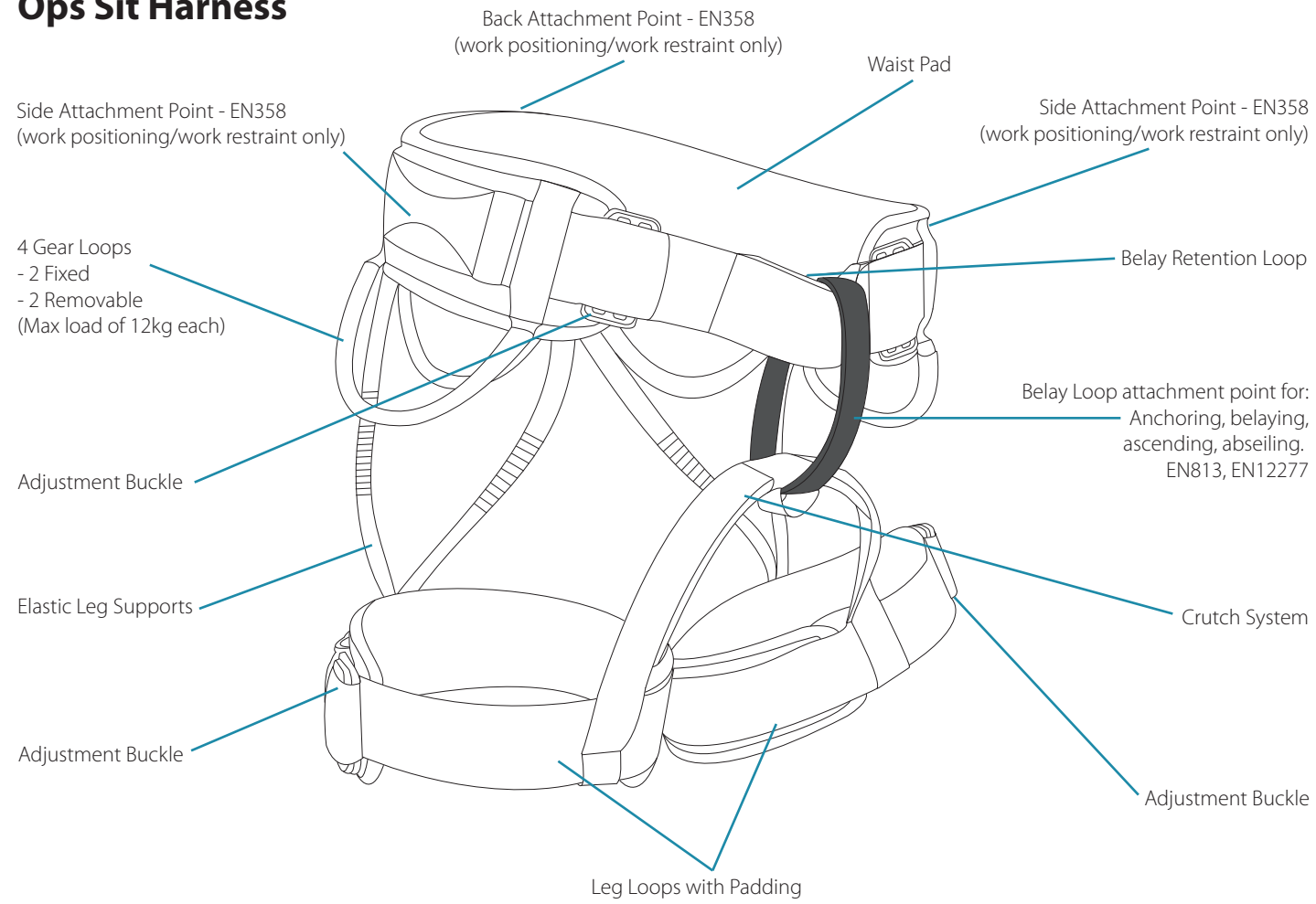
