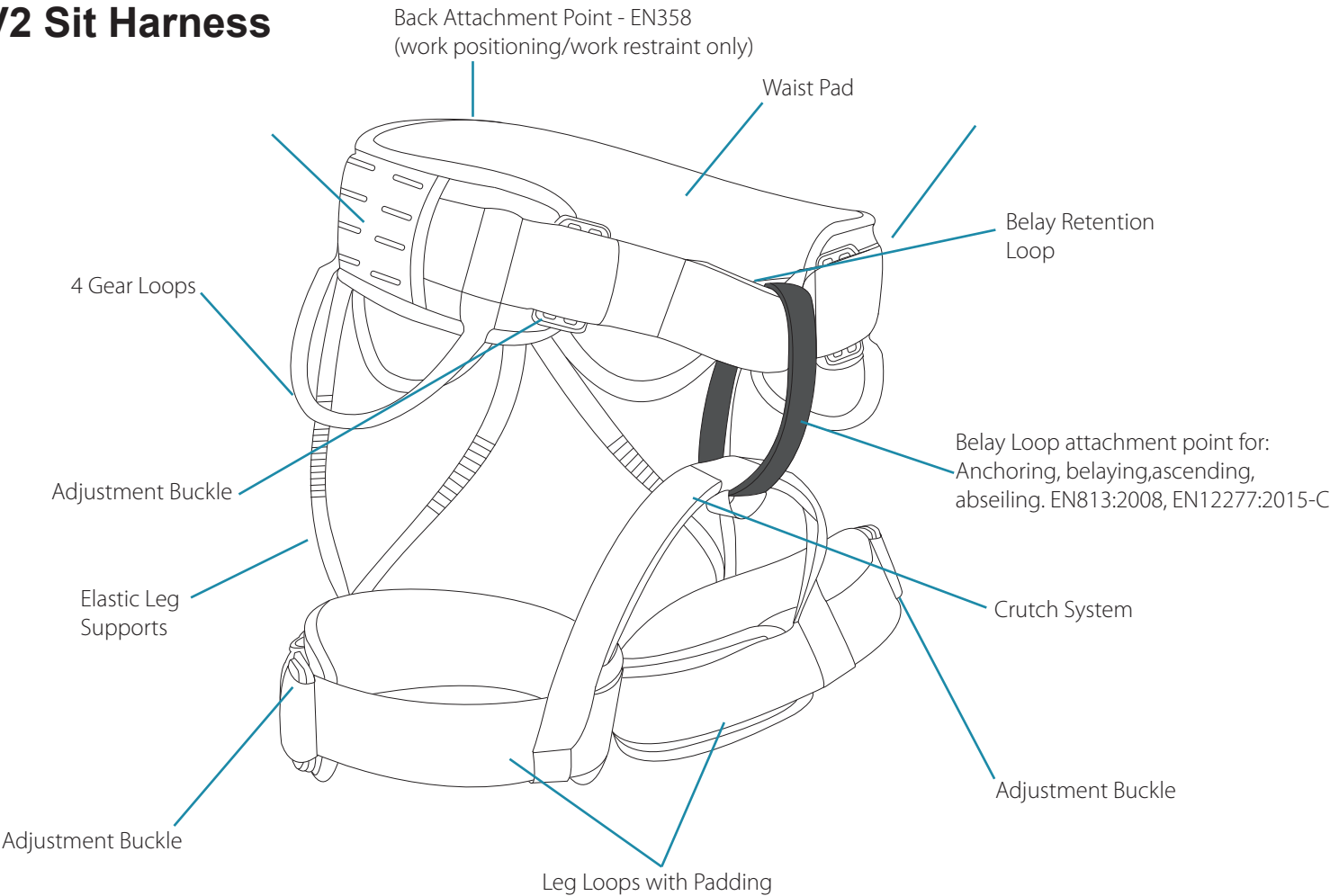
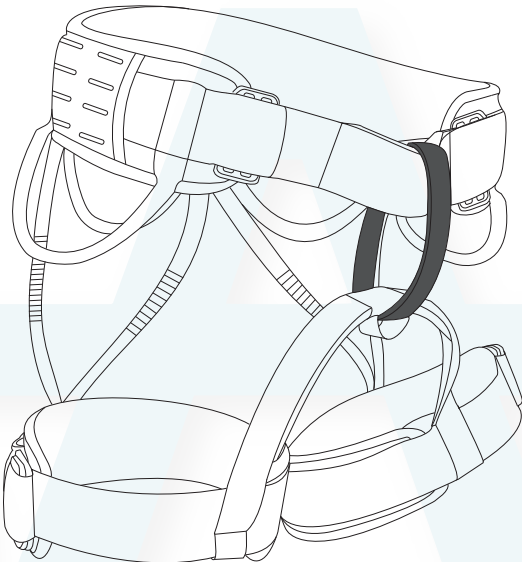


