

**LABELS**

The following product labels are located at the end of the left leg strap in the following order.


**ANSI Z359.11-2014**

ANSI Z359 RECOGNIZES THE USE OF THIS HARNESS ONLY WITHIN THE CAPACITY RANGE OF:

**130 LBS (59 KG) - 310 LBS (140 KG)**

000255 03

**CLASSIFIED**



**FULL BODY HARNESS  
IN ACCORDANCE  
WITH ANSI / ASSE Z359.11-2014**

**5F04**      **MADE OF NYLON AND POLYESTER MATERIALS**

000260 02


MODEL NO: \_\_\_\_\_

DATE: \_\_\_\_\_

LOT NO: \_\_\_\_\_

SIZE: \_\_\_\_\_

PAT. 9,737,736



000250 00A

NAME: \_\_\_\_\_

AGENCY: \_\_\_\_\_

PHONE: \_\_\_\_\_

DATE IN SERVICE: \_\_\_\_\_

000295 00B

MANUFACTURED IN USA  
OF US AND FOREIGN  
COMPONENTS  
BY CMC RESCUE, INC.  
6740 CORTONA DRIVE  
GOLETA, CA 93117  
CMCPRO.COM

000282 00

If this equipment fails inspection, remove it from service and destroy it.

MANUFACTURED		INSPECTED	
DATE	INITIALS	DATE	INITIALS

**⚠ WARNING**

- YOU COULD BE KILLED OR SERIOUSLY INJURED IF YOU DO NOT READ AND UNDERSTAND THIS LABEL BEFORE USING THIS LIFE SAFETY EQUIPMENT.
- SPECIAL TRAINING AND KNOWLEDGE ARE REQUIRED TO USE THIS LIFE SAFETY EQUIPMENT.
- YOU MUST THOROUGHLY READ AND UNDERSTAND ALL MANUFACTURER'S INSTRUCTIONS BEFORE USE.
- USE AND INSPECT THIS LIFE SAFETY EQUIPMENT ONLY IN ACCORDANCE WITH THE MANUFACTURER'S INSTRUCTIONS.

**DO NOT REMOVE THIS LABEL!**

000273 01

**IMPORTANT INFORMATION - PLEASE READ AND SAVE**



**FreeTech™  
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.
- THIS EQUIPMENT HAS BEEN DESIGNED AND MANUFACTURED FOR USE BY EXPERIENCED PROFESSIONALS ONLY.
- DO NOT ATTEMPT TO USE THIS EQUIPMENT WITHOUT PROPER TRAINING.
- MANUFACTURER'S INSTRUCTIONS SHALL BE PROVIDED TO THE USER.
- THOROUGHLY READ AND UNDERSTAND ALL LABELS AND INSTRUCTIONS BEFORE USE.
- USE, INSPECT AND REPAIR ONLY IN ACCORDANCE WITH MANUFACTURER'S INSTRUCTIONS.
- DO NOT ALTER OR MISUSE THIS EQUIPMENT.
- FOLLOW RECOMMENDED PROCEDURES FOR DONNING AND ADJUSTING THE HARNESS.
- FOLLOW THE EMPLOYER'S SAFE WORKING PROCEDURES AT ALL TIMES WHEN USING THE HARNESS.
- THE USER SHALL HAVE A RESCUE PLAN AND A MEANS TO IMPLEMENT IT WHEN USING THIS EQUIPMENT.
- THE USER SHALL KNOW AND FOLLOW ALL APPLICABLE OSHA AND OTHER REGULATIONS PERTAINING TO OCCUPATIONAL SAFETY.
- 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.



