



**Instructions for the
following series products:**

ExoFit Full Body Harnesses
(See back pages for specific
model numbers.)

*This manual is intended to meet
the Manufacturer's Instructions
as required by CSA Z259.10 and
ANSI Z359 and should be used
as part of an employee training
program as required by OSHA.*



EXOFIT™
EXOFIT™ XP

WARNING: This product is part of a personal restraint, work positioning, suspension, or rescue system. These instructions must be provided to the user and rescuer (see section 8.0 Terminology). The user must read and understand these instructions or have them explained to them before using this equipment. The user must read and follow the manufacturer's instructions for each component or part of the complete system. Manufacturer's instructions must be followed for proper use and maintenance of this product. Alterations or misuse of this product or failure to follow instructions may result in serious injury or death.

IMPORTANT: If you have questions on the use, care, or suitability of this equipment for your application, contact DBI-SALA.

IMPORTANT: Before using this equipment, record the product identification information from the ID label into the inspection and maintenance log in section 10.0 of this manual.

DESCRIPTIONS

ExoFit Vest Style Full Body Harness: See Figure 1.

ExoFit Cross-Over Style Full Body Harness: See Figure 2.

OPTIONS:

DBI-SALA ExoFit and ExoFit XP Full Body Harnesses are available with options and accessories. Following is a partial list of commonly used options and accessories (some options may not be available on all harnesses):

- Side D-rings
- Front D-rings
- Hip pad with side D-rings
- Tongue buckle body belt
- Lanyard attached directly to D-ring or attachment element

Figure 1 - ExoFit Vest Style Full Body Harness

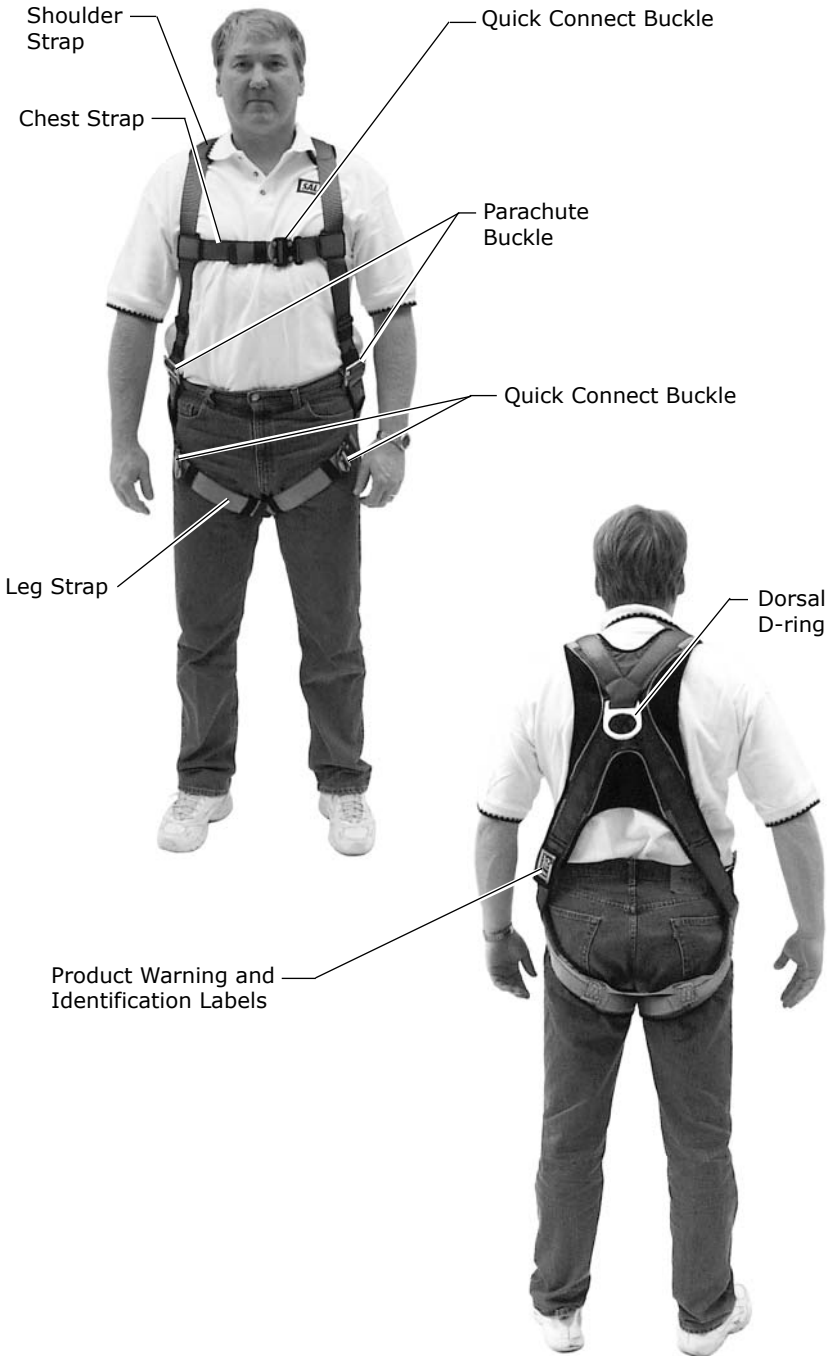


Figure 2 - ExoFit Cross-Over Style Full Body Harness



1.0 APPLICATIONS

1.1 PURPOSE: DBI-SALA ExoFit and ExoFit XP full body harnesses are to be used as components in personal fall arrest, restraint, work positioning, climbing, or rescue systems. See Figures 1 and 2 for harness styles.

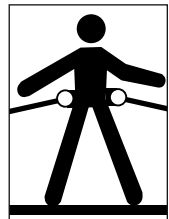
Harnesses included in this manual are full body harnesses and meet CSA Z259.10, ANSI Z359.1, and OSHA requirements. See Figure 3 for application illustrations.

WARNING: Working at height has inherent risks. Some risks are noted here but are not limited to the following: falling, suspension/prolonged suspension, striking objects, and unconsciousness. In the event of a fall arrest and/or subsequent rescue (emergency) situation, some personal medical conditions may affect your safety. Medical conditions identified as risky for this type of activity include but are not limited to the following: heart disease, high blood pressure, vertigo, epilepsy, drug or alcohol dependence, psychiatric illness, impaired limb function and balance issues. We recommend that your employer/physician determine if you are fit to handle normal and emergency use of this equipment.

A. PERSONAL FALL ARREST: The full body harness is used as a component of a personal fall arrest system. Personal fall arrest systems typically include a full body harness and a connecting subsystem (energy absorbing lanyard). Maximum arresting force must not exceed 1,800 lbs (8 kN). For fall protection applications connect the fall arrest subsystem (example: lanyard, SRL, energy absorber, etc.) to the D-ring or attachment element on your back, between your shoulder blades.



B. WORK POSITIONING: The full body harness is used as a component of a work positioning system to support the user at a work position. Work positioning systems typically include a full body harness, positioning lanyard, and a back-up personal fall arrest system. For work positioning applications, connect the work positioning subsystem (example: lanyard, Y-lanyard, etc.) to the lower (hip level) side or belt mounted work positioning attachment anchorage elements (D-rings). Never use these connection points for fall arrest.



