

EN: Warning! Working at height, rock climbing, mountaineering and related activities are inherently dangerous. It is the responsibility of any person using this equipment to learn and practice the proper techniques for use of the equipment for its designated purposes safely and to foresee and take appropriate action in situations where rescue may be required. Even the correct use of equipment and techniques may result in fatal consequences. Medical conditions can affect the safety of the equipment user in normal and emergency use. Any person using this equipment assumes all risks and full responsibility for all damages or injury which may result from the use of it. It is impossible to cover all methods of use. The following instructions and pictograms show some of the common correct and incorrect methods of use; it is impossible to predict them all. There is no substitute for instruction by a trained and competent person.

USER INSTRUCTIONS
IMPORTANT: Please read and understand this information before use, and retain this information for future reference.

General Information:
 1. These instructions cover the use of DMM Harnesses, conforming to one or more international standards. If in doubt please contact your supplier or DMM.
 2. This product may be used in conjunction with any appropriate item of Personal Protective Equipment (PPE) relevant to European Union Directive 89/686/EEC. It may be acceptable for use in other applications, please consult your supplier.
 3. Immediately before use, visually/functionally inspect to ensure that this product is in a serviceable condition and operates correctly. This inspection should be recorded on the inspection form supplied. We recommend a thorough inspection at least once every 6 months by a competent person (this may be the manufacturer).
 4. **Personal Issue:** this product may be issued for personal use, and may be used either separately or as part of a system.

5. Lives depend on your equipment. The user should be aware of its history (use, storage, inspection etc.). If this equipment is not for personal use (e.g. used in mountaineering centres), we strongly recommend a systematic approach to record keeping. This should always be carried out by a competent person.
 6. **WARNING:** if you are in any doubt about the safe condition of this product, replace it immediately.

7. Ensure that the instructions for other components used in conjunction with this product are complied with. It is the user's responsibility to ensure that he/she understands the correct and safe use of this product.
 8. This product is designed for use in normal climatic conditions (-30°C - +50°C). Wet and icy conditions can reduce the strength of this product. It may be suitable for other conditions, please consult your supplier.
 9. No responsibility will be accepted by DMM for damage, injury or death resulting from misuse. If in doubt contact your supplier or DMM.
 10. No special transportation precautions are necessary; however, avoid all contact with chemical reagents or other corrosive substances.

11. **EN Anchors.**
 11.1 Positioning of the anchorage point is crucial for safe fall arrest and this must take into account the anticipated fall distance including rope stretch, the deployment of the shock absorption system (where used) and the length of the connector so that obstructions (such as the ground) may be safely avoided.
 11.2 **Mountaineering:** the user is advised that the security of any rock, snow or ice (or any combination of these) anchorage point (belay) natural or unnatural cannot be guaranteed as safe and therefore good judgment by the user is a necessity in order to obtain adequate protection.

12. **Types of Climbing Harnesses** (see Fig. 1) Type D Chest harness must only be used with a Type C Sit harness. They should be used when the user has a high centre of gravity (e.g. when wearing a rucksack or if the user has poorly defined hips).
 13. **Harness fitting.** The user should adjust the harness to ensure correct sizing and comfort level (see Fig. 2 - 6). The user should carry out a suspension test in a safe environment to confirm the fitting. Regularly check the buckles during use.

14. **Attachment of the rope** (see Fig. 7).
 15. **Attachment of devices and connecting components** (see Fig. 8)
 16. **Maintenance and Servicing**
 This product must not be marked, modified or repaired by the user unless authorised by DMM.

Note: this product is not user maintainable with the exception of the following:
 16.1 **Disinfection:** disinfect using a disinfectant containing quaternary ammonium compounds reinforced with chlorhexidine (e.g. Savlon) in sufficient quantities to be effective. Soak the product for 1 hour at dilutions recommended for general use using clean water as per (16.2) not exceeding 25°C then rinse thoroughly as per (16.2).
 16.2 **Cleaning:** if soiled rinse in clean warm water of domestic supply quality (maximum temperature 25°C) with mild detergent at appropriate dilution (pH range 5.5 - 8.5). Thoroughly rinse and dry naturally in a warm ventilated room away from direct heat. Important: Cleaning is recommended after every use in a marine environment.
 16.3 **Storage:** after any necessary cleaning store unpacked in a cool, dry, dark place in a chemically neutral environment away from excessive heat or heat sources, high humidity, sharp edges, corrosives or other possible causes of damage. Do not store wet.

