

CARRYING, MAINTENANCE & STORAGE

During all use, carrying, storage, and transport keep the equipment away from acids, alkalis, exhaust emissions, rust and strong chemicals. Do not expose the equipment to direct heat, flame, or high temperatures or other adverse environmental conditions. If the equipment becomes soiled, it can be washed in cold water with a mild detergent that is safe for use with nylon and polyester. Rinse thoroughly. Do not use a pressure washer. Air dry in temperatures between 10° C and 30° C. Do not dry the equipment in direct sunlight or using an automatic dryer. Lubricate moving parts as needed. During storage and transport, protect the equipment from heat, direct sunlight, moisture, chemicals, and external loads or impacts. Do not store where the equipment may be exposed to moist air, particularly where dissimilar metals are stored together. Consult with the manufacturer in case of any doubt.


WARRANTY & REPAIRS

If your CMC product has a defect due to workmanship or materials, please contact CMC Customer Support at info@cmcprou.com for warranty information and service. CMC's warranty does not cover damages caused by improper care, improper use, alterations and modifications, accidental damage or the natural breakdown of material over extended use and time. All repair work shall be performed by the manufacturer. All other work or modifications void the warranty and releases CMC from all liability and responsibility as the manufacturer.

SAMPLE INSPECTION AND MAINTENANCE LOG

The following sample log provides an example of the records that should be maintained by the purchaser or user of life safety equipment.


EQUIPMENT INSPECTION AND MAINTENANCE LOG			
Item _____ # _____		Date in Service _____	
Brand/Model _____		Strength _____	
Date	How Used or Maintained	Comments	Name

 Find the latest version of this manual at cmcprou.com.



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FIRE RESCUE HARNESS



⚠ WARNINGS

Activities involving the use of this device are potentially dangerous. You are responsible for your own actions and decisions. Before using this device, you must:

- Read and understand these user instructions, labels, and warnings.
- Familiarize yourself with its capabilities and limitations.
- Obtain specific training in its proper use.
- Understand and accept the risks involved.

FAILURE TO HEED ANY OF THESE WARNINGS MAY RESULT IN SEVERE INJURY OR DEATH.



MEETS THE LIFE SAFETY HARNESS REQUIREMENTS OF NFPA 1983,
INCORPORATED IN THE 2022 EDITION OF NFPA 2500, CLASS III.

THIS HARNESS IS NOT FLAME-RESISTANT!
• 20282X-01 CMC FIRE RESCUE HARNESS

USER INFORMATION

User Information shall be provided to the user of the product. NFPA Standard 1983, incorporated into the 2022 edition of NFPA 2500 recommends separating the User Information from the equipment and retaining the information in a permanent record. The standard also recommends making a copy of the User Information to keep with the equipment and that the information should be referred to before and after each use.

Additional information regarding life safety equipment can be found in NFPA 1500 and NFPA 1858 and NFPA 1983, incorporated in the 2022 edition of NFPA 2500.

LIFESPAN / INSPECTION / RETIREMENT

The equipment has a lifespan of 10 years from the date of manufacture shown on the product label. The type of use, intensity of use, and environment of use are all factors in determining serviceability of the equipment. A single exceptional event can be cause for retirement after only one use, such as exposure to sharp edges, extreme temperatures, chemicals, or harsh environments. Any concerns about its safe use is cause for retirement. Remove retired equipment from service and destroy it to prevent further use.

A device must be retired when:

- It fails to pass inspection.
- It fails to function properly.
- It has illegible product labels or markings.
- It shows signs of damage or excessive wear.
- It has been subjected to shock loads, falls, or abnormal use.
- It has been exposed to harsh chemical reagents.
- It has an unknown usage history.
- You have any doubt as to its condition or reliability.
- When it becomes obsolete due to changes in legislation, standards, technique or incompatibility with other equipment.

Inspect the equipment according to your department's policy for inspecting life safety equipment. CMC recommends a detailed inspection by a competent person at least once every 12 months depending on current regulations and conditions of use. Record the date, inspector name, and inspection results in the equipment log as well as any other relevant information to track the usage history.

Before each use, the user should:

- Confirm the equipment is functioning properly.
- Verify the presence and legibility of the product labels and markings.
- Check soft components 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 hard components for excessive wear or indications of damage such as deformation, corrosion, sharp edges, cracks, or burrs. Minor nicks or sharp spots may be smoothed with emery cloth or similar.
- Check for the presence of dirt or foreign objects that can affect or prevent normal operation such as grit, sand, rocks, and debris.

During Each Use, the user should:

- Confirm all pieces of equipment in the system are correctly positioned with respect to each other.
- Monitor the condition of the equipment and its connections to other equipment in the system.
- Do not allow anything to interfere with the operation of the equipment or its components.
- Prevent foreign objects from interfering with moving parts.

LIMITATIONS AND PROPER USE

Rescue and work harnesses from CMC are designed to comfortably support the wearer, creating a safe work platform. Depending on the intended use (rescue, rope access or fall protection) harnesses are tested to specific standards set by the applicable industry. CMC warns against using the equipment around moving machinery and electrical hazards. When using this harness, follow best practices for avoiding high impact falls. Always keep the safety line (belay) above the wearer and keep the slack in the safety line to a minimum. To ensure the safety and comfort of your harness, make sure it is properly sized and adjusted per the instructions below.

PUTTING ON YOUR HARNESS

1. Loosen all the harness straps for easy donning, including waist belt, leg loops, and shoulder strap (disconnect quick-connect buckles if present).
2. Hold shoulder straps to the side and step through the waist belt, putting each foot into the proper leg loop.
3. Position the waist belt and ventral attachment point above the waistline. Tighten the waist belt by pulling both sides simultaneously until the waist is snug, and the front D-ring is centered.
4. Position the dorsal attachment point level with shoulder blades and adjust back strap.
5. To connect the shoulder strap quick-connect buckle, reach over your left shoulder and find the left shoulder strap. Slide the 3-bar buckle coming from the front D-ring assembly through the square buckle on the shoulder strap.
6. Position the sternal attachment point as high as possible and adjust shoulder straps on each side by sliding the webbing through the adjuster buckle until the straps are snug.
7. Connect the leg loop quick-connect buckles. Tighten leg loops, leaving about a finger width of space between the leg loops and the legs.
8. Tighten the rear leg straps, this is especially important when using the dorsal point. Position the leg loops with padding along back and side of legs.
9. Before use, confirm all straps are tight, stow excess web in elastic keepers and apply load to the sternal attachment point and confirm position of all D-rings.

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 attachment point accommodates operations where a dorsal attachment point is warranted.
- 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.

All front and back D-ring connection points are dynamically and statically tested to NFPA standards. The side D-rings are tested as pairs in the manner of use.

WARNING: 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. It is the users responsibility to verify equipment compatibility with components and sub-systems before use.