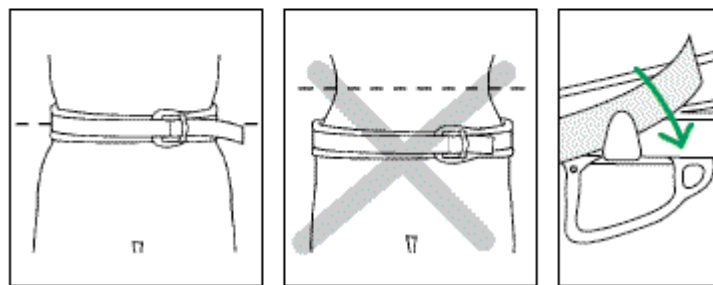
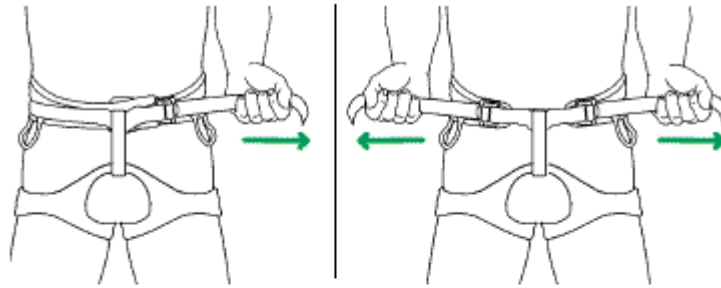
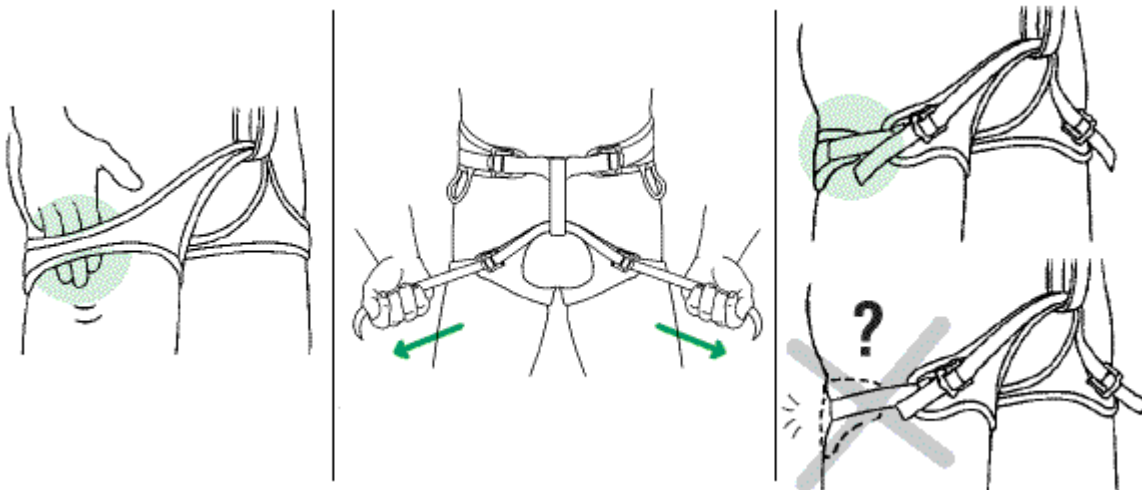


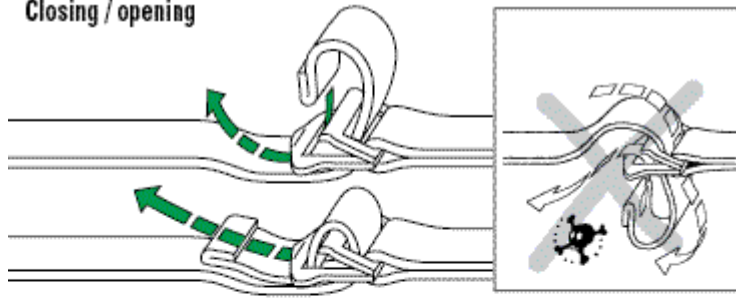
•Harness adjustment

1. Hold the harness by the belt and pull it on over the feet. Adjust the belt by pulling on the belt adjustment straps. Stow the ends of the webbing straps tidily using the sliders.
2. Adjust the leg loops. Note: the user must carry out movements and a test suspension in the equipment to ensure that it is correctly sized and gives the required level of comfort for the intended use.





