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.