

SAFETY / HOW TO FIT A HARNESS

Harness Adjustment

Step 1

Pick up the harness by the large metal D-ring on the back of the harness. This D-ring sits between the 2 shoulder straps. Unravel and layout the straps to identify the chest and leg straps.



Step 2

Pass arms through shoulder straps like putting on a vest. Adjust shoulder straps so the chest strap/retainer is just under the level of your armpits.



Step 3

Connect leg strap buckles together on both legs, and adjust tension. If waist strap is included, connect buckles together and adjust tension. Fold away excess webbing.

