



CAVING SIT-HARNESS Manual

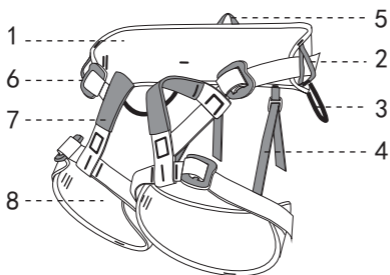
XD-A9539

WARNING :

- Activities involving the use of this equipment are inherently dangerous and can lead to severe injury or even death. You must be responsible for your actions and decisions.
- Read and understand the instructions before use.
- Before using this product, it is essential to have got adequate training, understood and mastered the basics and techniques.
- This product must not be used beyond its limits, nor be used for any purpose other than for which it is designed.



Nomenclature

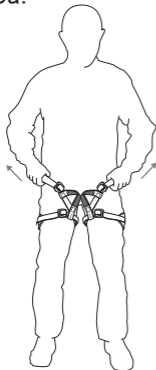


Inspection, points to verify

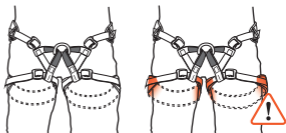


Harness donning and setup

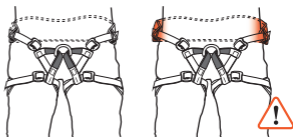
5a.



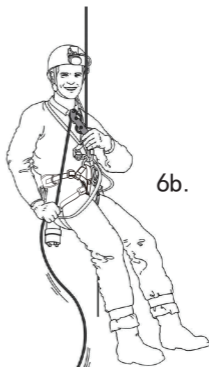
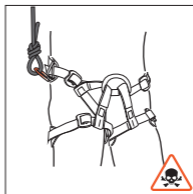
5b.



5c.



6a.



6b.



Bar Code



SIZE	S	M	L
A(cm)	60-90	70-100	80-120
B(cm)	40-55	45-65	50-75
Weight (g)	322	356	392



These instructions explain how to correctly use your equipment. Only certain techniques and uses are described.

The warning symbols inform you of some potential dangers related to the use of your equipment, but it is impossible to describe them all. Check xindaoutdoor.com for updates and additional information.

You are responsible for heeding each warning and using your equipment correctly. Any misuse of this equipment will create additional dangers. Contact Xinda if you have any doubts or difficulty understanding these instructions.

1. Field of application

Personal protective equipment (PPE). Sit for caving harness. This product must not be pushed beyond its limits, nor be used for any purpose other than that for which it is designed.

Responsibility

WARNING

Activities involving the use of this equipment are inherently dangerous. You are responsible for your own actions, decisions and safety.

Before using this equipment, you must:

- Read and understand all Instructions for Use.
- Get specific training in its proper use.
- Become acquainted with its capabilities and limitations.
- Understand and accept the risks involved.

Failure to heed any of these warnings may result in severe injury or death. This product must only be used by competent and responsible persons, or those placed under the direct and visual of a competent and responsible person. You are responsible for your actions, your decisions and your safety and you assume the consequences of same. If you are not able, or not in a position to assume this responsibility, or if you do not fully understand the Instructions for use, do not use this equipment. It is up to the user to foresee situations requiring rescue in

case of difficulties encountered while using this product.

2. Nomenclature

(1)Waistbelt , (2/3)Gear loop , (4)Leg straps, (5)Dorsal attachment loop, (6)Waistbelt adjustment buckles, (7)Connection loop, (8) Legloop

3. Inspection, points to verify

XINDA recommends a detailed inspection at least once every 12 months.Follow the procedures described at www.xindaoutdoor.com/ppe.record the results on your PPE inspection form.

Before each use

Check the condition of the webbing, especially:

- at the attachment points (webbing must not be visible under the protective sleeve .
- at the adjustment buckles and the load-bearing stitching.

Look for cuts, wear and damage due to use and to heat... (cut, torn, worn or loose threads). Verify that the adjustment buckles are properly fastened.

During use

It is important to regularly monitor the condition of the product and its connections to the other equipment in the system.

Regularly verify that the adjustment buckles and the connector are properly fastened and locked.

WARNING: repetitive movements (e.g. those that occur when ascending rope) can in time undo the buckles and the connector that joins the attachment points.

Make sure that all items of equipment are correctly positioned with respect to each other.

4. Compatibility

Verify that this product is compatible with the other elements of the system in your application.(compatible= good functional interaction).

5. Harness donning and setup

5. Harness setup

This harness is specifically designed for rope ascending and descending. (low attachment point), must be worn to fit snugly at the waist and thighs. Wet and icy harness straps are more difficult to adjust.

5a. Hold the harness by the waistbelt and slip it on over your legs.

Join the attachment points with a locking connector that is designed to be loaded on three axes.Verify that the connector is properly closed and locked.

5b. Tighten the leg loops and fasten the leg loop adjustment buckles.

5c. Tighten the waistbelt and fasten the waistbelt adjustment buckle. Install the wear protector webbing.adjust the comfort belt.

Adjustment and suspension test

In a safe environment, move around and hang in the harness with your equipment to verify that the harness fits properly and provides adequate comfort for the intended use

6. How to use

This harness is specifically designed for caving and rope ascending/descending techniques. These harnesses are not suitable for rock climbing because the very low attachment point increases the risk of inversion in a fall.

6a. Rope climbing

The seat harness can be used with shoulder straps and a chest ascender .

6b. Abseil descent

7. Additional information

When to retire your equipment:

WARNING: an exceptional event can lead you to retire a product after only one use, depending on the type and intensity of usage and the environment of usage (harsh environments, marine environment, sharp edges, extreme temperatures, chemicals...).

A product must be retired when:

- It is over 10 years old and made of plastic or textiles.
- It has been subjected to a major fall (or load).
- It fails to pass inspection. You have any doubt as to its reliability.
- You do not know its full usage history.
- When it becomes obsolete due to changes in legislation ,standards, technique or incompatibility with other equipment...

Destroy these products to prevent further use.

3-year guarantee

Against any material or manufacturing defect.

Exclusions: normal wear and tear, oxidation modifications or alterations, incorrect storage,poor maintenance, negligence, uses for which this product is not designed.