C. LADDER CLIMBING: The full body harness is used as a component of a climbing system to prevent the user from falling when climbing a ladder or other climbing structure. Climbing systems typically include a full body harness,

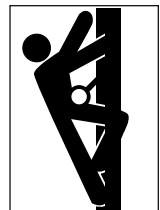
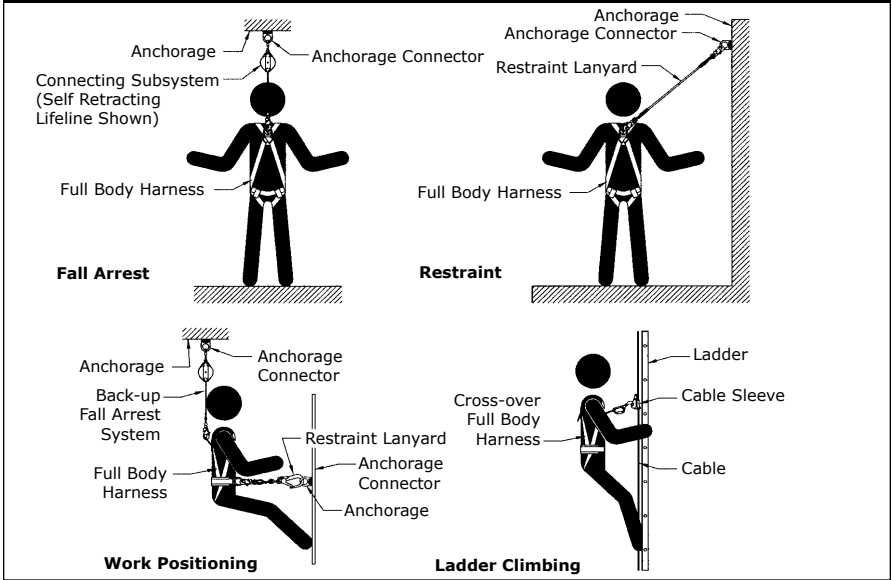
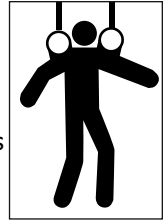


Figure 3 - Applications



vertical cable or rail attached to the structure, and climbing sleeve. For ladder climbing applications, harnesses equipped with a frontal D-ring in the sternal location may be used for fall arrest on fixed ladder climbing systems. These are defined in Z259.2.1 in Canada and ANSI A14.3 in the United States.

D. RESCUE: The full body harness is used as a component of a rescue system. Rescue systems are configured depending on the type of rescue. For limited access (confined space) applications, harnesses equipped with D-rings on the shoulders may be used for entry and egress into confined spaces where worker profile is an issue.



E. CONTROLLED DESCENT: For controlled descent applications, harnesses equipped with a single sternal level D-ring, one or two frontal mounted D-rings, or a pair of connectors originating below the waist (such as a seat sling) may be used for connection to a descender or evacuation system (reference Z259.1 in Canada).



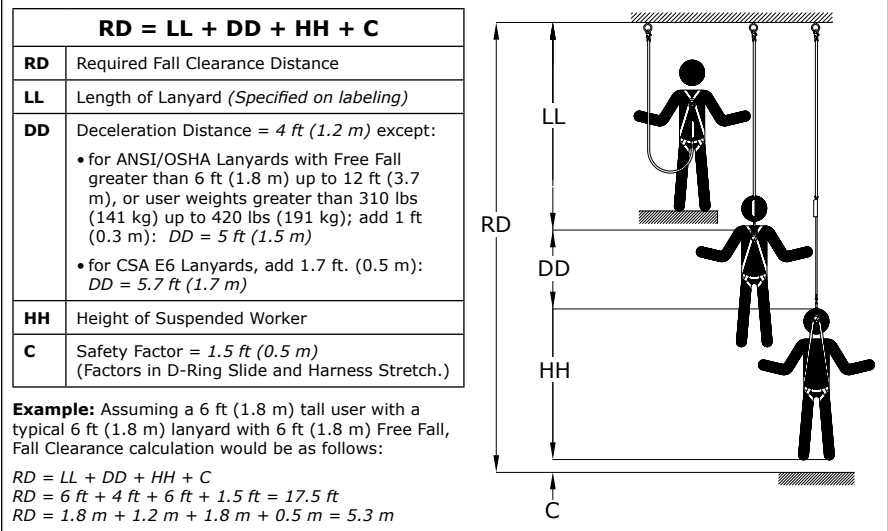
E. RESTRAINT: The full body harness is used as a component of a restraint system to prevent the user from reaching a fall hazard. Restraint systems typically include a full body harness and a lanyard or restraint line.

1.2 LIMITATIONS: Consider the following application limitations before using this equipment:

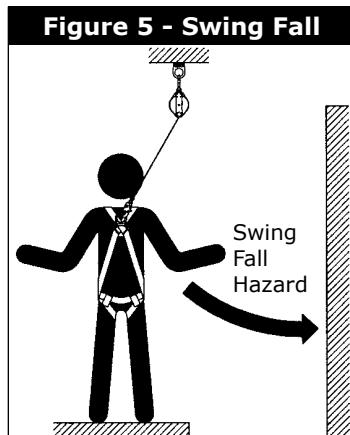
- A. CAPACITY:** These full body harnesses are designed for use by persons with a combined weight (clothing, tools, etc.) of no more than 352 lbs. (160 kg) Make sure all of the components in your system are rated to a capacity appropriate to your application.
- B. FREE FALL:** Personal fall arrest systems used with this equipment must be rigged to limit the free fall to 6 feet (ANSI Z359.1). Restraint systems must be rigged so that no vertical free fall is possible. Work positioning systems must be rigged so that free fall is limited to 2 feet (.6 m) or less. Personnel riding systems must be rigged so that no vertical free fall is possible. Climbing systems must be rigged so that free fall is limited to 18 inches (.5 m) or less. Rescue systems must be rigged so that no vertical free fall is possible. See subsystem manufacturer’s instructions for more information.
- C. FALL CLEARANCE:** See Figure 4. There must be sufficient clearance below the user to arrest a fall before the user strikes the ground or other obstruction. The clearance required is dependent on the following factors:
- Elevation of anchorage
 - Deceleration distance
 - Worker height
 - Connecting subsystem length
 - Free fall distance
 - Movement of harness attachment element

Figure 4 illustrates Fall Clearance for a lanyard subsystem. For other subsystems, consult the manufacturer’s product instructions.

Figure 4 - Fall Clearance (Lanyards)



- D. SWING FALLS:** See Figure 5. Swing falls occur when the anchorage point is not directly above the point where a fall occurs. The force of striking an object in a swing fall may cause serious injury or death. Minimize swing falls by working as close to the anchorage point as possible. Do not permit a swing fall if injury could occur. Swing falls will significantly increase the clearance required when a self retracting lifeline or other variable length connecting subsystem is used.



- E. EXTENDED SUSPENSION:** A full body harness is not intended for use in extended suspension applications. If the user is going to be suspended for an extended length of time it is recommended that some form of seat support be used. DBI-SALA recommends a seat board, suspension work seat, seat sling, or a boatswain chair. Contact DBI-SALA for more information on these items.
- F. ENVIRONMENTAL HAZARDS:** Use of this equipment in areas with environmental hazards may require additional precautions to prevent injury to the user or damage to the equipment. Hazards may include, but are not limited to; heat, chemicals, corrosive environments, high voltage power lines, gases, moving machinery, and sharp edges.
- G. TRAINING:** This equipment must be installed and used by persons trained in its correct application and use. See section 4.0.

IMPORTANT: When working with tools, materials, or in high temperature environments, ensure that associated fall protection equipment can withstand high temperatures, or provide protection for those items.

- 1.3** Refer to national Standards including ANSI Z359 (.0, .1, .2, .3, and .4) family of standards on fall protection, ANSI A10.32, CSA Z259.10, and applicable local, state and federal (OSHA) requirements governing occupational safety for more information about work positioning systems.

2.0 SYSTEM REQUIREMENTS

- 2.1 COMPATIBILITY OF COMPONENTS:** DBI-SALA equipment is designed for use with DBI-SALA approved components and subsystems only. Substitutions or replacements made with non-approved components or subsystems may jeopardize compatibility of equipment and may effect the safety and reliability of the complete system.

2.2 COMPATIBILITY OF CONNECTORS: Connectors are considered to be compatible with connecting elements when they have been designed to work together in such a way that their sizes and shapes do not cause their gate mechanisms to inadvertently open regardless of how they become oriented. Contact DBI-SALA if you have any questions about compatibility.

