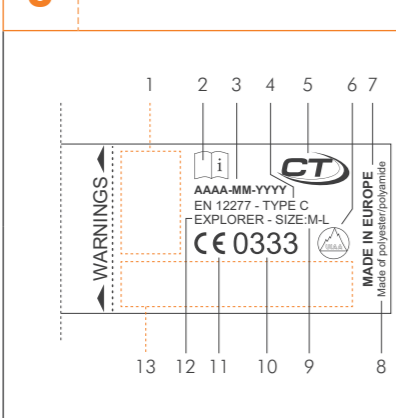


# CLIMBING HARNESSSES

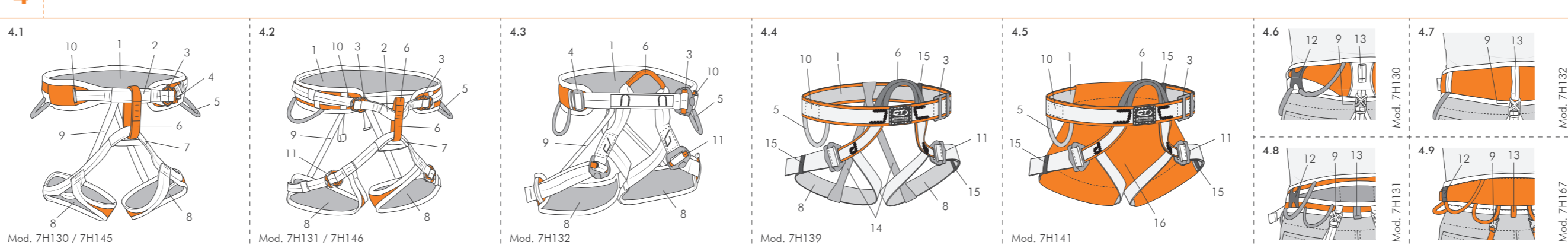
EN Sit harness for climbing.  
 IT Imbracatura bassa per arrampicata.  
 FR Harnais cuissard pour l'escalade.  
 DE Klettersturzart.  
 ES Arnés de cintura para escalada.  
 PT Cadeirinha baixa para escalada.  
 SE Låg klättringssele.  
 NO Sitesele for klatring.  
 FI Matalat kiipeilyvaljaat.  
 DK Sidsesele til klatring.  
 NL Zitgordel voor klimmen.  
 SI Plezalni pas za alpinistično športno.  
 SK plezanie. Horolezecká sedačka.  
 TR Tirmanma alt koşumu.  
 CZ Sedací úvazek pro sportovní lezení.  
 CN 攀登坐式安全带。



