FULL-BODY HARNESS

INSTRUCTION MANUAL

DO NOT DISCARD.
User must have access to these instructions.
FULL BODY HARNESS - INSTRUCTION MANUAL

This instruction Manual applies to the following harness models: 2000, 2001, 2002, 2003, 3000, 3001, 3002, 3003, 4000, 4001, 4002, 4003, 5000, 5001, 5002, 5003

Contact:

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This manual must be read and understood in its entirety and used as part of your fall protection training program as required by OSHA 1926 and State and local regulatory agencies. This instruction manual is intended to meet industry standards required by and ANSI Z359.2007 and should be used as part of an Employee Fall Safety training program as required by OSHA. User must read and fully understand the limitations and proper use of the equipment, and be properly trained by employer prior to use per OSHA 29 CFR 1910.66, 29 CFR 1926.503, and applicable local standards.

NOTE: This User Instruction Manual must not to be removed except by the user of this equipment. Current User Instruction Manuals must always be made available to the user. Read and understand these instructions before using equipment. Do not discard these instructions.

WARNING!

Misuse or failure to follow warnings, instructions and limitations on the use of this equipment may result in serious personal injury or death. For further instructions about proper use, refer to your supervisor or contact Advanced Safety Solutions.
Materials and Construction

Webbing Materials
- Constructed with high tenacity polyester; breaking strength >5000 lbs tensile strength

Pad and Label Cover Materials
- All outer fabric: Polyester & Nylon; Nomex and Kevlar blend fabric
- Fire Resistant hook and loop fasteners
- Nylon and Polyester blend

Connector Materials
- Galvanized Steel

Purpose

Advanced Safety Solutions Class 3 Full Body Harnesses are designed for an array of full body applications. Full body harnesses are the only form of personal fall protection that can be used for positioning, travel restraint and rescue. Advanced Safety Solutions harnesses are designed and tested to comply with applicable OSHA and ANSI standards for fall protection equipment. Advanced Safety Solutions full body harnesses comply with OSHA directives for fall protection wear for use as a component of a personal fall arrest system (PFAS), or a personal restraint system (PRS). Full body harnesses help absorb fall impact forces and keep the body upright should a fall event occur.

Illustration 1: Application

<table>
<thead>
<tr>
<th>Personal Fall Arrest</th>
<th>Controlled Descent</th>
</tr>
</thead>
<tbody>
<tr>
<td>A full body harness is used as a component of a PFAS. PFAS typically include a full body harness and a connecting subsystem (energy absorbing lanyard). Maximum arresting force must not exceed 900 lbs (4 kN), for fall arrest applications. Connect the fall arrest subsystem (example: SRL, lanyard, energy absorber, etc.) to the D-ring that fits on the back of the harness between your shoulder blades.</td>
<td>A full body harness used for controlled descent applications comes equipped with a single sternal level D-ring, one or two frontal mounted D-rings, or a pair of connectors originating below the waist (such as a seat sling), and is used for connection to a descender or evacuation system.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rescue</th>
<th>Ladder Climbing</th>
</tr>
</thead>
<tbody>
<tr>
<td>A full body harness is used as a component of a rescue system. Rescue systems will be configured differently depending on the type of rescue. For confined space applications, harnesses equipped with D-rings on the shoulders may be used for entry and egress into confined spaces where worker profile is an issue.</td>
<td>A full body harness is used as a component of a climbing system to prevent falls when climbing a ladder or structure. Climbing systems typically include a full body harness, vertical cable or rail attached to the structure, and climbing sleeve. Harnesses equipped for ladder climbing applications are equipped with a frontal D-ring in the sternal location and may be used for fall arrest applications on fixed ladder climbing systems.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Work Positioning</th>
<th>Rappel</th>
</tr>
</thead>
<tbody>
<tr>
<td>A full body harness is used as a component of a work positioning system to support the user at a work position. Work positioning systems typically include a full body harness, positioning lanyard, and back-up PFAS. For work positioning applications, connect the work-positioning subsystem (example: lanyard, Y-lanyard, etc.) to hip level, side or belt mounted work positioning D-rings. Never use these connection points for fall arrest applications.</td>
<td>A full body harness is used as a component of a restraint system to prevent the user from reaching a fall hazard. Restraint systems typically include a full body harness and a lanyard or restraint line.</td>
</tr>
</tbody>
</table>

Thoroughly inspect the full body harness after any period of extended storage. Cleaning and Maintenance

- UV degradation.
- Avoid storing in direct light to prevent contaminants. Wipe dry. Hang away from heat to dry. Store in a clean, dry area, away from heat, moisture, dust, and pet hair.