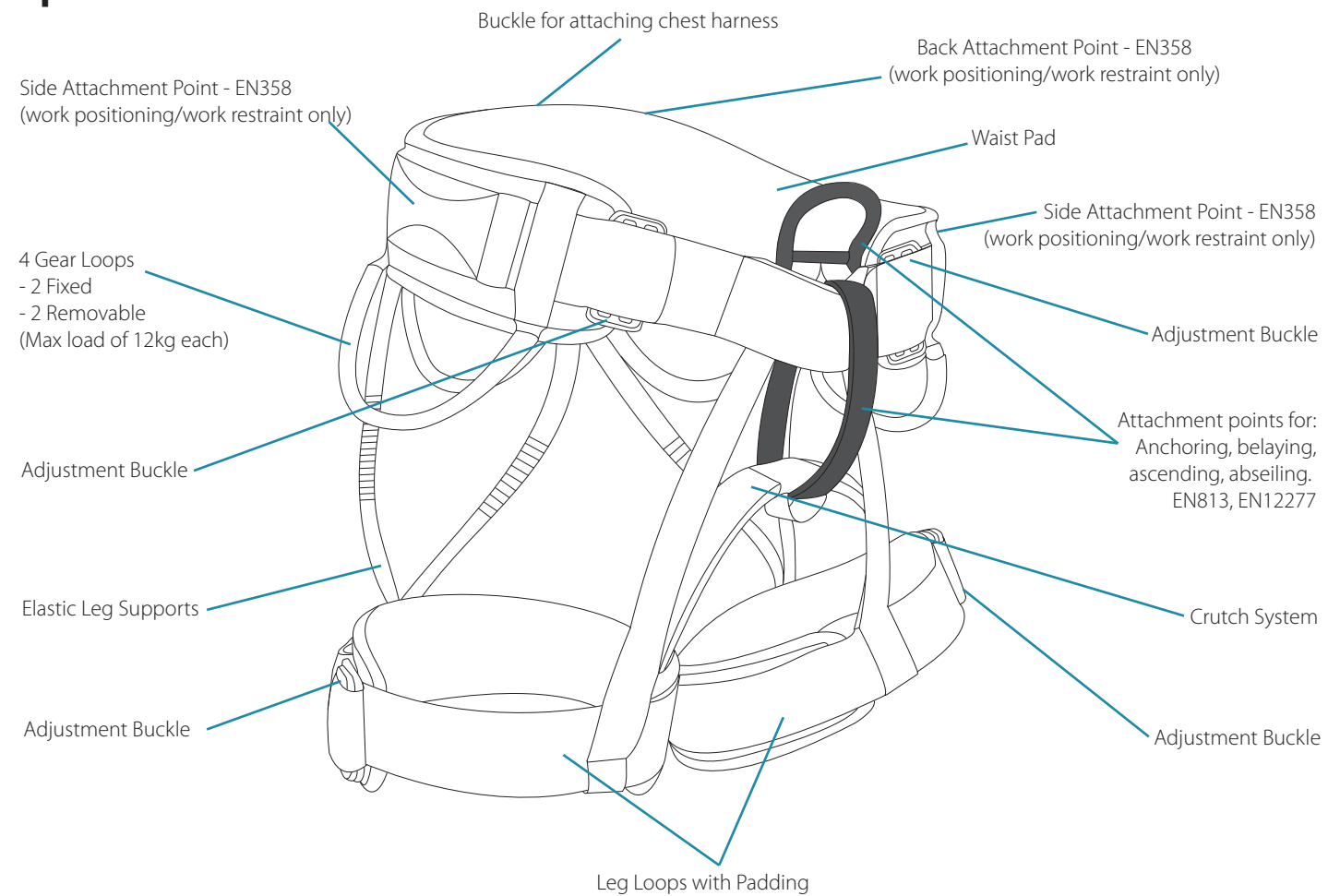


