Use of safety belt / full body harness

- Work at a location, which has a height of 2 meters or more, is treated under work at high rise locations.
- Platforms or forklift baskets are first preferred in case of work at high rise locations. In such cases where it is compulsory to use safety belts, hook application is conducted with 12 mm inserts at the most appropriate place in the location of work. Where work would be carried out along a line and installation would be feasible, a straight line is installed with 8 mm steel rope there and it is ensured that the belt is connected to this point. Hooks to be used must have safety mechanisms (single direction locks) and not allow automatic opening.

Safety belts must be used in the following cases:
- If the work is carried out at a height of more than 2 meters
- If the work is carried out in a restricted zone and aerial support is not adequate
- If there is a risk of cover as a result of loose material being piled on the work; For instance, such as excavation of water pipe having a depth of 2 meters, which is carried out in soil

Safety belts basically have the following two basic uses:
- **Normal work:** sudden load falling on the safety belt is lower. Load distribution is uniform along the entire work line on an average basis. They are used for the purpose of getting the workers up and down from a certain distance or serving as permanent support throughout the work.
- **Sudden – emergency use:** They are used to save the workers at the moment of falling off. Impact force must be taken into consideration while selecting appropriate safety belts. The impact force which would develop would be proportionate to the weight of the worker, fall distance and stopping speed.

Types of safety belts:
- **Waist belts:** They are worn on the waist only; they ensure that workers stand in a safe zone more easily and would not fall off. Their use is easy. They may be used in case of work in the restricted zones and involving loose materials.
- **Chest belts:** They are worn on the chest only; they provide workers with movement freedom. They must be used in such locations having a low risk of fall off. They are recommended to be used in case of work in the restricted zones and involving loose materials.
- **Full body belts:** They wrap around the entire body; they must be used in case of work at dangerous heights. Although it is more difficult to put them on, they provide total protection.

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These are just basic guidelines gathered from different sources, may vary from standards

- **Suspension belts**: They must be used in such cases where the workers have no possibility of stepping on a fixed surface but requirement of working in a suspended condition. They wrap around the entire body in a balanced manner.

- Care must be paid to ensure that the safety belts are always clean, dry and free of any cuts, bruises and damages. Safety belts must first be visually checked and then put on. You must be sure of the sturdiness of the connection places on the safety belts. Safety belts must be stored in a special place exclusively allocated for them.
- The length of the intermediate connection string connected to the safety belts must be maximum 2 m.
- Safety belts must additionally be controlled subject to a periodical control program once a year and records thereof must be maintained. Any damaged and injured belts must not be repaired; they must instead be destroyed.
- Work at high rise locations must be carried out at a distance of minimum 3 meters from the energy supply lines.
- If necessary, there may be a second connection called life line to the safety belts by means of a second longer rope. Life line ensures safety while working on loose material and restricted zones in particular.
- There must be a free fall distance of maximum 2 m for anyone falling off a location to which the safety belts are to be fastened.
- Each worker may fasten himself to a single place. 2 persons may not get fastened to the same connection point.