



Safe+Tech Climbing Harnesses



Rev. 05/23 #3389

ENGLISH

Warning

- This product is for rock climbing and mountaineering only.
- Climbing and mountaineering are dangerous.
- You are responsible for your own actions and decisions.
- Specialized knowledge and training are required to use this product.
- You are responsible for knowing and respecting this product’s capabilities and limitations.
- We strongly recommend that every climber seek instruction by a qualified professional.
- Always know the maintenance and use history of your equipment and destroy retired gear to prevent future use.
- The use of secondhand equipment is strongly discouraged.
- This product should only be used in conjunction with appropriate climbing and mountaineering equipment that complies with relevant standards.
- Failure to follow these warnings can result in severe injury or death.

Use (A)

This PPE is intended to protect against the risk of falls from height.

The following instructions explain the basic usage and limitations of harnesses, as well as several of the most common examples of misuse. However, there is an infinite number of ways to misuse any piece of climbing gear. No manual can cover every possible scenario. It is your responsibility to learn the correct techniques for all of your climbing gear. Instruction manuals can help, but they are no substitute for qualified instruction and real-world experience.

Fitting your Harness

It is essential that your harness fits you and is adjusted correctly. These instructions are guidelines only. You are personally responsible for fitting and using your harness correctly. If in doubt, contact Metolius at (541) 382-7585 or info@metoliusclimbing.com

Place the waist belt just above your hips with the tie-in point centered in front (1). Tighten the waist belt snugly. Making sure that it cannot be pulled down over the hips.

Next, unthread the 3-D leg-loop buckles completely. Slide the buckles along the leg loop riser to the middle of the adjustment range. Use the contrasting bar-tacks as a reference point to make sure both buckles are in the same position (2).

Wrap the leg loop around your thigh and thread the buckle as shown (3). The leg loop should be snug but not too tight. It should be easy to slip two or three fingers between your leg loop and thigh (4). Verify that the straps on the back side of the leg loops are right-side up. There should be no twists in the belay/rappel loop or the leg loop riser.

Now hang in your harness. You should be in a comfortable, balanced, upright position with most of your weight supported by the leg loops (5).

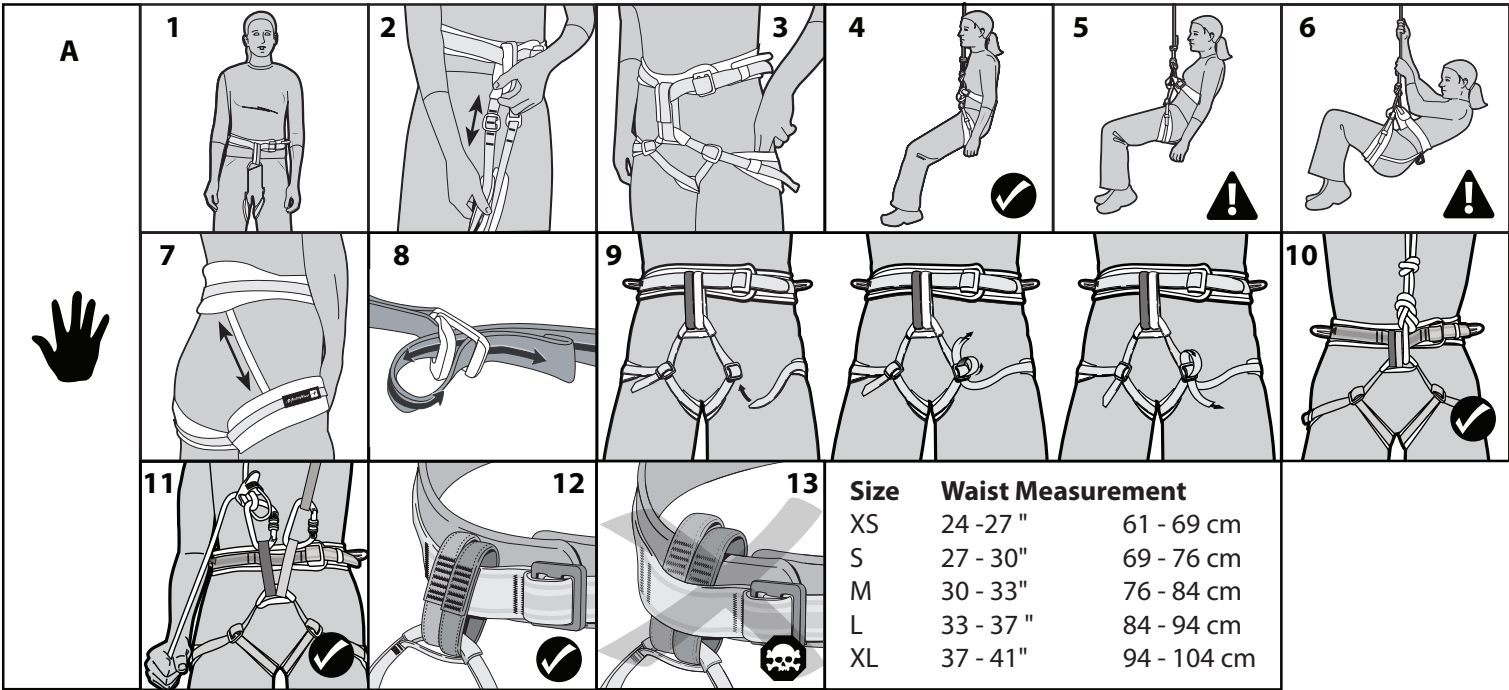
If the waist belt rides up uncomfortably under your ribcage or it feels like too much weight is on your waist, the rise is too long (6). Unthread the 3-D leg-loop buckles and slide them upward, toward the tie-in point. Rethread the buckles as before and repeat the hanging test.

