



ExoFit NEX™
Full Body Harness
Model Numbers: (See back pages.)

USER INSTRUCTION MANUAL **EXOFIT NEX™ FULL BODY HARNESS**

This manual is intended to meet the Manufacturer's Instructions as required by ANSI Z359 and CSA 259.10 and should be used as part of an employee training program as required by OSHA

WARNING: This product is part of a personal fall arrest, restraint, work positioning, climbing, controlled descent, or rescue system. The user must follow the manufacturer's instructions for each component of the system. These instructions must be provided to the user of this equipment. The user must read and understand these instructions before using this equipment. Manufacturer's instructions must be followed for proper use and maintenance of this equipment. Alterations or misuse of this product or failure to follow instructions may result in serious injury or death.

IMPORTANT: If you have questions on the use, care, or suitability of this equipment for your application, contact Capital Safety.

IMPORTANT: Record the product identification information from the ID label in the inspection and maintenance log in Section 9 of this manual.

DESCRIPTIONS:

The ExoFit NEX™ Full Body Harness is available in Vest (Figure 1) and Cross-Over (Figure 2) styles configured with a variety of features including the following:

- Tech-Lite™ Aluminum D-Rings - Varied Locations: Front, Back, Hips, Shoulders
- Duo-Lok™ Quick Connect Buckles
- Repel Technology Webbing
- Hybrid Comfort Padding
- Revolver™ Vertical Torso Adjusters
- Tongue Buckle Body Belt
- Suspension Trauma Straps

NOTE: Some features may not be available on all models of the ExoFit NEX™ Full Body Harness.

EXOFIT
NEX™

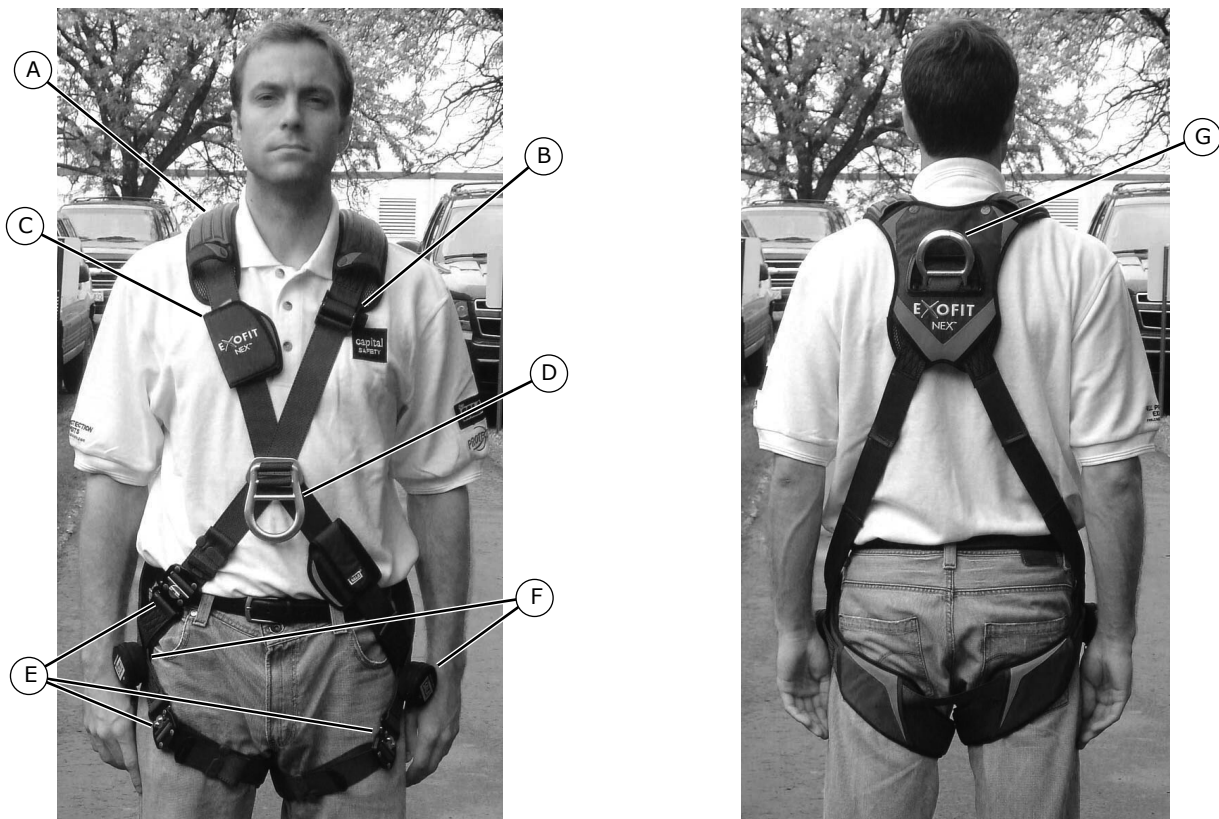


Figure 1 - ExoFit NEX™ Vest Style Full Body Harness



A. Shoulder Strap w/Hybrid Padding **B.** Duo-Lok™ Quick Connect Buckle **C.** Chest Strap **D.** Hybrid Chest Pad with i-Safe™ RFID Tag & Labels **E.** Revolver™ Torso Adjustor **F.** Tech-Lite™ Side D-Ring **G.** Leg Strap **H.** Tech-Lite™ Dorsal D-Ring **I.** Trauma Strap

Figure 2 - ExoFit NEX™ Cross-Over Style Full Body Harness



A. Shoulder Strap w/Hybrid Padding **B.** Revolver™ Adjustor **C.** Hybrid Chest Pad with i-Safe™ RFID Tag & Labels **D.** Tech-Lite™ Front D-Ring **E.** Duo-Lok™ Quick Connect Buckle **F.** Trauma Strap **G.** Tech-Lite™ Dorsal D-Ring

1.0 APPLICATION

- 1.1 PURPOSE:** The DBI-SALA ExoFit NEX™™ Full Body Harness (Figure 1 and Figure 2) should be used as a component in personal fall arrest, restraint, work positioning, climbing, controlled descent, or rescue systems (see Table 1).

ExoFit NEX™ Harnesses included in this manual are full body harnesses and meet ANSI Z359.1, OSHA, and CSA Z259.10 requirements. See Figure 3 for application illustrations.

WARNING: Working at height has inherent risks. Some risks are noted here but are not limited to: falling, suspension/prolonged suspension, striking objects, and unconsciousness. In the event of a fall arrest and/or subsequent rescue (emergency) situation, some personal medical conditions may affect your safety. Medical conditions identified as risky for this type of activity include, but are not limited to: heart disease, high blood pressure, vertigo, epilepsy, drug or alcohol dependence, psychiatric illness, impaired limb function and balance issues. We recommend that your employer/physician determine if you are fit to handle normal and emergency use of this equipment.