Ops Sit Harness



Spec Sit Harness

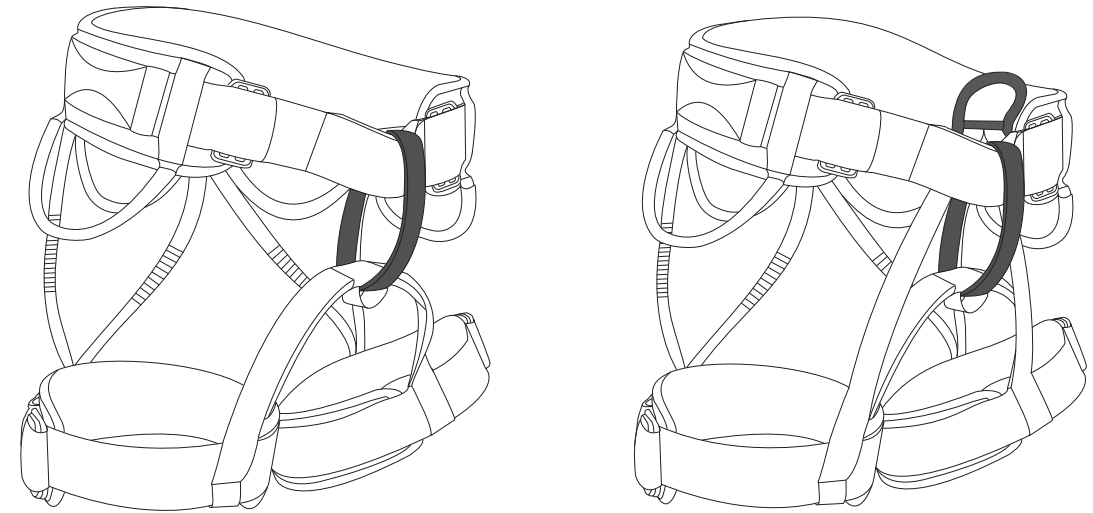


User Guide

Ops Sit Harness & Spec Sit Harnesses



Specialist Access & Rescue Products Ltd.



Conforms to:

EN358:2018, EN813:2008 & EN12277:2015+A1:2018 Type C

Buckle Type	Std:		Harness Type	Ops:	
	QC:			Spec:	
	Full QC:			Serial No.:	



sar-products.com
+44 (0)161 621 0309
sales@sar-products.com

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

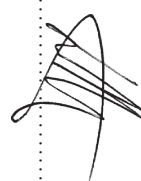
Declaration Of Conformity

The EU Declaration of conformity is available by scanning the QR code or visiting - www.sar-products.com/eu-doc/

Certificate Of Conformity

We certify that the Ops Sit Harness & Spec Sit Harness conform to EN813:2008, EN12277:2015+A1:2018 Type C & EN358:2018 and is rated to 150kg. 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 | www.sar-products.com

Ops & Spec Sit Harnesses

Ops Sit Harness - Conforms to EN361:2002, EN12277:2015+A1:2018 Type C and EN12277:2015+A1:2018 Type A when used with any SAR Osprey chest harness range & Link Sling.

Spec Sit Harness - Conforms to EN361:2002 and EN12277:2015+A1:2018 Type A when used with any SAR Spec range of chest harness.

Important
Please read and understand these instructions before use. This product should only be used by trained & competent operatives, or under the supervision of such a person.

Use
The Ops & Spec sit harness has been designed for your protection and is therefore (PPE) personal protective equipment. The Ops & Spec sit harness is 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. Twists in the webbing and buckles fastened incorrectly, can cause problems, weakness, serious injury or death. Neatness is strength. 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. It is the user's responsibility to ensure that any items of PPE or other equipment used with the Ops & Spec are compatible and do not interfere with the safe function of any other component. Any item of equipment used must comply to the relevant standard(s).

Note: The information in this guide meets the requirements of the EU PPE Regulation 2016/425. It is not comprehensive and cannot be substituted for the correct training, which can be provided if required. If in any doubt, contact SAR Products using the supplied information.

Safety
The safety provided by the Ops & Spec sit Harness is dependant on the scenario, the anchors used and the skill of the user. The strength and suitability will be reduced through factors such as, but not limited to, age, wear & tear, abrasion, cuts, high impact loads, tight/sharp edges, knots, some chemicals (e.g. strong alkalis), UV exposure, environment (damp or icy conditions), failure to store & maintain as recommended, etc. An appropriate connection method must always be used between the harness and the anchor or system. A rescue plan should always be in place prior to any work at height. Do not alter or repair the product in any way. Any component subjected to a dynamic loading should be examined and discarded if there is any sign of defect, or any doubts about its safety. Check fitting and adjustment elements regularly.

Lifespan
The lifespan of any product will be affected by the conditions in which it is used and stored/maintained. This product is manufactured using high grade polyester webbing. Textile components should be retired no later than 10 years after the Date of Manufacture. Metal components will have an indefinite lifespan, depending on use. The working life will be reduced through 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. strong alkalis) or failure to store and maintain as recommended. This list is not exhaustive.

