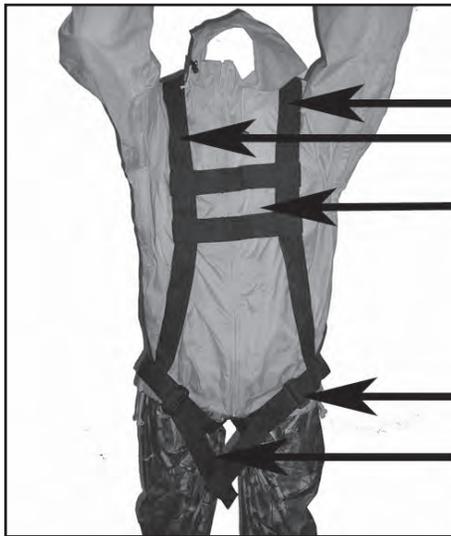


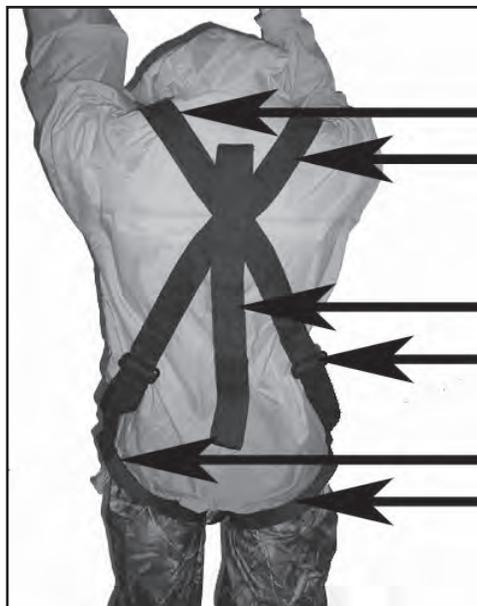
# Model # 3010B Full Body Harness Components

## Front



- ← Left Shoulder Strap
- ← Right Shoulder Strap
- ← Double Chest Strap
- ← Left Leg Strap
- ← Right Leg Strap

## Back



- ← Left Shoulder Strap
- ← Right Shoulder Strap
- ← Tree Tether
- ← Size Adjuster
- ← Left Leg Strap
- ← Right Leg Strap

**! WARNING ! WARNING ! WARNING ! WARNING !**

**ALWAYS** read safety harness instructions before each use.

This safety harness should only be used with treestands as a restraint to prevent falling. **DO NOT** use the Safety Harness for any other purpose.

The total weight limit of this safety harness is **300 pounds**. **DO NOT** use the Safety Harness if you and your equipment weigh more than 300 pounds or if you are unsure as to whether you may exceed the weight limit. Exceeding the 300 pound weight limit may result in serious injury or death.

**ALWAYS** inspect the safety harness for signs of wear, damage, loose stitching or frayed parts before **EACH** use. If there are any signs of wear **DISCARD** the safety harness and replace with a new one. Using the safety harness with any signs of wear may result in serious injury or death.

**DO NOT** attempt to repair, worn, damaged, loose stitching, or frayed parts. Use of a repaired safety harness may result in serious injury or death.

**NEVER** tie a knot in the strapping of the safety harness. Tying a knot in the strapping of the safety harness may result in serious injury or death.

**NEVER** store the safety harness in direct sunlight or other elements when not in use. Storing the safety harness in direct sunlight or other elements may result in damage to the safety harness that may result in serious injury or death.

**ALWAYS** make sure that your safety harness is put on and secured correctly. **DO NOT** use safety harness if you are not sure that it is put on correctly. Contact manufacturer for further instructions if you are unsure that safety harness is put on correctly. If harness is put on incorrectly it may result in serious injury or death.

**ALWAYS** check the harness to make sure it is safe before each use. Practice putting on the safety harness at ground level before using it at an elevated position.

**IDENTIFY** the harness components which are described to the right.

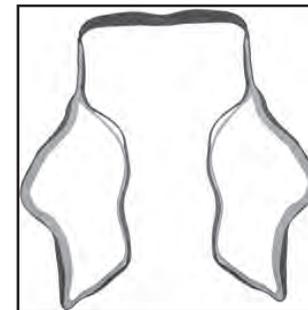
**DISCARD** harness immediately after being subjected to a fall. Using a harness that has been subjected to a fall may result in serious injury or death.