**FULL BODY HARNESS  
IN ACCORDANCE  
WITH ANSI / ASSE Z359.11-2014**

**CMC Rescue, Inc.**  
6740 Cortona Drive, Goleta CA 93117  
USA  
805-562-9120 / 800-235-5741  
cmcpro.com

**ISO 9001 Certified**

**USER INFORMATION**

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

**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.

**WARNING: Prior to donning the harness, inspect both the fall arrest indicator located in proximity of the dorsal attachment point as well as the Switchpoint™ System release handle located at the right hip. If either the fall arrest indicator or the release handle are damaged or show signs of being deployed, remove the harness from service immediately.**

**PUTTING ON YOUR HARNESS**

- 1) Loosen all of the adjusting straps on the harness.
- 2) Open all of the quick connect buckles.
- 3) Don the harness as you would a vest.
- 4) Reconnect the chest, waist and leg loop buckles.
- 5) Adjust all of the straps to ensure a snug fit.
- 6) Secure all loose webbing tails in the provided Web Keepers™.

**WARNING: Make sure the straps are snug. This decreases the risk of additional injury in the event of a fall and will prevent the quick-connect buckles from disconnecting.**

**USING YOUR HARNESS**

The FreeTech™ Harness is intended to be used for work at height fall protection according to the ANSI/ASSE Z359 Fall Protection Code.

**To prevent roll out when using ANSI Z359.12 compliant carabiners or snaphooks to attach to an attachment point, use only locking models. It is the user's responsibility to verify equipment compatibility with components and sub-systems before use.**

Consult with the current edition of ANSI/ASSE Z359.11 and applicable State or Provincial regulations governing occupational safety. The user should consider all component extensions and allow clearance for an arrest to take place a safe distance away from the ground or structure. A harness stretch factor of up to 18in (46cm) should be factored in while calculating fall clearance.

**LANYARD PARKING ELEMENT**

If using a fall arrest lanyard or Y-lanyard, connect the lanyard snaphook to the lanyard parking element located on the upper chest when not in use (unless otherwise connected to an anchorage point). The lanyard parking element of the harness is intended to disengage in the event that the lanyard is hung up or

tangled during a fall or during normal use to prevent creating a hazard.

**DEPLOYING THE SWITCHPOINT™ SYSTEM**

In the event of a fall, the unique function of the FreeTech Harness's patented Switchpoint System allows a user to transfer their weight from the dorsal D-ring to the secondary tether connection at the front waist. The resulting seated position in the harness provides more freedom of movement for the user post-fall. To deploy:

- 1) Grab the red tab of the release handle pouch at the right hip and pull open. The release handle will fall out.
- 2) Firmly grasp the red webbing of the release handle and pull out and away from your body. The dorsal release strap will feed out of the release buckle at the right hip and your weight will transfer to the secondary tether connected to the waist strap. This transfer occurs quickly.
- 3) If the release buckle reengages the dorsal release strap before it completely feeds out of the buckle, simply pull on the release handle again until the transfer is complete.

**WARNING: If the waist buckle was not connected when donning the harness, transferring to the secondary tether will result in suspension from the right hip, which may cause significant discomfort.**

**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.

**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 _____		Strength _____	
Date	How Used or Maintained	Comments	Name



## **ANSI/ASSE Z359 REQUIREMENTS FOR PROPER USE AND MAINTENANCE OF FULL BODY HARNESSSES**

1. It is essential that the users of this type of equipment receive proper training and instruction, including detailed procedures for the safe use of such equipment in their work application. ANSI/ASSE Z359.2, *Minimum Requirements for a Comprehensive Managed Fall Protection Program*, establishes guidelines and requirements for an employer's managed fall protection program, including policies, duties and training; fall protection procedures; eliminating and controlling fall hazards; rescue procedures; incident investigations and evaluating program effectiveness.

2. Correct fit of a Full Body Harness is essential to proper performance. Users must be trained to select the size and maintain the fit of their Full Body Harness.

3. Users must follow manufacturer's instructions for proper fit and sizing, paying particular attention to ensure that buckles are connected and aligned correctly, leg straps and shoulder straps are kept snug at all times, chest straps are located in the middle chest area and leg straps are positioned and snug to avoid contact with the genitalia should a fall occur.

4. Full Body Harnesses which meet ANSI/ASSE Z359.11 are intended to be used with other components of a Personal Fall Arrest system that limit maximum arrest forces to 1800 pounds (8 kN) or less.

5. Suspension intolerance, also called suspension trauma or orthostatic intolerance, is a serious condition that can be controlled with good harness design, prompt rescue and post fall suspension relief devices.

