



CMC / Roco Universal Chest Harness

Made in USA
of US and foreign components

WARNING

- Serious injury or death may result from the improper use of this equipment.
- Manufacturer's instructions shall be provided to the user.
- The user shall have a rescue plan and a means to implement it when using this equipment.
- This equipment has been designed and manufactured for use by experienced professionals only.
- Do not attempt to use this equipment without proper training.
- Failure to comply with instructions may result in serious injury or death.
- Do not alter or misuse this equipment.
- Assure that any combination of components or subsystems, or both, do not interfere with the safe function of each other.
- Do not expose the harness to chemicals which are harmful to nylon. If in doubt, contact the manufacturer.
- Avoid contact with sharp edges or abrasive surfaces.
- Use extreme caution when using the harness around moving machinery or electrical hazards.
- Read all of the accompanying instructions and labels.
- Follow recommended procedures for donning and adjusting the harness.
- Follow the employer's safe working procedures at all times when using the harness.
- The user shall know and follow all applicable OSHA and other regulations pertaining to occupational safety.

Product Label



5F04

EMERGENCY SERVICES LIFE SAFETY HARNESS IN
ACCORDANCE WITH NFPA 1983- 2006.

THIS HARNESS MEETS THE LIFE SAFETY HARNESS
REQUIREMENTS OF NFPA 1983, STANDARD ON LIFE SAFETY
ROPE AND EQUIPMENT FOR EMERGENCY SERVICES
2006 EDITION

*THIS IS ONE PART OF A MULTIPLE-PIECE HARNESS AND MUST BE USED IN
CONJUNCTION WITH COMPONENT PART NUMBER 202612, 202614 OR 202615
IN ORDER TO FULLY MEET THE CRITERIA OF A CLASS III HARNESS.*

CMC Rescue, Inc.

P. O. Box 6870 , Santa Barbara, CA 93160
USA
(805) 562-9120
www.cmcrecue.com

ISO 9001: 2000 Certified

The **CMC/Roco Universal Chest Harness** is designed for multi-purpose use with a seat harness in fire/rescue, industrial, and rope access work applications. It meets the requirements for fall protection when attached to a seat harness to form a full body harness. The CMC/Roco Universal Chest Harness is designed to work with the CMC/Roco Universal Seat Harness. The CMC/Roco Universal Chest Harness may be used without attaching to the seat harness, but this would not be considered a full body harness.

Under no circumstances should any chest harness be used as the sole means of support. The rope supporting your weight should connect into a seat harness, either directly, or indirectly through the center strap of a chest harness designed for this purpose. When not used as part of a full body harness, the chest harness carabiner should be clipped around the rope so that it holds the wearer in an upright position.

HARNESS CERTIFICATION AND USE

Rescue and work harnesses from CMC Rescue are designed to comfortably support the wearer, creating a safe work platform. Because our harnesses are used when working at heights, they are also built with the strength to catch a fall. Depending on the intended use (rescue or rope access), harnesses are tested to specific standards set by the applicable industry.

Rescue: NFPA standard 1983 provides specifications for a rescue harness. All front and back D-Ring connection points are dynamically and statically tested to this standard.

Rope Access Work: A harness selected for rope access work needs comfort and structural support very similar to a rescue harness. **Depending on the applicable regulations, fall protection may also be required. When so labeled, CMC Rescue harnesses are independently certified to meet ANSI Z359.1 Standard on Personal Fall Arrest Systems, Subsystems, and Components.**

THE USER INSTRUCTIONS

NFPA Standard 1983 recommends separating the User Instructions from the harness and retaining the instructions in a permanent record. The standard also recommends making a copy of the User Instructions to keep with the harness, and the User Instructions should be referred to before and after each use.

Additional information regarding life safety harnesses can be found least in NFPA 1500, Standard on Fire Department Occupational Safety and Health Program and NFPA 1983, Standard on Life safety Rope and Equipment for Emergency Services.

INSPECTING YOUR HARNESS

Inspect the harness according to your department's policy for inspecting life safety equipment. The harness should be inspected after each use by an inspector that meets your department's training standard for inspection of life safety equipment. Record the date of the inspection and the results in the equipment log or on a tag that attaches to the harness. Each user should be trained in equipment inspection and should do a cursory inspection before each use.