17. **Lifespan and Obsolescence.**
 17.1 **Lifespan:** this is the maximum life of the product, subject to detailed conditions, that the Manufacturer recommends that the product should remain in service.
Maximum Lifespan: Textile & Plastic Products - 10 years from date of manufacture. Metal Products - no time limit.

Note: This may be as little as one use, or even earlier if damaged (e.g. in transit or storage) prior to first use. For the product to remain in service it must pass a visual and tactile inspection when considering the following criteria: fall arrest, general wear, chemical contamination, corrosion, mechanical malfunction/ deformation, cracks, loose rivets, loose strands of wire, frayed and/or bent wire, heat contamination (over normal climatic conditions), cut stitching, frayed tape, degradation of tape and/or thread, loose threads in tape, prolonged exposure to UV, clear and readable marking (e.g. marking, batch reference, individual serial numbers etc).
 Where such products are permanently attached to other products in a system, please refer to the manufacturer recommendations of the complete system.

17.2 **Obsolescence:** a product may become obsolete before the end of its lifespan. Reasons for this may include changes in applicable standards, regulations, legislation, development of new techniques, incompatibility with other equipment etc.
 18. **European Union Type Examination:** See marking on the product. Examination of conformity was carried out by one of the following two notified bodies:
 No. 1019, VVUUJ, a.s., Ostrava Radvanice, Czech Republic
 No. 0120: S.G.S. (UK) Ltd., Worle Parkway, Weston-Super-Mare, Somerset, BS22 6WA, U.K.

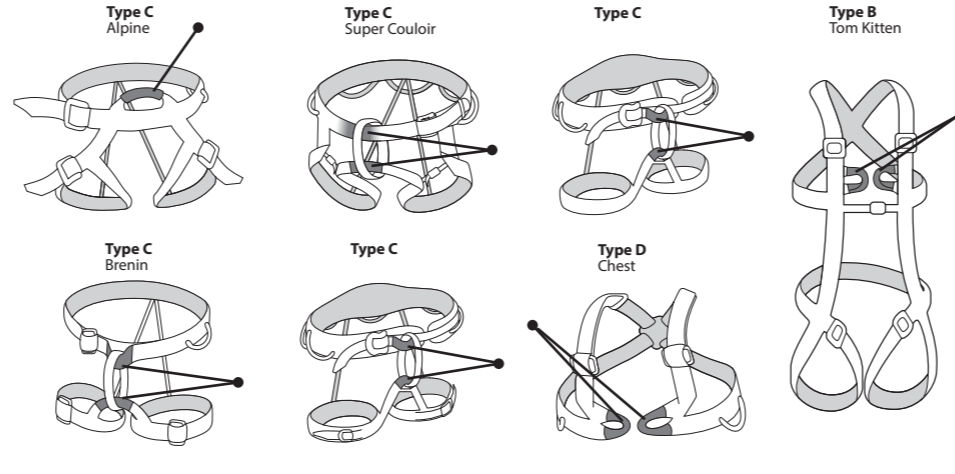
19. **Explanation of Markings:**
DMM Wales UK/EU - Name of manufacturer/country of origin.
CE0120/CE1019 - CE mark (notified body number and CE mark).
EN 12277 Type B/C/D - European Standard to which the product conforms.
YRDAYXXXX# - Year/Day of manufacture and individual serial number.

Book Pictogram - reminder that the end user should read & understand these instructions, and those supplied with other items of PPE which may be used in conjunction with this item.

Guarantee: DMM guarantees this product for 3 years against any defects in materials or manufacture. The guarantee does not cover this product for normal wear through usage, incorrect storage, poor maintenance, accidental damage, negligence, any modifications or alterations, corrosion, or for any usage for which the product was not designed.

Fig. 1

EN Type B Small size full body harness for climbing. (Max weight: 40kg)
 Type C Sit harness for climbing
 Type D Chest harness for climbing
FR Type B Harnais complet de petite taille pour escalade. (poids maximum: 40kg)
 Type C Harnais cuisard d'escalade
 Type D Harnais torse d'escalade
DE Typ B Klein komplette Klettergurt. (maximales Gewicht: 40kg)
 Typ C Sitzgurt zum Klettern
 Typ D Brustgurt zum Klettern
IT Tipo B Imbracatura completa di piccola taglia d'arrampicata. (peso massimo: 40kg)
 Tipo C Imbracatura bassa d'arrampicata
 Tipo D Imbracatura pettorale d'arrampicata
ES Tipo B Arnés completo para tallas pequeñas para la escalada. (peso máximo: 40kg)
 Tipo C Arnés de cintura para escalada
 Tipo D Arnés de torso para escalada
PT Tipo B Harnês completo de pequeno tamanho para escalada. (peso máximo: 40kg)
 Tipo C Harnês de cintura de escalada
 Tipo D Harnês de torso de escalada
NL Type B Compleetgordel, klein formaat, voor het bergsport. (Maximaal gewicht 40 kg)
 Type C Zitgordel voor bergsport
 Type D Borstgordel voor bergsport