- Wipe off all surface dirt. Use a solution of water and mild detergent to cleanse harness free of contamination. In cases of severe contamination, webbing may be degraded to a point where it weakens and should be removed from service. If you have any questions concerning the condition of your harness, contact Advanced Safety Solutions.

- Excessive buildup of dirt, paint, oil and other contaminants may interfere with the safe function of the full body harness.

- Inspect buckle for distortion. Ensure outer bars and center bars are straight. Make sure dual-tab release mechanism is free of debris and engages fully and properly.

- Inspect Quick Connect Buckles.
**Instructions for Use**

- **WARNING:** Do not alter or intentionally misuse this equipment.
- PFAS MUST limit average arrest force to 900 lbs (4kn) or less.
- Employees shall be trained in accordance with the requirements of OSHA 29 CFR 1910.66 in the safe use of the system and all components before using a PFAS.
- Inspect all PFAS equipment for wear, damage, and deterioration before each use. Remove defective equipment from service immediately.
- Thoroughly evaluate and plan all elements of PFAS before using this equipment. Make sure that your PFAS is appropriate for your needs and facility. Calculate fall clearance and swing fall clearance. The amount of clearance required depends upon the type of connecting subsystem, anchorage location, and other factors. When calculating distance, consider:
  - Deceleration Distance
  - Movement of D-ring
  - Free Fall Distance
  - Height of the worker
  - Elevation of Anchorage Connector
  - Connecting Subsystems Length
  - Length of D-ring Connector
  - Amount of Full Body Harness Stretch
- Swing falls occur when an anchorage point is not directly above the point where a fall occurs. The force of striking an object in a swing fall may cause serious injury or death. Minimize potential for swing falls by working as closely to the anchorage point as possible. Do not permit a swing fall if injury could occur. Swing falls significantly increase the amount of clearance required. Please refer to ILLUSTRATION 2.

**Illustration 2: Examples of Swing Falls**

- Users must have a rescue plan and means to implement it. The rescue plan must provide for prompt employee rescue or ensure employees have the ability to rescue themselves in the event of a fall.
- Store full body harness in a cool, dry, and clean environment that is out of direct light when not in use to prevent UV degradation.
- This equipment must be removed from service immediately if a fall occurs.

**Limitations for Use**

- **WARNING:** Do not use this equipment if you are unable to tolerate the impact of a fall arrest. Age and fitness can seriously affect your ability to withstand a fall. Consult a physician if in doubt. Minors, pregnant women, and anyone with a history of back and/or neck problems must not use this equipment.

**Product Labels**

One or more of the following labels is affixed to product and must not be removed:

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**WARNING**

Manufacturer’s instructions must be read and understood prior to use. Instructions supplied with this product at time of shipment must be followed. Failure to do so can result in serious injury or death. Contact Advanced Safety Solutions, Inc. if in doubt. Minors, pregnant women, and anyone with a history of back and/or neck problems must not use this equipment.

Do not reuse any unit that has arrested a fall or has this fall indicator deployed. Remove from service immediately.

PARK LANYARD HERE. SEE INSTRUCTIONS.
Purpose

Materials and Construction

System (PRS)/ Full body harnesses help absorb fall impact forces and keep the body upright. Wear for use as a component of a personal fall arrest system (PFAS), or a personal restraint system. Full body harnesses are the only form of personal fall protection that can be used for fall arrest applications. Pad and Label Cover Materials

Full Body Harness Instruction Manual

A full body harness is used as a component of a rescue subsystem (example: lanyard, Y-carabiner, etc.) to hip level, side or belt mounted work positioning systems. Work positioning systems typically include a fall arrest subsystem (example: SRL, lanyard, energy absorber, descender or evacuation system).

Maximum arresting force must not exceed 900 lbs (4 kN), for fall arrest applications. Connect the fall arrest lanyard to the harness D-ring or other suitable connection point. Use of a non-locking snap hook can result in rollout (wherein a snap hook or carabiner unintentionally disengages from another connector or object to which it is coupled. ANSI Z359.0-2007). Advanced Safety Solutions connectors (snap hooks and carabiners) are designed to be used only as specified in the product instructions manuals.