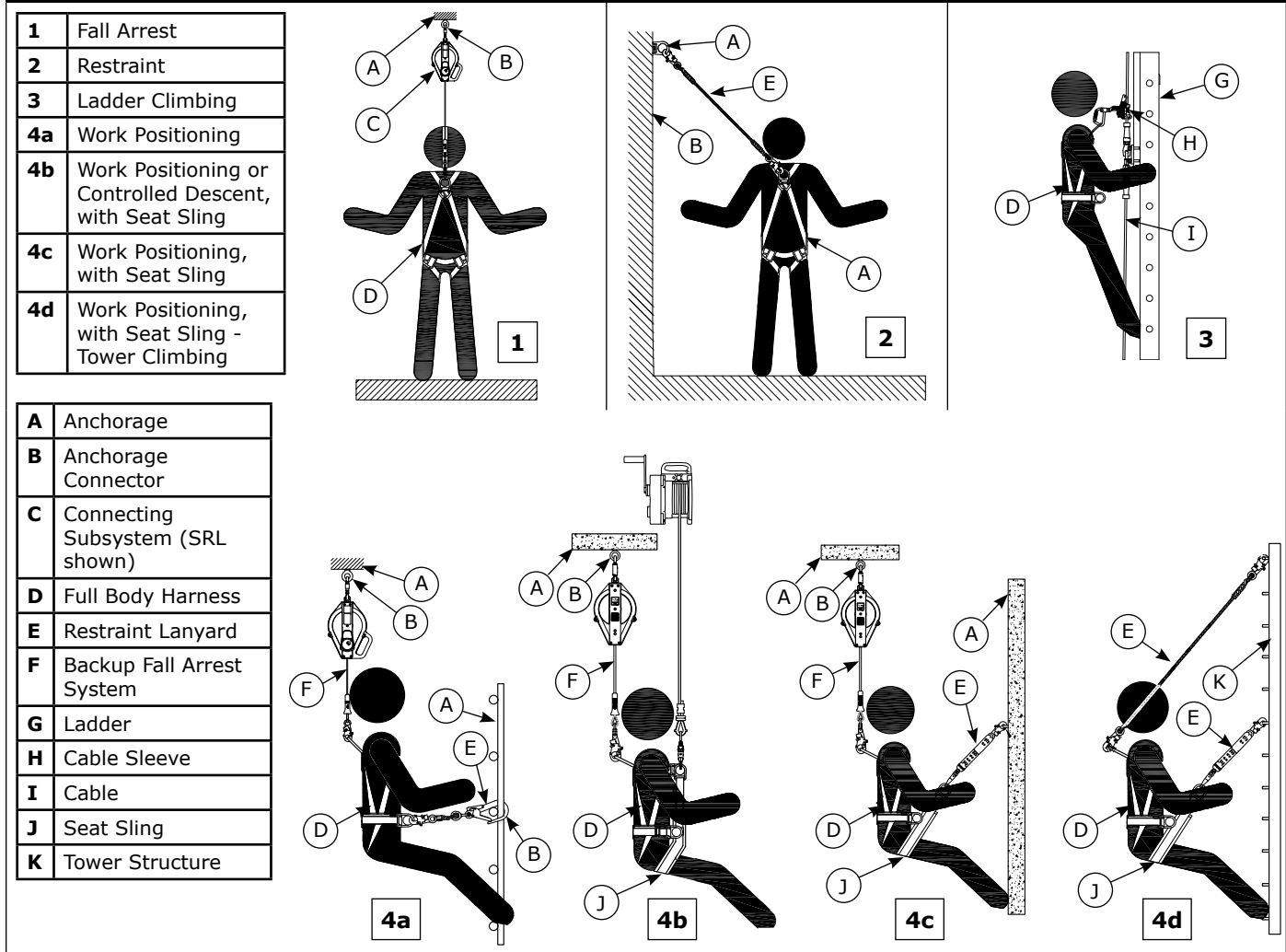
Table 1 - ExoFit NEX™ Full Body Harness Applications

Application	CSA Class	Description
Personal Fall Arrest	Class A 	The full body harness is used as a component of a personal fall arrest system. Personal fall arrest systems typically include a full body harness and a connecting subsystem (energy absorbing lanyard). Maximum arresting force must not exceed 1,800 lbs (8 kN). For fall arrest applications connect the fall arrest subsystem (example: lanyard, SRL, energy absorber, etc.) to the D-ring or attachment element on your back, between your shoulder blades.
Controlled Descent	Class D 	For controlled descent applications, harnesses equipped with a single sternal level D-ring, one or two frontal mounted D-rings, or a pair of connectors originating below the waist (such as a seat sling) may be used for connection to a descender or evacuation system (reference in Z259.10 in Canada).
Rescue	Class E 	The full body harness is used as a component of a rescue system. Rescue systems are configured depending on the type of rescue. For limited access (confined space) applications, harnesses equipped with D-rings on the shoulders may be used for entry and egress into confined spaces where worker profile is an issue.
Ladder Climbing	Class L 	The full body harness is used as a component of a climbing system to prevent the user from falling when climbing a ladder or other climbing structure. Climbing systems typically include a full body harness, vertical cable or rail attached to the structure, and climbing sleeve. For ladder climbing applications, harnesses equipped with a frontal D-ring in the sternal location may be used for fall arrest on fixed ladder climbing systems. These are defined in CSA Z259.2.1 in Canada and ANSI A14.3 in the United States.
Work Positioning	Class P 	The full body harness is used as a component of a work positioning system to support the user at a work position. Work positioning systems typically include a full body harness, positioning lanyard, and a back-up personal fall arrest system. For work positioning applications, connect the work positioning subsystem (example: lanyard, Y-lanyard, etc.) to the lower (hip level) side or belt mounted work positioning attachment anchorage elements (D-rings). Never use these connection points for fall arrest.
Restraint	None	The full body harness is used as a component of a restraint system to prevent the user from reaching a fall hazard. Restraint systems typically include a full body harness and a lanyard or restraint line.

- 1.2 STANDARDS:** Refer to local, state, and federal (OSHA) requirements governing occupational safety for additional information regarding Personal Fall Arrest Systems. Refer to the following national standards on fall protection:

ANSI	Z359.0	Definitions and Nomenclature Used for Fall Protection and Fall Arrest
ANSI	Z359.1	Safety Requirements for Personal Fall Arrest Systems, Subsystems, and Components
ANSI	Z359.2	Minimum Requirements for a Comprehensive Managed Fall Protection Program
ANSI	Z359.3	Safety Requirements for Positioning and Travel Restraint Systems
ANSI	Z359.4	Safety Requirements for Assisted-Rescue and Self-Rescue Systems, Subsystems, and Components
ANSI	A10.32	Fall Protection Systems for Construction and Demolitions
CSA	Z259.10	Full Body Harnesses
ASTM	F887-2011	Standard Specifications for Personal Climbing Equipment

Figure 3 - Applications



1.3 TRAINING: This equipment is intended to be used by persons trained in its correct application and use. It is the responsibility of the user to assure they are familiar with these instructions and are trained in the correct care and use of this equipment. Users must also be aware of the operating characteristics, application limits, and the consequences of improper use.

