

Full-Body Harness Fitting Instructions

1



Pull leg straps between legs and connect to opposite ends. For a belted harness, connect waist strap after leg straps.

Use two buckles at base of shoulder straps to adjust shoulder straps. Position extra seat strap below seat of pants.

2



Fasten chest strap across chest. Chest strap should be comfortably snug.

Chest strap should NOT be close to user's neck, as strap may contact neck if back D-ring slides up during fall arrest.

3



After all straps are buckled, tighten all buckles so that harness fits snug and allows full range of movement.

Pass excess strap through strap keepers.



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