Inspection
Before each use, conduct a visual inspection and function test to ensure the product is in serviceable condition and operates correctly. A periodic examination should be carried out by a competent person at least every 12 months. These inspections should be recorded, paying particular attention to areas of potentially high wear such as attachment points, textiles, cams, bearings, etc. In the UK, the frequency of periodic inspection should be at least every 6 months; it is the user's responsibility to ensure they comply with the guidance for inspection in their own country or region. Inspect as follows:
Textiles: Check for cuts, tears & abrasions, damage due to deterioration, contact with heat, alkalis or other corrosives, label legibility.
Sewing: Check for broken, cut, loose 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, seizure of moving parts, broken or missing components, marking legibility.
Immediately withdraw from service any items showing defects. Any repairs must be carried out by the manufacturer or their authorised agent.

Anchorage
Anchor points should always be assessed for strength and suitability for the task (EN795, minimum 12kN). Sharp edges, abrasive or high temperature surfaces should be avoided or protected against. Anchor points, wherever possible, should be above the user.

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. Metal parts may be lubricated with a dry PTFE lubricant or WD40 type spray. Excess lubricant should be wiped off to avoid attracting dirt.

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). A machine wash may be used, but care must be taken to protect against mechanical damage, for example by placing the item in a bag prior to washing. Rinse thoroughly in clean cold water.

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

Storage
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. Transport in a suitable protective bag. If a long shelf life is required it is advisable to store in a moisture proof package.

Warning
Work at Height and Rescue are hazardous activities. 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. The time that a casualty is suspended should be kept to a minimum. Attention should be paid to the dangers suspension trauma. Sit harnesses must not be used for fall arrest purposes unless paired with an approved SAR chest harness. Work positioning points are not suitable for fall arrest purposes and the work positioning points should not be used if there is a foreseeable risk of becoming suspended or exposed to unintended tension by the main harness belt. When only using the work positioning points it is essential to consider a back-up, e.g. fall arrest system.

Markings
Each individual component is marked, where applicable, with:
• The name, trademark or any other means of identification provided by the manufacturer or supplier.
• The batch or serial number
• The date of manufacture (DoM)
• Product description and/or reference
• The British &/ or EN standard(s) to which the item conforms
• Waist size
• Load rating
• UKCA &/or CE mark with approved &/or notified body number

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

Approved Body UKCA
SGS United Kingdom Limited
Rossmore Business Park, Ellesmere Port, Cheshire, CH65 3EN
Approved Body No: 0120

Notified Body
SGS FIMKO OY, Takomotie 8, FI-00380 Helsinki, Finland.
Notified Body No: 0598

Specifications: Ops sit harness
• Fully adjustable waist and legs
• Wrap around or step in fitting
• Well-established, easy interlocking buckling system or QC
• Laminated, high quality, sandwiched closed cell foam padding
• High quality polyester webbing, with hidden locking stitch
• Catch free gear loops 2 fixed 2 removable
• Standard Waist Size: 74cm to 115cm
• Standard Leg/Thigh Size: 44cm to 85cm
• Working Load Limit: 150kg
• Weight for Standard Harness: 850g
• Weight for QC Harness: 934g
• Weight for Full QC Harness: 1018g

Specifications: Spec sit harness
• Fully adjustable waist and legs
• Wrap around or step in fitting
• Well-established, easy interlocking buckling system or QC
• Laminated, high quality, sandwiched closed cell foam padding
• High quality polyester webbing, with hidden locking stitch
• Catch free gear loops 2 fixed 2 removable
• Standard Waist Size: 74cm to 115cm
• Standard Leg/Thigh Size: 44cm to 85cm
• Working Load Limit: 150kg
• Weight for Standard Harness: 1050g
• Weight for QC Harness: 1134g
• Weight for Full QC Harness: 1218g

Fitting Instructions:
Note: the following instructions are to fit the harness as it was designed so that chemicals or mud etc. would not soil it from your footwear. However you can still fit the harness as a step in type without disconnecting the waist and leg buckles by stepping into the harness and adjusting the buckles.

