

### Product Record

This documentation should be issued with, and kept for, each item or system. Please see the product label for the details required below. Consult this guide for advice on inspection, maintenance, lifespan, etc.

Owner / User's Name:			
Date of Manufacture:		Date of Purchase:	
Date of First Used:		Product Serial No.:	

### Inspection & Maintenance Record

Date & Time	Type of Inspection & Comments	Name & Signature of Inspector	Next Inspection Due

### Declaration Of Conformity

The EU Declaration of conformity is available by scanning the QR code or visiting - [www.sar-products.com/eu-doc/](http://www.sar-products.com/eu-doc/)



### Certificate Of Conformity

We certify that the Spec Chest Harness & Spec Ascent Chest Harness, Conform to EN361 2002 & EN12277:2015-D, only when used with any SAR Spec Sit Harness Model. Other components used with this product must conform to the relevant EN standards.

Signature:  ..... For SAR Products Ltd

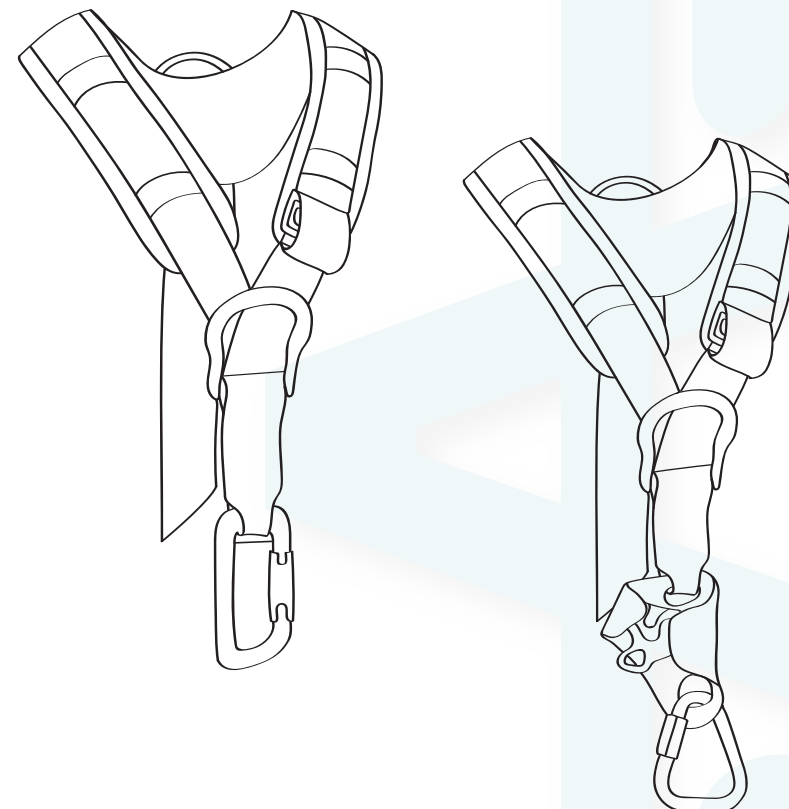
Specialist Access & Rescue Products Ltd.  
Sarena House, Vulcan Street, Oldham, OL1 4LQ  
+44(0) 161 621 0309 | [sales@sar-products.com](mailto:sales@sar-products.com) | [www.sar-products.com](http://www.sar-products.com)



Specialist Access & Rescue Products Ltd.

## User Guide

# Spec Chest & Spec Ascent Chest Harness



### Conforms to:

EN361:2002 & EN12277:2015-D

# CE0598

Serial No.:

[sar-products.com](http://sar-products.com)  
+44 (0) 161 621 0309  
[sales@sar-products.com](mailto:sales@sar-products.com)

## Spec Chest & Spec Ascent Chest Harnesses

Conform to EN361:2002 & EN12277:2015 Type D, when used with any SAR Spec sit harness model.

### Important:

Please read, study and understand these instructions before use. The materials used in this product are high spec polyesters.

### Use:

These chest harnesses have been designed for your protection and therefore are (PPE) personal protective equipment. The Chest harness and sling are used for climbing, mountaineering, rescue, intervention and technical access (in normal climatic conditions). They are suitable for many other applications but please check with the manufacturer first. Use only as instructed and with compatible items of equipment. These should conform to the relevant European standards or those your country follows. Check that the safe function of any one component within a system will not interfere with the safe function of another. Twists in the webbing and buckles fastened incorrectly can cause problems, weakness, serious injury or death. Neatness is strength. Users should be trained, competent or under the supervision of such a person. Before use, consideration should be given as to how any rescue could be safely and efficiently carried out. Before use in a safe environment, move around and hang in the harness from the tie-in points to verify that the harness is comfortable and properly adjusted. There is a serious risk of injury to the user when using a type D harness without a type C harness.