Tree Strap Tether



Climbing Belt



Suspension Relief

**Weight Limit of this harness is 300 lbs. including your body weight and the weight of your clothing and gear**

## FULL BODY HARNESS SAFETY WARNINGS

Please read the following instruction manual and warnings labels completely before utilizing this product. Failure to understand and execute the instructions and warnings may result in serious injury or death. In the event of an accident, have a plan for rescue, including the use of devices that may be easily reached while suspended.

**ALWAYS** read and understand the manufacturer's warnings, expiration date, and instructions and how to use and how to properly adjust the harness.

**PRACTICE** using the full body harness at ground level in the presence of a responsible adult to experience the feeling of hanging suspended before using it in a hunting environment.

The length of the harness tether **MUST** be minimized at all times. It should be adjusted so that it is above the head with no slack while the hunter is in the sitting position and you should have the minimum amount of slack while climbing.

**NEVER** allow the tether strap to get under your chin or around your neck.

Failure to follow the harness instructions could result in not being able to return to the stand and being suspended in a harness after a fall. If the hunting location is unknown by anyone and communication efforts are unsuccessful, you must have a personal plan for recovery/escape because prolonged suspension in a harness can be fatal. It is important to exercise the legs by pushing against the tree or doing other forms of continuous leg exercises to avoid blood pooling while being suspended. Hunters with varying degrees of physical fitness may require different plans to recover/escape the effects of prolonged suspension. Have a personal plan and practice it in the presence of a responsible adult before leaving the ground. No one escape/rescue plan will work for every hunter on every tree in every circumstance. Only you can determine the best recovery/escape plan for your situation before leaving the ground.

A suspension relief device **MUST** be on your person and readily accessible while using a harness. These devices will allow the user to relieve the load on the lower extremities if suspended in a harness and help maintain circulation in the legs, mitigate suspension trauma (blood pooling) or allow descent to the ground. Be sure to follow the manufacturers' directions on the safe use of any suspension relief device.

Hunt from the ground when self-recovery/escape ability is absent.

There is time to make a correct decision on what action to take if a fall occurs while wearing a full body harness. It is important to remember **DO NOT PANIC**. Remain calm and implement your practiced rescue, relief and recovery plan.

This safety harness should only be used with treestands as a restraint to prevent falling. **DO NOT** use the Safety Harness for any other purpose.

The total weight limit of this safety harness is **300 pounds**. **DO NOT** use the Safety Harness if you and your equipment weigh more than **300 pounds** or if you are unsure as to whether you may exceed the weight limit. Exceeding the 300 pound weight limit may result in serious injury or death.

**DO NOT** attempt to repair worn, damaged, loose stitching, or frayed parts. Use of a repaired safety harness may result in serious injury or death.

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**NEVER** store the safety harness in direct sunlight or other elements when not in use. Storing the safety harness in direct sunlight or other elements may result in damage to the safety harness that may result in serious injury or death.

**DISCARD** harness immediately after being subjected to a fall. Using a harness that has been subjected to a fall may result in serious injury or death.

It is recommended that a harness is replaced at least every three (3) years.

# 3010 Full Body Safety Harness Instructions

(Front View)



(Rear View)



Put the harness on over your head. Make sure the Double Chest Straps are on your chest and the back of the harness forms an X on your back.

Be sure no webbing of your harness is twisted.

**WARNING: DO NOT** wear Safety Harness if harness has been subjected to a fall. Discard immediately. Contact below for information.



1) Wrap right leg strap around inner leg, feed through first slit on strap adjuster



2) Continue to feed the leg strap through second slit on strap adjuster, pull to tighten.



3) Feed the strap **AGAIN** through the original slit in the strap adjuster.

**The strap MUST be fed back through the strap adjuster again or the strap will slide out.**



4) Pull all extra slack of leg strap through and make sure strap is secured correctly through strap adjuster. Repeat steps 1-4 for left leg strap. Adjust size adjusters on back as necessary for a secure, snug fit.