Connectors (hooks, carabiners, and D-rings) must be capable of supporting at least 5,000 lbs. (22.2kN). Connectors must be compatible with the anchorage or other system components. Do not use equipment that is not compatible. Non-compatible connectors may unintentionally disengage. See Figure 6. Connectors must be compatible in size, shape, and strength. Self locking snap hooks and carabiners are required by ANSI Z359.1 and OSHA.

2.3 MAKING CONNECTIONS: Only self-locking snap hooks and/or carabiners shall be used with this equipment. Ensure all connectors are fully closed and locked and compatible.

DBI-SALA connectors (snap hooks and carabiners) are designed to be used only as specified in each product’s user instructions. See Figure 3 for inappropriate connections. DBI-SALA snap hooks and carabiners should not be connected:

- A. To a D-ring which another connector is already attached.
- B. In a manner that would result in a load on the gate.

Figure 6 - Unintentional Disengagement (Roll-out)

If the connecting element that a snap hook (shown) or carabiner attaches to is undersized or irregular in shape, a situation can occur where the connecting element applies a force to the gate of the snap hook or carabiner. This force may cause the gate (of either a self-locking or a non-locking snap hook) to open, allowing the snap hook or carabiner to disengage from the connecting point. For ANSI Z359.1-2007 compliant hooks, there are no restrictions on the size or shape of the mating connector provided the snap hook is free to align with the applied load as intended.

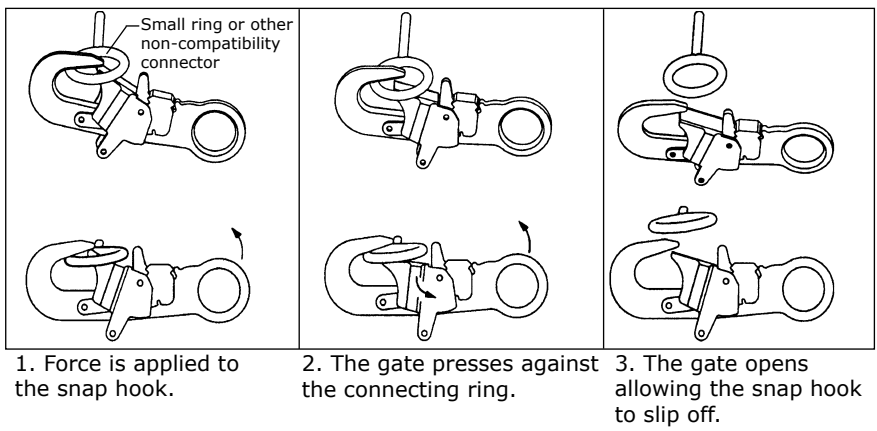
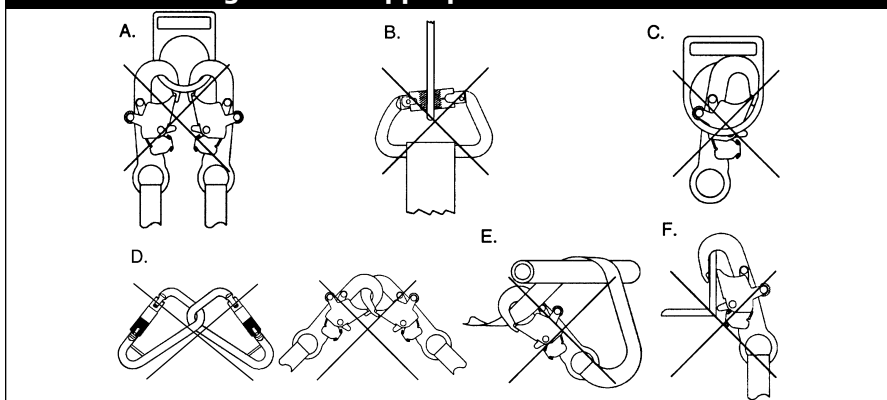


Figure 7 - Inappropriate Connections



NOTE: Large throat snap hooks should not be connected to standard size D-rings or similar objects which will result in a load on the gate if the hook or D-ring twists or rotates, unless the snap hook complies with ANSI Z359.1-2007 and is equipped with a 3,600 lb gate. Check the marking on your snap hook to verify that it is appropriate for your application.

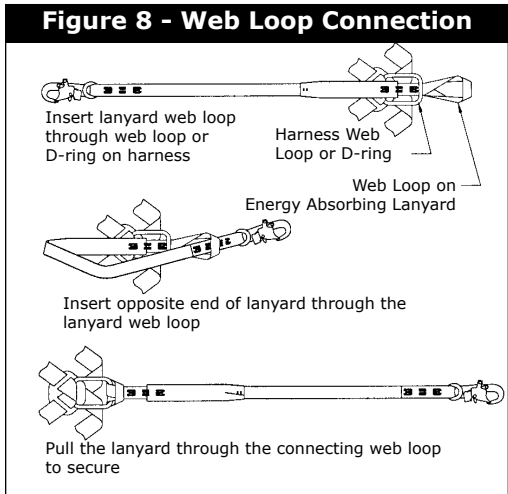
- C. In a false engagement, where features that protrude from the snap hook or carabiner catch on the D-ring, and without visual confirmation seems to be fully engaged to the anchor point.
- D. To each other.
- E. Directly to webbing or rope lanyard for tie-back (unless specifically provided by the manufacturer).
- F. To any object which is shaped or dimensioned such that the snap hook or carabiner will not close and lock, or where roll-out could occur.

OTHER RESTRICTIONS:

- Do not make connections where the hook locking mechanism can come into contact with a structural member or other equipment and potentially release the hook.
- Do not connect a snap hook into a loop or thimble of a wire rope or attach in any way to a slack wire rope.
- The snap hook must be free to align with the applied load as intended (regardless of the size or shape of the mating connector).
- A caribiner may be used to connect to a single or pair of soft loops on a body support such as a body belt or full body harness, provided the carabiner can fully close and lock. This type of connection is not allowed for snap hooks.

- A carabiner may be connected to a loop or ring connector that is already occupied by a choker style connector. This type of connection is not allowed for snap hooks.

2.4 CONNECTING SUBSYSTEMS: Connecting subsystems (self-retracting lifeline, lanyard, rope grab and lifeline, cable sleeve) must be suitable for your application. See section 1.1. See subsystem manufacturer's instructions for more information. Some harness models have web loop connection points. Do not use snap hooks to connect to web loops. Use a self-locking carabiner to connect to a web loop. Ensure the carabiner cannot cross-gate load (load against the gate rather than along the backbone of the carabiner). Some lanyards are designed to choke onto a web loop to provide a compatible connection. See Figure 8. Lanyards may be sewn directly to the web loop forming a permanent connection. Do not make multiple connections onto one web loop, unless choking two lanyards onto a properly sized web loop.



2.5 ANCHORAGE STRENGTH: The anchorage strength required is dependent on the application type. The following are the requirements of ANSI 359.1 for these application types:

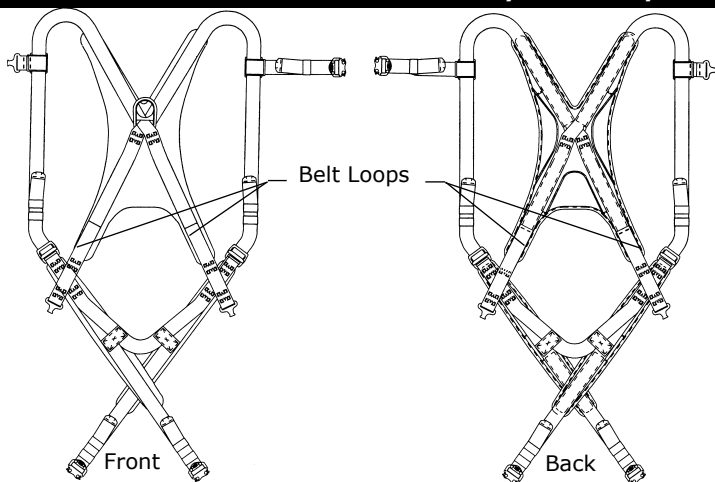
- A. FALL ARREST:** Anchorages selected for fall arrest systems shall have a strength capable of sustaining static loads applied in the directions permitted by the system of at least:
1. 5,000 lbs. (22.2 kN) for non-certified anchorages, or
 2. Two times the maximum arresting force for certified anchorages. When more than one fall arrest system is attached to an anchorage, the strengths set forth in (1) and (2) above shall be multiplied by the number of systems attached to the anchorage.
- B. RESTRAINT:** Anchorages selected for restraint and travel restraint systems shall have a strength capable of sustaining static loads applied in the directions permitted by the system of at least:
1. 1,000 lbs. (4.5 kN) for non-certified anchorages, or
 2. Two times the foreseeable force for certified anchorages. When more than one restraint and travel restraint system is attached to an anchorage, the strengths set forth in (1) and (2) above shall be multiplied by the number of systems attached to the anchorage.

