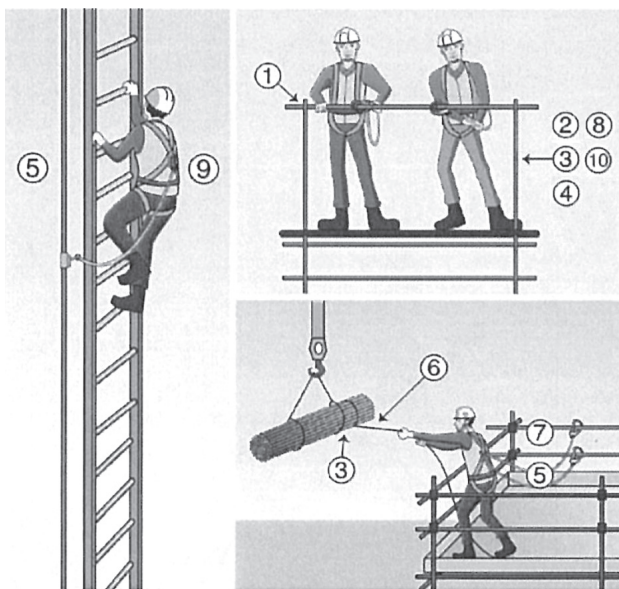


## II – 16. Using safety belts



1. Are your safety belt and lanyard undamaged?
2. Is your safety belt attached at the level of your hipbone?
3. Is the D ring positioned at the level of your hipbone?
4. Are the hooks placed higher than your waist?
5. Are you using a safety belt in danger zones?
6. Are you using a guide rope to control materials?
7. Are the attachment points for safety belts (hooks) strong enough?
8. Is the lanyard in contact with anything that has an acute angle?
9. Are you using a lifeline and safety grips on access ladders?
10. Do you avoid placing your body weight on the safety belt?