Avoid the following:

- Connection of two (or more) snap hooks or carabiners to one D-ring.
- Connection of a snap hook back to its integral lanyard.
- Direct connection of a snap hook to horizontal lifeline.
- Connection in a manner that results in a load on the gate. NOTE: Large throat opening snap hooks should not be connected to standard size D-rings or similar objects, as such use will result in a load on the gate if the hook or D-ring twists or rotates. Large throat snap hooks are designed for use on structural elements such as rebar or cross members that are not shaped in such a way that they may capture the gate of the hook.
- False engagement connection (such as when protruding features of the snap hook or carabiner catch on the anchor and seem to be fully engaged to the anchor point). Always confirm engagement.
- Connection to snap hooks or carabiners.

WARNING: Use caution when employing this equipment around machines, electrical hazards, chemical hazards, sharp edges or abrasive surfaces. Contact with such hazards may cause equipment failure, personal injury, or death.

Use this equipment only with compatible components or subsystems. Substitutions or replacements made with non-approved components or subsystems may jeopardize compatibility of equipment and affect the safety and reliability of the whole system.

Full body harnesses are designed for a single user with combined weight - including clothing, tools, etc. - within weight capacity range 130 lbs. to 310 lbs.

Use this equipment only with structures capable of supporting static loads requirements for PFAS. Anchorages used for PFAS must be capable of sustaining static loads in the direction permitted by the PFAS of at least: 3,600 lbs. with certification of a qualified person or 5,000 lbs. without certification. When more than one PFAS is attached to an anchorage, the strengths stated above must be met independently at and for each anchorage location.

Do not expose this equipment to chemicals or harsh solutions which may damage equipment or have a harmful effect.

User must not use or install equipment before receiving proper training from a Competent Person, as defined by OSHA 29 CFR 1926.32(f).

Only Advanced Safety Solutions shall make repairs, perform authorized maintenance, or make any alterations to the equipment.

Maintenance

Do not attempt to disassemble the harness. Only Advanced Safety Solutions or entities authorized in writing by Advanced Safety Solutions shall make repairs, perform authorized maintenance, or make any alterations to the equipment.

Cleaning and Maintenance

Thoroughly inspect the full body harness after any period of extended storage. Excessive buildup of dirt, paint, oil and other contaminants may interfere with the safe function of the full body harness. In cases of severe contamination, webbing may be degraded to a point where it weakens and should be removed from service. If you have any questions concerning the condition of your harness, contact Advanced Safety Solutions.

Cleaning

Wipe off all surface dirt. Use a solution of water and mild detergent to cleanse harness free of contaminants. Wipe dry. Hang away from heat to dry. Store in a clean, dry area, away from heat, and avoiding any areas where chemical vapors may exist. Avoid storing in direct light to prevent UV degradation.

Maintenance

Inspect buckle for distortion. Ensure outer bars and center bars are straight. Make sure dual-tab release mechanism is free of debris and engages fully and properly.

If inspection reveals any defect, inadequate maintenance, or unsafe condition, remove Full Body Harness from service immediately.

Connector Compatibility Limitations

Advanced Safety Solutions equipment must be coupled only to compatible connectors suitable to your application. Make sure all connections are compatible in size, shape and strength. Make sure all connectors are fully closed and locked. OSHA 29 CFR 1926.502 prohibits the use of snap hooks to engage to objects unless the following requirements are met:

- Snap hook must be a locking type snap hook.
- Snap hook must be explicitly designed for such a connection. “Designed for” means that the manufacturer specifically created the snap hook to be used to connect to the equipment in question.

Use of a non-locking snap hook can result in rollout (wherein a snap hook or carabiner unintentionally disengages from another connector or object to which it is coupled. ANSI Z359.0-2007). Advanced Safety Solutions connectors (snap hooks and carabiners) are designed to be used only as specified in the product instructions manuals.

