

ISSAFE

SAFE BY CHOICE. PROTECTED BY DESIGN.

INSTRUCTION MANUAL

How to Wear and Adjust
a Full Body Safety Harness



DORSAL
ATTACHMENT



SAFE WORK
AT HEIGHT



Brand:
I SSAFE



Product:
Full Body Safety Harness



Standard:
**IS 3521 / EN 361/
ANSI Z359.11, as applicable**



Read this instruction manual carefully before use.
Use only after proper training and inspection.





1. PURPOSE OF THE FULL BODY HARNESS

This full body harness is designed to support the worker's body during work at height and help arrest a fall when used with a compatible fall arrest system such as an energy absorber lanyard, retractable fall arrester, lifeline or anchorage system. The complete fall arrest system should be selected so that the arrest force remains within the permitted safety limit.



2. BEFORE WEARING THE HARNESS – INSPECTION

Before every use, visually inspect the harness.

- ✓ Webbing not cut, torn, burnt, melted, frayed or heavily abraded.
- ✓ Stitching not broken, loose, cut or damaged.
- ✓ Buckles, D-rings, adjusters and metal fittings not cracked, bent, rusted or deformed.
- ✓ Labels, model number, batch number and inspection tags readable.
- ✓ Harness has not been involved in a fall.
- ✓ No damage due to heat, chemicals, paint, oil, acid, sharp edges, UV exposure or welding sparks.



WARNING

Do not use the harness if any damage or doubt is found. Remove it from service immediately and inform a competent person.



3. HOW TO WEAR THE FULL BODY HARNESS



1 Hold the Harness Correctly

Hold the harness by the dorsal D-ring and shake gently so straps fall naturally.



2 Open and Loosen All Straps

Loosen shoulder, chest, leg and waist straps (if provided).



3 Put on the Shoulder Straps

Wear the harness like a jacket and pass both arms through.



4 Position the Dorsal D-Ring

Adjust so the dorsal D-ring is centered between the shoulder blades.

3. HOW TO WEAR THE FULL BODY HARNESS

5 CONNECT THE LEG STRAPS



- Pass each leg strap around the thigh and connect to the correct buckle.
- Do not cross straps.
- Do not leave loose.

6 CONNECT THE CHEST STRAP



- Connect across the chest.
- Position around the mid-chest area.
- Not too high near the neck and not too low near the stomach.

7 CONNECT WAIST BELT, IF PROVIDED



- Connect and adjust around the waist.
- Sit comfortably and not restrict breathing.

4. HOW TO ADJUST THE HARNESS



SHOULDER STRAP ADJUSTMENT

Pull until harness fits close to the body. Both equally adjusted.



LEG STRAP ADJUSTMENT

One flat hand should fit between leg strap and thigh. Not too tight or too loose.



CHEST STRAP ADJUSTMENT

Keep in the center of the chest and tight enough to hold the shoulder straps in place.



BACK D-RING POSITION

Check again that the dorsal D-ring is between the shoulder blades and is the main fall arrest attachment point unless another approved point is marked.



CHEST STRAP

Center of chest, tight enough to hold shoulder straps in place.



LEG STRAP

One flat hand fits between leg strap and thigh.



SHOULDER ADJUSTMENT

Pull evenly until the harness fits close to the body.



DORSAL D-RING POSITION

Between the shoulder blades. Main fall arrest attachment point.



Always ensure all straps are properly connected and adjusted before using the harness. Check fit each time.



A properly worn and adjusted harness helps protect your life.



5. FINAL FIT CHECK BEFORE WORK

1. All buckles are properly connected and locked.
2. Webbing is flat and not twisted.
3. Shoulder straps are equally adjusted.
4. Chest strap is properly positioned and tightened.
5. Leg straps are properly connected and adjusted.
6. Dorsal D-ring is correctly positioned between the shoulder blades.
7. No loose strap ends are hanging dangerously.
8. Harness allows movement but does not slip on the body.
9. A trained person or supervisor has checked the fitting if required.



6. CONNECTION TO FALL ARREST SYSTEM

- Connect only to a compatible and certified fall arrest system.
- Use approved connectors, lanyards, energy absorbers, retractable fall arresters, lifelines and anchorage points.
- Anchorage should be above the user wherever possible.
- Do not connect to weak, sharp, moving or unapproved structures.
- Do not connect two hooks to each other unless designed for that purpose.



7. IMPORTANT WARNINGS

- Do not use without training.
- Do not use for lifting material.
- Do not alter or repair.
- Do not use if label is missing or unreadable.
- Do not use after a fall.
- Avoid sharp edges, heat, chemicals and flames.
- Always prepare a rescue plan.
- Do not use incompatible components.
- If in doubt, stop using immediately.



8. CLEANING INSTRUCTIONS

Clean with mild soap and lukewarm water. Do not use bleach, solvents or strong chemicals. Rinse thoroughly and air dry in shade.



9. STORAGE INSTRUCTIONS

Store in a clean, dry and well-ventilated place. Keep away from direct sunlight, heat, moisture, chemicals and sharp objects. Store the harness in its original bag or container.



10. PERIODIC INSPECTION

A formal inspection should be done at least once every 12 months by a competent person, or more frequently in harsh working conditions. Check webbing, stitching, buckles, D-rings and labels for wear, damage or corrosion. Record inspection results.



11. REMOVAL FROM SERVICE

Remove from service immediately if there is any damage, excessive wear, deformation, or if the harness has been involved in a fall. Destroy to prevent further use.



QUICK USER CHECKLIST

- Harness inspected before each use
- No cuts, frays or damage
- No twisted webbing
- Shoulder straps adjusted evenly
- Chest strap connected
- Leg straps connected
- All buckles locked
- Dorsal D-ring at upper back
- Compatible lanyard / SRL connected
- Anchorage point checked
- Rescue plan available



MANUFACTURER / SUPPLIER DETAILS



Manufacturer:
ISSAFE / Tulip Elastics



Address:
Plot No. 61, Ecotech-1, Extn,
Greater Noida-201312



Customer Support:
+91-7619913955



Email:
contact@issafesafety.com



Website:
www.issafesafety.com



**ANCHORAGE ABOVE.
PROTECTS BELOW.**



Your life depends on correct inspection, wearing, adjustment, connection and use of this safety harness. Use only as instructed.



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For product support, inspection assistance
and safety guidance, contact **ISSAFE**.