**Note:** The information in this guide meets the requirements of the PPE EU Regulations 2016/425. It is not comprehensive and cannot be substituted for the correct training, which can be provided if required. If in any doubt please don't hesitate to contact us.

### Safety:

The safety provided by these harnesses depends on their strength and skill of the user. The strength will be reduced through age, wear and tear, abrasion, cuts, high impact loads, tight/sharp edges, knots, some chemicals (e.g. alkalis, etc.), UV or failure to store and maintain as recommended. This list is not exhaustive. The SAR harnesses have a high strength rating and will help against the above however, there are exceptions, which include, wet and icy conditions making harness straps more difficult to adjust. Do not alter the product in any way. Any harness subjected to a minor fall should be examined and discarded if there is any sign of defect or any doubts about its safety. Regularly check all fastening/adjustment elements during use.

### Lifespan:

This is difficult to estimate but we advise as follows: Do not use more than ten years after the date of manufacture, assuming you have used it correctly and stored it correctly. The working life can vary between a single use in extreme circumstances (e.g. highly chemical environment, serious fall) to the maximum of ten years, depending on how the product is used. The working life will be reduced through age, general wear and tear, abrasion, cuts, damage to component parts, inappropriate ancillary equipment, high impact load, prolonged exposure to UV light including sunlight, elevated temperature (50°C max) exposure to some chemicals (e.g. alkalis, etc.) or failure to store and maintain as recommended. This list is not exhaustive.

### Inspection

Before each use visually inspect to ensure the product is in serviceable condition and operates correctly. An examination should be carried out at least every 6 months by a competent person or organisation authorised by the manufacturer. These inspections should be recorded paying particular attention to areas of potentially high wear such as attachment points, buckles, connectors and sewn joints. Inspect as follows:

**Textiles:** Check for cuts, tears, and abrasions, damage due to deterioration, contact with heat, alkalis or other corrosives  
**.Sewing:** Check for broken, cut or worn threads.

**Metals:** Check for cracks, distortion, corrosion, wear by abrasion, burrs, worn or loose rivets or screws, discolouration caused by extreme heat (greater than 100°C) broken springs, frays or cuts, seizure of moving parts, broken or missing components.

Immediately withdraw from service any items showing defects. The user's life depends on it. All repair work should be carried out by the manufacturer or with their authorisation.

### Anchorage:

Anchor points should always be strong enough to hold the user particularly in the event of a fall. They should be at least 15kN. A webbing lanyard or rope should be effectively sleeved to protect against damage if structural members with sharp edges cannot be avoided as anchorage points. Anchor points, wherever possible, should be above the user to limit any fall to less than the length of the safety line or lanyard.

Distance of a possible fall should be considered so as to keep clear of contact with ground or other objects below the work place. Check all user manuals of ancillary equipment.

### Maintenance:

Always keep the product clean and dry. Any excess moisture should be removed with a clean cloth and then allowed to dry naturally in a warm room away from direct heat.

### Cleaning:

Rinse in clean cold water. If still soiled wash in clean warm water (max.40°C) with pure soap or a mild detergent (within pH range of 5.5 to 8.5) You can use a washing machine but first place the product in a suitable bag to protect against mechanical damage. Rinse properly in clean cold water. Dry in a well aired area. NOT IN DIRECT SUNLIGHT OR WITH HEATERS.

### Chemicals:

Avoid contact with any chemicals which could affect the performance of the product. If contact occurs or is suspected then discard the product immediately. If used in a marine environment thoroughly rinse in clean cold water and dry after each use.

### Storage/Transportation:

After cleaning, store unpacked in a cool, dry, dark place away from excessive heat sources or other possible causes of damage. Do not store wet. If a long shelf life is required it is advisable to store in a moisture proof package (e.g. polythene bag). The product should be kept safe and free from damage during transportation to allow adequate protection of the product.

### Warning:

Climbing or working at height is hazardous. It is the user's responsibility to ensure understanding of the correct and safe use of this equipment, to use it only for the purposes for which it is designed and to practise all proper safety procedures.

### Meanings Of Markings:

- The name, trademark or any other means of identification provided by the manufacturer or supplier
  - The batch or serial number
  - The year of manufacture
  - CE... EC logo followed by the number of the notified body
  - EN... European standard attributed to this PPE
  - Product description and/or reference
  - Evaluation of capacity in kN
- (A) = EN361 Fall Arrest Connection Point.

Strengths quoted are when the product is tested new and are in accordance with the manufacturer's test methods or to the appropriate standard. Any weights and measurements are approximate.

