SAMA Procedure

Condition of the webbing
The webbing and bias tapes are safety elements. Inspect them for any cuts, signs of wear, fuzzing, stiffness, or burns.
Start with the waistbelt. Inspect the bias tapes. Check their condition, front and back. Check the webbing, especially at the adjustment buckle.
Then, check the condition of the belay loop (front and back, sides, and inside).
Check the bias tapes on the leg loops. Look for any cuts, signs of wear, fuzziness, stiffness, or burns.

Condition of the safety stitching
Carefully check the safety stitching. This is generally the large stitching of a color different from that of the webbing.
Make sure there are no cut threads. Look for any loose or worn threads.
On loose stitching, verify that the thread is not cut.
Check the hem stitching to make sure there are no cut threads. Look for any loose or worn threads.

Condition of the tie-in point
The tie-in point is subjected to rubbing from the rope during progression. It is important to check it and to find any signs of wear, cuts, or burns..

Condition of the protectors
Certain types of harness are equipped with protectors (tubular sheath, Dyneema/PVC coating reinforcement).
Make sure they still provide effective protection for the safety webbing.
When a webbing protector is perforated, this often indicates that the harness is generally worn out.
Warning: from this point forward, the safety webbing will wear out quickly.

Condition of the fastening buckles
Make sure there is no scoring on the fastening buckles (more than 0.5 mm deep).
Research their origin: shock load, etc. This analysis will inform you about the history of the product.
Warning: scoring on a buckle can result in rapid wear-out of the webbing.
Make sure there is no deformation, cracks, or corrosion.

Condition of the comfort elements
Depending on the model, inspect the condition of the foam, the mesh, the leg loops, and the waistbelt.
For example, torn mesh, exposed foam, damaged leg loops or edges are signs that the harness is generally worn out: the safety webbing has been subjected to the same abuse.
Finish with the elastic keepers and the gear loops, as well as the elastic leg loop straps.

Condition of the non-safety stitching
Check the non-safety stitching. Look for cut, loose, or worn threads.
It can sometimes be difficult to differentiate between the safety and the non-safety stitching. In case of doubt, get the advice of a specialist, or treat it as safety stitching.

Functionality check
Verify the webbing is properly threaded through the fastening buckle.
Check that the buckle is working properly by pulling on the waistbelt webbing. Adjustment must always be possible. Clean the webbing.
For your safety and comfort, your harness must always be correctly adjusted.