2.0 SYSTEM LIMITATIONS & REQUIREMENTS

Consider the following limitations/requirements prior to installing or using this equipment:

- 2.1 CAPACITY:** ExoFit NEX™ Full Body Harnesses are designed for use by persons with a combined weight (clothing, tools, etc.) of no more than 420 lbs. (191 kg) per OSHA, 310 lbs. (141 kg) per ANSI Z359.1, or 352 lbs. (160 kg) per CSA Z259.10-06. Make sure all of the components in your system are rated to a capacity appropriate to your application.
- 2.2 FREE FALL:** Personal fall arrest systems used with this equipment must be rigged to limit the free fall to 6 feet (1.8 M) per ANSI Z359.1 (see Section 7.1). Restraint systems must be rigged so that no vertical free fall is possible. Work positioning systems must be rigged so that free fall is limited to 2 feet (.6 m) or less. Personnel riding systems must be rigged so that no vertical free fall is possible. Climbing systems must be rigged so that free fall is limited to 18 in. (.46 cm) or less. Rescue systems must be rigged so that no vertical free fall is possible. See subsystem manufacturer's instructions for more information.
- 2.3 FALL CLEARANCE:** Figure 4 illustrates fall clearance requirements. There must be sufficient clearance below the user to allow the system to arrest a fall before the user strikes the ground or other obstruction. Clearance required is dependent on the following factors:

- Elevation of Anchorage
- Deceleration Distance
- Worker Height
- Connecting Subsystem Length
- Free Fall Distance
- Movement of Harness Attachment Element

Figure 4 - Fall Clearance (Lanyards)

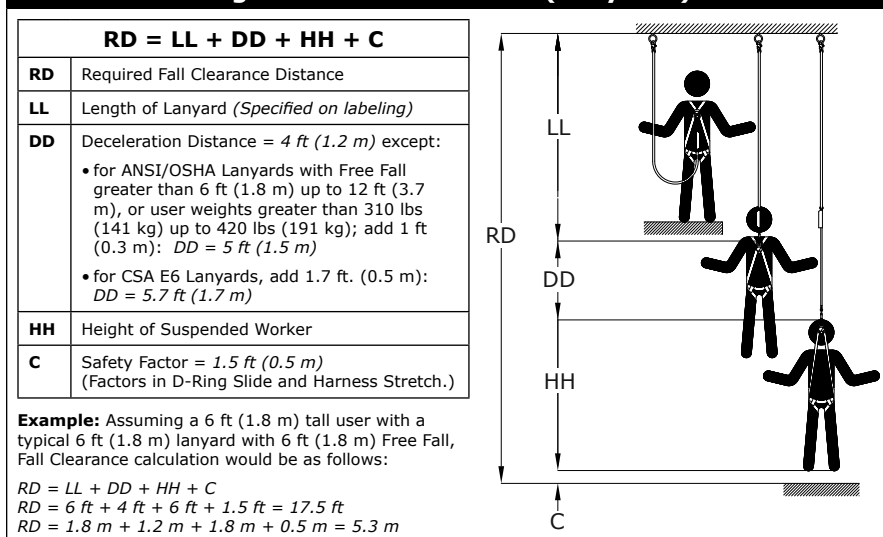
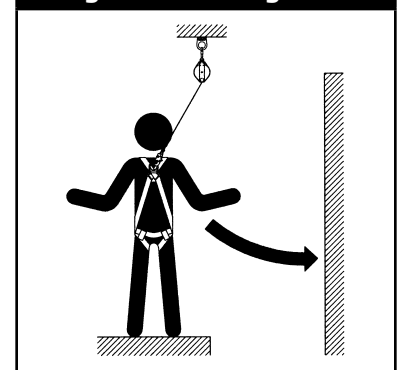


Figure 5 - Swing Falls



- 2.4 SWING FALLS:** Swing falls occur when the anchorage point is not directly above the point where a fall occurs. The force of striking an object in a swing fall may cause serious injury or death. Minimize swing falls by working as close to the anchorage point as possible. Do not permit a swing fall if injury could occur. Swing falls will significantly increase the clearance required when a self-retracting lifeline or other variable length connecting subsystem is used.
- 2.5 EXTENDED SUSPENSION:** A full body harness is not intended for use in extended suspension applications. If the user is going to be suspended for an extended length of time it is recommended that some form of seat support be used. DBI-SALA recommends a seat board, suspension work seat, seat sling, or a boatswain chair. Contact Capital Safety for more information on these items.
- 2.6 ENVIRONMENTAL HAZARDS:** Use of this equipment in areas with environmental hazards may require additional precautions to prevent injury to the user or damage to the equipment. Hazards may include, but are not limited to: heat, chemicals, corrosive environments, high voltage power lines, gases, moving machinery and sharp edges.
- 2.7 COMPATIBILITY OF COMPONENTS:** Unless otherwise noted, DBI-SALA equipment is designed for use with DBI-SALA approved components and subsystems only. Substitutions or replacements made with non approved components or subsystems may jeopardize compatibility of equipment and may affect safety and reliability of the complete system.
- 2.8 COMPATIBILITY OF CONNECTORS:** Connectors are considered to be compatible with connecting elements when they have been designed to work together in such a way that their sizes and shapes do not cause their gate mechanisms to inadvertently open regardless of how they become oriented. Connectors (hooks, carabiners, and D-rings) must be capable of supporting at least 5,000 lbs. (22 kN). Connectors must be compatible with the anchorage or other system components. Do not use equipment that is not compatible. Non-compatible connectors may unintentionally disengage (see Figure 6). Connectors must be compatible in size, shape, and strength. Self-locking snap hooks and carabiners are required by ANSI Z359.1 and OSHA.

2.9 MAKING CONNECTIONS: Use only self-locking snap hooks and carabiners with this equipment. Only use connectors that are suitable to each application. Ensure all connections are compatible in size, shape and strength. Do not use equipment that is not compatible. Ensure all connectors are fully closed and locked.

DBI-SALA connectors (snap hooks and carabiners) are designed to be used only as specified in each product's user's instructions. See Figure 7 for illustration of the inappropriate connections stated below. DBI-SALA snap hooks and carabiners should not be connected:

- A. To a D-ring to which another connector is attached.
- B. In a manner that would result in a load on the gate.
- C. In a false engagement, where features that protrude from the snap hook or carabiner catch on the anchor and without visual confirmation seems to be fully engaged to the anchor point.
- D. To each other.
- E. Directly to webbing or rope lanyard or tie-back (unless the manufacturer's instructions for both the lanyard and connector specifically allow such a connection).
- F. To any object which is shaped or dimensioned such that the snap hook or carabiner will not close and lock, or that roll-out could occur.
- G. In a manner that does not allow the connector to align with the fall arrest device (i.e., lanyard) while under load.

NOTE: Other than 3,600 lb. (16 kN) gated hooks, large throat opening snap hooks should not be connected to standard size D-rings or similar objects which will result in a load on the gate if the hook or D-ring twists or rotates. Large throat snap hooks are designed for use on fixed structural elements such as rebar or cross members that are not shaped in a way that can capture the gate of the hook.

Other Restrictions:

- Do not make connections where the hook locking mechanism can come into contact with a structural member or other equipment and potentially release the hook.
- Do not connect a snap hook into a loop or thimble of a wire rope or attach in any way to a slack wire rope.
- The snap hook must be free to align with the applied load as intended (regardless of the size or shape of the mating connector).
- A carabiner may be used to connect to a single or pair of soft loops on a body support such as a body belt or full body harness, provided the carabiner can fully close and lock. This type of connection is not allowed for snap hooks.
- A carabiner may be connected to a loop or ring connector that is already occupied by a choker style connector. This type of connection is not allowed for snap hooks.

Figure 6 - Unintentional Disengagement (Rollout)

If the connecting element to which a snap hook (shown) or carabiner attaches is undersized or irregular in shape, a situation could occur where the connecting element applies a force to the gate of the snap hook or carabiner. This force may cause the gate (of either a self-locking or a non-locking snap hook) to open, allowing the snap hook or carabiner to disengage from the connecting point.