A conscious user may deploy a suspension relief device allowing the user to remove tension from around the legs, freeing blood flow, which can delay the onset of suspension intolerance. An attachment element extender is not intended to be attached directly to an anchorage or anchorage connector for fall arrest. An energy absorber must be used to limit maximum arrest forces to 1800 pounds (8 kN). The length of the attachment element extender may affect free fall distances and free fall clearance calculations.

6. Full Body Harness (FBH) Stretch, the amount the FBH component of a personal fall arrest system will stretch and deform during a fall, can contribute to the overall elongation of the system in stopping a fall. It is important to include the increase in fall distance created by FBH Stretch, as well as the FBH connector length, the settling of the user's body in the FBH and all other contributing factors when calculating total clearance required for a particular fall arrest system.

7. When not in use, unused lanyard legs that are still attached to a Full Body Harness D-ring should not be attached to a work positioning element or any other structural element on the Full Body Harness unless deemed acceptable by the competent person and manufacturer of the lanyard. This is especially important when using some types of "Y" style lanyards, as some load may be transmitted to the user through the unused lanyard leg if it is not able to release from the harness. The lanyard parking attachment is generally located in the sternal area to help reduce tripping and entanglement hazards.

8. Loose ends of straps can get caught in machinery or cause accidental disengagement of an adjuster. All Full Body Harnesses shall include keepers or other components which serve to control the loose ends of straps.

9. Due to the nature of soft loop connections, it is recommended that soft loop attachments only be used to connect with other soft loops or carabiners. Snaphooks should not be used unless approved for the application by the manufacturer.

### **SECTIONS 10-16 PROVIDE ADDITIONAL INFORMATION CONCERNING THE LOCATION AND USE OF VARIOUS ATTACHMENTS THAT MAY BE PROVIDED ON THIS FBH.**

**10. Dorsal** – The dorsal attachment element shall be used as the primary fall arrest attachment, unless the application allows the use of an alternate attachment. The dorsal attachment may also be used for travel restraint or rescue. When supported by the dorsal attachment during a fall, the design of the Full Body Harness shall direct load through the shoulder straps supporting the user, and around the thighs. Supporting the user, post fall, by the dorsal attachment will result in an upright body position with a slight lean to the front with some slight pressure to the lower chest. Considerations should be made when choosing a sliding versus fixed dorsal attachment element. Sliding dorsal attachments are generally easier to adjust to different user sizes, and allow a more vertical rest position post fall, but can increase FBH Stretch.

**11. Sternal** – The sternal attachment may be used as an alternative fall arrest attachment in applications where the dorsal attachment is determined to be inappropriate by a competent person, and where there is no chance to fall in a direction other than feet first. Accepted practical uses for a sternal attachment include, but are not limited to, ladder climbing with a guided type fall arrester, ladder climbing with an overhead self-retracting lifeline for fall arrest, work positioning and rope access. The sternal attachment may also be used for travel restraint or rescue. When supported by the sternal attachment during a fall, the design of the Full Body Harness shall direct load through the shoulder straps supporting the user, and around the thighs. Supporting the user, post fall, by the sternal attachment will result in roughly a sitting or cradled body position with weight concentrated on the thighs, buttocks and lower back. Supporting the user during work positioning by this sternal attachment will result in an approximate upright body position.

If the sternal attachment is used for fall arrest, the competent person evaluating the application should take measures to ensure that a fall can only occur feet first. This may include limiting the allowable free fall distance. It may be possible for a sternal attachment incorporated into an adjustable style chest strap to cause the chest strap to slide up and possibly choke the user during a fall, extraction, suspension, etc. The competent person should consider Full Body Harness models with a fixed sternal attachment for these applications.

**12. Frontal** – The frontal attachment serves as a ladder climbing connection for guided type fall arresters where there is no chance to fall in a direction other than feet first, or may be used for work positioning. Supporting the user, post fall or during work positioning, by the frontal attachment will result in a sitting body position, with the upper torso upright, with weight concentrated on the thighs and buttocks. When supported by the frontal attachment the design of the Full Body Harness shall direct load directly around the thighs and under the buttocks by means of the sub-pelvic strap.

