

# 6 Easy Steps That Could Save Your Life

## How To Don A Harness



**1** Hold harness by back D-ring. Shake harness to allow all straps to fall in place.



**2** If chest, leg and/or waist straps are buckled, release straps and unbuckle at this time.



**3** Slip straps over shoulders so **D-ring is located in middle of back between shoulder blades.**



**4** Pull leg strap between legs and connect to opposite end. Repeat with second leg strap. If belted harness, connect waist strap after leg straps.



**5** **Connect chest strap and position in midchest area.** Tighten to keep shoulder straps taut.



**6** After all straps have been buckled, **tighten all buckles so that harness fits snug but allows full range of movement.** Pass excess strap through loop keepers.