- C. WORKING POSITIONING:** Anchorages selected for work positioning systems shall have a strength capable of sustaining static loads applied in the directions permitted by the system of at least:
1. 3,000 lbs. (13.3 kN) for non-certified anchorages, or
 2. Two times the foreseeable force for certified anchorages.
- When more than one work positioning system is attached to an anchorage, the strengths set forth in (1) and (2) above shall be multiplied by the number of systems attached to the anchorage.
- D. RESCUE:** Anchorages selected for rescue systems shall have a strength capable of sustaining static loads applied in the directions permitted by the system of at least:
1. 3,000 lbs. (13.3 kN) for non-certified anchorages, or
 2. Five times the foreseeable force for certified anchorages.
- When more than one rescue system is attached to an anchorage, the strengths set forth in (1) and (2) above shall be multiplied by the number of systems attached to the anchorage.
- E. CLIMBING:** The structure to which a climbing system is attached must sustain the loads required by that particular system. See instructions for climbing system for requirements.

3.0 DONNING AND USE

WARNING: Do not alter or intentionally misuse this equipment. Consult DBI-SALA when using this equipment in combination with components or subsystems other than those described in this manual. Some subsystem and component combinations may interfere with the operation of this equipment. Use caution when using this equipment around moving machinery, electrical and chemical hazards, and sharp edges.

Figure 9 - Front and Back View of ExoFit Vest Style Full Body Harness



- 3.1 BEFORE EACH USE** of this equipment inspect it according to section 5.0 of this manual.
- 3.2 PLAN** your system before use. Consider all factors that will affect your safety during use of this equipment. The following list gives important points to consider when planning your system:
- A. ANCHORAGE:** Select an anchorage that meets the requirements specified in sections 1.2 and 2.5.
 - B. SHARP EDGES:** Avoid working where system components may be in contact with, come in contact with, or abrade against, unprotected sharp edges.
 - C. AFTER A FALL:** Any equipment which has been subjected to the forces of arresting a fall or exhibits damage consistent with the effect of fall arrest forces as described in section 5.0, must be removed from service immediately and destroyed by the user, the rescuer, or an authorized person.
 - D. RESCUE:** The employer must have a rescue plan when using this equipment. The employer must have the ability to perform a rescue quickly and safely.

3.3 DONNING AND FITTING THE HARNESS:

- A. ExoFit Vest Style Full Body Harness:** See Figure 9 for front and back views of the ExoFit Vest style full body harness. Your harness incorporates loops for a removable waist belt. The belt can be installed through the two loops in the harness located in the lower back shoulder straps. The belt will pass through the harness just below the padded area. The hip pad, if used, is secured to the belt by passing the belt through the hip pad loops.

Don the ExoFit Vest style full body harness by following these steps (see Figures 10 and 11):

- Step 1. Locate back D-ring held in position by the D-ring pad; lift up harness and hold by this D-ring. Ensure the straps are not twisted.
- Step 2. Grasp the shoulder straps and slip the harness onto one arm. The D-ring will be located on your back side. Ensure that the straps are not tangled and hang freely. Slip your free arm into the harness and position the shoulder straps on top of your shoulder. Ensure that the straps are not tangled and hang freely. The chest strap, with quick connect buckle, will be positioned on the front side when worn properly.
- Step 3. Reach between your legs and grasp the gray leg strap on your left side. Bring the strap up between your legs and connect it by inserting the tab of the buckle into

Figure 10 - Donning ExoFit Vest Style Full Body Harness



Figure 11 - ExoFit Quick Connect Buckle Connections



Chest Strap: Attach chest strap by inserting the tab of the buckle into the receptor of the quick connect buckle until a click is heard



Leg Straps: Attach leg strap by inserting the tab of the buckle into the receptor of the quick connect buckle until a click is heard

receptor of quick connect buckle on the left side as shown in Figure 10. You will hear a click when the tab engages properly. Connect the right leg strap using the same procedure. Pull the free end of the strap away from the buckle to make a snug fit on each leg strap. To loosen the leg strap, grasp the yellow plastic portion of the buckle and pull away from your leg to allow the strap to pull through the buckle. A plastic end keeper on the end of the strap will stop it from pulling completely out of the buckle. To release the buckle, press the silver-colored tabs on the buckle towards each other with one hand, while pulling on the tab portion of the buckle with the other hand.

- Step 4. Attach the chest strap by inserting the tab of the buckle into the receptor of the quick connect buckle. You will hear a click when the tab engages properly. The chest strap should be 6 in. (15 cm) down from the top of your shoulders. Pass excess strap through the loop keepers. The strap may be tightened to a snug fit by pulling the free strap end to the left (away from the buckle). To loosen the chest strap, grasp the yellow plastic portion of the buckle and pull away from the body to allow the strap to pull through the buckle. A plastic end keeper on the end of the strap will stop it from pulling completely out of the buckle. To release the buckle, press the silver-colored tabs on the buckle toward each other with one hand, while pulling on the tab portion of the buckle with the other hand.

Figure 12 - ExoFit Cross-Over Style

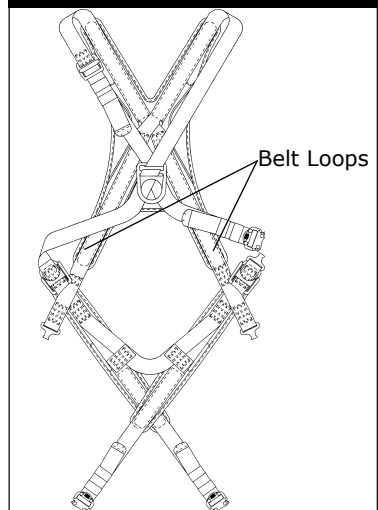


Figure 13 - Donning ExoFit Cross-Over Style Full Body Harness



Step 1



Step 2



Step 3



Step 4



Step 5

- Step 5. Adjust shoulder straps to a snug fit by pulling excess strap through the parachute buckles on each side of the harness. Left and right sides of shoulder straps should be adjusted to the same length and the chest strap should be centered on your lower chest, 6 in. (15 cm) down from shoulder. The front D-ring on the vest style harness is moved up or down by adjusting the shoulder straps and leg straps. Center the back D-ring between your shoulder blades. Note: On ExoFit XP models, the back (dorsal) D-ring can be repositioned up or down as needed for a correct fit. Adjust leg straps to a snug fit. At least 3 in. (8 cm) of webbing must extend past the buckle on the leg straps. Adjust the waist belt (if present).

B. EXOFIT CROSS-OVER STYLE FULL BODY HARNESS:

Your harness incorporates loops for a removable waist belt. The belt can be installed through the two loops in the harness located in the lower back shoulder straps, see Figure 12. The belt will pass through the harness just below the padded area. The hip pad, if used, is secured to the belt by passing the belt through the hip pad loops. Don the ExoFit Cross-Over style full body harness by following these steps (see Figures 13 and 14):

- Step 1. Locate the back D-ring held in position by the D-ring pad; lift up the harness and hold by this D-ring. Ensure the straps are not twisted.
- Step 2. Grasp the shoulder straps between the back and front D-ring and slip the harness over your head from the left side. Position the shoulder straps on top of your shoulders. Ensure that the straps are not tangled and hang freely. The D-ring will be positioned on your back when worn properly.
- Step 3. Grasp the tab of the buckle located at your right hip and insert it into the receptor of the quick connect buckle, see Figure 13. You will hear a click when the tab engages properly.