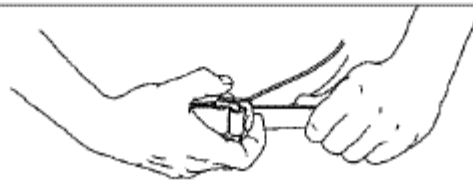
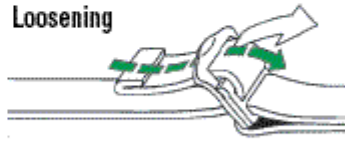
Closing / opening

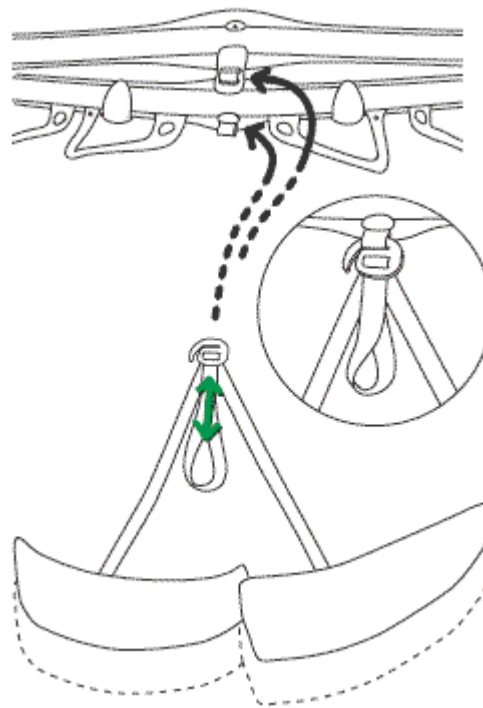


Tightening

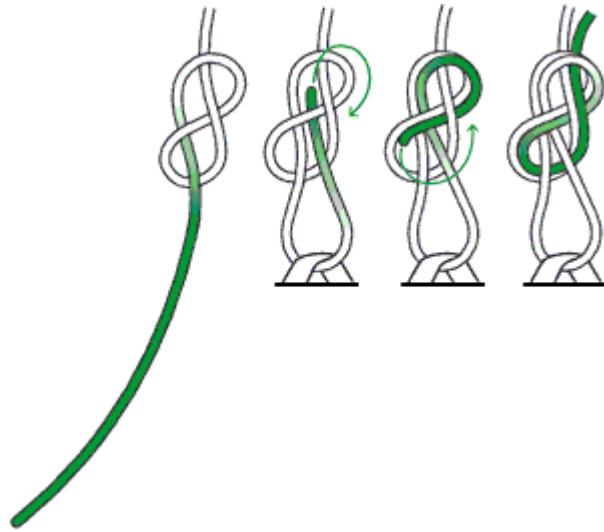


Loosening

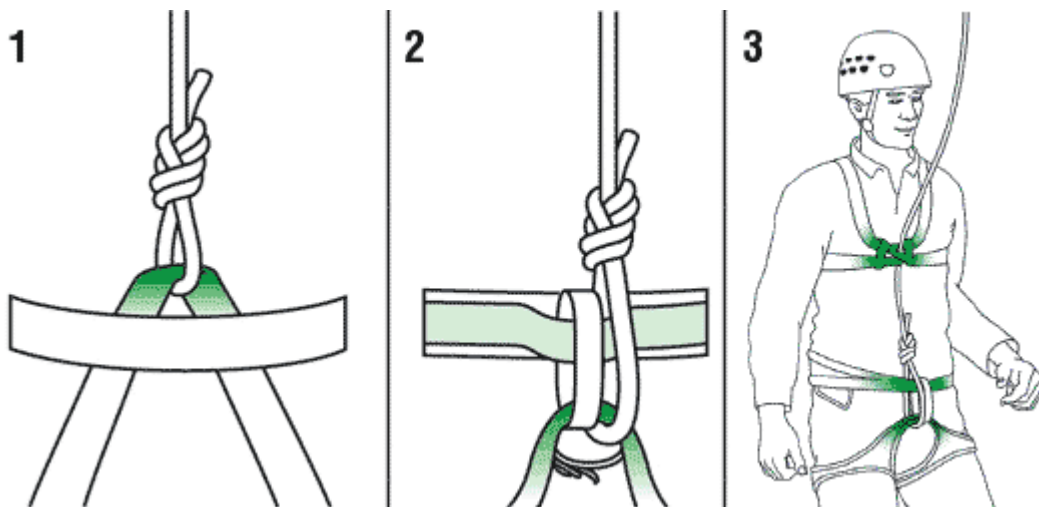




• Tying in

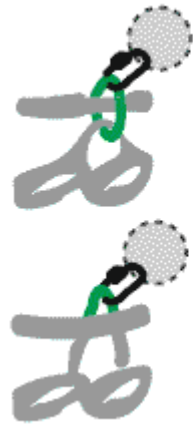


1. Single tie-in point.
2. Double tie-in point: adjustment is possible by varying the size of the loop of the tie-in knot.
3. The sit harness may be used with a chest harness.