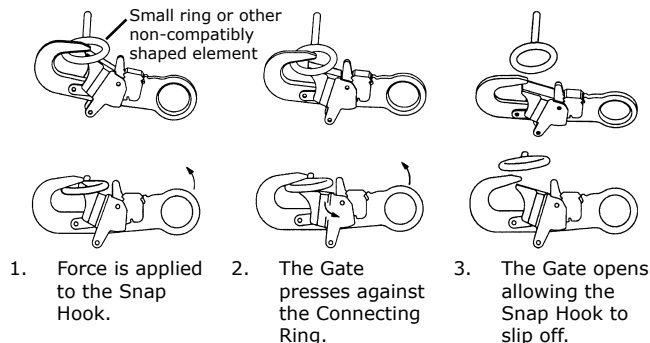
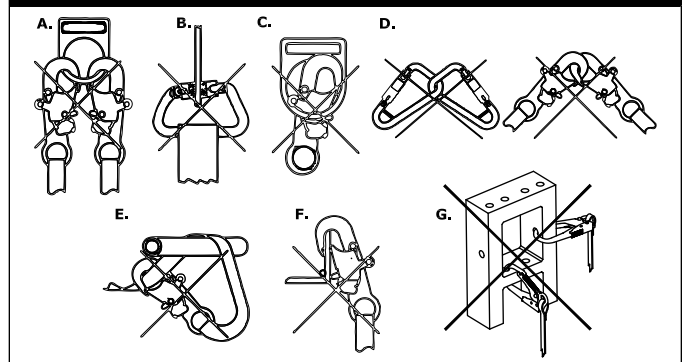
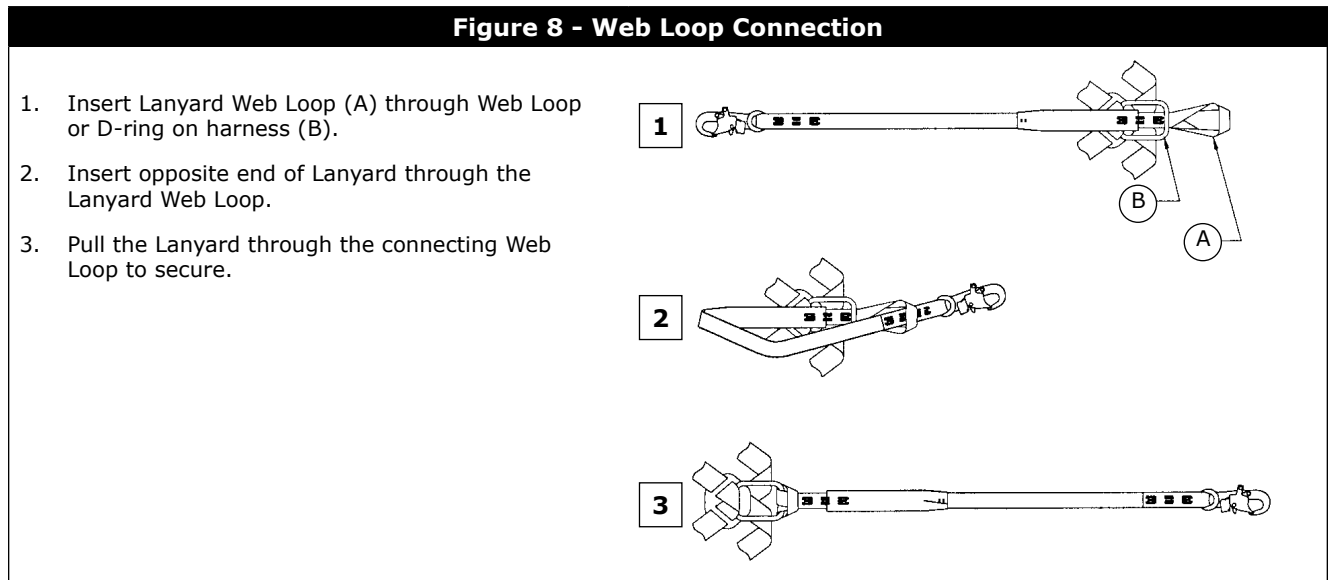


Figure 7 - Inappropriate Connections



2.10 CONNECTING SUBSYSTEMS: Connecting subsystems (self-retracting lifeline, lanyard, rope grab and lifeline, cable sleeve) must be suitable for your application (see Table 1). See subsystem manufacturer's instructions for more information. Some harness models have web loop connection points. Do not use snap hooks to connect to web loops. Use a self-locking carabiner to connect to a web loop. Ensure the carabiner cannot cross-gate load (load against the gate rather than along the backbone of the carabiner). Some lanyards are designed to choke onto a web loop to provide a compatible connection. See Figure 8. Lanyards may be sewn directly to the web loop forming a permanent connection. Do not make multiple connections onto one web loop, unless choking two lanyards onto a properly sized web loop.



2.11 ANCHORAGE & ANCHORAGE STRENGTH: Anchorage and anchorage strength requirements are dependent on the full body harness application (see Figure 3). In accordance with ANSI Z359.1, anchorages selected for Fall Arrest Systems must meet the anchorage strength requirements defined in Table 2.

Table 2 - Anchorage Strength Requirements		
Fall Arrest ¹	Non-Certified Anchorages:	5,000 lbs (22.2 kN)
	Certified Anchorages ² :	2 times the Maximum Arresting Force for Certified Anchorages
Restraint ¹	Non-Certified Anchorages	1,000 (4,5 kN)
	Certified Anchorages ² :	2 times the foreseeable force for certified anchorages.
Work Positioning ¹	Non-Certified Anchorages	3,000 lbs (13.3 kN)
	Certified Anchorages ² :	2 times the foreseeable force for certified anchorages.
Rescue ¹	Non-Certified Anchorages	3,000 lbs (13.3 kN)
	Certified Anchorages ² :	5 times the foreseeable force for certified anchorages.
Climbing	The structure to which a climbing system is attached must sustain the loads required by that particular system. See the instructions for the climbing system for requirements.	
1 Multiple Systems: When more than one of the defined system is attached to an anchorage, the strength defined for Non-Certified or Certified anchorages shall be multiplied by the number of systems attached to the anchorage.		
2 Certified Anchorage: An anchorage for fall arrest, positioning, restraint, or rescue systems that a qualified person certifies to be capable of supporting the potential fall forces that could be encountered during a fall or that meet the criteria for a certified anchorage prescribed in this standard.		

3.0 DONNING AND USE

WARNING: Do not alter or intentionally misuse this equipment. Consult Capital Safety when using this equipment in combination with components or subsystems other than those described in this manual. Some subsystem and component combinations may interfere with the operation of this equipment. Use caution when using this equipment around moving machinery, electrical and chemical hazards, and sharp edges.

3.1 BEFORE EACH USE: Before each use of this equipment inspect the ExoFit NEX™ Full Body Harness according to Section 5 of this manual.