Nothing in this document affects the consumer's statutory rights.  
 Notified body: SGS FIMKO OY, Takomotie 8, FI-00380 Helsinki, Finland.  
 Notified Body No: 0598

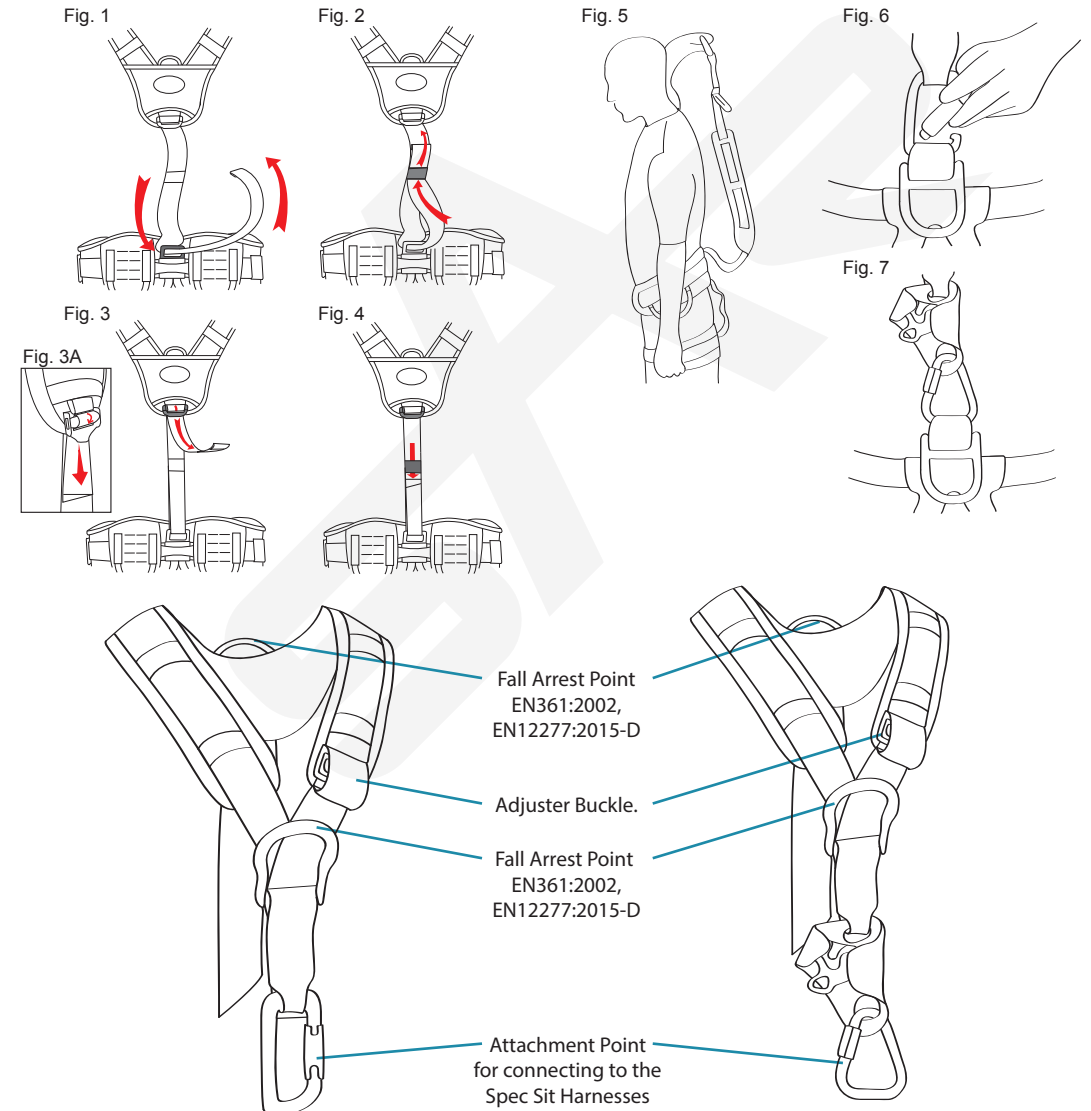
### Fitting

1. Take the back webbing strap of the chest harness and thread through the 2 bar buckle on the back sit harness ensure that the webbing is not twisted as in Fig 1.

2. Thread the webbing through the elastic webbing tidy as in Fig 2.

3. Thread the webbing through the 3 bar slide block on the back of the chest harness ensure that the webbing goes through the back of the top bar over the middle moving bar and back through the bottom slot as in Fig 3 A. Pull the webbing down through the buckle as in Fig 3.

4. Adjust the webbing to the right height and then thread the webbing back through the webbing retainer as in Fig 4. Ensure you regularly check fastening and or adjustment elements during use.



### Fitting

1. Once fitted to the back of the sit harness pull the chest harness over the top of your head as in Fig 5.

2. If fitted with a karabiner open the Karabiner and thread through the back of the dee webbing as in Fig 6.

3. If fitted with a chest croll thread the delta maillon through the back of the dee webbing as in Fig 7.