EN Rope attachment points FR Points de fixation de la corde DE Seilbefestigungspunkte IT Punti di attacco corda ES Puntos de fijación de la cuerda PT Pontos de fixação da corda NL Touw bevestigingspunten

Fig. 2

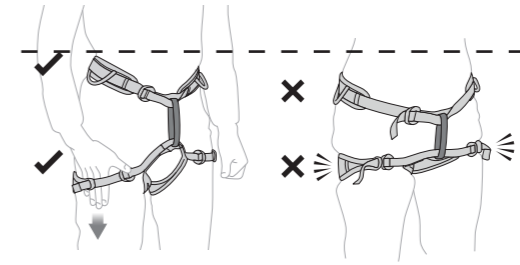


Fig. 3 Sliding Waist System

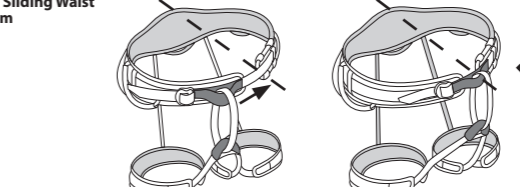
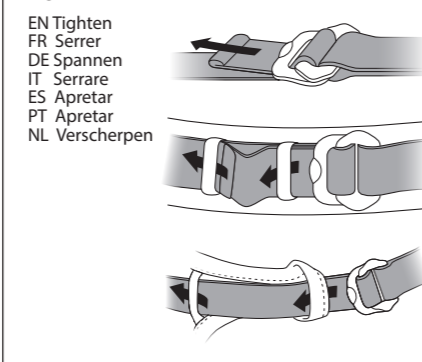
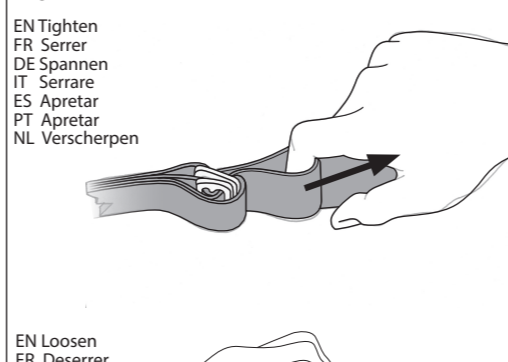


Fig. 4 Slide Lock Buckle



EN Loosen FR Deserrer DE Lösen IT Allentare ES Desatar PT Desaperte NL Losmaken

Fig. 5 ABS Buckle



EN Loosen FR Deserrer DE Lösen IT Allentare ES Desatar PT Desaperte NL Losmaken

Fig. 6 Double Back Buckle

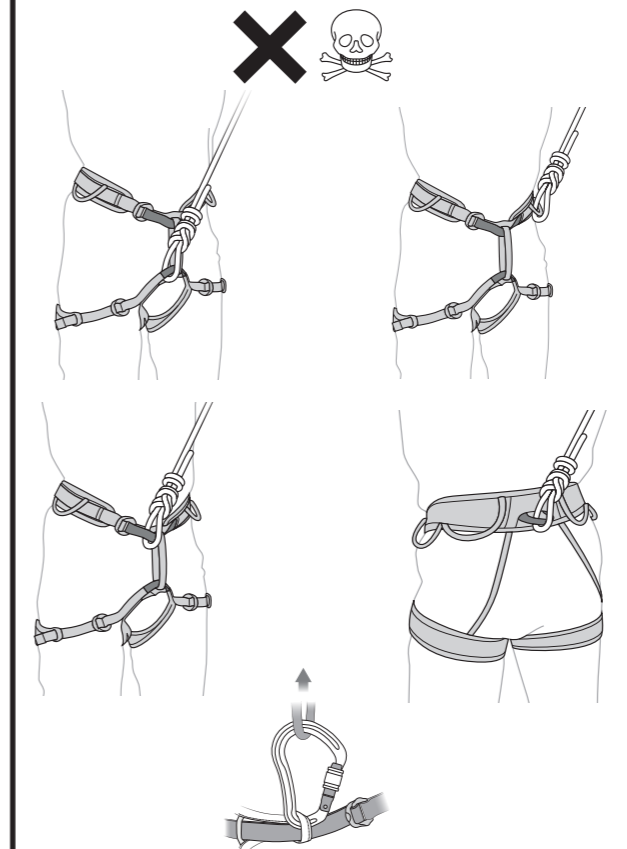
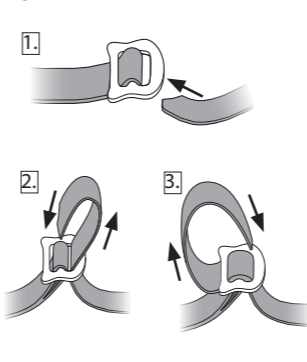


