

Supplementary Materials

Fall-Protection Harness Training: Donning Skill Improves with up to Four Repetitions

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Table 1. Data Used for Table 4—Mean Harness Donning Times and Standard Deviations for 22 Participants in Seconds.

Repetition	Subject	Shake Out	Shoulders	Legs	Chest	Shoulders/ Belt	Total
1	A	4.7	5.54	382.37	33.73	98.9	529.65
1	B	2.67	6.54	313.61	76.04	143.14	555.78
1	C	4.87	6.27	181.64	32.9	183.25	421.55
1	E	4.5	6.44	136.7	25.99	81.41	264.16
1	F	2.67	4.74	181.6	12.62	15.95	222.05
1	G	3.27	9.36	157.52	15.73	91.22	282.24
1	H	3.47	4.4	181.84	14.97	111.61	327.39
1	I	2.97	6.99	333.79	116.48	86.78	349.31
1	J	4.14	14.55	396.29	60.62	10.18	492.23
1	K	2.78	18.58	274.44	27.96	90.56	427.32
1	L	3.44	5.67	161.51	49.01	56.72	282.18
1	N	4.44	6.91	161.66	14.58	118.45	314.21
1	O	3.6	3.56	255.82	119.45	104.57	494.62
1	Q	3.77	4.97	236	71.24	119.72	441.5
1	R	5.15	6.89	198.31	49.25	110.98	376.79
1	S	3.37	4.3	204.62	68.04	126.36	413.74
1	T	5.61	8.24	196.36	17.48	103.83	340.53
1	U	2.57	4.02	165.23	70.47	140.54	386.24
1	V	3.77	5.06	140.29	28.61	142.03	326.72
1	W	3.18	7.17	190.95	72.44	160.71	438.66
1	X	3.16	5.62	98.5	20.94	53.14	188.58
1	Y	4.1	4.98	100.88	35.15	67.76	219.18
				211.3604	46.98636	100.809545	367.9377
1	Mean	3.7363636	6.8545455	5	4	5	3
1	SD	0.9	3.5	83.0	31.5	42.8	102.5

1	Varianc							10506.41
	e							7
2	A	3.57	4.8	43.74	21.02	68.73	144.11	
2	B	3.67	6.24	279.84	85.78	95.63	475.77	
2	C	3.65	7.26	243.77	48.22	137.57	455.58	
2	E	3.87	8.24	135.9	35.07	75.37	267.26	
2	F	4.04	5.17	157.85	10.71	39.87	221.45	
2	G	2.84	8.44	146.91	44.23	76.14	285.25	
2	H	3.4	7.04	125.99	8.37	85.75	236.9	
2	I	4.9	6.11	109.51	25.39	24.29	180.98	
2	J	4.87	19.77	268.6	27.35	155.65	486.54	
2	K	2.83	5.78	108.67	27.19	50.01	210.87	
2	L	5.64	5.26	123.62	43.41	68.07	254.18	
2	N	6.34	10.31	116.62	33.22	106.77	283.64	
2	O	4.1	6.64	178.13	18.99	59.12	270.68	
2	Q	3	5.97	150.1	51.88	97.8	317.41	
2	R	3.44	4.54	106.94	44.46	92.49	257.52	
2	S	3.24	5.27	138.14	33.13	83.96	269.23	
2	T	6.21	8.33	118.32	55.48	50.88	252.08	
2	U	2.67	3.74	208.66	67.47	79.51	367.26	
2	V	2.39	7.72	135.5	73.17	86.42	316.11	
2	W	3.27	8.58	107.42	40.8	148.18	314.44	
2	X	3.48	5.44	131.4	31.9	60.93	238.73	
2	Y	4.34	6.71	97.5	30.73	58.56	210.76	
				146.9604	38.99863	81.8954545		
2	Mean	3.8981818	7.1527273	5	6	5	287.125	
2	SD	1.1	3.2	38.0	6.9	7.2	47.1	
	Varianc							
2	e							8066.222
3	A	3.44	6.27	97.72	28.06	72.87	210.67	
3	B	2.84	6.84	140.54	36.92	53.52	242.47	
3	C	3.97	6.17	207.14	46.45	87.55	357.98	
3	E	3.87	7.31	106.5	29.32	55.22	206.88	
3	F	2.4	5.91	109.21	17.35	34	171.37	
3	G	2.7	9.04	80.71	12.25	59.36	174.72	
3	H	3.69	6.6	102.03	7.41	80.55	211.64	
3	I	4.34	3.5	96.39	20.72	56.92	185.85	
3	J	3.74	8.44	371.7	33.87	64.26	491.61	
3	K	3.5	6.77	108.75	40.74	65.13	233.06	
3	L	4.6	4.97	73.54	30.07	40.77	158.63	
3	N	5.52	10.09	94.26	60.3	156.45	342.17	
3	O	3.9	3.83	96.33	31.13	50.46	189.32	
3	Q	3.1	5.81	137.1	44.81	63.58	258.32	

3	R	3.1	4.7	64.5	29.18	112.01	222.75
3	S	3.24	3.6	108.88	37.34	76.73	236.1
3	T	3.76	7.48	106.24	26.03	42.17	193.82
3	U	2.9	4.86	194.89	54.07	87.77	356.02
3	V	2.73	6.02	112.73	20.27	60.58	208.2
3	W	3.7	4.54	91.88	89.24	139.07	333.13
3	X	2.7	3.73	107.11	19.03	57.29	195.59
3	Y	2.85	5.73	68.13	28.34	52.77	163.96
				121.6490	33.76818	71.3195454	242.9209
3	Mean	3.4813636	6.0095455	9	2	5	1
3	SD	0.7	0.4	65.8	0.2	14.2	33.0
	Varianc						
3	e						6907.968
4	A	3.94	4.74	72.14	15.72	50.32	152.25
4	B	0.63	5.67	103.63	58.52	73.1	151.51
4	C	3.6	6.57	159.12	32.83	110.44	322.88
4	E	3.5	5.65	80.81	24.78	39.77	161.49
4	F	2.65	3.79	148.46	21.52	38.45	218.81
4	G	2.96	7.56	121.15	20.42	68.43	231.76
4	H	2.67	6.77	107.39	6.81	81.51	213.08
4	I	3.74	3.47	135.5	19.1	78.03	246.44
4	J	3.87	5.35	243	65.44	59.29	385.18
4	K	7.04	6.21	96.93	41.64	85.67	245.44
4	L	3.74	6.77	61.04	27.39	37.1	140
4	N	5.64	8.31	147.64	53.95	108.61	348.54
4	O	4.14	5.21	160.16	27.96	35.07	238.27
4	Q	2.84	4.37	105.21	49.45	64.06	230.56
4	R	3.34	4.63	71.7	27.63	99.34	214.14
4	S	3.02	5.2	93.32	22.49	72.84	203.35
4	T	3.19	5.25	88.05	12.51	61.66	177.54
4	U	2.7	4.63	141.03	52.76	85.34	291.82
4	V	2.9	4.91	113.39	7.81	69.81	203.6
4	W	2.4	5.37	73.77	34.71	93.36	213.14
4	X	3.47	2.99	92.19	20.79	65.6	190.02
4	Y	3.5	5.57	60.29	15.25	84.64	177.07
4	Mean	3.430909	5.408636	112.5418	29.97636	71.02	225.3132
4	SD	0.3	1.3	8.4	0.3	24.3	17.6
4	Varianc						
	e						4056.384