

DONNING A HARNESS



1 Unfasten leg and chest straps, hold harness by the dorsal D-ring and inspect before use.



2 Put harness on like a jacket. Dorsal D-ring should be placed between shoulder blades.



3 Connect leg straps and adjust. Make sure leg straps are securely fitted.



4 Connect chest strap and adjust so it is positioned across the chest.



5 Adjust shoulder straps and sub-pelvic strap so it is under the pelvis.



6 The harness should be snug but not overly tight.



7 Secure all loose ends of the webbing using the elastic keepers. The harness must allow movements and positions without significant constraints of the body.



User must read, understand and follow manufacturer's instruction before use. Failure to observe warning may cause falls which may result in serious injury or death.

Images are for illustrative purposes only.

Options and types of buckles may differ depending on model.