

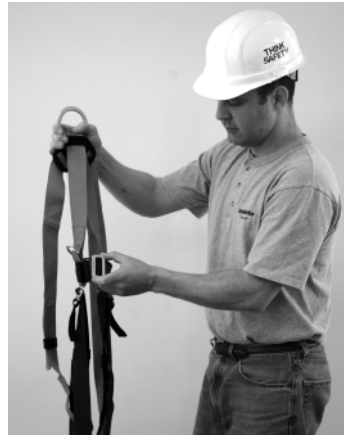
# Usage Guidelines

## 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.



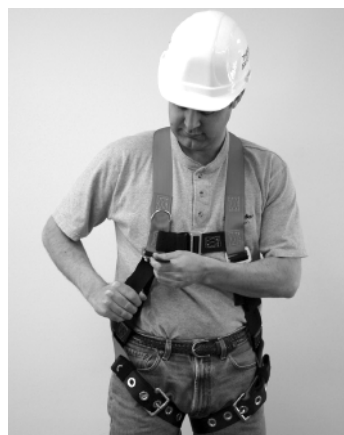
**Step 3:**  
Slip straps over  
shoulders so  
D-ring is located in  
middle of back  
between shoulder  
blades.



**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.