


LABELS

The following product labels are located in the keeper situated in the rear of the harness in the following manner.

000295	Name: _____	INC. 93160	MADE IN THE U.S.A.	WARNING IF YOU DO NOT READ AND UNDERSTAND THIS LIFE SAFETY EQUIPMENT, SPECIAL TRAINING AND KNOWLEDGE ARE REQUIRED TO USE THIS LIFE SAFETY EQUIP- MENT. YOU MUST THOROUGHLY READ AND UNDERSTAND ALL MANUFACTURER'S INSTRUCTIONS BEFORE USE. USE AND INSPECT THIS LIFE SAFETY EQUIPMENT ONLY IN ACCORDANCE WITH THE MANUFACTURER'S INSTRUCTIONS. DO NOT REMOVE THIS LABEL!
	Phone: _____	CLASS: _____	CAPACITY: 300 LBS.	DO NOT REMOVE THIS LABEL!
	Date in Service: _____	LOT NO: _____	CM FITS HEIGHT: _____	DO NOT REMOVE THIS LABEL!

000250	Name: _____	MANUFACTURED IN USA OF US AND FOREIGN COMPONENTS BY CMC RESCUE, INC. PO BOX 6870 SANTA BARBARA, CA 93160
	Phone: _____	
	Date in Service: _____	

000250	MANUFACTURED BY CMC RESCUE, INC. PO BOX 6870, SANTA BARBARA, CA 93160	MADE IN THE U.S.A.
	MODEL NO: _____	
	CLASS: _____	
	DATE: _____	
	LOT NO: _____	
	FITS WAIST SIZE: _____ CM	
	FITS HEIGHT: _____ CM	

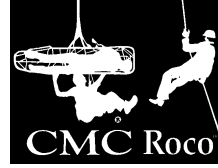
000257		EMERGENCY SERVICES LIFE SAFETY HARNES IN ACCORDANCE WITH NFPA 1983- 2006 AND ANSI / ASSE Z359.1- 2007 5F04
		THIS HARNES MEETS THE LIFE SAFETY HARNES REQUIREMENTS OF NFPA 1983, STANDARD ON LIFE SAFETY ROPE AND EQUIPMENT FOR EMERGENCY SERVICES, 2006 EDITION, CLASS III

000255	MEETS ANSI / ASSE Z359.1 HARNES REQUIREMENTS CAPACITY RANGE 130 LBS (59 KG) - 310 LBS (140 KG)
	CONSTRUCTED OF NYLON MATERIALS
	USE UPPER BACK D-RING FOR FALL ARREST
	STERNUM ATTACHEMENT FOR LIMITED FALL ARREST ONLY (MAXIMUM 2FT FREE FALL DISTANCE)
	ALL OTHER ATTACHEMENT POINTS ARE FOR WORK POSITIONING

000282	If this equipment fails inspection, remove it from service and destroy it.	MANUFACTURED	DATE	INITIALS				
000282		INSPECTED	DATE	INITIALS				

000282	WARNING
	YOU COULD BE KILLED OR SERIOUSLY INJURED IF YOU DO NOT READ AND UNDERSTAND THIS LIFE SAFETY EQUIPMENT.
	SPECIAL TRAINING AND KNOWLEDGE ARE REQUIRED TO USE THIS LIFE SAFETY EQUIPMENT.
	YOU MUST THOROUGHLY READ AND UNDERSTAND ALL MANUFACTURER'S INSTRUCTIONS BEFORE USE.
	USE AND INSPECT THIS LIFE SAFETY EQUIPMENT ONLY IN ACCORDANCE WITH THE MANUFACTURER'S INSTRUCTIONS. DO NOT REMOVE THIS LABEL!

IMPORTANT INFORMATION - PLEASE READ AND SAVE



CMC / Roco Universal One-Piece Harness

Made in USA
of US and foreign components

WARNING	
<ul style="list-style-type: none"> FAILURE TO COMPLY WITH INSTRUCTIONS OR IMPROPER USE OF THIS EQUIPMENT MAY RESULT IN SERIOUS INJURY OR DEATH. MANUFACTURER'S INSTRUCTIONS SHALL BE PROVIDED TO THE USER. USE, INSPECT, AND REPAIR ONLY IN ACCORDANCE WITH MANUFACTURER'S INSTRUCTIONS. READ ALL OF THE ACCOMPANYING INSTRUCTIONS AND LABELS. THIS EQUIPMENT HAS BEEN DESIGNED AND MANUFACTURED FOR USE BY EXPERIENCED PROFESSIONALS ONLY. FOLLOW RECOMMENDED PROCEDURES FOR DONNING AND ADJUSTING THE HARNES. DO NOT ATTEMPT TO USE THIS EQUIPMENT WITHOUT PROPER TRAINING. THE USER SHALL HAVE A RESCUE PLAN AND A MEANS TO IMPLEMENT IT WHEN USING THIS EQUIPMENT. FOLLOW THE EMPLOYER'S SAFE WORKING PROCEDURES AT ALL TIMES WHEN USING THE HARNES. THE USER SHALL KNOW AND FOLLOW ALL APPLICABLE OSHA AND OTHER REGULATIONS PERTAINING TO OCCUPATIONAL SAFETY. 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 HARNES 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 HARNES AROUND MOVING MACHINERY OR ELECTRICAL HAZARDS. 	

