

# INSTRUCTIONS FOR USE

## DO NOT USE THE HARNESS WITHOUT CAREFULLY READING AND UNDERSTANDING THESE INSTRUCTIONS. RETAIN THIS INFORMATION FOR FUTURE REFERENCE.

### Important notice: Specific training is essential before use

This product should only be used by trained and competent persons, or the user should be under the direct supervision of a trained and competent person. Information in these instructions are not exhaustive and is not a substitute for comprehensive training. It is the users responsibility to ensure that he or she understands the correct and safe use of equipment supplied by Mad Rock. In case of doubt or difficulty in understanding, contact Mad Rock. Climbing, mountaineering and activities at height are hazardous. Even the correct selection, maintenance and use of correct equipment cannot eliminate the potential for danger, serious injury or death.

### Warning!

The products must be kept away from damaging environments. This includes contact with abrasive and aggressive substance (e.g. acids, alkalis, soldering water, oils, cleaning agents), as well as extreme temperatures and flying sparks. In addition, sharp edges, wetness and especially icing-up can diminish the stability of textiles.

### Safety verification

To ensure the good maintenance of this harness, it is best to allocate it to a sole user. The user must put the harness on and test it out (walking, sitting, standing and in suspension) to ensure a good fit and appropriate level of comfort for the intended use. It is important that the user check buckles and other fastenings regularly during use. Before and after each use, it is necessary to check the condition of webbing and stitching, including the less accessible areas. Do not hesitate to retire a harness showing signs of wear which might affect its strength. No modifications, alterations or marking should be made to the harness. It is up to the user to foresee any situations requiring rescue in case of difficulties encountered while using this product.

### Storage, Transport and Care

**Storage:** Store in a cool, dry, dark place outside transport containers. Avoid contact with chemicals (Caution: Battery acid!) Store without mechanical stress caused by jamming, pressure or tension.

**Transport:** The product must be kept away from direct sunlight, chemicals, dirt and mechanical damage. For this purpose, a protective bag or special storage and transport containers should be used.

### Lifespan and Replacement

The lifespan of the product mainly depends mainly on the way and frequency in which it is used and external influences. Products made from synthetic fiber (polyamide, polyester, dyneema) are subject to a certain aging process even if they are not used. This is caused by the intensity of UV-rays and environmental influences.

**Maximum lifespan:** Under optimal storage conditions (See section on storage) and without use: 12 years.

**Occasional use:** Occasional and appropriate use without obvious wear and tear and with optimal storage: 10 years.

**Frequent or extreme use:** If used under extreme conditions with frequent or extreme falls, the safety reserves may be reduced after a very short period so that replacement of the equipment is unavoidable.

As a general rule, PPE products must be replaced immediately if, for instance, products with straps have frayed edges or if fibres are torn out of the weave, if the stitching shows signs of damage and/ or abrasion or if the product has been in contact with chemicals.

Ropes or product with ropes must be replaced immediately if they have been involved in an extreme fall (fall factor >1) or if the sheath has been damaged (so that the core is visible) or if it has been in contact with chemicals. Repairs may only be carried out in accordance with procedures recommended by the manufacturer.

### Use and Fitting

This product complies with EN 12277 type C and designated as a sit harness. The Harness is designed for climbing and mountaineering use in normal climactic conditions. This sit harness may be used in conjunction with a chest harness (EN 12277 type D). Do not use a chest harness alone. Personal protective equipment such as this harness is to be used only on or with energy absorbing system (dynamic ropes or energy absorbers). Check the compatibility of the harness with the others components of your equipment. For proper fit, waist belt should fit snugly around the waist the leg loops should fit snugly around the top of the thighs. Adjust the rear elastic risers to raise or lower legs loops for a snug fit. Make sure you size harness for a proper fit with the clothing you expect to wear. See size chart. Always tie into the harness with a figure eight follow through knot, captivating the leg loops and waist belt (see diagram). To attach an anchor point, belay or rappel device or related subsystem, use the belay loop (see diagram). The loop in the rear is rated to 10kN and can to connect to an anchor point or belay or rappel system.