If you are struggling to stay upright or if it feels like too much weight is on your legs, the rise is too short (7). Unthread the 3-D leg-loop buckles and slide them downward, away from the tie-in point. Rethread the buckles as before and repeat the hanging test.

Finally, adjust the straps on the back of your leg loops to hold them in a comfortable position (8).

Threading Buckles
ALL BUCKLES MUST BE THREADED EXACTLY AS SHOWN (3, 9). FAILURE TO THREAD ANY BUCKLE CORRECTLY CAN RESULT IN SERIOUS INJURY OR DEATH! There should be a minimum of three inches (8 cm) of webbing sticking out past the edge of the buckle.

Tying in
TIE IN TO THE HARNESS EXACTLY AS SHOWN (10). FAILURE TO TIE IN CORRECTLY CAN RESULT IN SERIOUS INJURY OR DEATH! Make sure to run the rope through both the waist-belt and the leg-loop tie-in points. The rope should pass through the same points as the belay/rappel loop(s). Never tie in to the belay/rappel loop(s) itself or a locking carabiner. The type and quality of knot you tie are your responsibility. Seek



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qualified, professional instruction if you have any doubt about how to tie in to your harness. Before starting any route, before lowering-off or rappelling, and frequently throughout the day, re-check that you are properly tied-in and that all buckles are correctly threaded!

Belaying, Rappelling, and Clipping in to Anchors

To belay, rappel, or clip in to anchors with the Safe Tech Harness, clip a locking carabiner into one or both belay/rappel loops located in the front of the harness as shown (11). At belay anchors, one belay/rappel loop can be used for connecting to the anchor and the other for attaching the belay device. NEVER ANCHOR IN TO, BELAY, OR RAPPEL FROM THE REAR HAUL LOOP, GEAR LOOPS OR ANY POINT ON THE HARNESS OTHER THAN THE BELAY/RAPPEL LOOPS OR THE TIE-IN POINTS. CLIPPING IN TO ANY OTHER POINT ON THE HARNESS CAN RESULT IN SERIOUS INJURY OR DEATH!

