FALLTECH®

DONNING AND ADJUSTING FULL BODY HARNESS

STEP 1



Holding the harness by the dorsal D-ring, shake it to allow all straps to hang freely and untwisted.

If chest, leg, and belt buckles are fastened - unbuckle all.

STEP 2



Place the shoulder straps over each arm and shoulder - like putting on a jacket.

Position the dorsal D-ring in the middle of your back and between the shoulder blades.

STEP 3



Pull leg straps up and between legs then connect to buckles located closest to each hip.

Adjust each leg strap to fit snug but not tight. To check, insert hands between leg straps and legs - if you can make a fist, the straps need to be tightened. Proper fit is when your hand fits flat.

STEP 4



Connect chest strap buckles and adjust to keep shoulder straps taut.

Adjusted chest strap should be positioned and centered between pectoral muscle/mid-chest area.

STEP 5



Buckle the waist belt and secure the loose end in the belt retaining keeper provided.

STEP 6



While standing up straight, adjust torso straps to your height and to remove slack.

Secure the loose ends of the adjusted torso straps in the retaining keepers.

STEP 7



Confirm the proper adjustment and fit for:

- Dorsal D-ring centered between shoulder blades.
- Chest strap fastened between pectoral muscles.
- Sub-pelvic strap positioned properly under seat.
- All excess web straps secured in retaining keepers.

SOME ASPECTS OF PROPERLY DONNING A HARNESS MAY REQUIRE ASSISTANCE FROM ANOTHER PERSON.

FALLTECH® RECOMMENDS A BUDDY CHECK FOR CORRECT FIT AND ADJUSTMENT BEFORE BEGINNING WORK.