Figure 14 - ExoFit Quick Connect Buckle Connections



Hip Strap: Attach chest strap by inserting the tab of the buckle into the receptor of the quick connect buckle until a click is heard



Leg Straps: Attach leg strap by inserting the tab of the buckle into the receptor of the quick connect buckle until a click is heard

- Step 4. Reach between your legs and grasp the gray leg strap on your left side. Bring the strap up between your legs and insert the tab of the buckle into the receptor of the buckle on the left side as shown in Figure 13. You will hear a click when the tab engages properly. Connect the right leg strap using the same procedure. Pull the free end of the strap away from the buckle to make a snug fit on each leg strap. To loosen the leg strap, grasp the yellow plastic portion of the buckle and pull away from your leg to allow the strap to pull through the buckle. A plastic end keeper on the end of the strap will stop it from pulling completely out of the buckle. To release the buckle, press the silver-colored tabs on the buckle towards each other with one hand, while pulling on the tab portion of the buckle with the other hand.
- Step 5. Adjust shoulder strap to a snug fit by pulling excess strap through the parachute buckle. Left and right sides of the shoulder straps should be adjusted to the same length and the front D-ring should be centered on your lower chest. The back D-ring should be centered between your shoulder blades. Note: On ExoFit XP models, the back (dorsal) D-ring can be repositioned up or down as needed for a correct fit. Adjust the leg straps to a snug fit. At least 3 in. (8 cm) of webbing must extend past the buckle on the leg straps. Adjust the waist belt (if present).

3.4 USE OF FALL ARREST D-RING OR ATTACHMENT ELEMENT:

For fall protection applications connect to the D-ring or attachment element on your back, between your shoulder blades. Side D-rings, if present, are for positioning or restraint applications only. Front D-ring, if present, is for ladder climbing or positioning. For rescue, back or front D-rings may be used. D-rings on seat sling are for work positioning or personnel riding.

3.5 MAKING CONNECTIONS: When using a hook to connect to an anchorage or when coupling components of the system together, ensure roll-out cannot occur. Roll-out occurs when interference between the hook and mating connector causes the hook gate to unintentionally open and release. Self-locking snap hooks and carabiners should be used to reduce the possibility of roll-out. Do not use hooks or connectors that will not completely close over the attachment object. See subsystem manufacturer's instructions for more information on making connections.

3.6 CONNECTING SYSTEM COMPONENTS: After properly fitting the full body harness, the user may then connect to other system components. Follow the guidelines in section 3.4 on selecting the correct attachment element.

4.0 TRAINING

4.1 It is the responsibility of the purchaser and the user of this equipment to assure that they understand these instructions and

are trained in the correct care and use of this equipment. They must also be aware of the operating characteristics, application limits, and the consequences of improper use of this equipment.

IMPORTANT: Training must be conducted without exposing the user to a fall hazard. Training should be repeated on a periodic basis.

5.0 INSPECTION

- 5.1** The i-Safe™ RFID tag on this harness can be used in conjunction with the i-Safe handheld reading device and the web based portal to simplify inspection and inventory control and provide records for your fall protection equipment. See Figure 15.
- 5.2 FREQUENCY:** Before each use inspect the full body harness according to sections 5.3 and 5.4. The harness must be inspected by a competent person, other than the user, at least annually. Record the results of each formal inspection in the inspection and maintenance log in section 10.0, or use the i-Safe™ inspection web portal to maintain your inspection records. If you are a first-time user, contact a Customer Service representative (see contact information on back cover) or if you have already registered, access the appropriate i-Safe portal on www.capitalsafety.com. Follow instructions provided with your i-Safe handheld reader or on the web portal to transfer your data to your web log.



IMPORTANT: *If the full body harness has been subjected to fall arrest or impact forces it must be immediately removed from service and destroyed.*

IMPORTANT: *Extreme working conditions (harsh environments, prolonged use, etc.) may require increasing the frequency of inspections.*

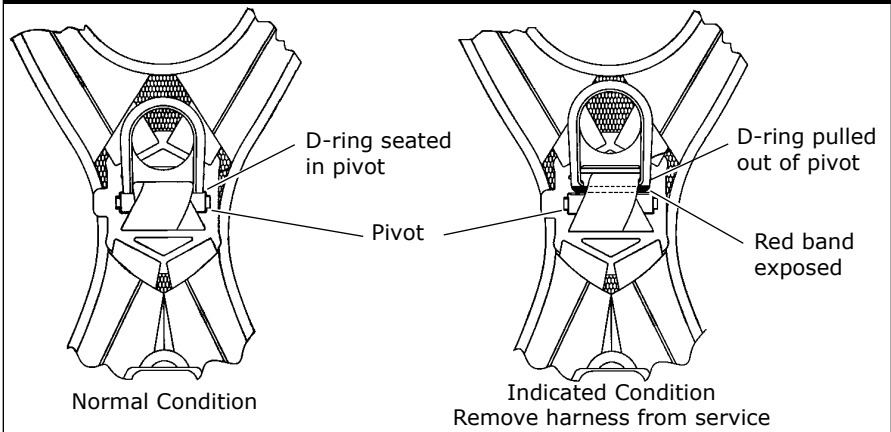
5.3 INSPECTION STEPS:

- Step 1. Inspect harness hardware (buckles, D-rings, back pad, loop keepers); these items must not be damaged, broken, distorted, and must be free of sharp edges, burrs, cracks, worn parts, or corrosion. PVC coated hardware must be free of cuts, rips, tears, holes, etc. in the coating to ensure non-conductivity. Ensure that the release tabs of the buckle work freely and that a click is heard when the buckle engages. Inspect parachute buckle spring.
- Step 2. Inspect webbing; material must be free of frayed, cut, or broken fibers. Check for tears, abrasions, mold, burns, or discoloration. Inspect stitching; check for pulled or cut stitches. Broken stitches may be an indication that the harness has been impact loaded and must be removed from service. When performing the annual formal inspection on the XP models of the ExoFit harness, remove the back pad and leg strap pads to facilitate inspection of the webbing.
- Step 3. Inspect the labels: All labels should be present and fully legible. See section 9.0.
- Step 4. Inspect each system component or subsystem according to manufacturer's instructions.
- Step 5. Record the inspection date and results in the inspection and maintenance log in section 10.0.
- Step 6. On the XP models of the ExoFit, inspect the impact indicator. See Figure 16. If the dorsal D-ring of the harness has experienced an impact, a red-colored area at the base of the D-ring will become visible and indicate that an impact has occurred. The impact indicator cannot be reset and the harness must be removed from service and destroyed.

- 5.4** If inspection reveals a defective condition, remove the unit from service immediately and destroy it.

NOTE: *Only DBI-SALA or parties authorized in writing may make repairs to this equipment.*

Figure 16 - Impact Indicator



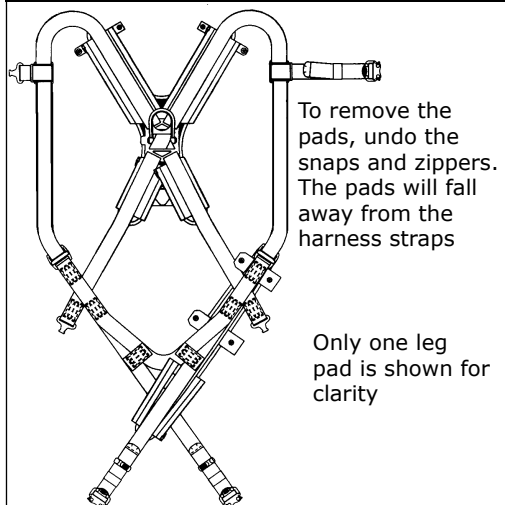
6.0 MAINTENANCE, SERVICING, STORAGE

6.1 WASHING INSTRUCTIONS:

A. FULL BODY HARNESS:

- Step 1. Spot clean the ExoFit full body harness with water and a mild soap solution. The harness may be laundered by using a bleach-free detergent. Water temperature for wash and rinse must not exceed 160° F (70° C).
- Step 2. To launder the ExoFit XP, remove the pads. See Figure 17. To remove the pads, undo the snaps and zippers. The pads will fall away from the harness straps.
- Step 3. Place the harness in the supplied laundry bag. The bag is designed to prevent entanglement of harnesses and to protect the washing machine from damage. Use of the laundry bag to wash the pads is optional. Note: Use a bleach-free detergent when washing both the harness and the pads.

