

Usage Guidelines - Six Steps That Could Save Your Life: How To Don a Harness



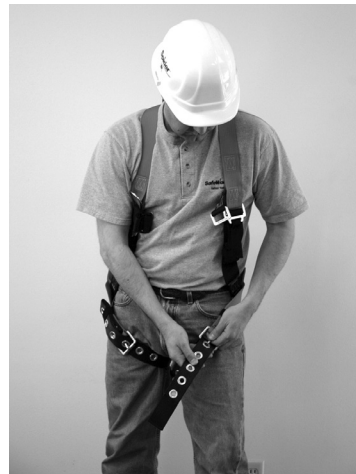
Step 1:
Hold harness by back D-ring.
Shake harness to allow straps
to fall into place.



Step 2:
If chest, leg and/or
waist straps are
buckled, release
straps and unbuckle at
this time.



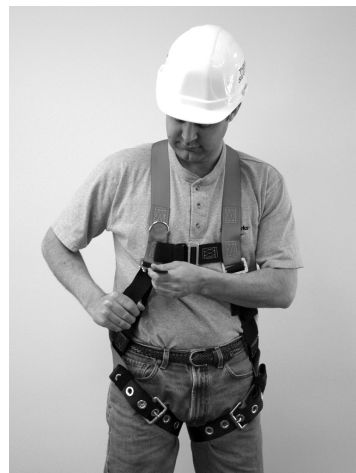
Step 3:
Slip straps over shoulders so
D-ring is located in middle of
back between shoulder blades.



Step 4:
Pull leg straps
between legs and
connect to opposite
end. Repeat with
second leg strap. If
belted harness,
connect waist strap
after leg straps.



Step 5:
Connect chest strap and
position in mid-chest area.
Tighten to keep shoulder
straps taut



Step 6:
After all straps have
been buckled, tighten
all buckles so that
harness fits snugly
but allows full range
of movement. Pass
excess strap through
loop keepers