

HARNESSES

HARNESSES DONNING INSTRUCTIONS



STEP 1 GETTING STARTED

Hold harness by back D-ring which is held in place by a D-ring pad, make certain straps are not twisted.



STEP 2 SHOULDER STRAPS

Slip harness over arms and onto shoulders. Make certain all straps are not tangled and hang freely. Shoulder straps should be kept vertical, not pulled into center of body.



STEP 3 LEG STRAPS

Grab black leg straps and connect to buckles attached to yellow straps on each hip. Pass excess strap through loop keepers. Leg straps should fit snugly.

STEP 4 CHEST STRAP

Attach chest strap by passing male buckle through female buckle. Strap should be 6" below top of shoulder. Pass excess strap through loop keeper.



STEP 5 ADJUST HARNESS TO FIT SNUGLY

Shoulders. To tighten, pull on free ends of straps as shown. To loosen, push down on parachute adjuster buckle frame. Straps should be adjusted to same length.

Chest Strap. To tighten, pull free end of strap. To loosen, push on strap from free end through adjuster buckle and take up slack by pulling on adjuster buckle. To position, slide keeper up or down shoulder strap.

Back D-ring. Center between shoulder blades, slide D-ring and pad up and down along the webbing to position.

