

Cross-Over Chest Style Harness Fitting Guide



INSPECTING YOUR HARNESS



1 Check the labels for the harness serial number and ensure the serial number is legible and the date for withdrawal has not passed.



2 Run your hands along each piece of webbing looking for cuts, abrasions, burn marks or deterioration. Check sewn patterns looking for cuts, broken threads, heat damage and stretching.



3 Check the harness hardware including dee rings and buckles for distortion, cracking and damage.

FITTING A CROSS-OVER CHEST STYLE HARNESS



1 Remove harness from packaging. Hold the back dee ring and gently shake harness so all straps fall into place.

2 Unbuckle leg and chest strap buckles (if buckled). To unbuckle, lift the top plate so it aligns with the slot in the bottom plate and guide plate through.

3 Place arms up through the harness.

4 Slip harness over the head (like a jumper) ensure the frontal dee ring is located in the middle of the chest and the rear dee between the shoulder blades.

5 Pull the harness down the body to position the leg straps.

6 Pull left strap between legs and fasten with corresponding buckle. Repeat the process with the right leg strap. Do not cross straps between legs and ensure fit is snug but not restrictive of movement.

ADJUSTING YOUR HARNESS

Shoulder straps

Tilt the keeper, and whilst holding onto the top piece of webbing underneath the keeper, move the keeper up the webbing.

Waist straps

For harnesses with waist straps, pass the excess webbing through the keeper to secure.

Leg straps

The slide keepers on the leg straps should be positioned to the front. Make sure the leg straps are not twisted.

FASTENING



Tilt buckle and align with the slot and guide plate through.

TIGHTENING



Feed webbing through the buckle and secure by moving the keeper.

LOOSENING



Move the keeper up the strap, and reposition buckle for more room.

HELP LINE

If you need more assistance fitting your harness contact the Sperian Protection help line for advice.

Australia:
1300 139 166
New Zealand:
0800 322 200