Fig. 7

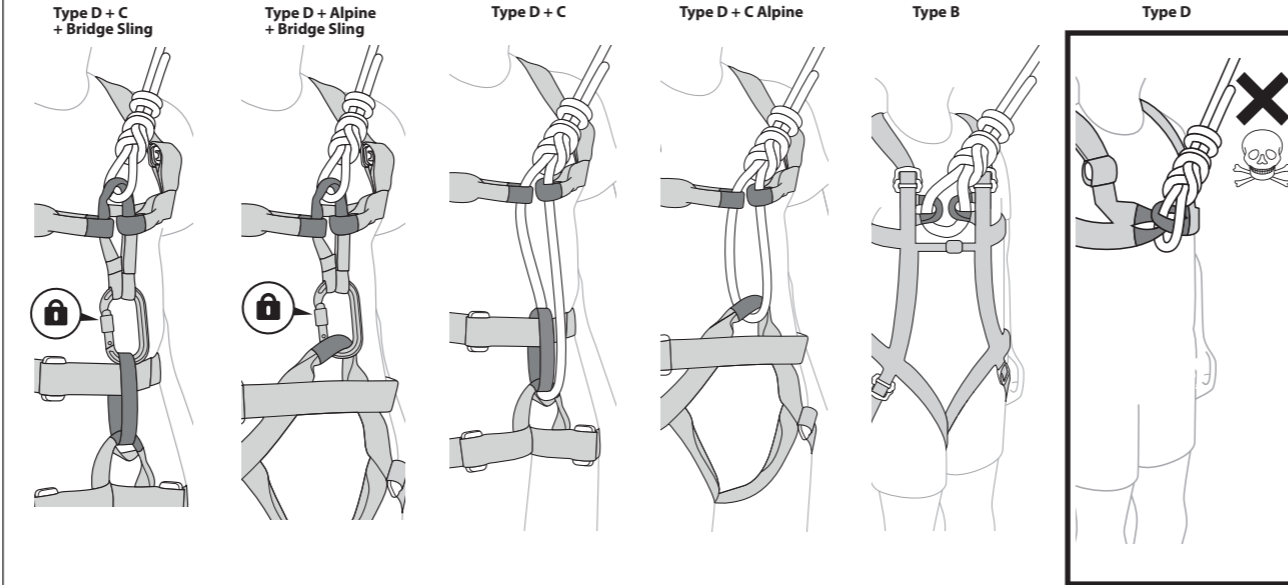
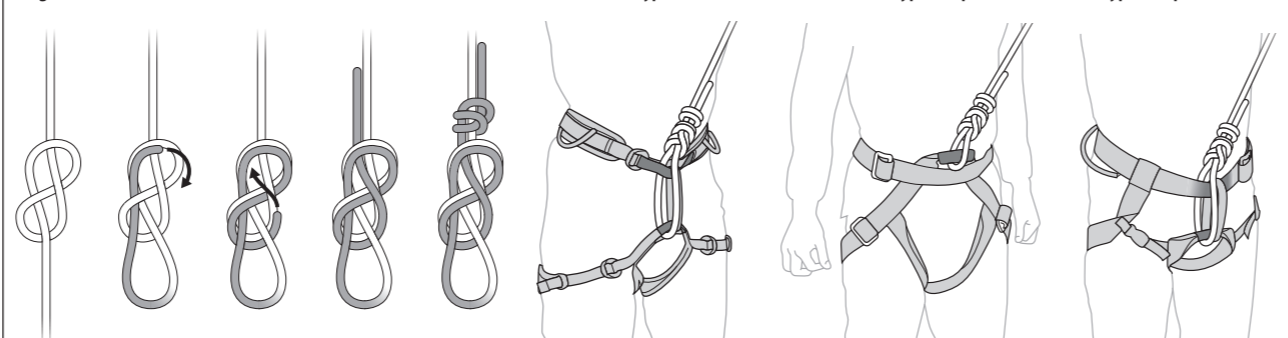
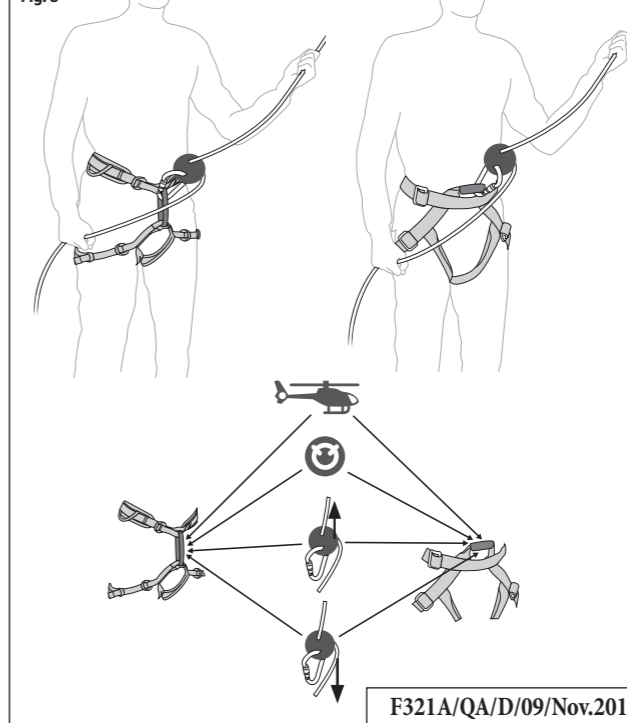


