

# SECURE FIRST™

All SECURE FIRST Harnesses are made of In-house dyed High Tenacity Polyester Yarn, imparting high resistance to UV, colour stability to wash & rubbing fastness.

Before wearing a Harness it is important to Inspect the Harness for certain features

- Hold the Harness by the back D-ring, and allow the straps to fall in its place. The Harness has clear and separate colours for the shoulder and thigh straps, for them to be easily distinguished.
- Inspect the Harness webbing for any cuts, burns or damages.
- Check the stitches for their continuity.
- Carefully look for any evidence of corrosion on the metal parts.
- SECURE FIRST Harnesses also give an assurance that the Harness has not been subjected to a fall, if the unique Fall Indicator is still secure on the shoulder straps.

## WEARING HARNESS

The Harness can be worn by following these simple **steps**



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

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

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

Pull leg strap between legs and connect to opposite end. Repeat with second leg strap. Connect waist strap, if present. Waist strap should be tight but not binding.

Connect chest strap and position in mid chest area 6" (152mm) to 8" (203mm) below the trachea but not below the sternum. Tighten to keep shoulder straps taut.

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



HARNESS PACKING BAG

### EXTENSION BAND

Unique Optional Extension Band (made of 30cm Length webbing) on the Dorsal Attachment D-Ring may be provided on request.

This Extension Band allows the user to easily connect himself to the dorsal attachment D-Ring without any external help

**WARNING** - It is advisable to use lanyard of length not above 1.5m with harness equipped with Extension Band.

**WARNING**  
 NEVER DO NOT USE THIS HARNESS IN CASE THE BELOW ATTACHED LOAD INDICATOR IS MISSING

LOAD INDICATOR

The Fall Indicator is a small label stitched to the back side of the shoulder strap, and it flies out of the Harness in the event of a fall.