

How to wear and use an ESD wrist strap



Adjusting the wrist strap

1. Open the clasp by pulling upward on the 'tail' of the material that extends out from the clasp.
2. Tighten or loosen the elastic material through the clasp until the wristband fits snug but comfortably.
3. If there is excess material, you may wish to trim it down. Make sure to mark with a pencil where the excess material is to be trimmed. For metal wrist straps, links can be added or removed to adjust the size.
4. Once you are happy with the fit, close the clasp and use as a fixed wristband.

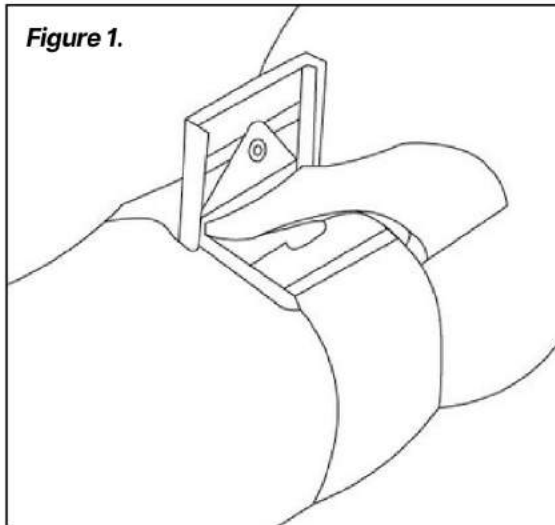
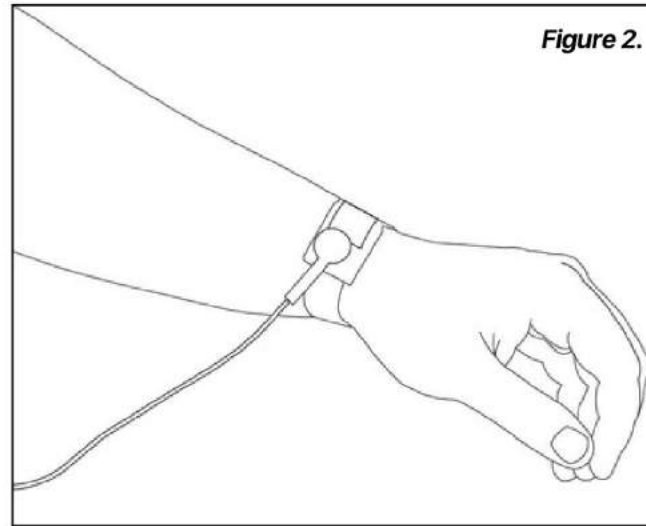


Figure 2.



Connect grounding cord to wrist strap

1. Attach the grounding cord snap to the wrist strap stud. Grounding cords should have a 1 meg-ohm safety resistor in the snap that attaches to the wrist strap.
2. Make sure the strain relief is intact and the grounding cord is tight so that it doesn't hang and catch too easily.
3. You may wish to wear antistatic gloves in addition to your wrist strap for enhanced protection. When wearing antistatic gloves, make sure the gloves are worn underneath the wrist strap so the wrist strap sits comfortably on top.

Grounding personnel to Earth

1. Connect the other end of the grounding cord to a common point ground which is connected to Earth (i.e. bonding plug or bracket).
2. Once connected and Earthed, the operator is now safely grounded via the complete wrist strap system.

Testing the wrist strap

1. If you are not using a constant monitor, a wrist strap should be tested while being worn at least daily.
2. Test the wrist strap system to be sure of proper electrical resistance and skin contact.

Figure 3.