Belay/Rappel Loops
MAKE SURE THE BELAY/RAPPEL LOOPS ARE ROUTED CORRECTLY THROUGH THE TIE-IN POINT ON THE HARNESS WAIST BELT, EXACTLY AS SHOWN (12). FAILURE TO POSITION THE BELAY/RAPPEL LOOP CORRECTLY CAN RESULT IN SERIOUS INJURY OR DEATH! It is possible for the buckle end of the waist belt to invert through the belay/rappel loop(s) while the waist belt is unbuckled (13). If this happens, the belay/rappel loop(s) will be routed through the non-structural, padded portion of the waist belt, not through the structural tie-in point. If subjected to a sufficient load in this incorrect configuration, the harness could fail. If your belay/rappel loop(s) becomes incorrectly positioned in the above manner, simply push the buckle-end of the waist belt back through the belay/rappel loop(s). The belay/rappel loops should also pass inside the rope locator on the leg loop tie-in point as shown.

Precautions

Wet or frozen harnesses lose strength and abrasion resistance.

If you become seriously injured or unconscious, this harness will NOT keep you in an upright position unless used with a chest harness.

If you are wearing a backpack while climbing, you should consider using a chest harness with your sit harness.

You must consider how any rescue may be safely and efficiently carried out.

UHMWPE fibers (e.g. Dyneema, Spectra) have a low melting point of 140°C (284°F) and caution should be taken around heat sources.

Care and Maintenance (B)

You must inspect your equipment before every use and take personal responsibility for evaluating its condition and retiring unsafe gear. Look for any cracks, gouges, deformation or corrosion in metal parts. Look for any signs of abrasion, damage or discoloration to textile parts and stitching. If there are any signs of damage or severe wear, retire the product. Destroy retired gear to prevent any chance of its future use. If you are ever in any doubt about the safety of your equipment, return it to Metolius for inspection.

Clean your gear with hot, soapy water. Rinse with freshwater and dry thoroughly.

Salwater environments are very damaging to climbing gear. If your gear is exposed to a salwater environment, rinse it in freshwater and dry it thoroughly.

Do not modify your gear in any way. If your gear is in need of repair, return it to Metolius.

Storage and Transportation (C)

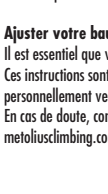
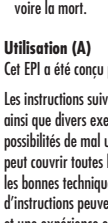
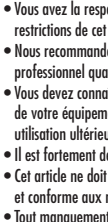
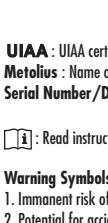
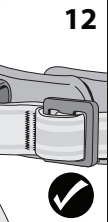
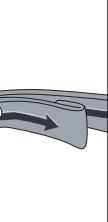
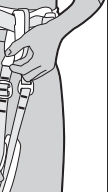
Keep your climbing equipment away from any chemical reagents (e.g. corrosive substances, solvents, acid, bleach, batteries, etc.) or heat sources. If any of your climbing gear comes into contact with any chemical reagents, retire it immediately. Store your gear in a dry, cool, dark, well-ventilated area.

Lifespan

The lifespan of climbing equipment is generally dictated by wear and damage rather than by time. Under proper storage and moderate usage, with no exposure to saltwater environments, chemical reagents, severe falls or damage, metal products can have an unlimited lifespan and textile products can last up to 10 years. However, any of the aforementioned factors can reduce life span dramatically. Even though textiles may show no significant signs of wear, the fibers will deteriorate with the passage of time.

Markings
CE OOB2 : Body controlling the manufacture of this product.

A



UIAA : UIAA certified

Metolius : Name of the manufacturer

Serial Number/Date of Manufacture (e.g. 0218) : 02: Month

: Read instructions prior to use

Warning Symbols (D)

1. Imminent risk of serious injury or death
2. Potential for accident or injury
3. Approved use

Metolius harnesses conform to Regulation (EU) 2016/425, EN12277:2015+A1:2018, Mountaineering equipment-Harnesses. The EU declaration of conformity can be found at <https://www.metoliusclimbing.com/eudoc.html>

Certification and monitoring of this product is performed by: Apave Exploitation France SAS (n°0082) 6 Rue du Général Audran - 92412 COURBEVOIE cedex - France

If you do not completely understand any of the above or if you have questions, contact Metolius at (541) 382-7585 or info@metoliusclimbing.com