V2 Sit Harness



User Guide  
V2 Sit Harness



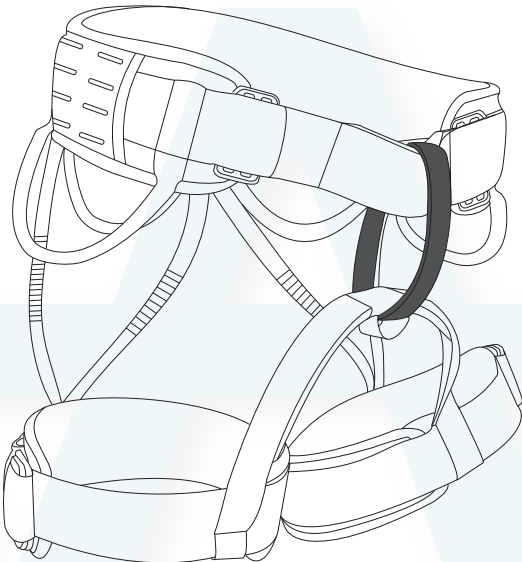
Conforms to:  
EN358:2018, EN813:2008 & EN12277-C:2018

CE0598

Std:		QC:		Full QC:	
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User Guide  
V2 Sit Harness



Conforms to:  
EN358:2018, EN813:2008 & EN12277-C:2018

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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 V2 Sit Harness & conform to EN813:2008, EN12277:2018 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

# V2 Sit Harnesses

**V2 Sit Harness:** Conforms to EN358:2018, EN12277:2018 Type C & EN813:2008. Conforms to EN361:2002 when used with any SAR chest harness & Link Sling or Vault Chest Harness.

**Important:**

Please read, study and understand these instructions before use.

**Use:**

These harness has been designed for your protection and is therefore are (PPE) personal protective equipment. It is a sit harnesses for climbing, mountaineering, rescue, intervention and technical access (in normal climatic conditions). It is 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 UK or 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 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. Before use of the equipment consideration should be given as to how any necessary rescue could be safely achieved. Note: The information in this guide meets 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 this harness depends on it's 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 harness has 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. This harness is not suitable for fall arrest purposes and it may be necessary to supplement arrangements of work positioning restraint with for e.g. safety nets or personal means e.g. fall arrest systems in accordance with EN363 of protection against falls from height. Users must be medically fit for activities at height. Regularly check all fastening/adjustment elements during use.

**WARNING:** Inert suspension in a harness can result in serious injury or death.

**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 thorough examination should be carried out at by a competent person least every 6 months. These inspections should be recorded, paying particular attention to areas of potentially high wear such as attachment points, textiles, cams, bearings, etc. 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 & Fall Distance:**

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). 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. If a long shelf life is required it is advisable to store in a moisture proof package. Transport in a clean dry package.

**Warning:**

Working at height is potentially dangerous and 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. The user shall ensure that the safe function of this product is not impaired by, and does not impair, the safe function of another component or system.

**Meanings Of 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 EN standard(s) to which the item conforms  
• CE mark & 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.

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

**Specifications: V2 sit harness**

- Fully adjustable waist and legs
- Wrap around or step in fitting
- Easy interlocking buckling system
- 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: 914g
- Weight for QC Harness: 982g
- Weight for Full QC Harness: 1050g

**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 tidies, the belay loop is around waist belt and waist pad and belay loop are central. Figs. 6.

**IMPORTANT:**

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

## V2 Fitting