Avoid the following:

- Connection of two (or more) snap hooks or carabiners to one D-ring.
- Connection of a snap hook back to its integral lanyard.
- Direct connection of a snap hook to horizontal lifeline.
- Connection in a manner that results in a load on the gate. NOTE: Large throat opening snap hooks should not be connected to standard size D-rings or similar objects, as such use will result in a load on the gate if the hook or D-ring twists or rotates. Large throat snap hooks are designed for use on structural elements such as rebar or cross members that are not shaped in such a way that they may capture the gate of the hook.
- False engagement connection (such as when protruding features of the snap hook or carabiner catch on the anchor and seem to be fully engaged to the anchor point). Always confirm engagement.
- Connection to snap hooks or carabiners.
• Direct connection to webbing lanyard, webbing loop, rope lanyard or tie-back (unless manufacturer’s instructions for both lanyard and connector specifically allow such a connection).
• Connection of a snap hook to a D-ring, rebar, or other connection point of improper dimensions in relation to the snap hook, or configurations that could cause the snap hook keeper to be depressed by a turning motion of the snap hook, or such that snap hook or carabiner will not fully close and lock, or that roll-out may occur.
• Examples of inappropriate connections as shown in Illustration 3:

**Illustration 3: Inappropriate Connections Examples**

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**Connector Compatibility Limitations**

• A Competent Person must ensure the compatibility of all connections, and that of the PFAS.
• Do not use the PFAS if any connector does not lock or if any component in the system does not operate properly.
• Allow sufficient safe clearance in the event of a Free Fall.
• System must be rigged to limit total Free Fall Distance according to the type of system in compliance with ANSI and OSHA directives.
• Do not use if any part of the system appears to be damaged.
• Do not use a body belt for fall arrest applications.

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**Performance**

Advanced Safety Solutions Full Body Harnesses have a minimum tensile breaking strength of 5,000 lbs. (22.2 kN) when statically tested in accordance with requirements per ANSI Z359.1:2007. Advanced Safety Solutions Full Body Harnesses stretch is less than 8 inches.

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**Inspection**

**Competent Person Inspection**

The Full Body Harness must be inspected a minimum of every six months by a Competent Person. More frequent formal inspections may be required if the harness is exposed to extreme or severe conditions. Record the results of each formal inspection in your RFID Tracker account or inspection log. Remove harness from service immediately after a fall event.

**User Inspection**

Full Body Harness should be inspected by the user before each use following the following process (please also refer to Illustration 9). Harness should be fully examined to ensure:

- Markings are legible.
- All connectors and buckles engage securely.
- Metal parts are free from corrosion, bending, cracks, dents or deformity.
- Webbing shows no evidence of rips, tears, frayed edges, broken fibers, pulled stitches, cuts, burns, and chemical damage.
- Harness is clean and free of dirt, oil, mold, mildew and other contaminants.

**Inspection Procedure**

**STEP 1: Inspect Webbing and Stitches**
Grasp webbing approximately 6 in. (152mm) to 8 in. (203mm) apart. Bend webbing in an inverted “U” shape, as illustrated. The resulting surface tension allows easier detection of damaged fibers or cuts. Continue to follow this procedure, moving along the entire length of the webbing. Inspect both sides of each strap. Look for frayed edges, broken fibers, pulled stitches, cuts, burns, and chemical damage.

**STEP 2: Inspect D-Rings and Padding**
Carefully inspect D-rings, looking for distortion, cracks, breaks, and rough or sharp edges. Ensure D-ring pivots freely. Inspect for unusual wear, frayed or cut fibers, or broken stitching of D-ring attachments. Inspect padding should for cracks, excessive wear, or other signs of damage.

**STEP 3: Inspect Buckles**
Inspect buckles for unusual wear, frayed or cut fibers, or broken stitching of buckle attachments.

**STEP 4: Inspect Tongue Buckles and Grommets**
Check to ensure buckle tongues are free of distortion in shape and motion. Ensure that buckle tongue overlaps buckle frame and moves freely back and forth in the socket. Ensure that roller turns freely on frame. Check for distortion or sharp edges. Inspect for loose, distorted or broken grommets. Webbing should not have additional punched holes.

**STEP 5: Inspect Friction and Slotted Mating Buckles**
Inspect buckle for distortion. Ensure that outer bars and center bars are straight. Check for distortion or defective conditions in corners and attachment points at the center bar.

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**Connector Compatibility Limitations Table**

<table>
<thead>
<tr>
<th>Part #</th>
<th>Model Description</th>
<th>Capacity</th>
<th>Size</th>
<th>Standard</th>
</tr>
</thead>
<tbody>
<tr>
<td>3002</td>
<td>Wrangler Full Body Harness w/Tongue Buckle Legs and Padded Belt Back</td>
<td>130-310 lbs.</td>
<td>XL</td>
<td>ANSIZ359.1-2007</td>
</tr>
</tbody>
</table>

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**Illustration 9: Inspecting the Harness**

1. [Image Illustration 9: Inspecting the Harness]
2. [Image Illustration 9: Inspecting the Harness]
3. [Image Illustration 9: Inspecting the Harness]
4. [Image Illustration 9: Inspecting the Harness]
5. [Image Illustration 9: Inspecting the Harness]
6. [Image Illustration 9: Inspecting the Harness]
Check the Harness for Proper Fit
Proper position and connection of all straps is essential to fall safety. Failure to properly fit and adjust your harness may result in serious injury or death. Please refer to Illustration 7.

