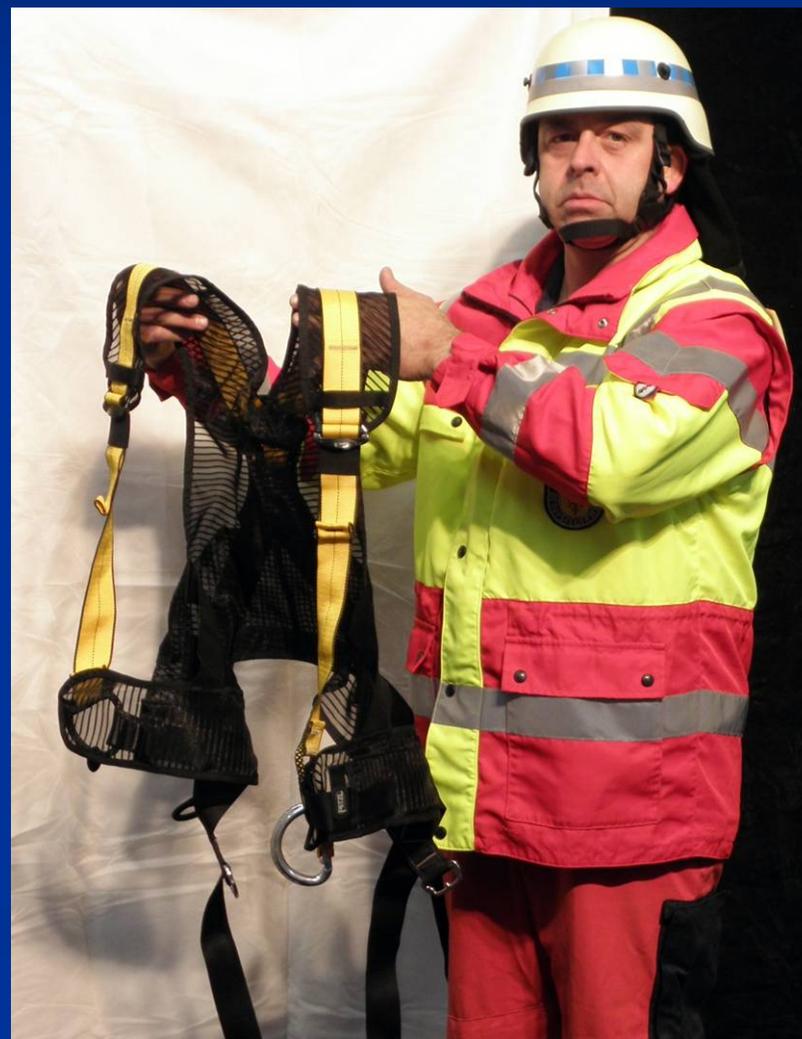


Put on the harness

- Pay attention to opened leg loops
- Put on harness like a waistcoat

The harness should be transported with opened leg loops. This will ensure a quick use. Put on harness like a waistcoat.



