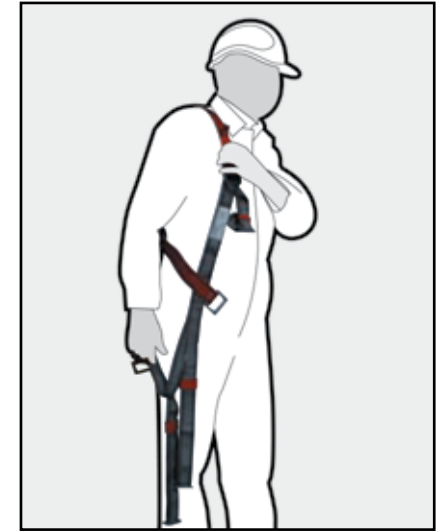




a. After carrying out an inspection of the harness hold the rear dorsal "D" ring and shake the harness and untangle all the webbing and unfasten all the buckles.



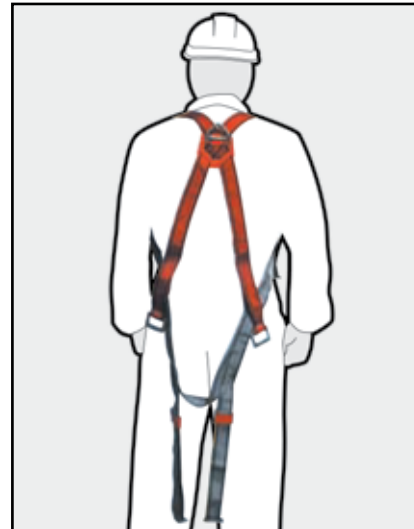
b. Establish the position for your arm to pass through via holding the rear dorsal "D" ring and front support webbing strap.



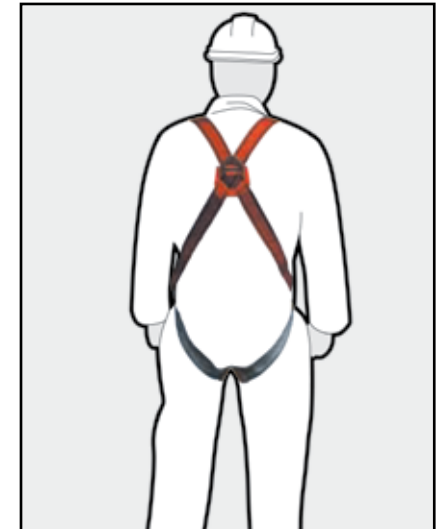
c. Slip the harness on to your shoulder as shown.



d. Ensure the webbing remains untwisted whilst you pass your other arm through to place the harness on your other shoulder.



e. Ensure the harness is positioned correctly on the shoulders and the dorsal "D" ring is in the correct position.



f. Adjust the shoulder straps by pulling or releasing the slack end so the sub-pelvic strap is firmly placed under the buttocks.

Warning:- The life span of a Safesite Harness is a maximum of ten years from the date of manufacture or a maximum of five years from date of first utilisation on site.



g. Pull each thigh strap through the legs and fasten the male buckle through the female buckle.



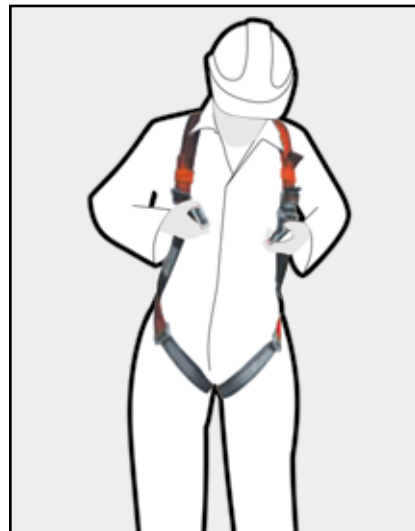
h. Adjust tension by pulling or releasing the slack end of the strap.



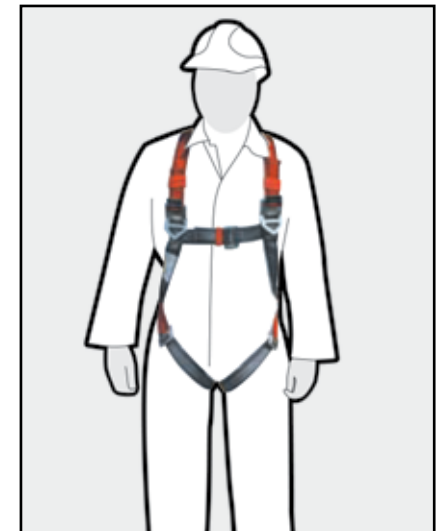
i. Repeat for other leg.



j. Adjust both straps tension by pulling or releasing the slack end of the strap.



k. Fasten the chest strap male buckle through the female buckle and adjust so that the shoulder straps are centred on each shoulder.



l. Individually adjust each torso strap by pulling or releasing the slack end so that the dorsal "D" ring is in the centre of the operatives back and the sub-pelvic strap is firmly placed under the buttocks. Ensure that the plastic loops are positioned at the far ends of any straps.