

# HARNESSES DONNING INSTRUCTIONS

## STEP 1

Hold harness by back D-ring which is held in place by a D-ring pad. Make certain straps are not twisted.



## STEP 2

Slip harness over arms and onto shoulders. Make certain all straps are not tangled and hang freely. Shoulder straps should be kept vertical, not pulled into center of body.



## STEP 3

Grab black leg straps and attached to yellow straps. Excess strap through loop should fit snugly.



## STEP 4

connect to buckles on each hip. Pass keepers. Leg straps

Attach chest strap by passing male buckle through female buckle. Strap should be 6" below top of shoulder. Pass excess strap through loop keeper.



## STEP 5

**Shoulders:** To tighten, pull on free ends of straps as shown. To loosen, push down on parachute, adjuster buckle frame. Straps should be adjusted to same length.

**Chest Strap:** To tighten, pull free end of strap. To loosen, push on strap from free end through adjuster buckle and take up slack by pulling on adjuster buckle. To position, slide keeper up or down the shoulder strap.

**Back D-ring:** Center between shoulder blades, slide D-ring and pad up and down along the webbing to position.