Product Label



5F04

EMERGENCY SERVICES LIFE SAFETY HARNES IN
ACCORDANCE WITH NFPA 1983- 2006 AND ANSI / ASSE Z359.1- 2007

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

CMC Rescue, Inc.
P.O. Box 6870, Santa Barbara, CA 93160
USA
(805) 562-9120
www.cmcrescue.com

ISO 9001:2000 Certified

HARNESSES 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 fall protection, harnesses are tested to specific standards set by the applicable industry.

Rescue: NFPA 1983 (2006 edition) Standard on Life Safety Rope and Equipment for Emergency Services provides specifications for a rescue harness. All front and back D-Ring connection points are dynamically and statically tested to this standard. The side D-Rings are dynamically and statically tested as pairs in the manner of use.

Fall Protection: While some models of our harnesses are certified to fall protection standards, fall arrest was not the primary design influence. Traditional fall arrest harnesses are designed to be easily donned and to stay out of the way while working. CMC's harnesses are designed to provide work positioning with extended seating comfort whether you are tending a patient or rigging an amphitheater. The user should refer to these standards for the proper use of and limitations on the use of fall-arrest systems and equipment.

Rope Access Work: A harness selected for rope access work needs comfort and support very similar to a rescue harness, features usually not available in a harness designed primarily for fall arrest use. Depending on the applicable regulations, fall protection may also be required.

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 instructions to keep with the harness and that the instructions should be referred to before and after each use.

Additional information regarding life safety harnesses can be found at least in the 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 HARNESSES

Inspect the harness according to your department's policy for inspecting life safety equipment. The harness should be inspected after each use and at least once a year 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 and check component compatibility 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 destroy it.

PUTTING ON YOUR HARNESSES

- 1) Loosen the adjusting buckle on each side of the waist belt to make the waist larger.
- 2) Holding the harness by the right shoulder strap, unhook the three quick-connect buckles. With the shoulder strap in the right hand, step through the waist belt.
- 3) Pull the waist belt up around your waist while sliding the shoulder strap over your right shoulder.
- 4) Tighten both waist straps until the waist is snug, and the front D-Ring is centered. Fold the ends of the waist straps under the Web-Keepers™ and secure them tightly.
- 5) Connect the shoulder strap quick-connect buckle.
- 6) Adjust the shoulder straps by sliding the webbing through the adjusting buckle until the straps are snug.
- 7) Connect the thigh quick-connect buckles and adjust until snug.

A suspension test should be carried out in a safe place prior to putting the harness in service. A suspension test will verify that the harness is the correct size, has sufficient adjustment and is of an acceptable comfort level for the intended use.

WARNING: Make sure the straps are snug. This increases the comfort when sitting in the harness and helps prevent the quick-connect buckles from disconnecting. When wearing the harness, double-check the buckles, adjusters, and fit of the harness immediately prior to relying on it for support.

ATTACHMENT POINTS

- The dorsal D-Ring (designated by the letter "A") is the attachment point for the personal fall arrest system (PFAS) as specified in ANSI Z359.1. Follow your industry's protocol for selecting compatible connectors and system components such as energy absorbers.
- The front waist D-Ring is the primary rescue/work positioning attachment point. It allows the user to be in a sitting position which provides the most comfort and freedom of movement.
- The front sternum D-Ring holds the user in a more upright position which may provide easier access during a vertical entry or exit.
- The side D-Rings are for work positioning and must always be used in pairs.

To prevent roll out when using carabiners to attach to an attachment point, use only locking models. If using manual locking carabiners, verify that they are locked before use.

USING YOUR HARNESSES

The PFAS should be attached to an anchor situated above the user capable of sustaining static loads of 3,600 pounds when certification exists, or 5,000 pounds in the absence of certification. For additional information, refer to the ANSI Z359.1 standard, Section 7.2.3.

CMC/Roco 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.

MAXIMUM PERMITTED FREE-FALL DISTANCE

Maximum free-fall distance must not exceed six (6) feet. In California, the maximum free-fall distance must not exceed four (4) feet. The user should consider all component extensions and allow clearance for an arrest to take place a safe distance away from the ground or structure.

CARRYING, MAINTENANCE & STORAGE

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.

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.

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