1. Open the harness out and check there are no twists and it is following the lines of its design.
2. Place around waist and hold in position on waist using your inner arms/elbows. Fig. 1.
3. Bend forward and pull belay loop up through your legs using your right hand still holding waist in position. Fig. 2.
4. Fit waist buckle as shown in Figs. A to D. Centralising position of belay to your body and adjusting to fit comfortably on waist. Fig. 3 & 4.
5. Fit each leg firmly around upper thigh and lock. Fig. 5.
6. Once the harness is fitted check all is correct and there are no twists, all buckles are locked correct and secured back through elastic ties, the belay loop is around waist belt and waist pad and belay loop are central. Figs. 6.
- 6A. Ops Sit Harness Only - Ensure belay loop is around waist belt webbing.

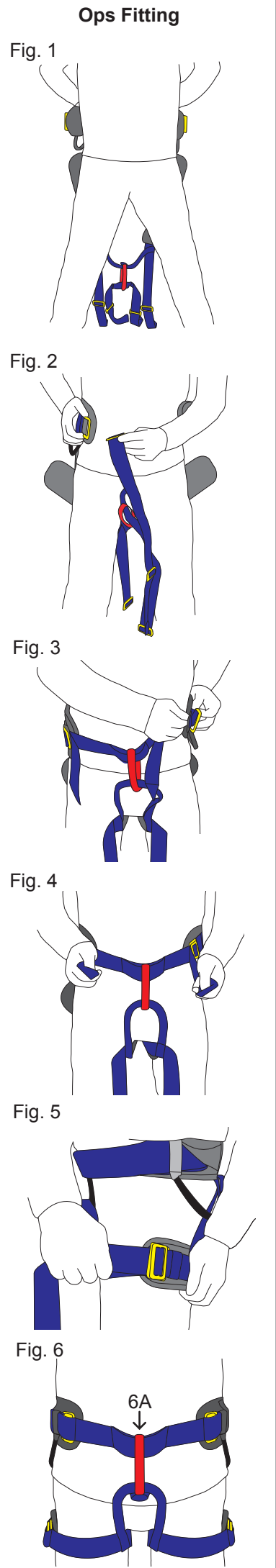


It is essential that, when the harness is fitted, the main waist belt webbing passes through the belay loop. If this is not the case, unbuckle the harness and pass the main waist belt webbing through the belay loop before re-buckling.

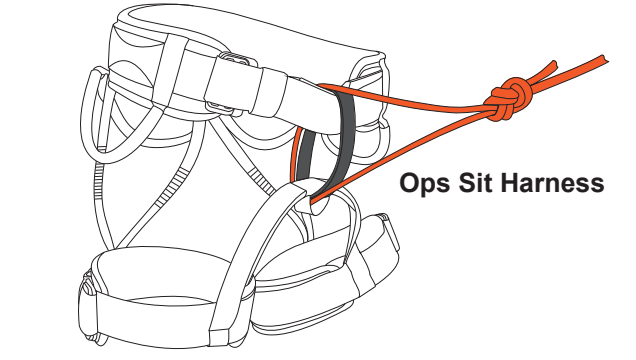
IMPORTANT:
Ask a partner to do a BUDDY check on your harness, equipment and set systems prior to use.

It is essential for the safety of the user that if the product is re-sold outside the original country of destination the reseller shall provide instructions for use, for maintenance, for periodic examination and for repair in the language of the country in which the product is to be used.

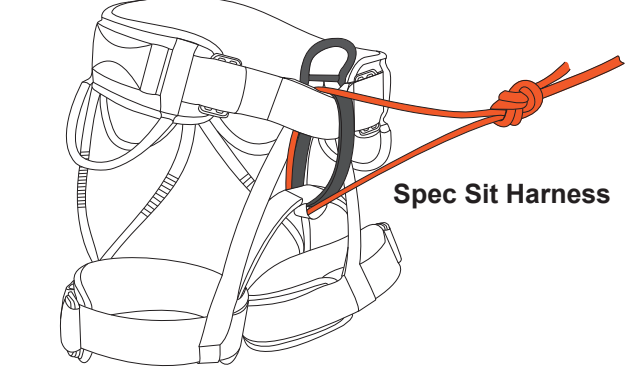
Nothing in this document affects the consumer's statutory rights.



Tying into the belt and crutch system using a figure of 8 knot.



WARNING: No other part of the harness should be tied into.



Attaching Spec Chest Harnesses to Spec Sit Harness.

