

### 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

IMPORTANT INFORMATION - PLEASE READ AND SAVE



## ProSeries® Chest 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.

### CMC Rescue, Inc.

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**ISO 9001 Certified**

The **CMC ProSeries Chest Harness** is designed for multi-purpose use with a sit harness in fire/rescue, industrial and rope access work applications. The CMC ProSeries Chest Harness is designed to work with the CMC ProSeries Sit Harness.

The rope supporting your weight should connect into a sit harness, either directly, or indirectly via the center strap of the chest harness which is designed for this purpose. Under no circumstances should a chest harness be used alone as the sole means of support. If not used as part of a full body harness, the chest harness should be clipped around the rope with a carabiner so that it holds the wearer in an upright position.

### HARNES USE

Rescue and work harnesses from CMC Rescue are designed to comfortably support the wearer, creating a safe work platform. Because our harnesses are used when working at height, they are also built with the strength to catch a fall.

### 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 User 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.

### PUTTING ON YOUR HARNES

The ends of the adjustment straps are not folded over as on our sit harnesses. This allows you to remove the strap from the buckle to make putting the harness on and attaching it to your sit harness easier. The buckles should be backed up by tying the end of the strap around itself with an overhand knot. We have made the straps extra long for this purpose. Put the harness on whichever way is quickest and easiest for you. The following is one method that works for us.

1. Put on and adjust your sit harness for the proper fit.
2. Loosen one of the chest straps. Slide your head through the harness and between the shoulder straps, much like pulling on a T-shirt. Make sure the large D-ring is at your back and

the small D-ring is to the front. The shoulder straps should cross in the back.

3. Tighten the chest straps, adjusting them so that the D-rings are centered in the middle of the chest and back. Then adjust the shoulder straps for a comfortable fit.
4. Run the vertical straps, front and rear, down to the appropriate D-rings on the sit harness. The front strap should enter below the straight bar on the D-ring from the body side. Loop the strap around the straight bar and run it up behind the D-ring, returning to the front buckle on the chest harness. If done correctly, the D-ring remains available to attach hardware. The rear strap should be reeved in the same manner as the front strap, returning to the back buckle on the chest harness.

The Chest Harness can also be left connected to the Sit Harness and donned as a one-piece harness.

**WARNING: Make sure the straps are snug. This increases the comfort and security when connected to the sit harness.**

### ATTACHMENT POINTS

The Dorsal and Sternal D-rings are load bearing attachment points. The front (sternal) D-ring holds the user in a more upright position which may provide easier access during a vertical entry or exit. See the CMC ProSeries Sit Harness user information for the attachment points on the sit harness.

**•To prevent roll out, use only locking carabiners to attach to D-rings. If using manual locking carabiners, verify that they are locked before use.**

### USING YOUR HARNES

CMC Rescue 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.

### IMPORTANT NOTES

- The CMC ProSeries Chest Harness was 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.
- The position of the D-ring in the back was selected to avoid interference with a backpack breathing apparatus and to be easy to reach by the wearer. If the potential for a fall exists, and if a carabiner attached to this D-ring could hit the wearer in the back of the head, a different connection point should be used.

### 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.