Fig. 8



F321A/QA/D/09/Nov.2016

<p>PRIOR TO USE THE USER IS OBLIGED TO COMPLETE THE FOLLOWING INFORMATION - User's Name: Place of Purchase: Date of Purchase: Date First Used: FR COMPLETER OBLIGATOIREMENT LE BULLETIN CI-DESSOUS: Nom: Point d'achat: Date d'achat: Date de Premier Emploi: DE VOR GEBRAUCH SIND VON ANWENDER FOLGENDE ANGABEN ZU MACHEN - Name des Anwenders: Gekauft von: Kaufdatum: Datum der Ersten Benützung: IT PRIMA DELL'USO, L'UTENTE HA L'OBLIGO DI COMPILARE LE INFORMAZIONI SEGUENTI - Nome dell'Utente: Luogo di Acquisto: Data di Primo Impiego: ES ANTES DE UTILIZAR, EL USUARIO DEBERÁ REPLENIR LA INFORMACIÓN SIGUIENTE - Nombre del Usuario: Lugar de Compra: Fecha de Compra: Fecha del Primer Uso: NL VOOR DAT HET IN GEBRUIK WORDT GENOMEN, IS DE GEBRUIKER VERPLICHT DE VOLGENDE GEGEVENS IN TE VULLEN - Naam van Gebruiker: Plaats van Aankoop: Datum van Aankoop: Datum van Het Eerste Gebruik:</p>	
<p>EN Signature FR Signature DE Unterschrift IT Firma ES Firma PT Assinatura NL Handtekening</p>	<p>EN O/E (Yes/No) FR O/E (oui/non) DE O/E (Ja/Nein) IT O/E (Sì/No) ES O/E (Sí/No) PT O/E (sim/não) NL O/E (ja/nee)</p>
<p>EN Inspection Form Comments/Actions FR BULLETIN DE CONTRÔLE/Observations/Actions DE INSPEKTIONSFORMULAR/Kommentare/Maßnahmen IT MODULO DI ISPEZIONE/Commentari/Azioni ES HOJA DE INSPECCIÓN/Comentarios/Acciónes PT FÓRMLARIO DE INFEREÇÃO/Comentários/Ações NL INSPECTIEFORMULIER/Commentaar/Oedean</p>	<p>EN Date Inspected FR Date Contrôle DE Inspektions-datum IT Data di Ispezione ES Fecha de Inspección PT Data Inspeccionadas NL Inspectiedatum</p>

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