- **Chest Strap:** Chest Strap position should be in the middle of your chest 6 to 8 inches below the trachea but not below the sternum. If the chest strap is positioned too high, the strap may move upwards during a fall arrest causing a risk of strangulation. If the chest strap is too low or not connected at all, you could fall out of your harness during a fall.

- **Leg Straps:** Leg straps should be snug, but not tightened to the point that they obstruct normal blood circulation in the legs. Failure to wear leg straps will not secure your body within the harness during a fall and could lead to serious injury or death.

- **Sub-pelvic Strap:** The Sub-pelvic Strap provides both support in the event of a fall, and support when used for positioning. The sub pelvic strap should comfortably provide a “seat” for the buttocks. In the event of a fall, simply rise up on your legs to transfer weight to the sub-pelvic strap.

### Parts of a Full Body Harness

1. Shoulder Straps
2. Chest Strap
3. Torsos Adjustment
4. Tongue Buckle/Quick-Connect Fastener
5. Thigh Strap
6. Dorsal D-Ring
7. Back Plate
8. Sub-Pelvic Strap
9. Inspection / ID Label
10. Warning/Instruction Label
11. Standards Label
12. Lanyard Parking Attachment
13. Lanyard Parking Label
14. Strap Retainer

### Illustration 7: Proper Fit

![Illustration 7: Proper Fit](image)

### Training

Employers are responsible for providing training to any employee who may be exposed to a fall hazard in order to enable the employee to recognize and reduce fall hazards. Training must be conducted by a Competent or Qualified Person. Trainer and trainees must not be exposed to fall hazards during the training course.

![Full Body Harness Instruction Manual](image)

### Applicable Standards:
Refer to national standards, including ANSI Z359.1, local, state and federal (OSHA 1910.66, appendix C, 1926.500) requirements for more information on PFAS and associated components.

### Extended Suspension:
**NOTE:** A Full Body Harness is intended for use as part of a PFAS; as such, the user should be rescued immediately following a fall. A Full Body Harness is not intended for use in extended suspension applications. If the intended application requires the user to be suspended for an extended length of time, some form of seated support is recommended (for example: seat board, suspended work seat, seat sling or boatswain’s chain).

### Anchorage Strength:
Anchorage and anchorage strength requirements are dependent on the full body harness application (see table below). In accordance with ANSI Z359.1, any anchoring selected for PFAS must meet all anchorage strength requirements.

- **Personal Fall Arrest:** Anchorage used for PFAS must be capable of sustaining static loads in the direction permitted by the PFAS of at least: 3,600 lbs. with certification of a qualified person; or 5,000 lbs. without certification. When more than one PFAS is attached to an anchorage, the strengths stated above must be met independently at and for each anchorage location.

- **Work Positioning:** The structure to which a work positioning system is attached must sustain static loads applied in the directions permitted by the work positioning system of at least 3,000 lbs., or twice the potential impact load, whichever is greater. See OSHA1926.502. When more than one work positioning system is attached to an anchorage, the strengths stated above must be multiplied by the number of work positioning systems attached to the anchorage.

- **Restraint:** Anchorage selected for restraint systems must be capable of sustaining static loads of at least: 1,100 lbs. When more than one restraint or travel restraint system is attached to an anchorage, the strengths stated above must be multiplied by the number of work positioning systems attached to the anchorage.

- **Rescue:** The structure to which rescue system is attached must sustain static loads applied in the directions permitted by the work positioning system of at least 3,000 lbs., or five times the potential impact load, whichever is greater. See OSHA1926.502. When more than one work positioning system is attached to an anchorage, the strengths stated above must be multiplied by the number of work positioning systems attached to the anchorage.
Personal Fall Arrest: PFAS must meet all anchorage strength requirements when used in accordance with ANSI Z359.1. Any anchorage selected for extended use should provide seated support (e.g., seat board, suspension applications). If the intended application requires the user to be suspended for an extended period, some form of seated support is recommended (e.g., seat board, suspension applications). Refer to national standards, including ANSI Z359.1, local, state, and federal guidelines (OSHA 1910.66).