# 3010B Full Body Safety Harness Instructions

**You must always use a safety harness with a climbing belt and tree strap tether when using a fixed position treestand that requires the use of tree steps or a type of stick ladder when climbing.**

1. At ground level pass the tree strap behind **BOTH** chest straps of your safety harness (**Fig.1**).
2. Wrap the tree strap around the tree **ONLY ONCE** making sure the strap is not twisted.
3. Secure the tree strap using the slide adjuster (**See Slide Adjuster Instructions**).
4. Adjust the length of the tree strap so that you can lean back slightly while climbing (**Fig. 2**).
5. Before you step up to begin climbing, tug on the tree strap to ensure it is properly secured.
6. As you climb continue to raise the height of your tree strap after each step you take, each time leaning back slightly to put some pressure on the tree strap so it does not slip.
7. Always climb **ABOVE** your treestand and step **DOWN** onto the platform of your treestand.
8. Once you reach your treestand, attach the tree strap tether.



Fig. 1



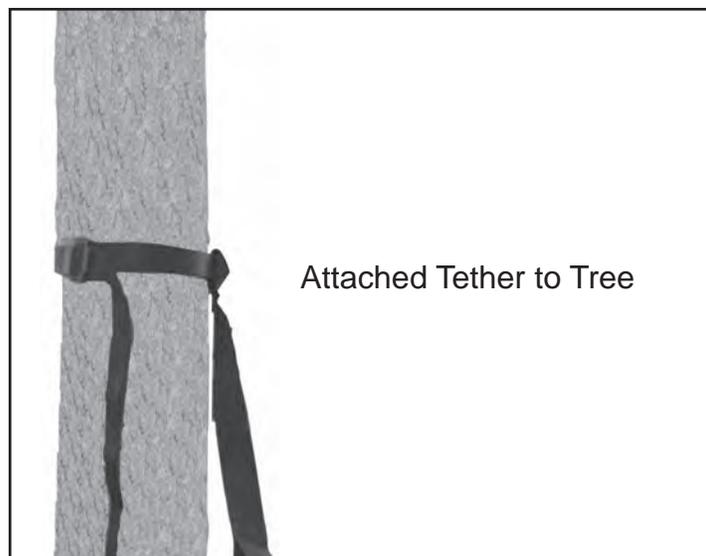
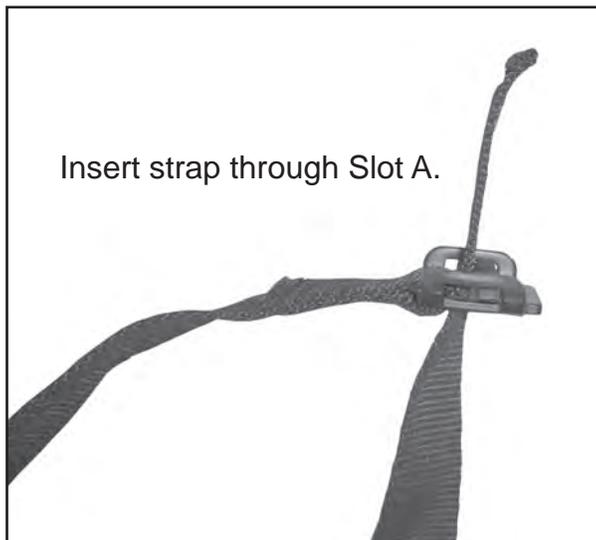
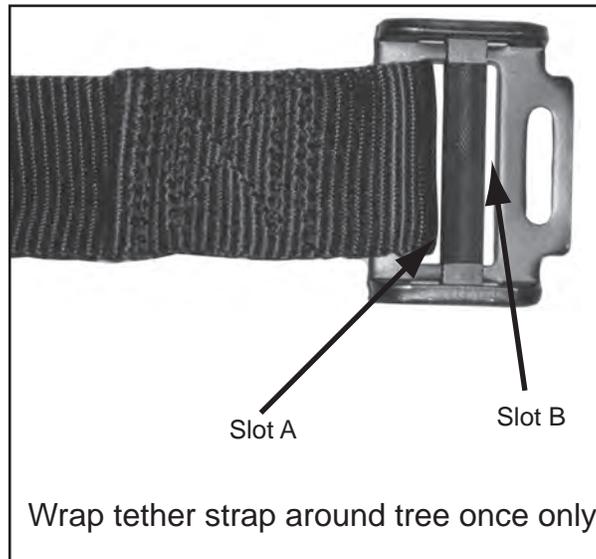
Fig. 2