### Checking the buckles

Before wearing the harness, check the buckles. The words "DANGER" must be concealed under the webbing, as displayed in the diagram below. If you can see the word "DANGER", the buckle has been improperly rotated; if used while the word "DANGER" is exposed, you are in a risk to serious injury or death. (SEE DIAGRAM BELOW)

### Tying In

Always tie into the harness with a figure eight follow through knot, captivating the leg loops & waist belt (SEE DIAGRAM BELOW)

### Belaying & Rappelling

To attach an anchor point, belay or rappel device or related subsystem, use the belay loop (SEE DIAGRAM BELOW)

### Temperature

Always keep the harness between a minimum of 0°C and a maximum of 40°C, otherwise the strength of the materials may be altered. Above 50°C, the materials used in this harness may be permanently damaged. Below 0°C, the harness will become stiff and may be hard to use.

### Cleaning

Rinse the harness in clean cold water. If still soiled rinse in warm water with a mild pure soap. Thoroughly rinse and dry naturally in a warm well-ventilated room. Do not use a direct heat source to dry the harness.

### Chemicals and corrosive reagents

All chemical products, corrosive materials and solvents should be regarded as harmful to a harness. Retire the harness immediately if contact with corrosive agents has occurred or is suspected. Product may be permanently damaged without any signs.

### During inspection check for:

The fabric: Cuts, tears, abrasions and damage caused by general deterioration, heat, or chemicals.

The stitching: Cut, torn, worn, or loose threads.

The buckles: Proper function of the buckles.

### Markings

The harness is marked with CE certification number as well as the following information. Year of Production, batch number (B/N), name of the manufacturer (Mad Rock), type of harness (EN 12277 type C), material used, model designation, size and a pictogram showing proper tie in and buckle threading. Please read and understand these marking and if in doubt, contact us.

**! WARNING READ AND UNDERSTAND BEFORE USE**  
Climbing and mountaineering are inherently dangerous. It is the sole responsibility of the purchaser or user of this climbing equipment to get proper instruction and to act safely and with caution while using this equipment. This product is designed for climbing and mountaineering only. You are responsible for your own actions and decisions.

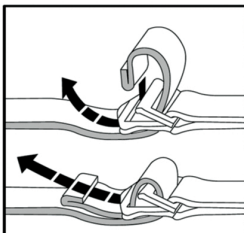
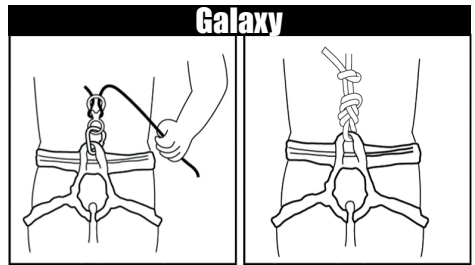
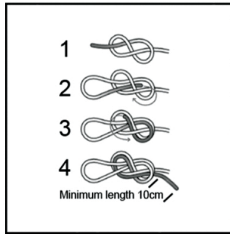
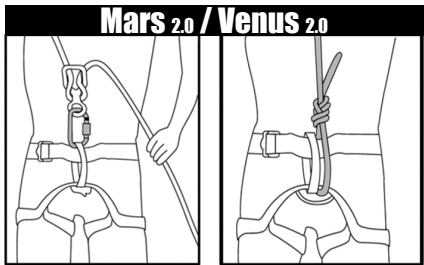
EN12277 type C Sit Harness  
CE2008

EN Climbers Sit Harness  
FR Harmais cuissard d'escalade  
DE Klettersigurt  
IT Imbracatura bassa da arrampicata  
ES Arnes de cintura para escalada

**MAD ROCK**  
California  
Designed in California Made in Vietnam

EN Climbers Sit Harness  
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DO NOT USE IF YOU CAN SEE THE WORD DANGER

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