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02: Month

18: Year

FRANÇAIS

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- Avertissement**
- Cet article est destiné exclusivement à la pratique de l’escalade et de l’alpinisme. L’escalade et l’alpinisme présentent des dangers.
 - Vous êtes responsable de vos propres actions et décisions.
 - Des connaissances et une formation spécifiques sont nécessaires pour utiliser cet article.
 - Vous avez la responsabilité de connaître et de respecter les capacités et les restrictions de cet article.
 - Nous recommandons fortement à chaque grimpeur de demander conseil à un professionnel qualifié.
 - Vous devez connaître à tout moment l’historique d’utilisation et de maintenance de votre équipement et détruire toute pièce mise au rebut pour éviter une utilisation ultérieure.
 - Il est fortement déconseillé d’utiliser du matériel d’occasion.
 - Cet article ne doit être utilisé qu’avec le matériel d’escalade et d’alpinisme adapté et conforme aux normes en vigueur.
 - Tout manquement à ces recommandations peut entraîner des blessures graves, voire la mort.

Utilisation (A)

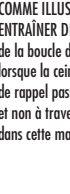
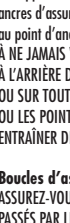
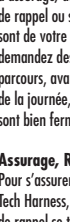
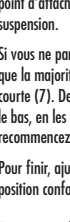
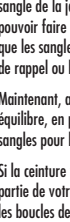
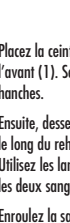
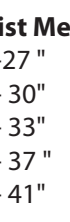
Cet EPI a été conçu pour protéger contre les risques de chute.

Les instructions suivantes expliquent l’utilisation basique et les limites des baudriers, ainsi que divers exemples de mauvaises utilisations fréquentes. Cependant, les possibilités de mal utiliser du matériel d’escalade sont infinies. Aucun manuel ne peut couvrir toutes les situations possibles. Il est de votre responsabilité d’apprendre les bonnes techniques pour utiliser tout votre matériel d’escalade. Les manuels d’instructions peuvent vous aider, mais ils ne remplacent pas une formation qualifiée et une expérience en situation réelle.

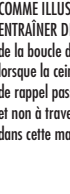
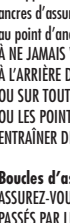
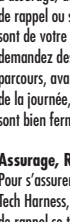
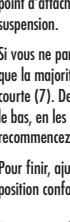
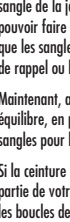
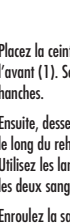
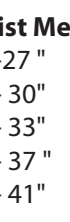
Ajuster votre baudrier

Il est essentiel que votre baudrier soit à votre taille et qu’il soit correctement ajusté. Ces instructions sont uniquement données à titre de recommandation. Vous devez personnellement veiller au bon ajustement et à la bonne utilisation de votre baudrier. En cas de doute, contactez Metolius au (541) 382-7585 ou à l’adresse info@metoliusclimbing.com

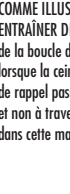
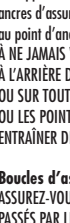
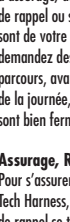
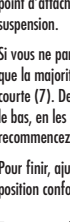
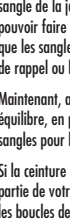
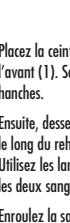
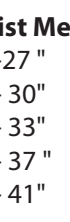
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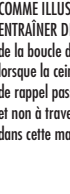
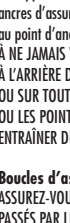
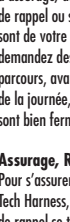
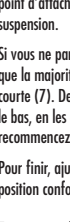
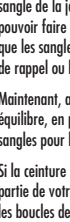
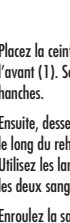
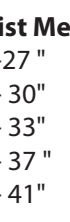
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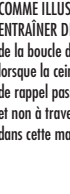
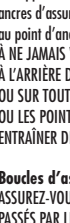
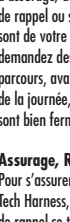
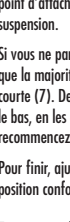
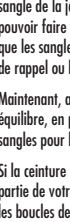
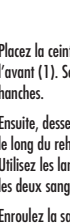
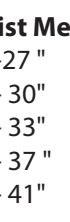
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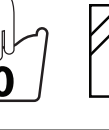
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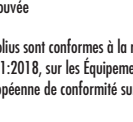
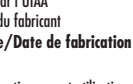
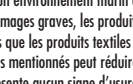
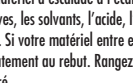
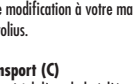
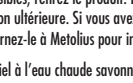
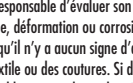
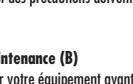
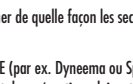
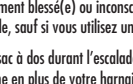
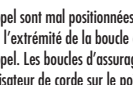
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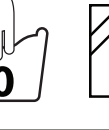
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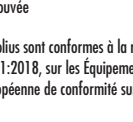
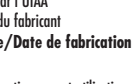
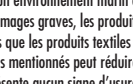
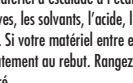
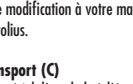
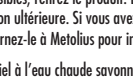
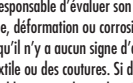
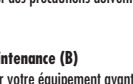
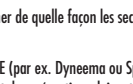
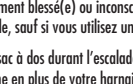
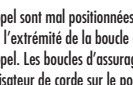
C



