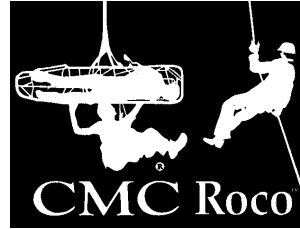


SAMPLE INSPECTION AND MAINTENANCE LOG

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 _____		Size _____	
Date	How Used or Maintained	Comments	Name

IMPORTANT INFORMATION - PLEASE READ AND SAVE



**CMC / Roco
Universal
Seat Harness**

Made in USA
of US and foreign components

WARNING

- 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 HARNESS.
- 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 HARNESS.
- 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 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.

PRODUCT LABEL



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, CLASS II

CMC Rescue, Inc.

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www.cmcrescue.com

ISO 9001 : 2000 Certified

The **CMC/Roco Universal Seat Harness** is designed for multi-purpose use in fire/rescue, industrial, and rope access work applications. The harness' light weight and ease of donning and doffing appeal to emergency responders who must act quickly. The side D-Rings add positioning capability when using the harness to work on rope.

HARNES 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, rope access, or fall protection, harnesses are tested to specific standards set by the applicable industry.

Rescue: NFPA 1983 (2006 edition) provides specifications for a rescue harness. All front and back D-Ring connection points are dynamically and statically tested to this standard. Additional connectors such as the side D-Rings are dynamically and statically tested as pairs in the manner of use.

Rope Access Work: A harness selected for rope access work needs comfort and support very similar to a rescue harness, which is not available in a harness designed solely for fall arrest applications. ***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 (1992 edition) 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 that the User 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 HARNES

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 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 HARNES

1. Loosen the waist and leg adjusting buckles to make the diameter large enough to pull over your thighs and hips. Hold the harness by the waist and step through the waist belt and pull the belt up around your waist.
2. Adjust the waist strap and leg loops for the most comfortable fit.
3. Fold the web tails under the Web-Keepers™ and secure them tightly.

WARNING: MAKE SURE THE STRAPS ARE SNUG. THIS INCREASES THE COMFORT AND SECURITY WHEN SITTING IN THE HARNES.

ATTACHMENT POINTS

- The front waist D-Ring is the primary 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 waist D-Ring also serves as an attachment point to the front of the CMC/Roco Universal Chest Harness.
- The rear D-Ring is intended to provide travel restraint when working near an edge. The rear D-Ring also serves as an attachment point to the rear of the CMC/Roco Universal Chest Harness.
- The side D-Rings are for work positioning and must always be used in pairs. They are tested to the NFPA 1983 standard for attachment points.

WARNING: To prevent roll out, use only locking carabiners to attach to D-Rings.

USING YOUR HARNES

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.

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.

The CMC/Roco Universal Seat 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.

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.