

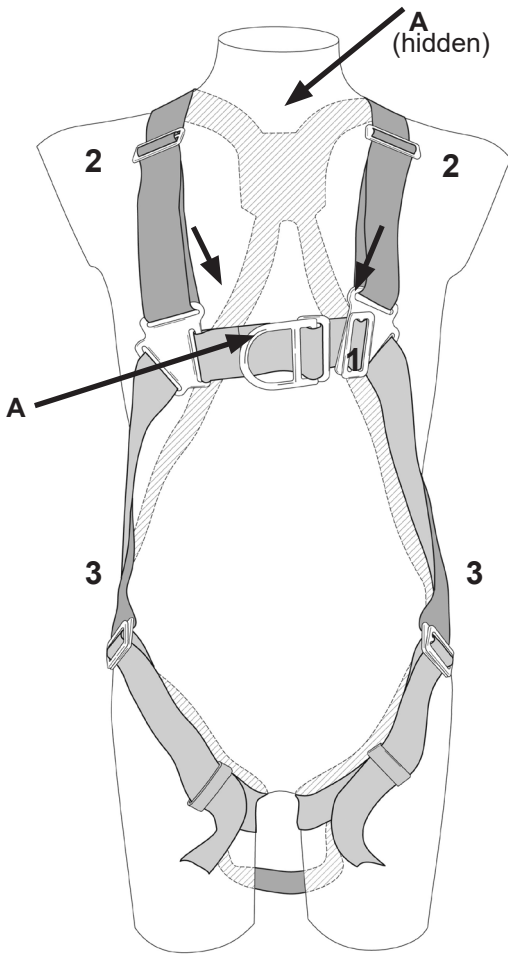


**H32Q : Quick Connect Legs**  
**H32QJ : Quick Connect legs with intergral jacket**

Check fit whilst suspended in a safe location - the harness should feel secure but not too tight. Check for twisted straps. Check buckles are secure by pulling on loaded webbing - correctly threaded buckles will lock.

Fastening and adjustment elements should also be checked regularly during use.

To release Quick Connect buckles, the tabs on both sides of buckle must be pressed simultaneously.



Harnesses are made from polyamide and polyester, with steel and aluminium alloy fittings.

**Warnings**

Do not use this product outside its limitations, or for any purpose other than that recommended above. Do not alter or make additions to this product.

Fall arrest: only a full body harness is acceptable for use in fall arrest; a sit harness is unacceptable.

Work positioning: a secondary means of protection may be necessary e.g. safety nets or a fall arrest system to EN363.

All harnesses are suitable for a person weighing up to 140kg. Ensure that any other equipment is suitable for the weight of user.

**Attachment points**

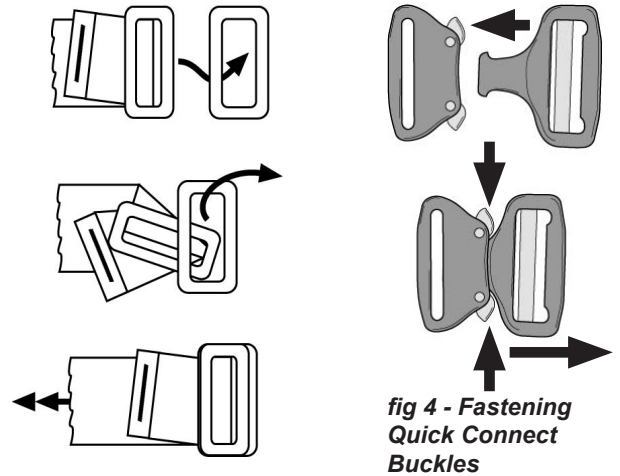
Only points marked "A" in the diagram and on the harness may be used for fall arrest.

**MAKE SURE YOU USE THE CORRECT ATTACHMENT POINT FOR THE CORRECT PURPOSE.**

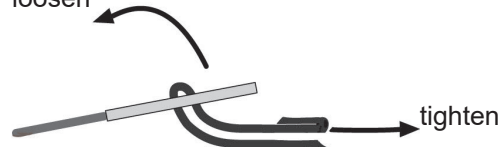
Ropes and rope lanyards may be tied directly to attachment points; otherwise, ensure that suitable locking connectors are used and correctly fastened. A screwlink connector is recommended. Check that connectors are securely closed during use. Incorrect combinations of connectors may accidentally detach from one other by a process known as "roll-out".

The harness should be connected to an anchor point via an appropriate system which ideally should conform to the relevant EN standard. In fall arrest this system must limit the forces on the body in the event of a fall. In work positioning the lanyard must be kept taut, and free movement restricted to a maximum of 0.6m.

**Fastening**



**Adjustment**  
loosen



Slack ends of webbing may be tucked into elastic loops to keep them out of the way.