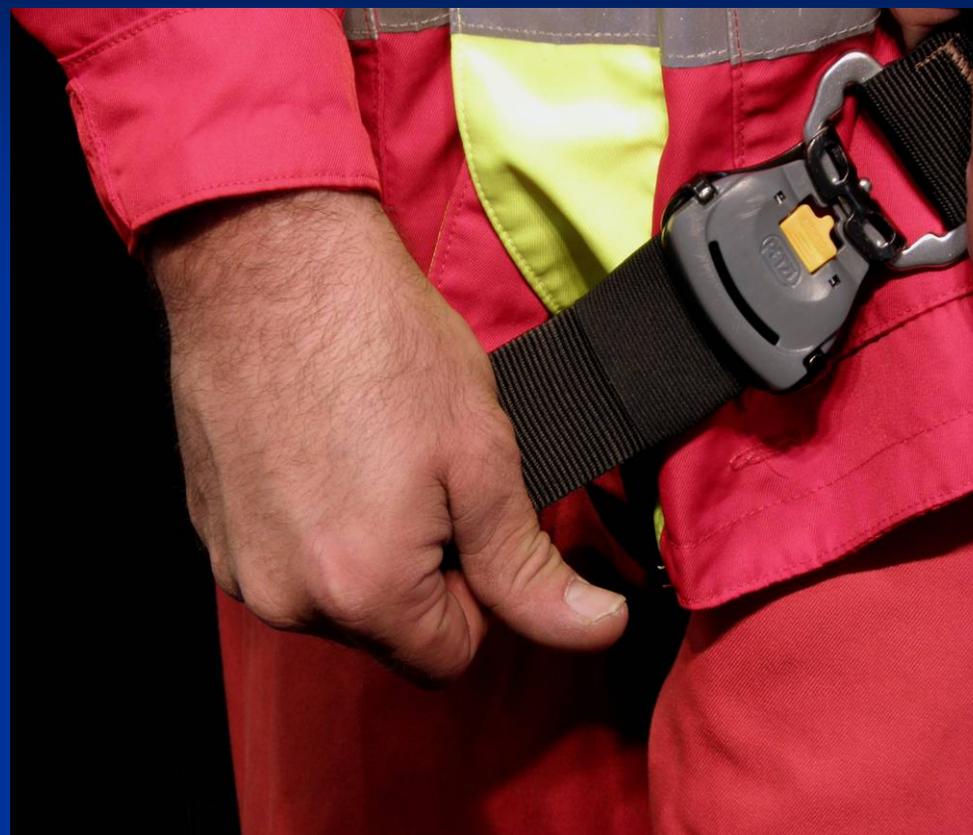
Put on the harness

Closing of the quick-locking mechanisms at the leg loops

Tighten both sides evenly (Do not pinch off the legs!)

Subsequently, the two quick-locking mechanisms at the leg loops are closed and placed evenly more closely at both sides.

One should leave some free space under the belts. Do not pinch the legs off!



Put on the harness

Adjustment of the shoulder suspenders



**The shoulder straps are adjusted in the same way as the leg loops.
Supernatant straps can be stowed away under the rubber bands**

Put on the harness

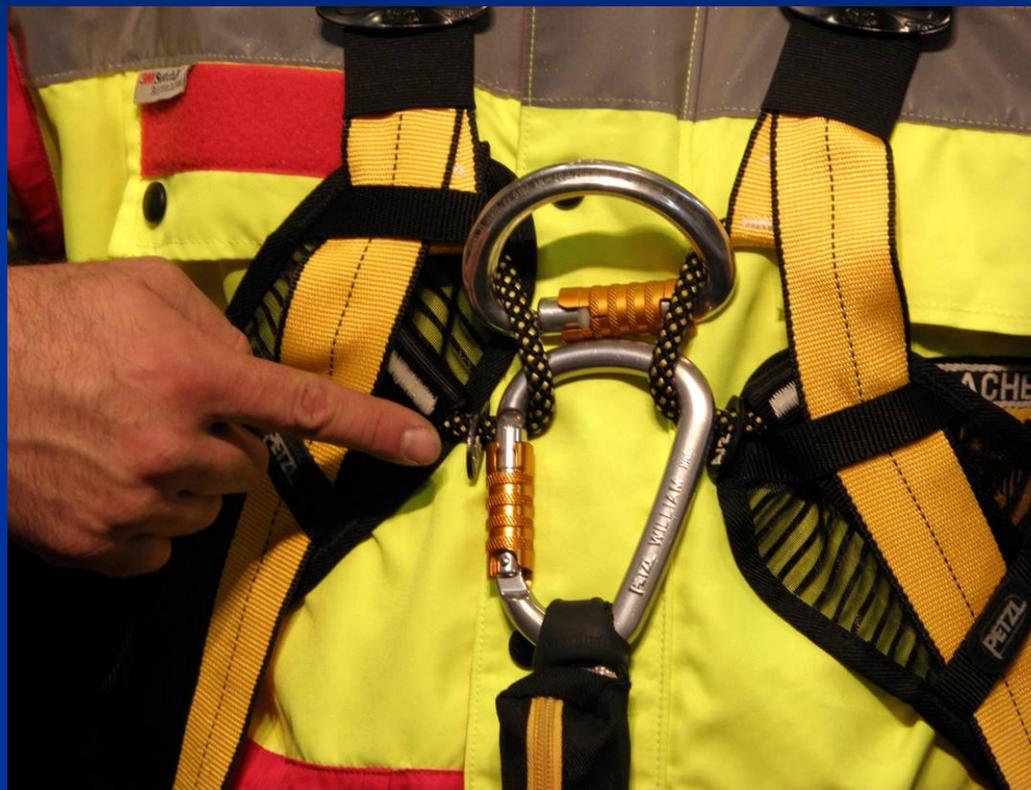
Connection of both attachment loops with the connector



The connector is put into both attachment loops.

Put on the harness

Attach the self-belay to both attachment loops beneath the already fixed connector



Beware that the self-belay is placed beneath the connector into the attachment loops of the harness

Put on the harness

**Hang in the intermediate
belays into the lateral tool
loops**



Hang in all available roundslings and carabiners into the lateral tool loops