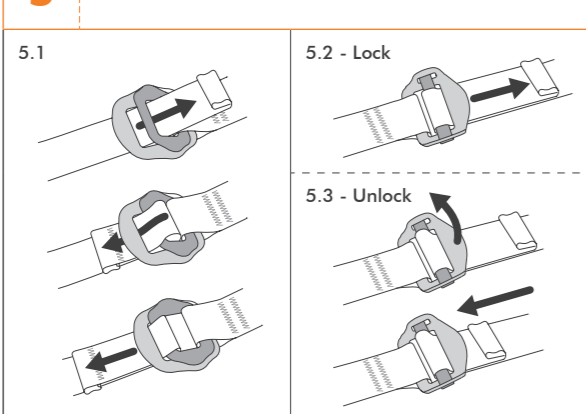
## 3 MARKING



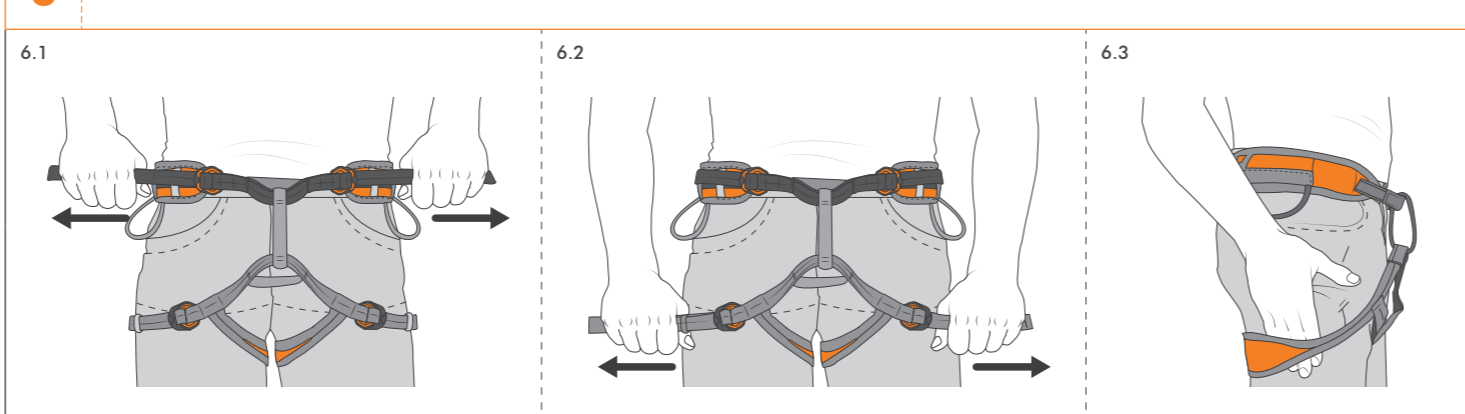
## 4 NOMENCLATURE OF PARTS



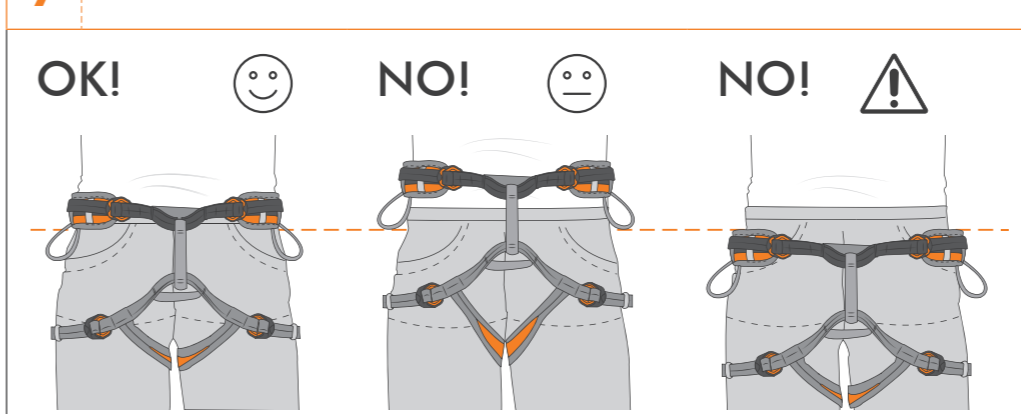
## 5 ADJUSTMENT BUCKLES



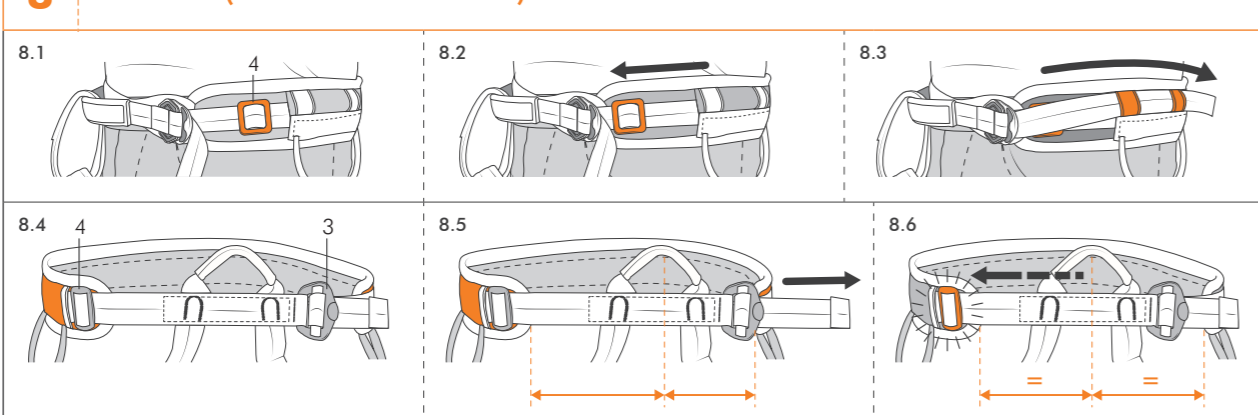
