



USER INSTRUCTIONS

H22Q - Extol Harness Quick Connect  
H22QL - Extol Harness Quick Connect Large

The Extol harness is a personal protective equipment designed to protect the user from falls from height. It is a full body harness for fall arrest, rope access and work positioning.

**Attachment points**

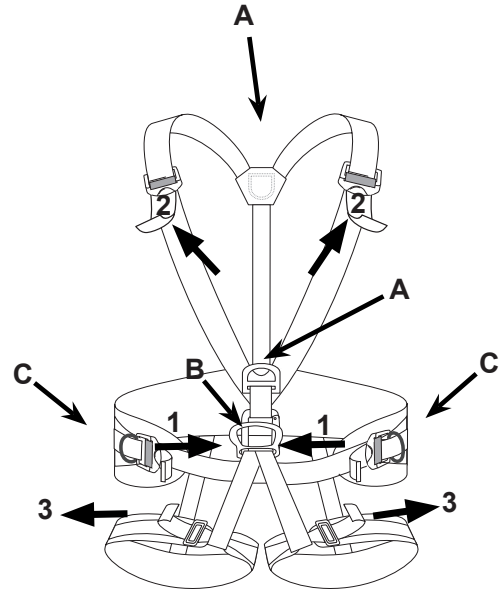
Only points marked "A" in the diagram and on the harness may be used for fall arrest. The ring marked "B" is the main work positioning attachment point. Those marked "C" should be used simultaneously for the attachment of work positioning lanyards

**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 another 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 EN standard. In fall arrest, this system must limit the forces on the body in the event of a fall.

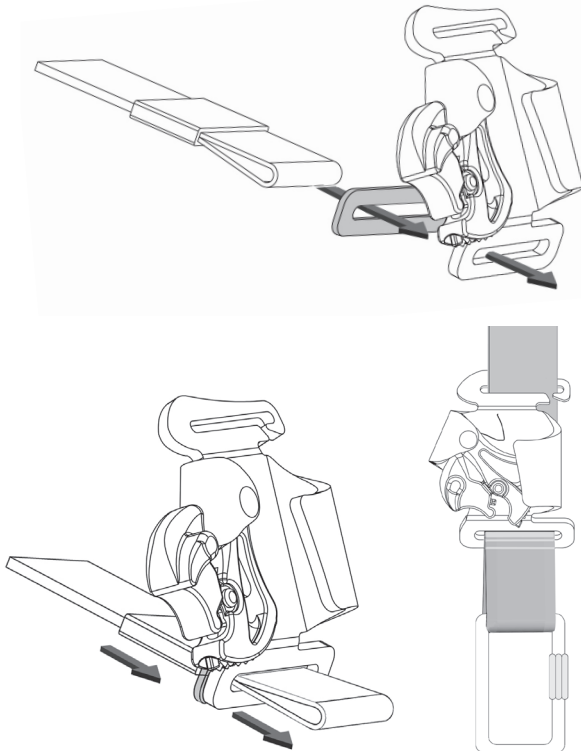
**Checking your harness**

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. Fastening and adjustment elements should also be checked regularly during use.

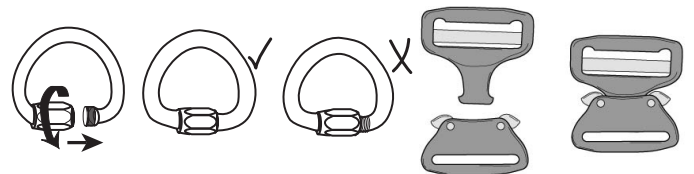


Step into harness, fasten and adjust in the order 1 - 2 - 3 in the diagram. If necessary the rear D-ring may be adjusted up and down by use of the rear buckle. Shoulder straps may be completely unfastened by releasing the connector at the front and passing the shoulder straps over the head. Once the harness is fitted, ensure the connector is correctly fastened to the loop behind the main work positioning attachment point "B".

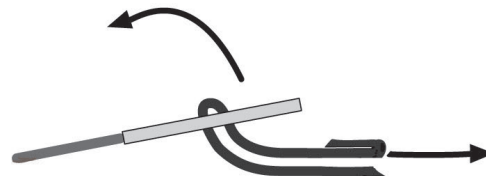
**Sync Installation**



**Fastening**



**Adjustment**



Slack ends of webbing may be tucked into elastic loops to keep them out of the way.

Harnesses are made from polyamide and polyester, with steel and aluminium alloy fittings. Materials are not significantly affected by temperatures in the range -30 to +80 degrees Celsius.

**Warnings**

Do not use this product outside its limitations, or for any purpose other than that recommended above. Do not alter or make additions to this product.  
Fall arrest: only a full body harness is acceptable for use in fall arrest.  
Work positioning: a secondary means of protection may be necessary e.g. safety nets or a fall arrest system to EN363.  
All harnesses are suitable for a person weighing up to 140kg. Ensure that any other equipment is suitable for the weight of user.

