

# CORRECTLY FITTING A LINQ HARNESS



1. Inspect harness to make sure it is fit for your height safety application and that all components are in good working condition.
2. Hold harness by the rear / dorsal dee ring and arrange harness straps to avoid any crossed or twisted straps.
3. Don the harness as you would put on a jacket.



6. Secure left leg strap to left leg buckle and right leg strap to right leg buckle, making sure the webbing is not twisted.



4. The "DEE" ring must be positioned between the shoulder blades.

**NOTE:** Adjust shoulder strap to approx 100mm of extra webbing above buckle to ensure sub-pelvic strap is positioned correctly and forms a seat.



5. Connect the chest strap across the upper body, and then connect the waist strap (if fitted - multipurpose models).



7. Adjust all straps and buckles for a firm, comfortable fit. Have a work mate check all connections.
8. The belay loops must be brought together and fixed with an approved connector.

**NOTE:** never use single belay loops, always use in pairs)

