

IMPORTANT INFORMATION - PLEASE READ AND SAVE



Universal One-Piece 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 DRESSING 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

USE

Rescue and work harnesses from CMC are designed to comfortably support the wearer, creating a safe work platform. Because our harnesses are used when working at heights, 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 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.

The harness is equipped with a dorsal connection point fall arrest load indicator. This indicator is located on the rear of the harness and serves to indicate that the harness was subjected to a fall. If the load indicator is exposed the harness should be removed from service immediately.

PUTTING ON YOUR HARNESS

- 1) Loosen the adjusting buckle on each side of the waist belt to make the waist larger.
- 2) Holding the harness by the right shoulder strap, unhook the three quick-connect buckles. With the shoulder strap in the right hand, step through the waist belt.
- 3) Pull the waist belt up around your waist while sliding the shoulder strap over your right shoulder.
- 4) Tighten both waist straps until the waist is snug and the front D-ring is centered. Fold the ends of the waist straps under the Web-Keepers and secure them tightly.
- 5) Connect the shoulder strap quick-connect buckle.
- 6) Adjust the shoulder straps by sliding the webbing through the adjusting buckle until the straps are snug.
- 7) Connect the thigh quick-connect buckles and adjust until snug.

A suspension test should be carried out in a safe place prior to putting the harness in service. A suspension test will verify that the harness is the correct size, has sufficient adjustment and is of an acceptable comfort level for the intended use.

WARNING: Make sure the straps are snug. This increases the comfort when sitting in the harness and helps prevent the quick-connect buckles from disconnecting. When wearing the harness, double-check the buckles, adjusters, and fit of the harness immediately prior to relying on it for support.

USING YOUR HARNESS

CMC/Roco 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.

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 |
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