## 6 ADJUSTMENT OF THE HARNESS AND THE LEG LOOPS



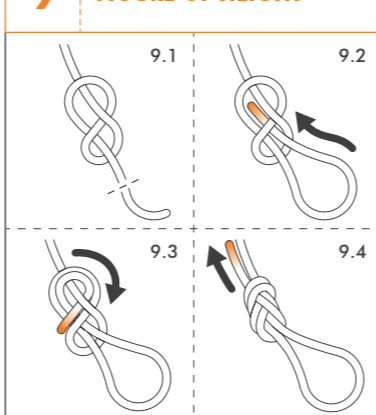
## 7 CORRECT POSITIONING OF THE HARNESS



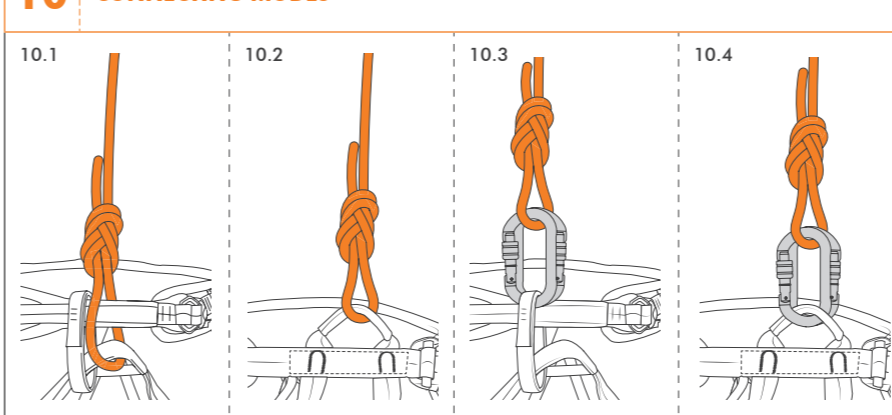
## 8 SRS SYSTEM (SIZE REGULATION SYSTEM)