Figure 17 - Removing ExoFit XP Pads

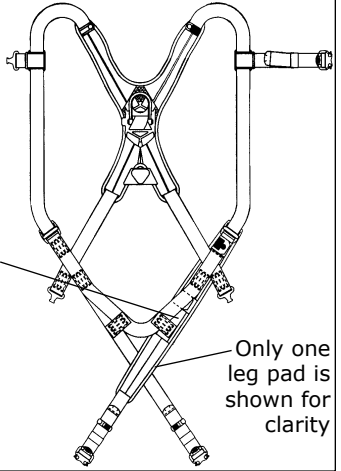


- Step 4. Harness and pads may be air dried or tumble dried on low heat (not greater than 200° F (90° C).
- Step 5. Replace the pads before using the harness. See Figure 18. To replace the ExoFit XP Pads, lay out the harness as shown and place the pads under the straps. Then wrap the zippered flaps

Figure 18 - Replacing ExoFit XP Pads

To replace the pads, lay out the harness as shown and place the pads under the straps then wrap the zippered flaps over the straps and close the snaps and zippers.

Note: The lower snap closure on the leg strap pad must connect between the layers of the leg strap and the seat strap.



- Step 6. The retrieval harness pads have openings for the shoulder D-rings. See Figure 19. When replacing the pads, make sure the D-rings are located on the shoulder straps so that they protrude through the openings and are available for connecting retrieval systems.

B. ARC FLASH FULL BODY HARNESS:

- Step 1. Spot clean the ExoFit full body harness. Lay the webbing on a flat surface and clean each side using a mild bleach-free detergent with a sponge or light brush, so as not to damage or bulk up the filaments. Rinse thoroughly.

IMPORTANT: ASTM F887-2004 rated harnesses should use a mild bleach-free detergent rather than soap; as soap may leave a residue which could affect flame resistance.

- Step 2. To thoroughly clean the ExoFit XP, remove the pads. See Figure 17. Undo the snaps and zippers. The pads will fall away from the harness straps.

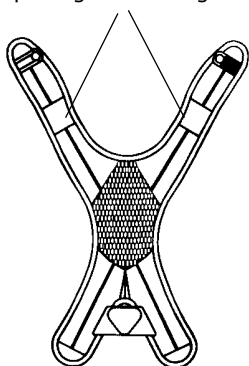
- Step 3. Harness and pads should be thoroughly air dried before using. Do not dry in a mechanical dryer.

IMPORTANT: A wet harness will have reduced strength.

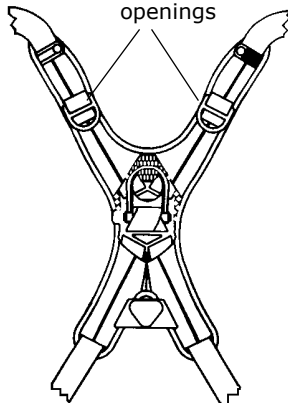
- Step 4. See step 5 above.
- Step 5. See step 6 above.

Figure 19 - Retrieval Harness D-rings

Openings for D-rings



Pull D-rings through openings



The retrieval harness pads have openings for the shoulder D-rings. When replacing the pads, make sure the D-rings are located on the shoulder straps so that they protrude through the openings and are available for connecting retrieval systems.

IMPORTANT: An excessive buildup of dirt, paint, etc. may prevent the full body harness from working properly, and in severe cases degrade the webbing to a point where it weakens and should be removed from service.

- Use extra rinse cycle to be sure all residual wash chemicals are removed.
- Air dry or tumble dry using permanent press cycle and low heat. Drying temp should not exceed 200°F (93°C). These fabrics dry quickly, for lowest shrinkage, do not over dry.

More information on cleaning is available from Capital Safety. If you have questions concerning the condition of your harness, or have any doubt about putting it into service contact Capital Safety.

- 6.2** Additional maintenance and servicing procedures must be completed by a factory authorized service center. Authorization must be in writing. Do not attempt to disassemble the unit.
- 6.3** Store the full body harnesses in a cool, dry, clean environment out of direct sunlight. Avoid areas where chemical vapors may exist. Thoroughly inspect the full body harness after extended storage.

7.0 SPECIFICATIONS

7.1 PERFORMANCE

- **Maximum Free Fall Distance:** No greater than 6 ft (1.8 m), per federal law and ANSI Z359.1.
- **Maximum Arresting Force:** 1,800 lbs. (13 kN)
- **Maximum Capacity:** 352 lbs. (160 kg)
- **Approximate Weight:**
 - Harness only:** 3 lbs. (1.4 kg)
 - Harness with Side D-rings:** Add 1/2 lb. (.23 kg)
 - Harness with Front D-ring:** Add 1/4 lb. (.11 kg)
 - Harness with Back Pad or Belt:** Add 1 lb. (.45 kg)

- **XP model pad materials:** nylon and polyester. ExoFit Patent No.: USD454,986S. Other patents pending. All harnesses meet ANSI Z359.1 and OSHA requirements.

7.1 MATERIALS

STANDARDS: All harnesses marked with ASTM F887-2004 meet all testing requirements of the standard.

Webbing Materials: 7000 Lbs. (31 kN) Tensile strength Nylon 7000 Lbs. Tensile strength Nomex* covered Kevlar*

Pad and Label Cover Materials:

- All outer fabric is Nomex and Kevlar blend fabric
- Fire resistant hook and loop fasteners

Optional Accessories:

- Hip Pad with side D-rings
- Nomex covered Kevlar webbing
- Non-sparking/ Non-conductive PVC coated hardware
- Arc-rated hip, leg, and back pads
- Polyurethane coated, arc-rated dorsal web loop

* Nomex and Kevlar belong to DuPont

8.0 TERMINOLOGY

AUTHORIZED PERSON: A person assigned by the employer to perform duties at a location where the person will be exposed to a fall hazard (otherwise referred to as “user” for the purpose of these instructions).

RESCUER: Person or persons other than the rescue subject acting to perform an assisted rescue by operation of a rescue system.

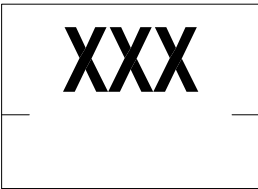
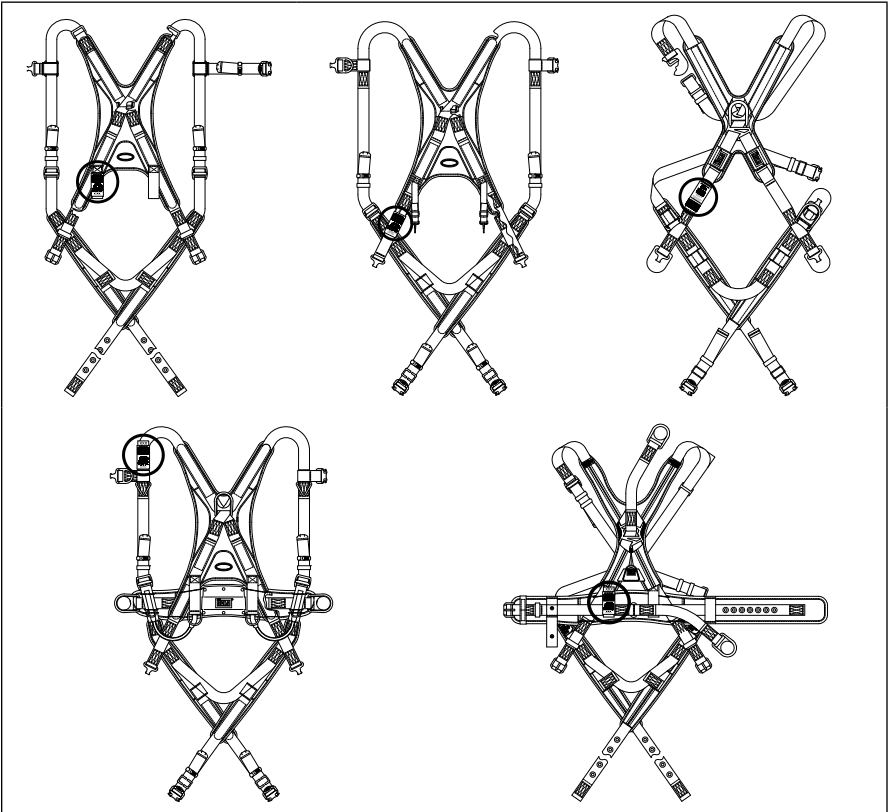
CERTIFIED ANCHORAGE: An anchorage for fall arrest, positioning, restraint, or rescue systems that a qualified person certifies to be capable of supporting the potential fall forces that could be encountered during a fall or that meet the criteria for a certified anchorage prescribed in this standard.

