

Any twisting of webbing, or straps that are fitted too loose or too tight, can significantly increase the risk of serious injury or death in the event of a fall.

1



Hold at dorsal D-ring, and fully inspect harness. Take the adjustment out of the front straps located below the chest strap (increase size of the harness). Ensure all straps are **not twisted** and all buckles are unfastened.

2



Place harness shoulder straps over shoulders (like a jacket). Ensure dorsal D-ring faces out, and is adjusted to rest between the middle of the shoulder blades

3



Connect leg straps around thighs. Insert your hand between the leg strap and your leg; if you can create a fist, the strap needs to be tightened. Ensure there is no twisting of webbing. Leg straps should never dangle or hang loose.

4



Attach chest strap and tighten until snug. The strap should be nipple high. Connect chest strap. Ensure there is no twisting of webbing.

5



Adjust chest, leg, and shoulder straps so they fit snugly, but still allow for a full range of movement.



Donning a harness may require assistance from another person. We recommend that another person, with knowledge of the safe and correct use of the harness, inspect to ensure the harness is being worn correctly.

These guidelines are for use with typical or standard applications. It is always recommended to seek advice from a licensed professional, and to check with your local building inspector or building permit office for approvals and possible variations that may apply.