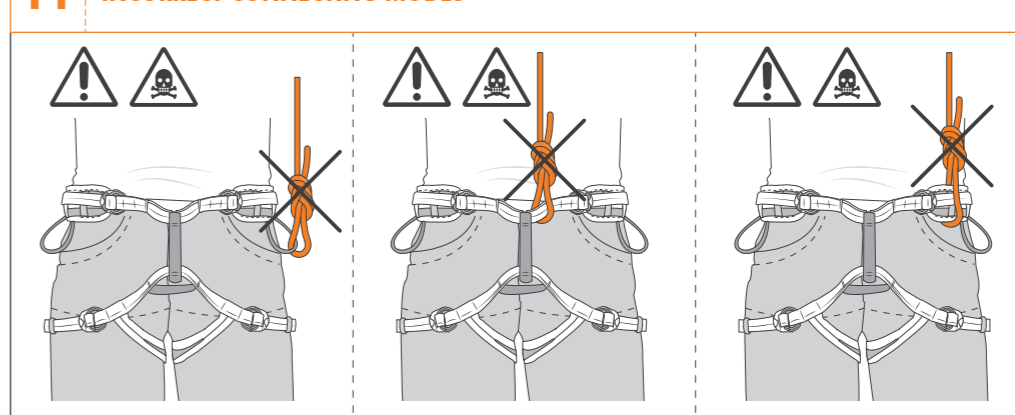
## 9 FIGURE OF HEIGHT



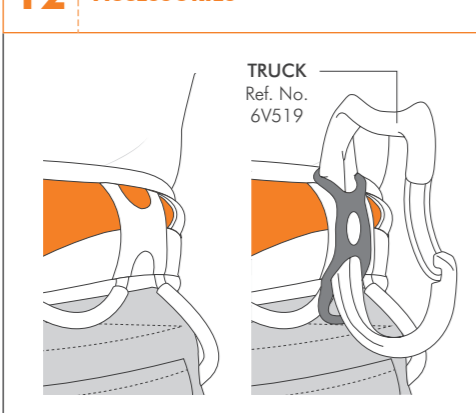
## 10 CONNECTING MODES



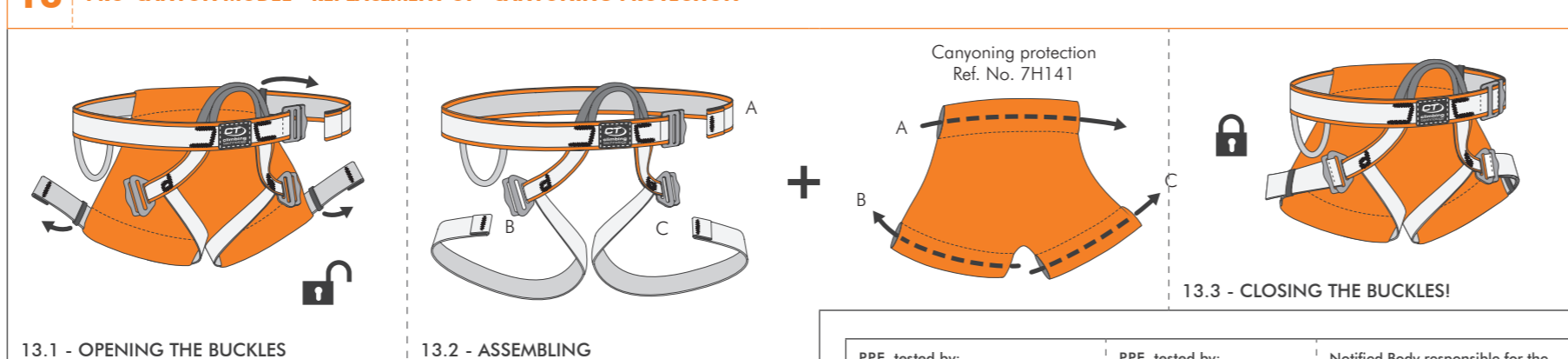
## 11 INCORRECT CONNECTING MODES



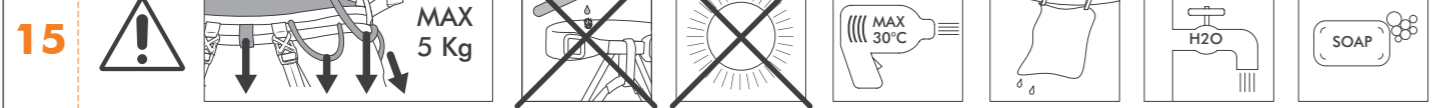
## 12 ACCESSORIES



## 13 PRO-CANYON MODEL - REPLACEMENT OF "CANYONING PROTECTION"



## 15



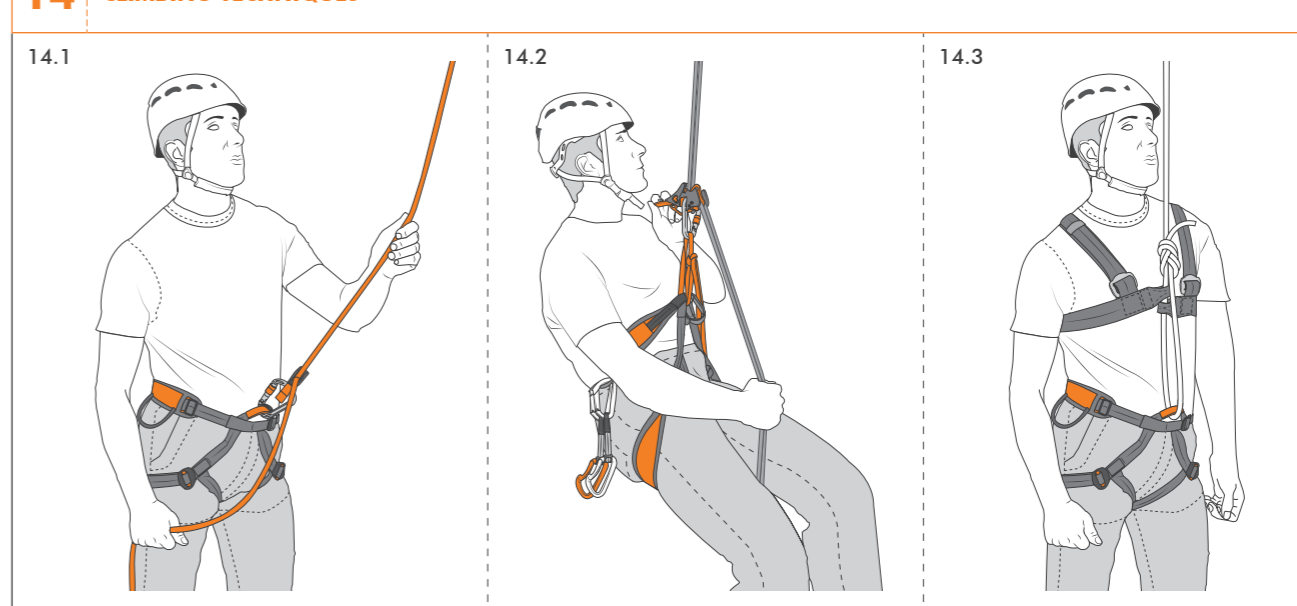
PPE tested by: APAVE SUEUROPE SAS NOTIFIED BODY "0082" 8, rue Jean-Jacques Vermezza Z.A.C. Saumay-Séon CS 60193 - 13322 MARSEILLE CEDEX 16 FRANCE