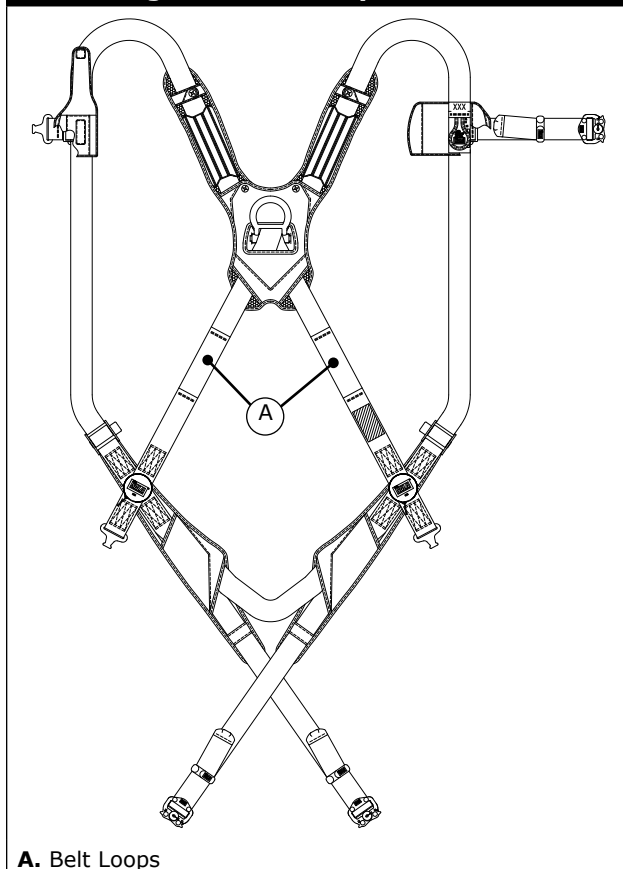
3.2 PLANNING: Plan your system before use. Consider all factors that will affect your safety during use of this equipment. Consider the following aspects when planning your system:

- **ANCHORAGE:** Select an anchorage that meets the anchorage requirements specified in Section 2.
- **SHARP EDGES:** Avoid working where system components may be in contact with, come in contact with, or abrade against, unprotected sharp edges.
- **AFTER A FALL:** Any equipment which has been subjected to the forces of arresting a fall, or exhibits damage consistent with the effect of fall arrest forces as described in Section 5, must be removed from service immediately and destroyed by the user, the rescuer¹, or an authorized person².
- **RESCUE:** The employer must have a rescue plan when using this equipment. The employer must have the ability to perform a rescue quickly and safely.

3.3 DONNING AND FITTING THE HARNESS: The ExoFit NEX™ Full Body Harness is available in Vest (Figure 1) and Cross-Over (Figure 10) styles. Donning procedures will vary with the harness style.

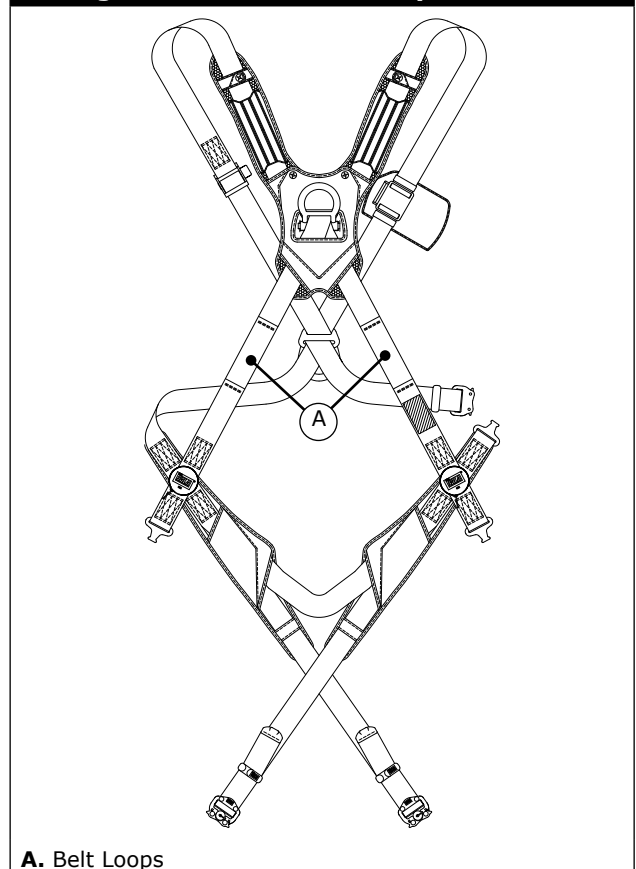
WARNING: Do not alter or intentionally misuse this equipment. Consult Capital Safety when using this equipment in combination with components or subsystems other than those described in this manual. Some subsystem and component combinations may interfere with the operation of this equipment. Use caution when using this equipment around moving machinery, electrical and chemical hazards, and sharp edges.

Figure 9 - Vest Style Harness



A. Belt Loops

Figure 10 - Cross-Over Style Harness



A. Belt Loops

1 Rescuer: Person or persons other than the rescue subject acting to perform an assisted rescue by operation of a rescue system.

2 Authorized Person: A person assigned by the employer to perform duties at a location where the person will be exposed to a fall hazard (otherwise referred to as "user" for the purpose of these instructions).

A. EXOFIT NEX™ VEST STYLE FULL BODY HARNESS: The ExoFit NEX™ Vest Style Harness incorporates loops for a removable waist belt (see Figure 9). The belt can be installed through the two loops in the harness located in the lower back shoulder straps. The belt will pass through the harness just below the padded area. The hip pad, if used, is secured to the belt by passing the belt through the hip pad loops. Don the Vest Style Full Body Harness per the following steps and corresponding images in Figure 11:

- Step 1.** Locate back D-ring held in position by the D-ring pad; lift up harness and hold by this D-ring. Ensure the straps are not twisted.
- Step 2.** Grasp the shoulder straps and slip the harness onto one arm. The D-ring will be located on your back side. Ensure that the straps are not tangled and hang freely. Slip your free arm into the harness and position the shoulder straps on top of your shoulder. Ensure that the straps are not tangled and hang freely. The chest strap, with quick connect buckle, will be positioned on the front side when worn properly.
- Step 3.** Reach between your legs and grasp the gray leg strap on your left side. Bring the strap up between your legs and connect it by inserting the tab of the buckle into receptor of quick connect buckle on the left side as shown in Figure 11. You will hear a click when the tab engages properly. Connect the right leg strap using the same procedure. To adjust the leg straps, unlock  the webbing lock on the quick connect buckle and pull on the strap. A plastic end keeper on the end of the strap will stop it from pulling completely out of the buckle. When the strap is properly adjusted, lock  the webbing lock. To release the buckle, press the silver-colored tabs on the buckle towards each other with one hand, while pulling on the tab portion of the buckle with the other hand.
- NOTE:** Locking  and unlocking  the webbing lock prevents or allows the strap to slide between the sliding bar and slot on the female end of the quick connect buckle. It does not control engagement or disengagement of the buckle ends and will not affect the buckle connection in the event of a fall.
- Step 4.** Attach the chest strap by inserting the tab of the buckle into the receptor of the quick connect buckle. You will hear a click when the tab engages properly. The chest strap should be 6 in. (15 cm) down from the top of your shoulders. Pass excess strap through the loop keepers. To adjust the chest strap, unlock  the webbing lock on the quick connect buckle and pull on the strap. A plastic end keeper on the end of the strap will stop it from pulling completely out of the buckle. When the strap is properly adjusted, lock  the webbing lock. To release the buckle, press the silver-colored tabs on the buckle toward each other with one hand, while pulling on the tab portion of the buckle with the other hand.
- Step 5.** Adjust shoulder straps to a snug fit with the Vertical Torso Adjusters (see Figure 11): Left and right sides of shoulder straps should be adjusted to the same length and the chest strap should be centered on your lower chest, 6 in. (15 cm) down from shoulder. The front D-ring on the vest style harness is moved up or down by adjusting the shoulder straps and leg straps. Center the back D-ring between your shoulder blades. Note: On applicable models, the back (dorsal) D-ring can be repositioned up or down as needed for a correct fit. Adjust leg straps to a snug fit. At least 3 in. (8 cm) of webbing must extend past the buckle on the leg straps. Adjust the waist belt (if present).

