



## Ropes Course Harness RC09-RC13 Series

For your own safety, please read and understand all information included with this product. Retain the instructions for future use and reference as needed. Provide this sheet to anyone using or supervising the use of this harness

### **Install of the harness**

- Step into the leg straps and slip an arm through each shoulder strap similar to a pair of coveralls.
- Fasten the plastic buckle closed on the front of the harness.
- Adjust the back strap so that the two lower hook-in points of the harness are able to come around the front of the body then adjust the plastic buckle so there is about 4" or 5" inches between the main shoulder straps.
- Adjust the leg straps so that they are snug not tight.
- Adjust the shoulder straps snug.
- Fasten and adjust the girthing strap (waist belt) snug.
- Tighten the back straps snug.

### **Attachment Points**

This harness as designed having two lower hook in points for rappelling and upper hook in points for lofting or lowering. All four can be used for added retention and stability if necessary.

#### **Front attachment instructions**

Use two carabiners one on each side, they must hook through both the upper and lower hook-in loops (daisy chains). These two must both be attached to rappelling or belaying devices. (See Illustration A on back). This dual height hook-in allows the rappelling device to be down and away from the participant's face while still allowing the security and support of a full-body harness.

#### **Rear lift point instructions**

When using the rear lift point, be sure to install the carabiners from side to side across the front. Hook the two top loops (daisy chains) together with one carabiner. (See Illustration B on back).

#### **Harness removal**

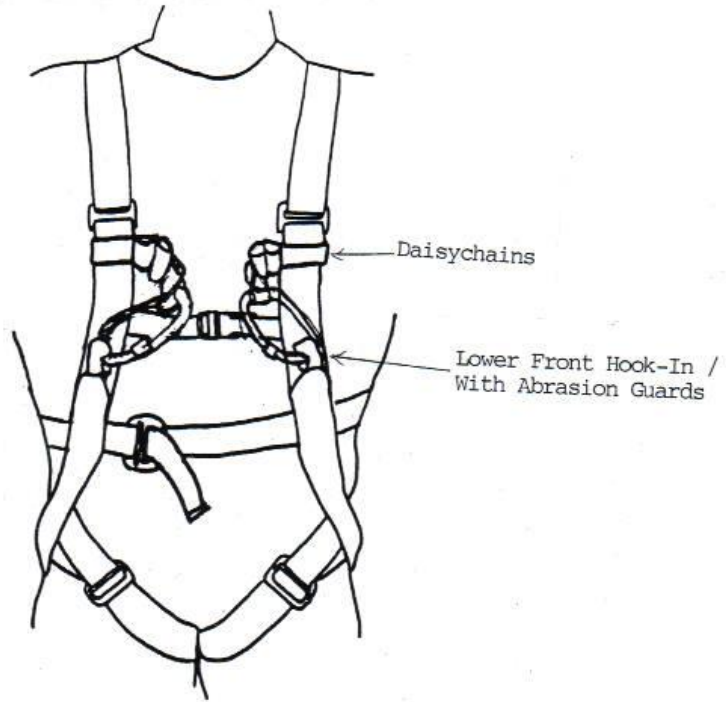
- When removing the harness, disconnect one carabiner from the rappelling device.
- Unsnap the plastic buckle then unlace the girthing strap (waist belt).
- Throw the shoulder straps off and step out.

### **Warning**

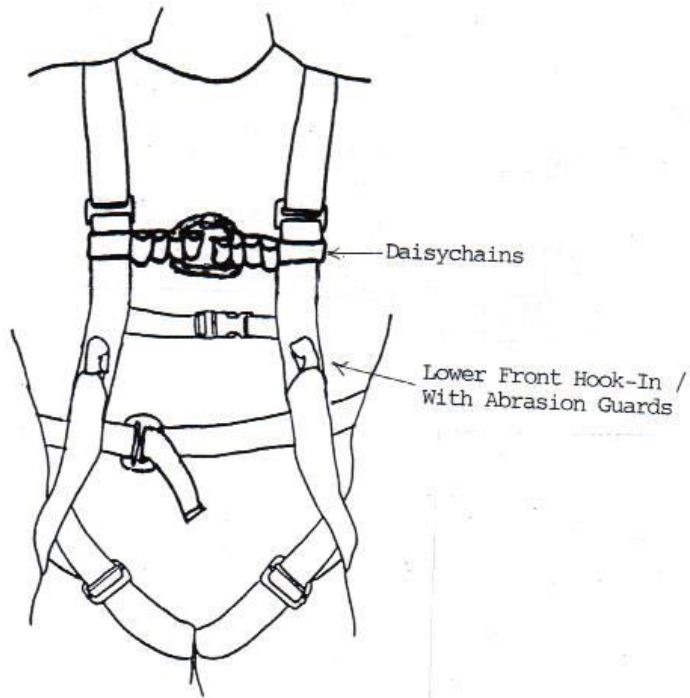
When using the rear lift point a carabiner must be hooked from side to side through the two top loops or daisy chains in front. Failure to do so could result in injury or death.

All sizes may vary on individual due to body structure. To insure proper fit the tie in loops must fall between the shoulder blades and the base of the neck.

The RC series harnesses are tested by UL to ANSI, OSHA, and NFPA standards.



**ILLUSTRATION "A"**



**ILLUSTRATION "B"**