Multiple Systems: When more than one of the defined systems is attached to an anchorage, the strength defined shall be multiplied by the number of systems attached to the anchorage.

**Table:**

<table>
<thead>
<tr>
<th>System</th>
<th>Anchorage Strength</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall Arrest</td>
<td></td>
</tr>
<tr>
<td>Non-Certified</td>
<td>5,000 lbs (22.2kN)</td>
</tr>
<tr>
<td>Certified</td>
<td>3,000 lbs (13.6kN)</td>
</tr>
<tr>
<td>Restraint</td>
<td></td>
</tr>
<tr>
<td>Non-Certified</td>
<td>2.2 Times the Max. Potential Impact Load</td>
</tr>
<tr>
<td>Certified</td>
<td>3,000 lbs (22.2kN)</td>
</tr>
<tr>
<td>Work Positioning</td>
<td></td>
</tr>
<tr>
<td>Non-Certified</td>
<td>3,000 lbs (22.2kN)</td>
</tr>
<tr>
<td>Certified</td>
<td>2.5 Times the Max. Potential Impact Load</td>
</tr>
<tr>
<td>Rescue</td>
<td></td>
</tr>
<tr>
<td>Non-Certified</td>
<td>3,000 lbs (22.2kN)</td>
</tr>
<tr>
<td>Certified</td>
<td>2.5 Times the Max. Potential Impact Load</td>
</tr>
</tbody>
</table>

Free Fall: Maximum free fall distance allowed for use in a PFAS is 6 feet. For use in a Restraint or Rescue System, no free fall is permitted. For use in a Work Positioning System, maximum free fall distance allowed is 2 feet. Do not work above the anchorage level to avoid increased free fall distance.

**Fall Arrest Forces:**
PFAS must limit fall arrest forces to 900 lbs. (4kN). Deceleration distance shall not be allowed to exceed 42 inches.

Swing Falls: Minimize swing fall by working as directly below the anchorage point as possible. Do not permit a swing fall if injury could occur.

**Fall Clearance:**
Consider the following when calculating fall clearance. Clearance required is dependent on the following factors:
- Elevation of Anchorage
- Connecting Subsystem Length
- Deceleration Distance
- Free Fall Distance
- Worker Height
- D-ring / connector length
- Movement of Harness D-ring
- Full Body Harness Stretch
- Working Level

Please refer to Illustration 4.

It is essential to use a lanyard with an energy absorber if there is a risk of a fall or if an anchorage point is below the attachment points on the harness. Make sure that there is sufficient fall clearance below the user to prevent any collision with the structure or ground before using a shock absorbing lanyard.

**Calculating Total Fall Distances:**
Total Fall Clearance below worker is calculated starting from the Anchorage Connection. Free Fall Distance = Working Level + Energy Absorber + Deceleration Distance + Worker Height + Connector Length + Safety Factor. Make sure that the total fall distance is clear of obstructions and equipment. Avoid potential contact with a lower level. Please refer to Illustration 5.

**Donning a Full Body Harness**
Full Body Harnesses are the only form of body wear approved for use in Fall Protection/Fall Arrest applications. Periodically adjust your harness to ensure proper fit at all times while in use. Do not allow harness to become loose or slack. The following steps describe how to properly don (put on) a harness. To remove harness, reverse the steps of this procedure. Please refer to Illustration 6.

**Step 1:** Hold harness by grasping back D-ring. Shake harness to allow all straps to fall loosely into place. Check to ensure chest, waist and/or leg straps are not fastened.

**Step 2:** If chest, waist and/or leg straps are fastened, release straps and unfasten.

**Step 3:** Slip arms into harness, placing straps over shoulders so D-ring is located in the middle of your back, between shoulder blades.

**Step 4:** Pull leg strap between legs and fasten strap to connector. Repeat with second leg strap. Connect waist strap, if present. Waist strap should be snug, but not constricting.

**Step 5:** Connect chest strap and adjust to position in mid-chest area (6” to 8” below the trachea, but not below the sternum). Pull shoulder straps to ensure snug fit against your body.

**Step 6:** Once all straps are fastened, adjust webbing so that harness fits snugly but allows full range of movement. Pass ends of excess strap material through strap keepers.