

FITTING & USE

The design of this harness results in a variable “rise” (distance between leg loops and waist belt) that can be easily adjusted at the leg loop safety buckles to ensure that the harness sits comfortably and suspends the wearer properly. If the rise is too short, there can be uncomfortable compression applied to the crotch. This could also cause uneven top-heavy weight distribution which could result in the wearer being flipped upside down. If the rise is too long, the harness can put excessive compression above the hipbone. When adjusted correctly, this harness positions the user comfortably in an upright, seated and slightly reclined position. Please refer to [Diagram E](#) for proper fit and rise adjustment.

HOW TO PUT THE HARNESS ON CORRECTLY

- Loosen waist belt and leg loops by tilting the buckle and sliding the slack tail end of the webbing towards the buckle. **DO NOT** unthread the webbing from the buckle. The waist belt and leg loops should always remain one continuous loop threaded through the buckles.

DIAGRAM C

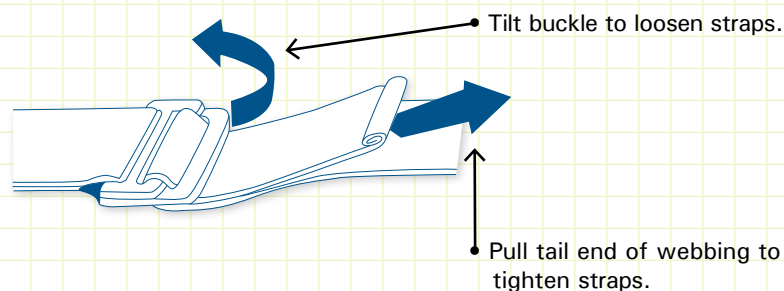


DIAGRAM D

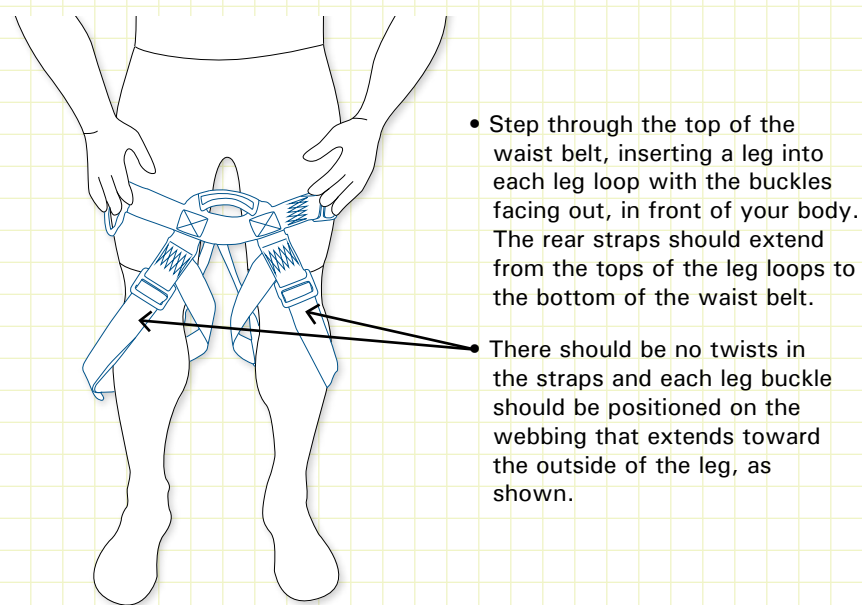
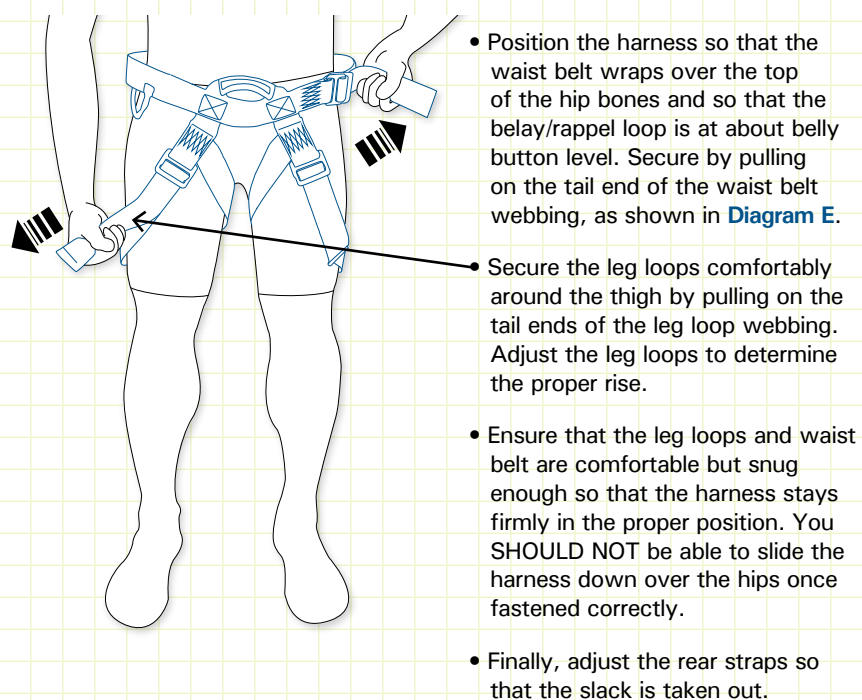


DIAGRAM E



PMI LIMITED WARRANTY

PMI products are warranted to the original retail purchaser to be free from defect in material and workmanship for a period of one year. PMI will repair or replace the item without charge provided inspection at our factory discloses no misuse or alteration, which, in our judgment, has affected the condition or functioning of the product. All implied warranties imposed by law in connection with the sale of PMI products are also limited in duration to a period of one year. PMI expressly excludes and shall not be liable for any consequential damages arising out of any breach of the express or implied warranties on sales of PMI products. Because of the high risks involved in high angle rope work such as, but not limited to, rescue, rope access, caving, rappelling, rock climbing and mountaineering, no further warranties exist or are implied by PMI. Regulations issued under the Magnuson-Moss Warranty Act require us to include the following statement: some states do not allow limitations on how long an implied warranty lasts nor the excluding or limitation of incidental or consequential damages, so the above limitations may not apply to you.