Figure 11 - Donning the ExoFit NEX™ Vest Style Full Body Harness



Step 1



Step 2



Step 3

Duo-Lok™ Quick Connect Buckles

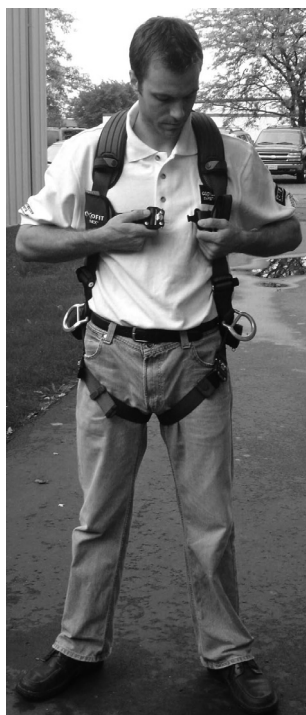


Connection: Connect buckle ends by inserting the tab into the receptor until a click is heard.



Strap Adjustment: Rotate Webbing Lock to unlocked position 'b'. Pull strap to adjust. Rotate Webbing Lock to locked position 'a'.

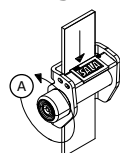
NOTE: The Webbing Lock does not control engagement or disengagement of the buckle ends.



Step 4

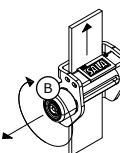
Revolver™ Vertical Torso Adjusters

Right



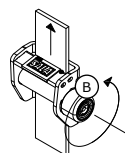
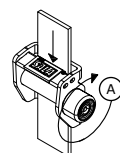
To Tighten: Turn Ratchet Knob in direction A.

To Loosen: Pull Ratchet Knob out and turn in direction B.



NOTE: After adjustment, tug upwards on the shoulder straps to ensure that each adjuster is locked in place.

Left



Step 5

B. EXOFIT NEX™ CROSS-OVER STYLE FULL BODY HARNESS: The ExoFit NEX™ Cross-Over Style Harness incorporates loops for a removable waist belt. The belt can be installed through the two loops in the harness located in the lower back shoulder straps (see Figure 10). The belt will pass through the harness just below the padded area. The hip pad, if used, is secured to the belt by passing the belt through the hip pad loops. Don the Cross-Over Style Full Body Harness per the following steps and corresponding images in Figure 12:

- Step 1.** Locate the back D-ring held in position by the D-ring pad; lift up the harness and hold by this D-ring. Ensure the straps are not twisted.
- Step 2.** Grasp the shoulder straps between the back and front D-ring and slip the harness over your head from the left side. Position the shoulder straps on top of your shoulders. Ensure that the straps are not tangled and hang freely. The D-ring will be positioned on your back when worn properly.
- Step 3.** Grasp the tab of the buckle located at your right hip and insert it into the receptor of the quick connect buckle (see Figure 12). You will hear a click when the tab engages properly.
- Step 4.** Reach between your legs and grasp the gray leg strap on your left side. Bring the strap up between your legs and insert the tab of the buckle into the receptor of the buckle on the left side as shown in Figure 12. You will hear a click when the tab engages properly. Connect the right leg strap using the same procedure. To adjust the leg straps, unlock  the webbing lock on the quick connect buckle and pull on the strap. A plastic end keeper on the end of the strap will stop it from pulling completely out of the buckle. When the strap is properly adjusted, lock  the webbing lock. To release the buckle, press the silver-colored tabs on the buckle towards each other with one hand, while pulling on the tab portion of the buckle with the other hand.

NOTE: Locking  and unlocking  the webbing lock prevents or allows the strap to slide between the sliding bar and slot on the female end of the quick connect buckle. It does not control engagement or disengagement of the buckle ends and will not affect the buckle connection in the event of a fall.

- Step 5.** Adjust shoulder straps to a snug fit with the Vertical Torso Adjusters (see Figure 12): Left and right sides of the shoulder straps should be adjusted to the same length and the front D-ring should be centered on your lower chest. The back D-ring should be centered between your shoulder blades. Note: On ExoFit XP models, the back (dorsal) D-ring can be repositioned up or down as needed for a correct fit. Adjust the leg straps to a snug fit. At least 3 in. (8 cm) of webbing must extend past the buckle on the leg straps. Adjust the waist belt (if present).

3.4 USE OF FALL ARREST D-RING OR ATTACHMENT ELEMENT: For fall arrest applications connect to the D-ring or attachment element on your back, between your shoulder blades. Side D-rings, if present, are for positioning or restraint applications only. Front D-ring, if present, is for ladder climbing, positioning, or other applications with a limited free fall not exceeding 2 feet (0.6 m) with a 900 MAF requirement. For rescue, back, shoulder, or front D-rings may be used. D-rings on seat sling are for work positioning or personnel riding.

3.5 MAKING CONNECTIONS: When using a hook to connect to an anchorage or when coupling components of the system together, ensure roll-out cannot occur. Roll-out occurs when interference between the hook and mating connector causes the hook gate to unintentionally open and release. Self-locking snap hooks and carabiners should be used to reduce the possibility of roll-out. Do not use hooks or connectors that will not completely close over the attachment object. See subsystem manufacturer's instructions for more information on making connections.

3.6 CONNECTING SYSTEM COMPONENTS: After properly fitting the full body harness, the user may then connect to other system components. Follow the guidelines in Section 3.4 when selecting the correct attachment element.

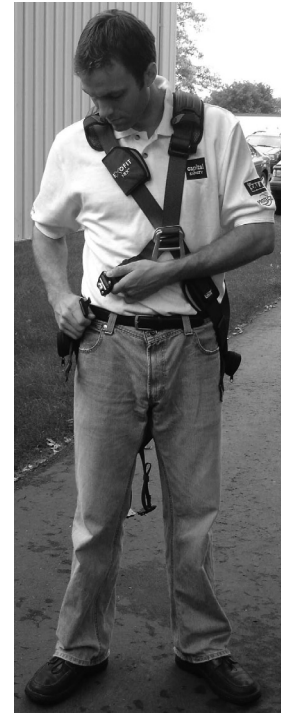
Figure 12 - Donning the ExoFit NEX™ Cross-Over Style Full Body Harness



Step 1



Step 2



Step 3

Duo-Lok™ Quick Connect Buckles



Connection: Connect buckle ends by inserting the tab into the receptor until a click is heard.



Strap Adjustment: Rotate Webbing Lock to unlocked position . Pull strap to adjust. Rotate Webbing Lock to locked position .

NOTE: The Webbing Lock does not control engagement or disengagement of the buckle ends.