When inspecting the harness, check the webbing for cuts, worn or frayed areas, broken fibers, soft or hard spots, discoloration, or melted fibers. Check the stitching for pulled threads, abrasion, or breaks. Check the hardware for damage, sharp edges, and improper operation. If any of the above are noted, or if the harness has been subjected to shock loads, fall loads, or abuse other than normal use, remove the harness from service and destroy it. If there is any doubt about the serviceability of the harness, remove the harness from service and retire or destroy it.

PUTTING ON YOUR HARNESS

The ends of the front and chest adjustment straps are not folded over like on our seat harnesses. This allows you to remove the strap from the buckle to make putting the harness on and attaching it to your seat harness easier. The buckles should be backed up by tying the end of the strap around itself with an overhand knot. We have made the straps extra long for this purpose. Put the harness on whichever way is quickest and easiest for you. The following is one method that works for us.

1. Put on and adjust your seat harness for the proper fit.
2. Loosen one of the chest straps. Slide your head through the harness and between the shoulder straps, much like pulling on a T-shirt. Make sure the large D-Ring is at your back and the small D-Ring is to the front. The shoulder straps should cross in the back.
3. Tighten the chest straps, adjusting them so that the D-Rings are centered in the middle of the chest and back. Then adjust the shoulder straps for a comfortable fit. Tie an Overhand Knot next to the buckle in each of the chest straps.

4. Run the vertical straps, front and rear, down to the appropriate D-Rings on the seat harness. The front strap should enter below the straight bar on the D-Ring from the body side. Loop the strap around the straight bar and run it up behind the D-Ring, returning to the front buckle on the chest harness. If done correctly, the D-Ring remains available to attach hardware.
5. Connect the snap buckle on the rear strap to the D-Ring on the back of the seat harness.

The Chest Harness can also be left connected to the Seat Harness and donned as a one-piece harness.

WARNING: Make sure the straps are snug. This increases the comfort and security when connected to the seat harness.

ATTACHMENT POINTS

The Dorsal and Sternum D-Rings are load bearing attachment points when used with the CMC/Roco Universal Seat Harness. The front sternum D-Ring holds the user in a more upright position which may provide easier access during a vertical entry or exit. See the CMC/Roco Universal Seat Harness user information for the attachment points on the seat harness.

• **To prevent roll out, use only locking carabiners to attach to D-Rings.**

USING YOUR HARNESS

CMC Rescue harnesses are not intended for rock climbing. Lead climbing ropes should not be tied into the D-Ring or connected into it with a carabiner.

During use, carrying, and storage keep the harness away from acids, alkalis, exhaust emissions, rust and strong chemicals. Do not expose the harness to flame or high temperatures. Carry the harness where it will be protected as the harness could melt or burn and fail if exposed to flame or high temperatures.

IMPORTANT NOTES

- The CMC/Roco Universal Chest Harness was designed for rescue applications in which the wearer uses the harness primarily for positioning. High impact fall situations should be avoided. Always keep the safety line (belay) above the wearer and keep the slack in the safety line to a minimum.
- The position of the D-Ring in the back was selected to avoid interference with a backpack breathing apparatus and to be easy to reach by the wearer. If the potential for a fall exists, and if a carabiner attached to this D-Ring could hit the wearer in the back of the head, a different connection point should be used. A web loop can be attached to the D-Ring with a Girth Hitch allowing the carabiner to be positioned above the wearer's head.

MAINTENANCE & STORAGE

If the harness becomes soiled, it can be washed in cold water with a mild detergent. CMC Rescue recommends the use of LifeLine Cleaner. Dry out of direct sunlight. Do not dry in an automatic dryer. Store in a cool, dry location. Keep the harness away from acids, alkalis, exhaust emissions, rust or strong chemicals during storage or use.

REPAIRS

CMC Rescue recommends that all repair work be done by the manufacturer. All other repair work or modification of the harness performed elsewhere may void the warranty, and releases CMC Rescue from all liability and responsibility as the manufacturer.

SAMPLE INSPECTION AND MAINTENANCE LOG

The sample log suggests records that should be maintained by the purchaser or user of rescue equipment.

Equipment Inspection and Maintenance Log			
Item _____ # _____		Date in Service _____	
Brand/Model _____		Strength _____	
Date	How Used or Maintained	Comments	Name