PPE tested by: VVUU a.s. NOTIFIED BODY "1019" Píkarska 1337/7 716 07 Ostrava - Radvanice CZECH REPUBLIC

Notified Body responsible for the control of manufacturing: AFNOR CERTIFICATION NOTIFIED BODY "0333" 11, rue Francis de Pressensé 93571 La Plaine Saint-Denis Cedex, FRANCE

afaq ISO 9001 QUALITE AFNOR CERTIFICATION

## 14 CLIMBING TECHNIQUES



## ENGLISH

The instruction manual for this device consists of general and specific instructions, both must be carefully read and understood before use. **Attention!** This leaflet shows the specific instruction only. **EN 12277 - TYPE C.** These notes comprise all the necessary information for a correct use of the harness for mountaineering, including those for climbing purposes. They are personal protection equipment (PPE) intended to be included in a fall protection system as, for example, connectors and ropes. **Attention!** The use of this device is reserved only for qualified operators properly trained or for persons that are played under the direct supervision of skilled and trained operators.

**0) FIELD OF APPLICATION.** EN 12277:2007 - Mountaineering equipment: harnesses. The norm applies to the complete harness (type A), to the small size harness (type B), to the sit harnesses (type C), and to the chest harnesses (type D).

**1) NOMENCLATURE** (Fig. 4): 1 - Belt; 2 - Belt loop; 3 - Belt adjustment buckle(s); 4 - SRS buckle for the size adjustment; 5 - Tool carrier loop; 6 - Belay loop; 7 - Loop; 8 - Leg loops; 9 - Leg loops elastic supports with clip; 10 - Label; 11 - Leg loops adjustment buckle(s); 12 - Fixing band for tool carrier connector; 13 - Rear loop for chalk bag; 14 - Removable elastic leg sustain straps; 15 - Removable elastic strap retainers; 16 - Anti-wear protection for canyoning.

**2) MARKING.** The following information are printed on the label (Fig. 2): 1) Pictogram showing the correct connecting methods. 2) Logo advising the user to carefully read the instruction manual before employing the device. 3) Serial number. 4) Number of the relevant EN normative of reference. 5) Name of the manufacturer or of the responsible for the immission in the market. 6) UIAA logo. 7) Country of manufacturing. 8) Building materials. 9) Size of the product. 10) 0333 - Number of the notified body responsible for the control of the manufacturing. 11) CE marking. 12) Product model. 13) Pictogram showing how to close and fit the adjustment buckles.

**3) TRACEABILITY.** Discovery and Pro-Canyon models (Fig. A): individual serial number (AAAA-MM-YYYY) composed by progressive number (AAAA), month (MM) and year of manufacture (YYYY). Other models: month (MM) and year of manufacture (YYYY).

**4) SAFETY CHECK LIST.** Check carefully before each use: webbings and stitchings do not present cuts, abrasions, burns or corrosion; the buckles don't present signs of wear, holes, corrosion or deformation. During each use, regularly check the good working conditions of the device comprising the correct placing of the other components included in the system; pay attention to humidity and ice conditions because they could jeopardize the resistance of the device. **Attention!** It is important to check regularly the buckles and/or the adjustment devices during the use. **Attention!** The performances of a device may decrease due to ageing or to a improper storage.