**Anytime you are using a treestand you must always wear a full body harness.**

1. Insert the tree strap through the loop on the end of the tree tether.
2. Wrap the tree strap around the tree **ONLY ONCE** making sure the strap is not twisted.
3. Secure the tree strap using the slide adjuster (**See Slide Adjuster Instructions**)
4. Be sure the tree strap is above your head when you are seated in your tree stand.



# Slide Adjuster Instructions



# Suspension Relief Instructions

This Suspension Relief System (SRS) is to allow relief from a person's weight on the lower extremities if suspended in a harness. The device is used to **HELP** maintain circulation and prevent blood pooling in the legs.

**The Suspension Relief System is designed to be used in conjunction with a Fall Arrest System.**

Never use **SRS** without being attached to a tree by your Safety Harness.

**DO NOT** use **SRS** to assist in climbing a tree.

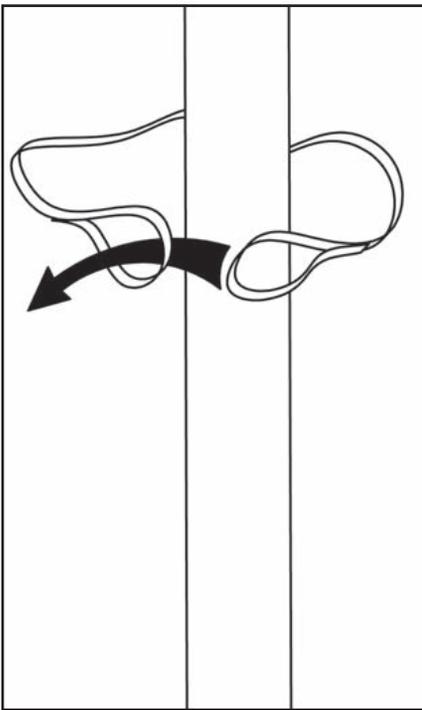
This device is to be used with your safety harness if a fall occurs.

**ALL** users **MUST** have personal plan for escape/recovery if a fall occurs.

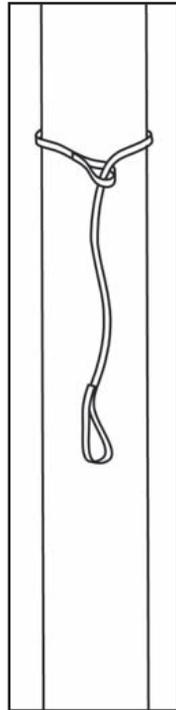
Hunt from the ground if escape or recovery is not possible.

**ALL** users **MUST** know and understand how to use this device **BEFORE** ascending a tree.

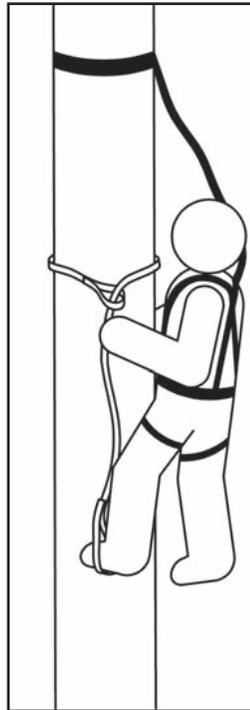
**PRACTICE** using this device **BEFORE** ascending a tree.



Step 1. Wrap strap around back of tree once and insert one of the looped ends through the other loop.



Step 2. Pull tight. Make sure that the loop is hanging and does not hang below your feet.



Step 3. Insert your foot into bottom loop that is hanging from tree. Lift yourself up by pressing your weight down into strap with your foot standing. This will remove tension from around legs and hips.

**DO NOT PANIC!!!** Remain calm and implement your practiced rescue, relief and recovery plan.