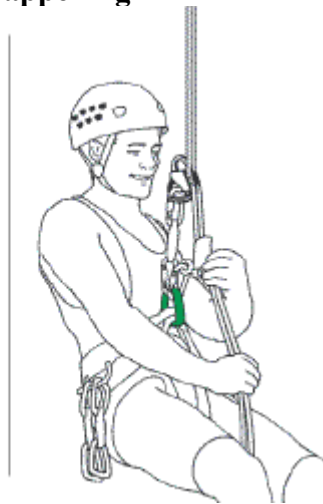


Use a belay device

Belaying



Rappelling



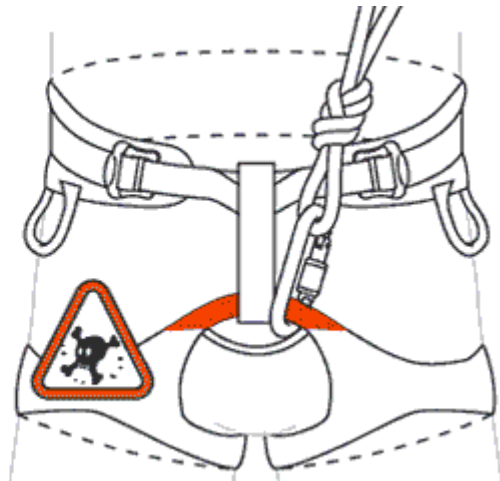
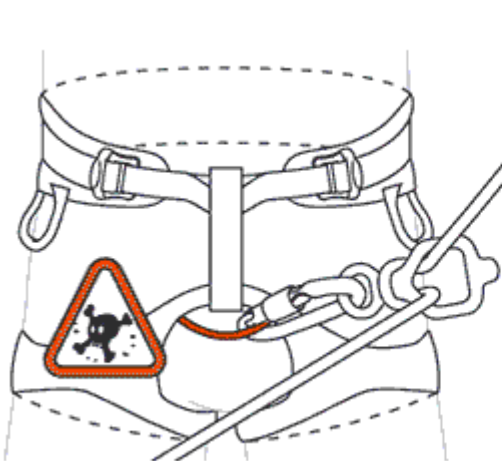
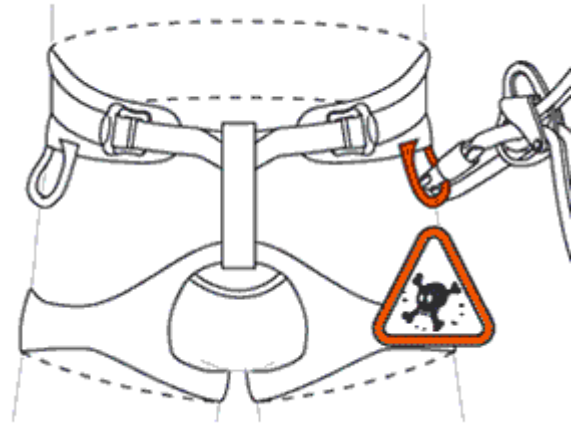
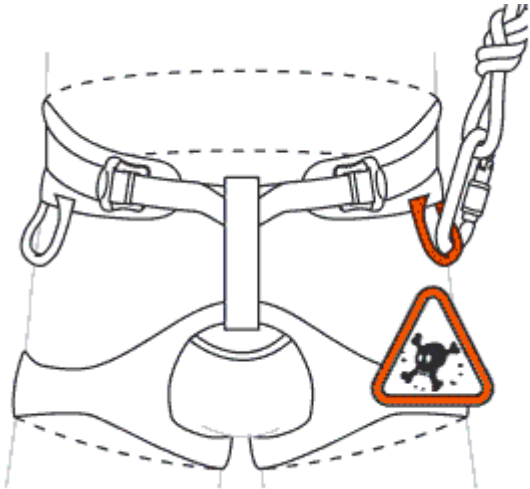
Misuses

Fatigue and lapses in concentration can cause accidents.

Misuses with tying in



Misuses with carabiners





For more information about carabiners, download the Carabiners Experience brochure, available on every carabiner product page.



Information is non-exhaustive. Technical training is essential.