

Fitting

Step into the harness and put on the shoulder straps. Fasten the chest strap. Adjust shoulder straps until chest strap lies across the sternum. Adjust leg straps. The rear D-ring should be situated between the shoulder blades. The D-ring and back plate may be adjusted by sliding up or down as necessary.

Check fit whilst suspended in a safe location – the harness should feel secure but not too tight. Check for twisted straps. Check buckles are secure by pulling on loaded webbing – correctly threaded buckles will lock. Check any screwlink connectors are fully closed with no thread visible, these connectors are extremely weak if not fully closed. Fastening and adjustment elements should also be checked regularly during use.

Quick release buckles

Push male part into female part to fasten. To release, squeeze both bronze side catches simultaneously.

Adjustment buckles

All other buckles are adjusted by sliding webbing through the buckle.

Where the end of the webbing hangs free, adjust fit by pulling on the slack end of the webbing to tighten, or loosen by lifting the buckle upwards and outwards while pulling slack webbing out of the buckle. Slack ends of webbing may be tucked into the elastic loops to keep them out of the way.

Where the end of the webbing is captive adjust fit by sliding the buckle along the strap.

Attachment points

Side D-rings, where fitted, are for use with a work positioning strop (pole belt). NEVER use a single side D-ring as an attachment point.

For fall arrest, only attachment points marked "A" may be used.

MAKE SURE YOU USE THE CORRECT ATTACHMENT POINT FOR THE CORRECT PURPOSE.

Ropes and rope lanyards may be tied directly to attachment points; otherwise, ensure that suitable locking connectors are used and correctly fastened. A screwlink connector is recommended. Check that connectors are securely closed during use. Incorrect combinations of connectors may accidentally detach from one other by a process known as "roll-out".

The harness should be connected to an anchor point via an appropriate system which ideally should conform to the relevant standard. In fall arrest this system must limit the forces on the body in the event of a fall.

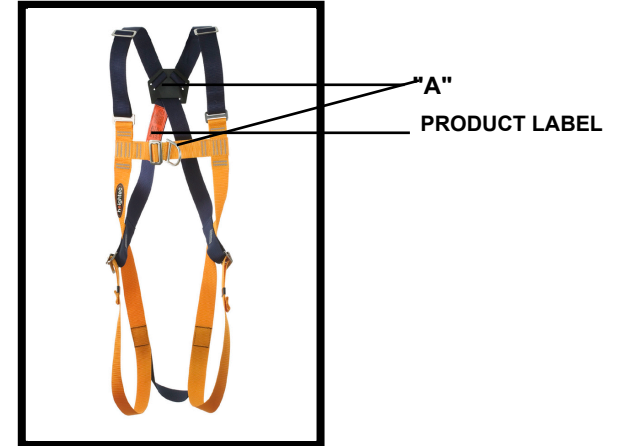
Harnesses are made from polyamide and polyester, with steel and aluminium alloy fittings.

heightec

NEXUS 2-POINT HARNESS

H32A One size

ANSI/ASSE Z359.1 (2007)



WARNING

Do not use this product outside its limitations, or for any purpose other than that for which it is intended. Do not alter or make additions to this product.

Rescue: refer to ANSI/ASSE Z359.1 and ANSI/ASSE Z359.4 and applicable regulations governing safe rescue operations.

All harnesses are suitable for a person weighing up to 125kg. Ensure that any other equipment is suitable for the weight of user.

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