B



C



d’assurance/de rappel sont mal positionnées de la manière décrite ci-dessus, faites simplement passer l’extrémité de la boucle de la ceinture dans la/les boucles d’assurance/de rappel. Les boucles d’assurance/de rappel passent également à l’intérieur du localisateur de corde sur le point d’attache de la sangle de la jambe, comme illustré.

Précautions

Les boudriers humides ou gelés perdent en force et en résistance aux frottements.

Si vous êtes gravement blessé(e) ou inconscient(e), ce baudrier ne vous laissera PAS en position verticale, sauf si vous utilisez un baudrier de poitrine.

Si vous portez un sac à dos durant l’escalade, vous devez envisager de porter un baudrier de poitrine en plus de votre harnais antichute.

Vous devez imaginer de quelle façon les secours peuvent intervenir de façon sûre et efficace.

Les fibres UHMWPE (par ex. Dyneema ou Spectra) ont un point de fusion bas à 140 °C (284 °F) et des précautions doivent être prises en cas d’exposition à une source de chaleur.

Entretien et maintenance (B)

Vous devez vérifier votre équipement avant chaque utilisation et vous êtes personnellement responsable d’évaluer son état et de retirer toute pièce dangereuse. Toute fissure, gorge, déformation ou corrosion sur les parties métalliques doit être détectée. Vérifiez qu’il n’y a aucun signe d’abrasion, d’endommagement ou de décoloration du textile ou des coutures. Si des signes d’endommagement ou d’usage importante sont visibles, retirez le produit. Détruyez toute pièce mise au rebut pour éviter une utilisation ultérieure. Si vous avez des doutes quant à la sécurité de votre équipement, retournez-le à Metolius pour inspection.

Lavez votre matériel à l’eau chaude savonneuse. Rincez à l’eau claire et séchez soigneusement.

Les milieux salins abiment beaucoup le matériel d’escalade. Si votre matériel est exposé à ce type d’environnement, rincez-le à l’eau claire et séchez-le soigneusement.

N’apportez aucune modification à votre matériel. S’il nécessite une réparation, retournez-le à Metolius.

Stockage et transport (C)

Conservez votre matériel d’escalade à l’écart des réactifs chimiques (tels que les substances corrosives, les solvants, l’acide, l’eau de javel, les batteries, etc.) et des sources de chaleur. Si votre matériel entre en contact avec un réactif chimique, mettez-le immédiatement au rebut. Rangez votre matériel dans un endroit sec, frais, sombre et bien aéré.

Durée de vie

La durée de vie de l’équipement d’escalade est généralement définie par l’usure et l’endommagement plutôt que par le temps. Bien rangé et avec un usage modéré, sans exposition à un environnement marin ou aux agents chimiques, nous soumis à des chutes ou dommages graves, les produits métalliques peuvent avoir une durée de vie illimitée, tandis que les produits textiles peuvent durer jusqu’à 10 ans. Cependant, chacun des facteurs mentionnés peut réduire significativement la durée de vie. Même si un textile ne présente aucun signe d’usage importante, les fibres se détériorent avec le temps.

Inscriptions

CE O082 : organisme