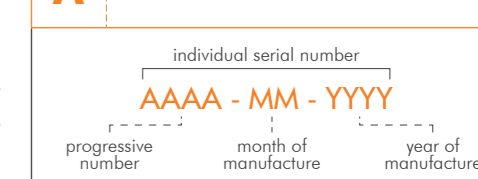
**5) USER'S INSTRUCTIONS.**

**5.1 - Adjustment.** Choose a harness with the suitable size (Fig. 2). Wear the harness so that the belt and the leg loops are positioned at the correct height (Fig. 7). Adjust the belt using the adjustment buckle(s) (Fig. 5), so that it fits perfectly to the body, without being too tight (Fig. 6.1). Adjust the leg loops using the adjustment buckles, if present, and the support elastics, so that one hand can pass between the leg loop and the user's leg (Fig. 6.2-6.3). **Attention!** Before use, it is necessary to carry out a hanging test in a safe environment, in order to ensure that the harness has the correct size, it sums the possibility of a suitable adjustment and an acceptable comfortability level for the intended use.

**5.2 - SRS system (Size Regulation System).** After wearing and adjusting the harness as indicated in paragraph 4.1 you can use the SRS system for an optimal adjustment of the size: • 7H130/7H145. Move the SRS buckle (4) towards the belay loop, so that the final part of the belt is stabilized (Fig. 8.1-8.2). Insert the exceeding webbing into the opposite strap retainers (Fig. 8.3). • 7H132. After adjusting the belt operating on the adjustment buckle (3) (Fig. 8.4-8.5), the belt might be not centred compared to the belay loop (Fig. 8.5). In order to optimise the positioning, slip the webbing of the belt inside the SRS buckle (Fig. 8.6).

**5.3 - Use.** The harness must be only connected to the system through the attachment points intended for this use: single attachment point (belay loop - Fig. 10.2) or double at-

## A TRACEABILITY



## 2 SIZE CHART

REF No.	SIZE	A (cm)	B (cm)	Weight
<b>Model: ON-SIGHT</b>				
7H130AO	XS	65÷75	46÷50	270 g
7H145AO	XS	65÷80	46÷50	265 g
7H130BO	S	70÷80	50÷54	285 g
7H145BO	S	70÷85	50÷54	280 g
7H130CO	M	75÷85	54÷58	300 g
7H145CO	M	75÷85	54÷58	295 g
7H130DO	L	80÷90	58÷62	315 g
7H145DO	L	80÷90	58÷62	310 g
7H130EO	XL	85÷95	62÷66	325 g
7H145EO	XL	85÷95	62÷66	320 g
<b>Model: ASCENT</b>				
7H146GO	XXS	50÷65	34÷45	350 g
7H131AB	XS-S	65÷80	50÷60	430 g
7H146AB	XS-S	65÷80	50÷60	410 g
7H131CD	M-L	75÷90	55÷65	450 g
7H146CD	M-L	75÷90	55÷65	430 g
7H131DE	L-XL	85÷100	60÷70	480 g
7H146DE	L-XL	85÷100	60÷70	450 g
<b>Model: WALL</b>				
7H167AB	XS-S	65÷75	50÷60	355 g
7H147AB	XS-S	65÷80	45÷60	335 g
7H147CD	M-L	75÷90	50÷65	355 g
7H167CD	M-L	75÷90	55÷65	375 g
7H147DE	L-XL	85÷100	55÷70	375 g
7H167DE	L-XL	85÷100	60÷70	395 g
<b>Model: ANTHEA (developed for woman)</b>				
7H168AB	XS-S	60÷75	50÷60	345 g
7H148AB	XS-S	60÷75	45÷60	335 g
7H148CD	M-L	70÷85	50÷65	355 g
7H168CD	M-L	70÷90	55÷65	365 g
7H148DE	L-XL	80÷95	55÷70	375 g
7H168DE	L-XL	80÷100	60÷70	385 g
<b>Model: EXPLORER</b>				
7H132 BC	S-M	60÷80	50÷62	360 g
7H132 CD	M-L	75÷95	58÷70	375 g
<b>Model: DISCOVERY</b>				
7H139AF	UNI	65÷115	46÷76	350 g
<b>Model: PRO-CANYON</b>				
7H140AF	UNI	65÷115	46÷76	495 g



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