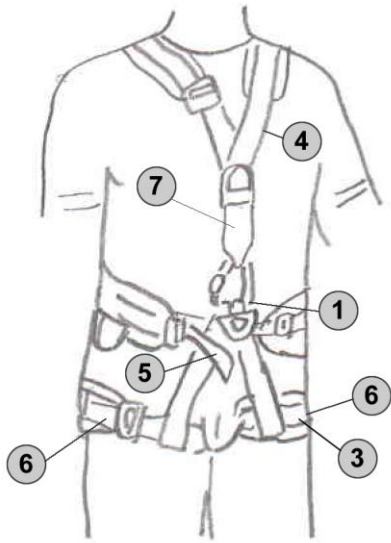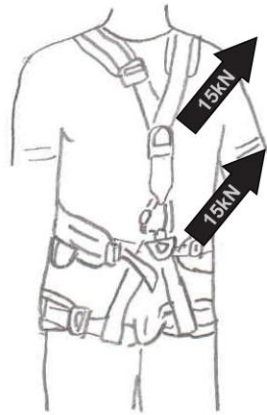# How to put on our Epic or Pro Harness
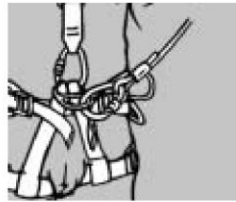
Epic / Pro Harness

Steps:

1. Prepare to step into the harness. Open the gate of the Front D-ring and disconnect it from the front hard points. Adjust the legs and waist straps to the widest setting.
2. Place the harness on the floor face up.
3. Step into the legs straps and pull up the harness.
4. Pull the Shoulder straps over your head and reconnect the D-Ring to the front hard points.
5. Adjust the waist straps evenly until snug.
6. Adjust the leg straps until snug.
7. Adjust the Shoulder straps until snug.
8. Secure the extra webbing using the Elastic keepers provided.
9. If possible, do a hang check to confirm that all straps are tight enough.
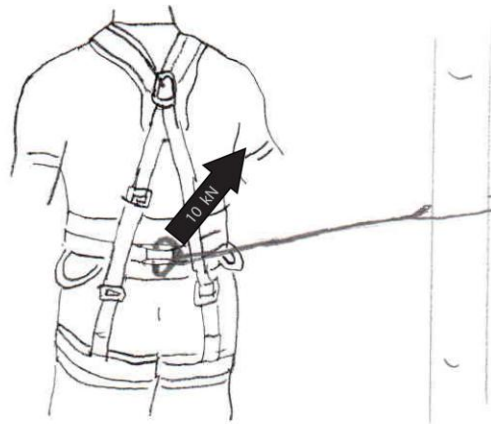
ECO Pro

EN 361 - Use as fall -arrest harness

EN 362 - Tying On

EN 358 - Use as positioning belt (maximum length of fall 0.5m)

ECO Pro Sizes:
XS- M - waist 68-110cm
M-XL - waist 80-130cm
Certification planned

Note:
15 kN = 3372 lbs