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HOW TO DON A SAFETY HARNESS

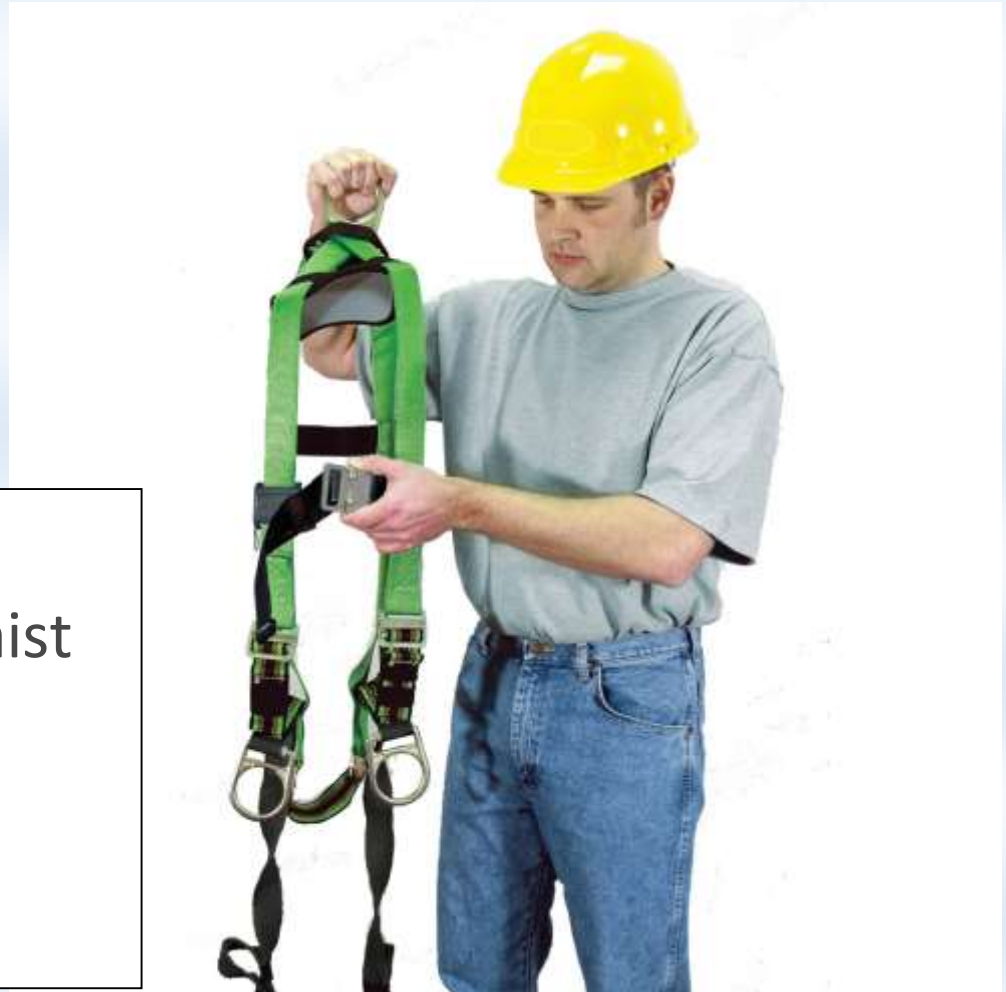
Step 1

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



Step 2

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



Step 3

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



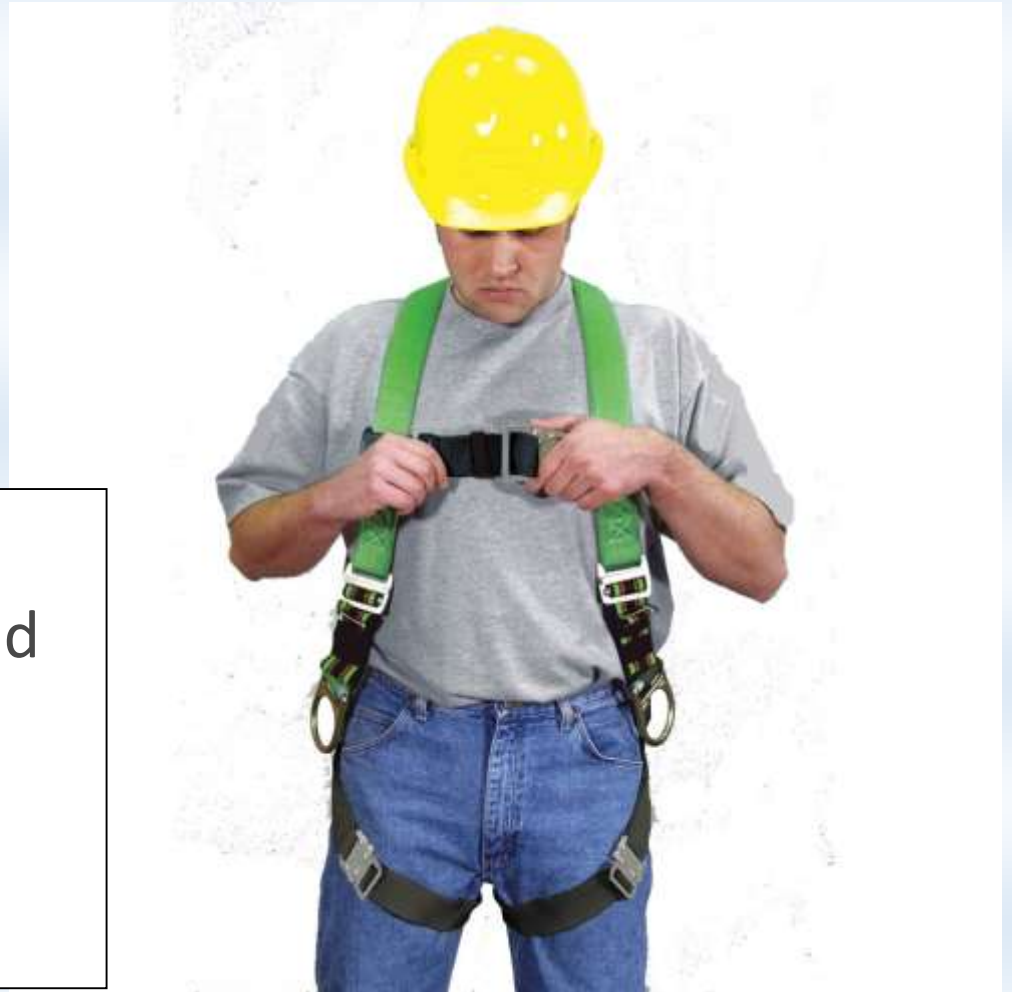
Step 4

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



Step 5

Connect chest strap and position in mid chest area. Tighten to keep shoulder straps taut..



Step 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.



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