QUALIFIED PERSON: A person with a recognized degree or professional certificate and with extensive knowledge, training, and experience in the fall protection and rescue field who is capable of designing, analyzing, evaluating and specifying fall protection and rescue systems to the extent required by this standard.

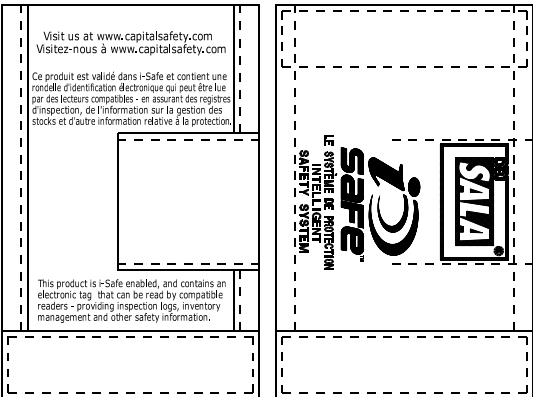
COMPETENT PERSON: One who is capable of identifying existing and predictable hazards in the surroundings or working conditions which are unsanitary, hazardous, or dangerous to employees, and who has authorization to take prompt corrective measures to eliminate them.

9.0 LABELING

Labels are enclosed in an attached fabric wrap. Typical label locations are illustrated below. If a waist belt is to be worn with the harness, be careful not to enclose the belt loop when closing the wrap. Labels must be securely attached to the harness and fully legible.



Size Label



Label Wrap (Front & Back)

9502095 Rev. A

INSPECTION LOG
RELEVÉ D'INSPECTION

SERIAL NO./NUMÉRO DE SERIE:
SEE RFID TAG IN CLEAR POUCH
VOIR L'ÉTIQUETTE DE RFID
DANS LA POCHE TRANSPARENTE

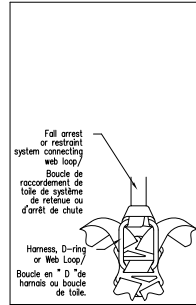
INITIAL					
DATE					

DO NOT REMOVE THIS LABEL
NE PAS ENLEVER CETTE ÉTIQUETTE

MFRD/LOT/FABR. LOT:
(YR/MO/AA/MI)

MODEL NO./MODÈLE

Inspection Label



9507096 Rev F

▲ WARNING/AVERTISSEMENT

Only compatible connections may be made with web loops. Snap hooks (both self locking and non-locking types) connected into web loops may result in inadvertent disengagement. Refer to separate instructions for further details. Failure to follow these instructions may result in serious injury or death. Do not remove label./

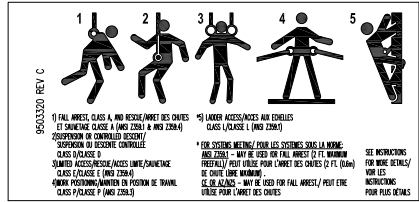
Seuls des connexions compatibles doivent être faites avec les boucles de toile. Un moussaillon (de type avec ou sans verrou) rattaché à une boucle de toile pourrait se désengager par inadvertance. Pour plus de détails, référez vous aux instructions. Ne pas vous conformer à ces instructions pourrait causer des blessures graves ou la mort. Ne pas retirer l'étiquette.

Web Loop Harness Label

9503437 Rev B

USER IDENTIFICATION/ IDENTIFICATION DE L'UTILISATEUR
MARK LABEL WITH PERMANENT MARKER/ MARQUER L'ÉTIQUETTE AVEC UN MARQUEUR PERMANENT.

Instruction Label



▲ WARNING MANUFACTURER'S INSTRUCTIONS MUST BE READ AND UNDERSTOOD PRIOR TO USE. INSTRUCTIONS SUPPLIED WITH THIS PRODUCT AT TIME OF SHIPMENT MUST BE FOLLOWED. FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY OR DEATH. CONTACT CAPITAL SAFETY IF INSTRUCTION SHEET IS NEEDED. INSPECT BEFORE EACH USE. REMOVE FROM SERVICE AFTER FALL ARREST. REMOVE FROM SERVICE IF WEAR DAMAGE IS PRESENT DURING INSPECTION. MAKE ONLY COMPATIBLE CONNECTIONS. DO NOT ALTER OR REPAIR HARNESS.

▲ AVERTISSEMENTS LES INSTRUCTIONS DU FABRICANT DOIVENT ÊTRE LUES ET COMPRIS PRÉALABLEMENT A L'UTILISATION. LES INSTRUCTIONS FOURNIES AVEC CE PRODUIT AU MOMENT DE L'EXPÉDITION DOIVENT ÊTRE SUIVIES. NÉGLIGER CES RECOMMANDATIONS PEUT ENTRAÎNER DES BLESSURES GRAVES, VOIRE MORTELLES. CONTACTER CAPITAL SAFETY EN CAS DE BESOIN DE NOTICE. INSPECTER AVANT CHAQUE UTILISATION. METTRE HORS SERVICE APRÈS L'ARRÊT D'UNE CHUTE. METTRE HORS SERVICE SI L'INSPECTION RÉVÈLE DES DOMMAGES DUS À L'USURE. EFFECTUER SEULEMENT DES FIXATIONS COMPATIBLES. NE PAS MODIFIER OU RÉPARER LE HARNAIS.

Warning Label (Polyester Web)

DBI SALA

www.capitalsafety.com
Capital Safety
Red Wing, MN USA
+1-800-328-6146

CSA STANDARD Z259.10-06

BODY HARNESS/Harnais de sécurité
POLYESTER WEB/Sangle: polyester
SIZE/GRADEUR: SEE LABEL
DO NOT REMOVE THIS LABEL/
Ne pas enlever cette étiquette

HARNESS CLASSIFICATION/ Classe de Harnais

▲ WARNING/MISE EN GARDE

ANY UNIT WHICH HAS SEEN FALL ARRESTING SERVICE SHOULD NOT BE USED AFTER SUCH SERVICE. UNE UNITÉ QUI A DÉJÀ ÉTÉ UTILISÉE POUR PRÉVENIR UNE CHUTE NE DOIT PAS ÊTRE EMPLOYÉE À NOUVEAU. BEFORE USE, READ AND COMPLY WITH ALL LABELS AND SEPARATE INSTRUCTIONS. FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY OR DEATH. CONTACT DBI-SALA IF INSTRUCTION SHEET IS NEEDED. INSPECT BEFORE EACH USE. IF WEAR, DAMAGE EXISTS, DO NOT USE. THIS BODY HARNESS IS INTENDED TO BE USED TO ARREST THE MOST SEVERE FREE FALLS. CONNECTING SNAP AND D-RING MUST BE COMPATIBLE IN SIZE, SHAPE AND STRENGTH. THIS ITEM IS NOT FLAME OR HEAT RESISTANT. REPAIRS ONLY TO BE PERFORMED BY DBI-SALA. EQUIPMENT MODIFICATION OR MISUSE VOID WARRANTY.

