

WHAT IS A CHEST HARNESS?

A chest harness is any strapping that goes over the chest of a person, helping them to sit upright. It may be attached for example, to a low seat, wheelchair or shower chair.

WHY IS THERE A CONCERN ABOUT SAFETY?

A chest harness can become a choking hazard. Tragic incidents have been known to occur involving a chest harness on a young child.

WHAT CAN BE DONE TO MAKE SURE THE HARNESS IS SAFE?

- At least an **adult hand-width** between top of harness and base of child's neck
- Harness straps and seatbelts fitted with secure **buckles/triglides**.
- Regularly check your harness and seatbelt straps and buckles for signs of wear.
- Make sure the child is sitting well back in the seat before the seat belt and harness are done up firmly
- Never wear a chest harness by itself. ALWAYS wear a firm, secure seatbelt, and put on the seatbelt FIRST
- Changes in fit may occur with growth spurts, weight changes or different clothing.
- Any concerns about the fit of the harness should be discussed with a therapist.



MAKING SURE EVERYONE KNOWS ABOUT HARNESS SAFETY

It is the **primary carer's** responsibility to inform other family members or carers about harness safety. This information can be downloaded from the [Factsheets page on the Novita website](#).

ENSURING SAFETY WHEN TRAVELING ON A BUS IN A WHEELCHAIR

A chest harness is not an adequate safety restraint for travel. Vehicle safety restraints must always be used.

FOR FURTHER INFORMATION

Please contact your Novita Key Worker or Physiotherapist.