

TOOLBOX TALK

UNDERSTANDING EN 361 (FULL-BODY HARNESSES): S2: EP01

What is EN 361?

EN 361 is the European standard (locally adopted as SANS 50361) for full-body harnesses. It ensures harnesses can safely arrest falls and hold workers upright.

Key Requirements for Harness Certification:

Dynamic Drop Test:

- The harness is subjected to a 100kg drop. It must not break or have excessive stretching of the webbing.
- Worker must remain upright once the fall is arrested.
- Drop test conducted up to maximum of 4m (FF2).

Static Load Test:

- Harness must withstand a static load of 15 kN for at least 3 minutes.

Integrity Checks:

- Post-test, harness components (webbing, stitching, buckles) must remain fully intact without damage.

Limitations & Restrictions:

EN 361 harnesses are suitable only for fall arrest or fall restraint. They must not be used for suspension work or rope access—these require different harness standards.



Harnesses may include extra features for comfort (ergonomic design, breathability, quick-attachment points). Clearly marked attachment points (usually an “A” on the chest and dorsal D-ring).



A harness saves your life during a fall but can cause suspension trauma if rescue is delayed.

Always include a rescue plan when using harnesses for fall arrest.

Need Help?

One of our experts are available to assist with your fall protection requirements.

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