Thank you for purchasing PMI products!

INSPECTION, CARE & MAINTENANCE

Your harness should be thoroughly inspected before each use. Any harness that does not pass inspection should be immediately retired from service and discarded/destroyed.

Inspections should include:

- Examination of all load-bearing components for signs of damage.
- Inspection of all stitching for signs of wear, fraying, breaks, loosened/pulled threads, or cuts.
- Inspection of webbing for signs of cuts, burns, discoloration, broken fibers, hard/soft sections, or excessive wear.
- Examination of buckles and attachment points for proper function.
- Examination of all metal components for corrosion, damage or sharp edges.
- Inspection of webbing rigging and safety buckles to ensure that harness has been properly assembled.
- Inspection for any signs of damage from heat, chemical exposure, or various environments.
- Inspection of date of manufacture and date placed in service to determine if retirement of harness is needed (See “Retirement Criteria” section).
- Inspections should be recorded and maintained in an Equipment Inspection Log. A sample is provided in these instructions.

CARE AND MAINTENANCE

Maintaining your harness properly will provide a longer service life and ensure the highest level of safety during use.

The following maintenance guidelines should be followed:

- Store harness loosely packed in a clean, dry environment.
- Thoroughly air dry a wet harness before storing it, never dry in a heated dryer.
- Keep your harness away from exposure to direct flame or high temperatures such as in a hot car.
- Prevent exposure of your harness to chemicals or other damaging substances.
- No repairs or modifications to this harness should be performed by anyone other than the manufacturer, or warranty shall be voided and safety features could be compromised.

Cleaning your PMI Spectrum Harness

Washing - If your harness is dirty, you can wash it by hand or in a front-loading commercial washing machine. Use a PMI Laundry bag for keeping the harness from getting tangled when washing in a machine. Wash harness by using cool to warm water <math>< 30^{\circ}\text{C}</math> (<math>< 86^{\circ}\text{F}</math>) with a mild soap. PMI recommends using PMI Rope Soap, otherwise non-detergent soaps are best. Soap used should not contain any bleaching agents.

DO NOT:

- **DO NOT** use top loading washing machines with agitators because they tangle/damage the harness severely and can cause damage to the machine.
- **DO NOT** use a commercial dryer to dry the harness.
- **DO NOT** leave a wet harness on a surface where contaminants may leach (such as concrete).
- **DO NOT** expose the harness to exhaust fumes.

Disinfecting - Disinfection of a harness may occasionally become necessary, such as when exposed to bloodborne pathogens. To disinfect a harness from suspected bloodborne pathogens, PMI recommends following the NFPA standard for cleaning rescue gear of bloodborne pathogens. Keeping in mind that undiluted household bleach is known to damage nylon, NFPA calls for using a diluted solution of household bleach to clean rescue gear exposed to bloodborne pathogens. Add 60 ml of household bleach per 4 liters of tap water. That’s about one quarter (1/4) cup of bleach per gallon of water. **Be aware that some commercial bleach solutions are stronger than the 1.5% that is typical for household bleach. Soak the gear in the diluted solution for ten minutes, then rinse thoroughly with tap water.** The rinsing cycle is critical to prevent any damage to the nylon from the bleach. It is good to soak the gear in tap water for the same amount of time it soaked in the bleach solution. Never store gear while it is wet.

⚠ WARNING!

The use of bleach over a long period of time, in repeated uses, can cause damage to fibers such as nylon. Disinfection of the harness using bleach should be used sparingly and only when needed.

Drying - Dry your harness in a clean, dry area out of direct sunlight. For best results, it should be hung to dry in a low-humidity environment. **DO NOT** leave a wet harness on a surface where contaminants may leach (such as concrete).

Write It Down - Remember to record the cleaning on the Equipment Log.

Keep It Clean - Store your harness in a clean, dark, dry environment, away from exposure to acids, other harmful chemicals, noxious fumes or other abuse.

RETIREMENT CRITERIA

- **RETIRE IMMEDIATELY** any harness where the stitching is cut, torn, excessively worn or visibly damaged.
- **RETIRE IMMEDIATELY** if harness has been in service for 5 years or more, it must be retired even if a visual inspection reveals no concerns.
- **RETIRE IMMEDIATELY** any harness whose strength may have been compromised during use.
- **RETIRE IMMEDIATELY** any harness which is subjected to a major fall or uncontrolled or excessive loading.
- **RETIRE IMMEDIATELY** any harness with a manufacture date which is greater than 10 years old, regardless of history and usage.
- **RETIRE IMMEDIATELY** any harness whose history and past usage you are uncertain about.
- **RETIRE IMMEDIATELY** any harness that has been exposed to heat, direct flame or excessive abrasion.
- **RETIRE IMMEDIATELY** any harness that has been exposed to liquids, solids, gases, mists, or vapors of any chemical or other substance that can deteriorate the harness materials.
- **RETIRE IMMEDIATELY** any harness that does not pass inspection.
- **RETIRE IMMEDIATELY** any harness that raises any doubt about its safety or serviceability.

⚠ WARNING!

CUT RETIRED harnesses to discourage future use and discard it entirely. A retired harness should not be stored, kept or maintained in such a way that it could inadvertently be used again.