

**SAMPLE INSPECTION AND MAINTENANCE LOG**

The sample log suggests records that should be maintained by the purchaser or user of life safety equipment.

Equipment Inspection and Maintenance Log			
Item _____ # _____		Date in Service _____	
Brand/Model _____		Size _____	
Date	How Used or Maintained	Comments	Name

**IMPORTANT INFORMATION - PLEASE READ AND SAVE**



**Helix  
Sit Harness™**

**Made in USA**  
of US and foreign components

**WARNING**

- FAILURE TO COMPLY WITH INSTRUCTIONS OR IMPROPER USE OF THIS EQUIPMENT MAY RESULT IN SERIOUS INJURY OR DEATH.
- MANUFACTURER'S INSTRUCTIONS SHALL BE PROVIDED TO THE USER.
- USE, INSPECT, AND REPAIR ONLY IN ACCORDANCE WITH MANUFACTURER'S INSTRUCTIONS.
- READ ALL OF THE ACCOMPANYING INSTRUCTIONS AND LABELS.
- THIS EQUIPMENT HAS BEEN DESIGNED AND MANUFACTURED FOR USE BY EXPERIENCED PROFESSIONALS ONLY.
- FOLLOW RECOMMENDED PROCEDURES FOR DONNING AND ADJUSTING THE HARNESS.
- DO NOT ATTEMPT TO USE THIS EQUIPMENT WITHOUT PROPER TRAINING.
- THE USER SHALL HAVE A RESCUE PLAN AND A MEANS TO IMPLEMENT IT WHEN USING THIS EQUIPMENT.
- FOLLOW THE EMPLOYER'S SAFE WORKING PROCEDURES AT ALL TIMES WHEN USING THE HARNESS.
- THE USER SHALL KNOW AND FOLLOW ALL APPLICABLE OSHA AND OTHER REGULATIONS PERTAINING TO OCCUPATIONAL SAFETY.
- DO NOT ALTER OR MISUSE THIS EQUIPMENT.
- ASSURE THAT ANY COMBINATION OF COMPONENTS OR SUBSYSTEMS, OR BOTH, DO NOT INTERFERE WITH THE SAFE FUNCTION OF EACH OTHER.
- DO NOT EXPOSE THE HARNESS TO CHEMICALS WHICH ARE HARMFUL TO NYLON. IF IN DOUBT, CONTACT THE MANUFACTURER.
- AVOID CONTACT WITH SHARP EDGES OR ABRASIVE SURFACES.
- USE EXTREME CAUTION WHEN USING THE HARNESS AROUND MOVING MACHINERY OR ELECTRICAL HAZARDS.

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**ISO 9001 Certified**

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**5F04**

MEETS THE LIFE SAFETY HARNESS REQUIREMENTS OF NFPA 1983, STANDARD ON LIFE SAFETY ROPE AND EQUIPMENT FOR EMERGENCY SERVICES, 2017 EDITION, CLASS II. THIS HARNESS IS NOT FLAME-RESISTANT! DO NOT REMOVE THIS LABEL!

EMERGENCY SERVICES LIFE SAFETY HARNESS IN ACCORDANCE WITH NFPA 1983-2017.

## HARNESS CERTIFICATION AND USE

The Helix Sit Harness™ offers optimum performance, dependability, and all-day comfort for rescue and work-positioning applications. Our next generation harness construction incorporates new design features to provide the ultimate in support and agility while suspended from rope as well as when walking.

## USER INFORMATION

User Information shall be provided to the user of the product. NFPA Standard 1983 recommends separating the User Information from the equipment and retaining the information in a permanent record. The standard also recommends making a copy of the User Information to keep with the equipment and that the information should be referred to before and after each use.

Additional information regarding auxiliary equipment can be found in NFPA 1500, *Standard on Fire Department Occupational Safety and Health Programs*, and NFPA 1983, *Standard on Life Safety Rope and Equipment for Emergency Services*.

## INSPECTION

Inspect the equipment according to your department's policy for inspecting life safety equipment. Inspect the equipment prior to entry into service, after each use, and at least once every 12 months. The equipment should be thoroughly inspected by an inspector that meets your department's training standard for inspection of life safety equipment. Keep a record of the date, person performing the inspection and results, as well as the date of first use, name of users and any other pertinent information necessary to keep accurate track of the equipment's usage history in the equipment log or on a tag that attaches to the equipment. Each user should be trained in equipment inspection and should inspect the equipment before each use.

When inspecting the equipment, check the webbing and rope for cuts, worn or frayed areas, broken fibers, soft or hard spots, discoloration, or melted fibers. Check the stitching for pulled threads, abrasion, or breaks. Check the hardware for damage, sharp edges, and improper operation. If any of the above is noted, or if the equipment has been subjected to shock loads, fall loads, or abuse other than normal use, remove the equipment from service and destroy it. If there is any doubt about the serviceability of the equipment, remove the equipment from service and destroy it.

The service life of equipment depends greatly on the type of use and the environment of use. Because these factors vary greatly, a precise service life of the equipment cannot be provided.

## PUTTING ON YOUR HARNESS

1. Loosen the waist and leg adjusting buckles to make the diameter large enough to pull over your thighs and hips. Hold the harness by the waist and step through the waist belt and pull the belt up around your waist.
2. Adjust the waist strap and leg loops for the most comfortable fit.

3. Fold the web tails under the Web-Keepers™ and secure them tightly.

**WARNING: Make sure the straps are snug. This increases the comfort when sitting in the harness. When wearing the harness, double-check the adjuster buckles and fit of the harness immediately prior to relying on it for support.**

## ATTACHMENT POINTS

- The front waist D-ring is the primary work positioning attachment point. It allows the user to be in a sitting position which provides the most comfort and freedom of movement.
- The rear attachment point is intended to provide travel restraint when working near an edge.
- The side D-rings (optional) are for work positioning and must always be used in pairs.

**WARNING: To prevent roll out, use only locking carabiners to attach to D-rings.**

## USING YOUR HARNESS

CMC harnesses are not intended for rock climbing. Lead climbing ropes should not be tied into the D-ring or connected into it with a carabiner.

Do not expose the harness to flame or high temperatures. Carry the harness where it will be protected as the harness could melt or burn and fail if exposed to flame or high temperatures.

The CMC Helix Sit Harness is designed for rescue applications in which the wearer uses the harness primarily for positioning. High impact fall situations should be avoided. Always keep the safety line (belay) above the wearer and keep the slack in the safety line to a minimum.

## CARRYING, MAINTENANCE & STORAGE

During use, carrying and storage keep the equipment away from acids, alkalis, exhaust emissions, rust and strong chemicals. Do not expose the equipment to flame or high temperatures. Carry the equipment where it will be protected as the equipment could melt or burn and fail if exposed to flame or high temperatures.

If the equipment becomes soiled, it can be washed in cold water with a mild detergent that is safe for use with nylon and polyester. Dry out of direct sunlight. Do not dry in an automatic dryer. Store in a cool, dry location. Do not store where the equipment may be exposed to moist air, particularly where dissimilar metals are stored together.

## REPAIR

All repair work shall be performed by the manufacturer. All other work or modifications void the warranty and releases CMC from all liability and responsibility as the manufacturer.