If the frontal attachment is used for fall arrest, the competent person evaluating the application should take measures to ensure that a fall can only occur feet first. This may include limiting the allowable free fall distance.

**13. Shoulder** – The shoulder attachment elements shall be used as a pair, and are an acceptable attachment for rescue and entry/retrieval. The shoulder attachment elements shall not be used for fall arrest. It is recommended that the shoulder attachment elements be used in conjunction with a yoke which incorporates a spreader element to keep the Full Body Harness shoulder straps separate.

**14. Waist, Rear** – The waist, rear attachment shall be used solely for travel restraint. The waist, rear attachment element shall not be used for fall arrest. Under no circumstances is it acceptable to use the waist, rear attachment for purposes other than travel restraint. The waist, rear attachment shall only be subjected to minimal loading through the waist of the user, and shall never be used to support the full weight of the user.

**15. Hip** – The hip attachment elements shall be used as a pair, and shall be used solely for work positioning. The hip attachment elements shall not be used for fall arrest. Hip attachments are often used for work positioning by arborists, utility workers climbing poles and construction workers tying rebar and climbing on form walls. Users are cautioned against using the hip attachment elements (or any other rigid point on the Full Body Harness) to store the unused end of a fall arrest lanyard, as this may cause a tripping hazard, or, in the case multiple leg lanyards, could cause adverse loading to the Full Body Harness and the wearer through the unused portion of the lanyard.

**16. Suspension seat** – The suspension seat attachment elements shall be used as a pair, and shall be used solely for work positioning. The suspension seat attachment elements shall not be used for fall arrest. Suspension seat attachments are often used for prolonged work activities where the user is suspended, allowing the user to sit on the suspension seat formed between the two attachment elements. An example of this use would be window washers on large buildings.

## USER INSPECTION, MAINTENANCE AND STORAGE OF EQUIPMENT

Users of personal fall arrest systems shall, at a minimum, comply with all manufacturer instructions regarding the inspection, maintenance and storage of the equipment. The user's organization shall retain the manufacturer's instructions and make them readily available to all users. See ANSI/ASSE Z359.2, *Minimum Requirements for a Comprehensive Managed Fall Protection Program*, regarding user inspection, maintenance and storage of equipment.

1. In addition to the inspection requirements set forth in the manufacturer's instructions, the equipment shall be inspected by the user before each use and, additionally, by a competent person, other than the user, at interval of no more than one year for:

- **Absence** or illegibility of markings.
- **Absence** of any elements affecting the equipment form, fit or function.
- **Evidence** of defects in, or damage to, hardware elements including cracks, sharp edges, deformation, corrosion, chemical attack, excessive heating, alteration and excessive wear.
- **Evidence** of defects in or damage to strap or ropes including fraying, unsplicing, unlaying, kinking, knotting, roping, broken or pulled stitches, excessive elongation, chemical attack, excessive soiling, abrasion, alteration, needed or excessive lubrication, excessive aging and excessive wear.

2. Inspection criteria for the equipment shall be set by the user's organization. Such criteria for the equipment shall equal or exceed the criteria established by this standard or the manufacturer's instructions, whichever is greater.

3. When inspection reveals defects in, damage to, or inadequate maintenance of equipment, the equipment shall be permanently removed from service or undergo adequate corrective maintenance, by the original equipment manufacturer or their designate, before return to service.

### MAINTENANCE AND STORAGE

1. Maintenance and storage of equipment shall be conducted by the user's organization in accordance with the manufacturer's instructions. Unique issues, which may arise due to conditions of use, shall be addressed with the manufacturer.

2. Equipment which is in need of, or scheduled for, maintenance shall be tagged as unusable and removed from service.

3. Equipment shall be stored in a manner as to preclude damage from environmental factors such as temperature, light, UV, excessive moisture, oil, chemicals and their vapors or other degrading elements.

To view a brief instructional video, scan this code or visit [www.cmcrescue.com/FreeTech](http://www.cmcrescue.com/FreeTech)