Warning Label (Nylon Web)

DBI SALA

www.capitalsafety.com
(800) 328-6146
MADE IN U.S.A.

CSA STANDARD Z259.10-06

BODY HARNESS/Harnais de sécurité
NYLON WEB/Sangle: Nylon
SIZE/GRADEUR: SEE LABEL
DO NOT REMOVE THIS LABEL/
Ne pas enlever cette étiquette
MEETS ASTM F887-05

HARNESS CLASSIFICATION/ Classe de Harnais

▲ WARNING MANUFACTURER'S INSTRUCTIONS MUST BE READ AND UNDERSTOOD PRIOR TO USE. INSTRUCTIONS SUPPLIED WITH THIS PRODUCT AT TIME OF SHIPMENT MUST BE FOLLOWED. FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY OR DEATH. CONTACT CAPITAL SAFETY IF INSTRUCTION SHEET IS NEEDED. INSPECT BEFORE EACH USE. REMOVE FROM SERVICE AFTER FALL ARREST. REMOVE FROM SERVICE IF WEAR DAMAGE IS PRESENT DURING INSPECTION. MAKE ONLY COMPATIBLE CONNECTIONS. DO NOT ALTER OR REPAIR HARNESS.

▲ AVERTISSEMENTS LES INSTRUCTIONS DU FABRICANT DOIVENT ÊTRE LUES ET COMPRIS PRÉALABLEMENT A L'UTILISATION. LES INSTRUCTIONS FOURNIES AVEC CE PRODUIT AU MOMENT DE L'EXPÉDITION DOIVENT ÊTRE SUIVIES. NÉGLIGER CES RECOMMANDATIONS PEUT ENTRAÎNER DES BLESSURES GRAVES, VOIRE MORTELLES. CONTACTER CAPITAL SAFETY EN CAS DE BESOIN DE NOTICE. INSPECTER AVANT CHAQUE UTILISATION. METTRE HORS SERVICE APRÈS L'ARRÊT D'UNE CHUTE. METTRE HORS SERVICE SI L'INSPECTION RÉVÈLE DES DOMMAGES DUS À L'USURE. EFFECTUER SEULEMENT DES FIXATIONS COMPATIBLES. NE PAS MODIFIER OU RÉPARER LE HARNAIS.

Warning Label (Nomex/Kevlar Web)

DBI SALA

www.capitalsafety.com
Capital Safety
Red Wing, MN USA
+1-800-328-6146

CSA STANDARD Z259.10-06

BODY HARNESS/Harnais de sécurité
NOMEX COVERED KEVLAR WEB/
Sangle Kevlar recouverte Nomex
SIZE/GRADEUR: SEE LABEL
DO NOT REMOVE THIS LABEL/
Ne pas enlever cette étiquette

HARNESS CLASSIFICATION/ Classe de Harnais

This instruction applies to the following models:

1100300C	1102262C	1108582C	1108750C	1110125C	1110842C
1100301C	1102263C	1108583C	1108751C	1110126C	1110860C
1100302C	1102264C	1108600C	1108752C	1110127C	1110861C
1100303C	1102813C	1108601C	1108753C	1110128C	1110862C
1100304C	1103080C	1108601CH	1108754C	1110150C	1110870C
1100320C	1103081C	1108602C	1108755C	1110151C	1110871C
1100321C	1103082C	1108602CH	1108756C	1110152C	1110872C
1100322C	1103083C	1108603C	1108757C	1110153C	1110873C
1100323C	1107300C	1108604C	1108758C	1110175C	1110880C
1100447C	1107301C	1108605C	1108759C	1110176C	1110881C
1100448C	1107302C	1108606C	1108760C	1110177C	1110882C
1100449C	1107304C	1108607C	1108761C	1110178C	1110883C
1100450C	1107975C	1108608C	1108975C	1110179C	1110890C
1100530C	1107976C	1108609C	1108977C	1110225C	1110891C
1100531C	1107977C	1108610C	1108978C	1110226C	1110892C
1100532C	1107981C	1108611C	1108979C	1110227C	1110893C
1100533C	1107982C	1108650C	1109225C	1110228C	1110895C
1100580C	1107983C	1108651C	1109226C	1110300C	1110896C
1100581C	1107984C	1108652C	1109227C	1110301C	1110897C
1100582C	1107987C	1108656C	1109228C	1110302C	1110898C
1100583C	1107988C	1108657C	1109229C	1110303C	1110899C
1100584C	1107989C	1108658C	1109230C	1110304C	1110900C
1100627C	1107993C	1108675C	1109725C	1110310C	1110901C
1100628C	1108500C	1108676C	1109726C	1110311C	1110902C
1100629C	1108501C	1108677C	1109727C	1110312C	1110903C
1100630C	1108502C	1108678C	1109728C	1110313C	1110904C
1100631C	1108506C	1108679C	1109750C	1110325C	1110949C
1100690C	1108507C	1108680C	1109751C	1110326C	1110964C
1100691C	1108508C	1108681C	1109752C	1110327C	1111425C
1100692C	1108516C	1108682C	1109753C	1110328C	1111426C
1100693C	1108517C	1108683C	1109800C	1110350C	1111427C
1100694C	1108518C	1108684C	1109801C	1110351C	1111428C
1101365C	1108519C	1108685C	1109802C	1110352C	1111475C
1101366C	1108525C	1108686C	1109803C	1110353C	1111476C
1101367C	1108526C	1108700C	1109825C	1110375C	1111477C
1101368C	1108527C	1108700CH	1109826C	1110376C	1111478C
1101485C	1108528C	1108701C	1109827C	1110377C	1111479C
1101486C	1108529C	1108701CH	1109828C	1110378C	1111550C
1101487C	1108530C	1108702C	1109900C	1110400C	1111551C
1101488C	1108532C	1108702CH	1109901C	1110401C	1111552C
1101545C	1108534C	1108703C	1109925C	1110402C	1111553C
1101546C	1108539C	1108704C	1109926C	1110403C	1111600C
1101547C	1108540C	1108705C	1109927C	1110500C	1111601C
1101548C	1108541C	1108706C	1109928C	1110501C	1111602C
1101745C	1108542C	1108707C	1110075C	1110502C	1111603C
1101746C	1108550C	1108708C	1110076C	1110503C	1111725C
1101747C	1108551C	1108709C	1110077C	1110504C	1111726C
1101748C	1108552C	1108710C	1110078C	1110525C	1111727C
1102057	1108553C	1108711C	1110079C	1110526C	1111728C
1102058	1108575C	1108712C	1110100C	1110527C	
1102059	1108576C	1108713C	1110101C	1110528C	
1102060	1108577C	1108714C	1110102C	1110840C	
1102261C	1108581C	1108715C	1110103C	1110841C	

Additional model numbers may appear on the next printing.

LIMITED LIFETIME WARRANTY

Warranty to End User: D B Industries, Inc., dba CAPITAL SAFETY USA ("CAPITAL SAFETY") warrants to the original end user ("End User") that its products are free from defects in materials and workmanship under normal use and service. This warranty extends for the lifetime of the product from the date the product is purchased by the End User, in new and unused condition, from a CAPITAL SAFETY authorized distributor. CAPITAL SAFETY'S entire liability to End User and End User's exclusive remedy under this warranty is limited to the repair or replacement in kind of any defective product within its lifetime (as CAPITAL SAFETY in its sole discretion determines and deems appropriate). No oral or written information or advice given by CAPITAL SAFETY, its distributors, directors, officers, agents or employees shall create any different or additional warranties or in any way increase the scope of this warranty. CAPITAL SAFETY will not accept liability for defects that are the result of product abuse, misuse, alteration or modification, or for defects that are due to a failure to install, maintain, or use the product in accordance with the manufacturer's instructions.

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