Step 4

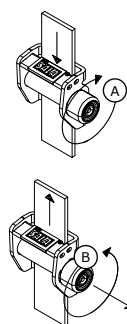
Revolver™ Vertical Torso Adjusters

To Tighten: Turn Ratchet Knob in direction **A**.

To Loosen: Pull Ratchet Knob out and turn in direction **B**.

NOTE: After adjustment, tug upwards on the shoulder straps to ensure that each adjuster is locked in place.

Left



Step 5

3.7 SUSPENSION TRAUMA STRAP: The ExoFit NEX™ Full Body Harness is equipped with a Suspension Trauma Strap (Figure 13) to help prolong allowable suspension time in the event of a fall from height. It should only be used in situations where a fall has occurred or for training. To use the Suspension Trauma Strap:

- Step 1.** Unzip the Trauma Strap Pouch on each hip of the harness and deploy the Suspension Straps (Figure 13A).
- Step 2.** Raise the ends of the straps to access the hook and loops. Insert the hook into the loop that provides the desired strap length.
- Step 3.** Lower the Suspension Strap and step onto the strap to alleviate pressure of the harness leg straps on the legs (Figure 13B). Adjust the hook/loop combination for optimal comfort.

WARNING: Maintain an upright position following suspension. Do not lay down. Seek medical attention following a suspension.

Figure 13 - Suspension Trauma Straps



3.8 EXOFIT NEX GLOBAL WIND ENERGY HARNESS MODEL REPLACEABLE LUMBAR PROTECTOR: The Lumbar Protector (A) can be replaced in the field when worn or damaged. (See Figure 14)

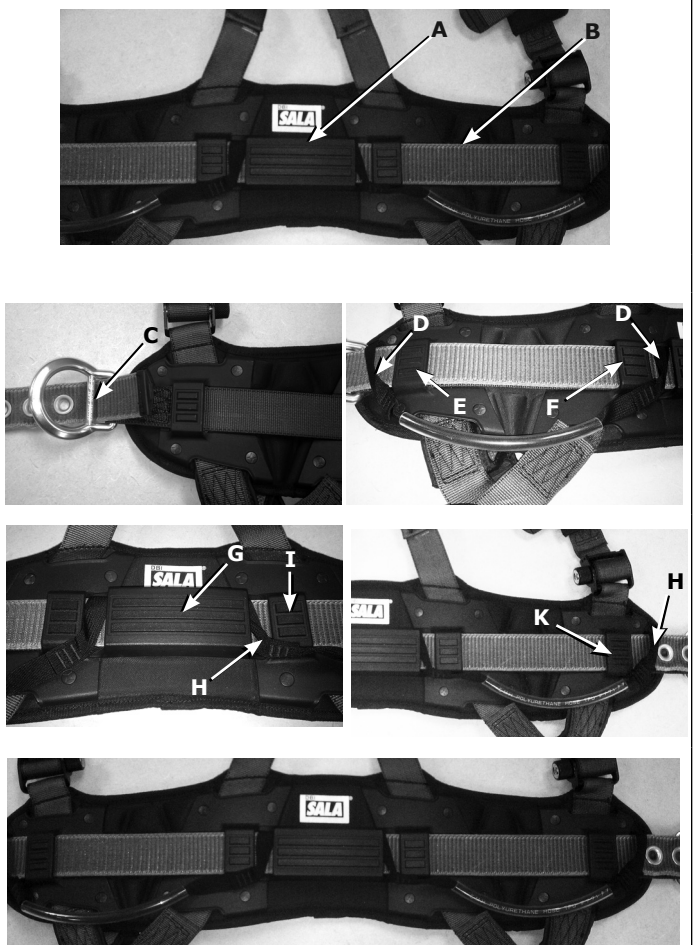
Place the ExoFit harness on a flat surface. Pull the hip belt (B) completely out of the harness to free the worn/damaged Lumbar Protector (A) and tool loops (D, if installed).

To install the replacement Lumbar Protector:

- Step 1.** Reinsert the hip belt through the left D-Ring (C), the end of the first tool loop (D, if installed), belt loops (E) and (F), and the end of the tool loop (D).
- Step 2.** Insert the hip belt through the replacement Lumbar Protector (G), the second tool loop (H, if installed), the next two belt loops (I) and (K), the end of the tool loop (H) and the right D-Ring.

Completed installation of replacement Lumbar Protector.

Figure 14 - Replaceable Lumbar Protector



4.0 TRAINING

It is the responsibility of the purchaser and the user of this equipment to assure that they understand these instructions and are trained in the correct care and use of this equipment. They must also be aware of the operating characteristics, application limits, and the consequences of improper use of this equipment.

IMPORTANT: Training must be conducted without exposing the user to a fall hazard. Training should be repeated on a periodic basis.

5.0 INSPECTION

5.1 i-Safe™ RFID TAG: The i-Safe™ RFID tag on the ExoFit NEX™ Harness (see “Figure 15 i-Safe™ RFID Tag”) can be used in conjunction with the i-Safe handheld reading device and the web based portal to simplify inspection and inventory control and provide records for your fall protection equipment.



5.2 FREQUENCY: Before each use inspect the full body harness according to Section 5.3. The harness must be inspected by a competent person³, other than the user, at least annually. Record the results of each formal inspection in the inspection and maintenance log in section Section 9, or use the i-Safe™ inspection web portal to maintain your inspection records. If you are a first-time user, contact a Customer Service representative in the US at 800-328-6146 or in Canada at 800-387-7484 or if you have already registered, go to: www.capitalsafety.com/isafe. Follow instructions provided with your i-Safe handheld reader or on the web portal to transfer your data to your web log.

IMPORTANT: If the full body harness has been subjected to fall arrest or impact forces it must be immediately removed from service and destroyed.

IMPORTANT: Extreme working conditions (harsh environments, prolonged use, etc.) may require increasing the frequency of inspections.

5.3 INSPECTION: Inspect the ExoFit NEX™ Full Body Harness as follows:

- Step 1. Inspect harness hardware (buckles, D-rings, pads, loop keepers, vertical torso adjusters):** These items must not be damaged, broken, distorted, and must be free of sharp edges, burrs, cracks, worn parts, or corrosion. PVC coated hardware must be free of cuts, rips, tears, holes, etc. in the coating to ensure non-conductivity. Ensure that release tabs on buckles work freely and that a click is heard when the buckle engages. Inspect vertical torso adjusters for proper operation. Ratchet knobs should turn with ease in a clockwise direction and should only turn counterclockwise when the knob is pulled out.
- Step 2. Inspect webbing:** Material must be free of frayed, cut, or broken fibers. Check for tears, abrasions, mold, burns, or discoloration. Inspect stitching; check for pulled or cut stitches. Broken stitches may be an indication that the harness has been impact loaded and must be removed from service. When performing the annual formal inspection, unsnap and open the back pad to facilitate inspection of the webbing.
- Step 3. Inspect the labels:** All labels should be present and fully legible (see Section 8).
- Step 4. Inspect system components and subsystems:** Inspect each system component or subsystem according to manufacturer's instructions.

3 Competent Person: One who is capable of identifying existing and predictable hazards in the surroundings or working conditions which are unsanitary, hazardous, or dangerous to employees, and who has authorization to take prompt corrective measures to eliminate them.

Step 5. Record inspection data: Record the inspection date and results in the *Inspection and Maintenance Log* (see Section 9).

