market do not meet Treestand Manufacturer's Association (TMA) standards. TMA approved harnesses cost around \$130.00. Standards are now in place for FBH's used for hunting from elevated stands. When considering a FAS ensure that it meets TMA standards. Things to compare are, but not limited to, are the stitching; the webbing, buckles (buckle thru the buckle are the safest), solid rings versus welded split rings, and how the weather elements may affect the materials. Look at the attached tag for the maximum weight limit. Replace the FBH if it is involved in a fall arrest. Check with the Consumer Product Safety Commission (CPSC.gov) to determine if your

harness has been subjected to a recall. Read and follow instructions included with the harness for properly wearing the harness?

The main lanyard should attach high on the back so that it holds you in an upright position. The chest strap and shoulder straps should be in a position that prevents you from falling out of the harness should a head first fall occur. The thigh straps should be snug but not tight enough to cut off circulation. The waist strap should be snug but not tight. If a FBH harness is worn under a coat be sure to leave enough collar opening to prevent choking if a fall occurs. Adjust the lanyard high on the anchor line to have a free fall distance of one (1) foot or less before arrest begins. This will greatly reduce the maximum arrest force.

The Lifeline or Anchor Line

This is the line that anchors you to the tree and is the lifeline for self rescue if necessary. This line should reach the ground from the highest point at which a fall might occur. This line must hang straight down and not have knots or tangles below your attachment point. This will allow you to pull the line to

the side on which a fall occurs. The lifeline should be TMA approved.

The Lanyard

The lanyard is the strap, or rope that goes from the harness to the anchor line. Some lanyards are an integral part of the harness. The length of lanyards varies with manufacturers. The preferred length is such that it can be adjusted for less than one-foot of free fall. Some lanyards have a built in brake system which will reduce the maximum arrest force. Any lanyard and harness involved in a fall arrest should be immediately removed from service. Never allow the lanyard to pass around the neck.

Suspension Trauma

To lessen the effects of harness suspension trauma immediately after the fall, keep your legs moving until you can step into the loop on your safety harness. This helps to keep blood flowing to your heart and prevent you from fainting. One of the best remedies for recovery from a fall is to attach a length of strong rope approximately six feet long to the front of your safety harness. On one end tie a loop large enough that your boot can easily slip into. Tie the other end to

your harness so that it is short enough that you can step up to relieve pressure off of your legs from the harness. With pressure off of the legs and the blood allowed to flow normally throughout the body, you can now regain control to either return to the treestand or ease yourself to the ground. Some harnesses have a suspension relief strap built in to the harness.

Safety Tips

- Do Not use a rope or belt around the waist.
- Be familiar with your safety harness and practice with it.
- Practice using self-recovery techniques.
- Know the dangers of harness suspension trauma.
- Know how to lessen the effects of harness suspension trauma while suspended, and
- Know what to do for yourself or a hunting buddy that has become a victim of harness suspension trauma.

HARNESS UP

BEFORE YOU CLIMB UP



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SAFETY HARNESSES