Step 6. Inspect the Stitched Impact Indicator: The stitched impact indicator is a section of webbing that is lapped back on itself and secured with a specific stitch pattern holding the lap (see Figure 16). The stitch pattern is designed to release when the harness arrests a fall or has been subjected to an equivalent force. If the impact indicator has been activated the harness must be removed from service and destroyed.

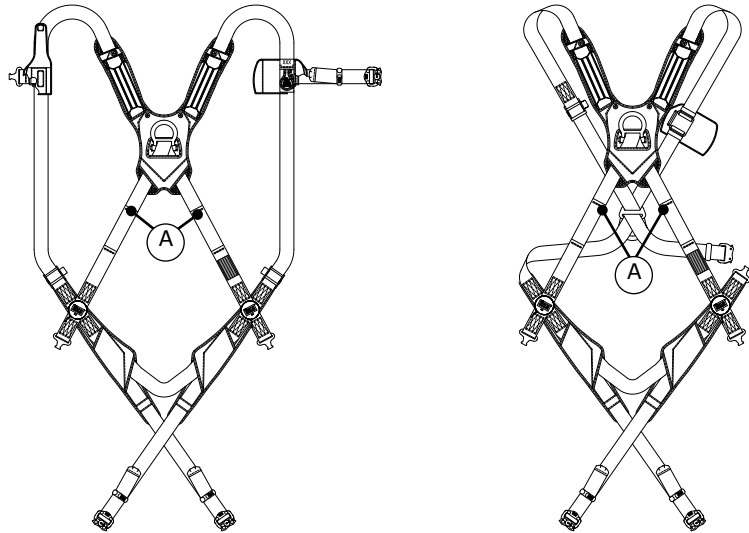
Step 7. Inspect Suspension Trauma Straps: Check the trauma strap pouches for damage and secure connection to the harness. Unzip the trauma strap pouch on each hip of the harness and inspect suspension trauma straps. Webbing and pouch material must be free of frayed, cut, or broken fibers. Check for tears, abrasions, mold, burns, discoloration, or knots. Verify that one pouch is marked 'Hook' and the other marked 'loop'.

IMPORTANT: If inspection reveals a defective condition, remove the unit from service immediately and destroy it.

NOTE: Only DBI-SALA or parties authorized in writing may make repairs to this equipment.

Figure 16- Stitched Impact Indicator

A. Stitched Impact Indicator



6.0 MAINTENANCE, SERVICING, AND STORAGE

6.1 WASHING INSTRUCTIONS: Washing procedures for the ExoFit NEX™ Full Body Harness are as follows:

Step 1. Spot clean the ExoFit NEX™ full body harness with water and a mild soap solution.

IMPORTANT: Use a bleach-free detergent when washing the harness and pads. Fabric softener or dryer sheets *SHOULD NOT* be used when laundering and drying the harness and pads.

Step 2. Water temperature for wash and rinse must not exceed 160° F (70° C).

Step 3. The harness and pads may be air dried or tumble dried on low heat not exceeding 200° F (90° C).

NOTE: More information on cleaning is available from Capital Safety. If you have questions concerning the condition of your harness, or have any doubt about putting it into service, contact Capital Safety.

6.2 ADDITIONAL MAINTENANCE AND SERVICING: Additional maintenance and servicing procedures must be completed by a factory authorized service center. Authorization must be in writing. Do not attempt to disassemble the unit.

6.3 STORAGE: Store the ExoFit NEX™ Full Body Harness in a cool, dry, clean environment out of direct sunlight. Avoid areas where chemical vapors may exist. Thoroughly inspect the full body harness after extended storage.

7.0 SPECIFICATIONS

7.1 PERFORMANCE:

- **Maximum Free Fall Distance:** No greater than 6 ft (1.8 m), per federal law and ANSI Z359.1.

NOTE: Harness is acceptable for use with free fall distances exceeding 6 feet (1.8 m) if used with appropriate connecting system.

- **Maximum Arresting Force:** 1,800 lbs. (13 kN)
- **Maximum Capacity:**
 - 420 lbs. (191 kg) per OSHA
 - 310 lbs. (141 kg) per ANSI Z359.1
 - 352 lbs. (160 kg) per CSA Z259.10-06
- **Approximate Weight:**
 - Harness only:* 3 lbs. (1.4 kg)
 - Harness with Side D-rings:* Add 1/2 lb. (.23 kg)
 - Harness with Front D-ring:* Add 1/4 lb. (.11 kg)
 - Harness with Back Pad or Belt:* Add 1 lb. (.45 kg)

7.2 MATERIALS:

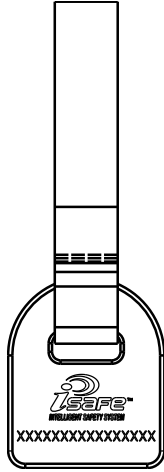
- **Webbing Materials:** 6,000 lbs (27 kN) Polyester; 7,000 lbs (31 kN) Tensile Strength Nylon; 7,000 lbs Tensile Strength Nomex⁴ covered Kevlar⁴
- **Pad and Label Cover Materials:**
 - Blend of Nylon and Polyester.
 - All outer fabric is Nomex and Kevlar blend fabric. (Arc Flash models only)
 - Fire Resistant Hook and Loop Fasteners. (Arc Flash models only)
- **Optional Accessories:**
 - Hip Pad with side D-rings
 - Nomex[®] covered Kevlar[®] webbing
 - Non-sparking/ Non-conductive PVC coated hardware
 - Arc-rated hip, leg, and back pads
 - Polyurethane coated, arc-rated dorsal web loop

- 7.3 STANDARDS:** When installed and used per the requirements and recommendations in the manual, the ExoFit NEX™ Full Body Harness meets local, state, and federal requirements defined in Section 1.2.

⁴ ®: Nomex[®] and Kevlar[®] are registered trademarks of DuPont.

8.0 LABELING

The following labels must be securely attached and fully legible:

All Models																																											
XXX	 																																										
ANSI Models	CSA Models																																										
9503020 Rev. C PRODUCT COMPLIANCE THIS PRODUCT COMPLIES WITH THE FOLLOWING STANDARDS ONLY IF MARKED WITH THE CORRESPONDING LETTER CODE UNDER "STDS" SECTION BELOW. <table style="width: 100%; font-size: 8px;"> <tr> <td>A = ANSI Z359.1</td> <td>B = OSHA</td> </tr> <tr> <td>C = ANSI A10.32-2004</td> <td>D = ASTM F887-11</td> </tr> <tr> <td>E = ANSI Z359.3</td> <td>F = ANSI Z359.4</td> </tr> </table> MFRD(YR/MO): LOT: MODEL NO: STDS: SERIAL NO.: SEE RFID TAG IN CLEAR POUCH <table style="margin: 0 auto;"> <tr> <td style="writing-mode: vertical-rl; transform: rotate(180deg); font-size: 8px;">INITIAL</td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="writing-mode: vertical-rl; transform: rotate(180deg); font-size: 8px;">DATE</td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table> INSPECTION LOG DO NOT REMOVE THIS LABEL	A = ANSI Z359.1	B = OSHA	C = ANSI A10.32-2004	D = ASTM F887-11	E = ANSI Z359.3	F = ANSI Z359.4	INITIAL										DATE										9502095 REV A INSPECTION LOG RELEVÉ D'INSPECTION SERIAL NO./NUMÉRO DE SÉRIE: SEE RFID TAG IN CLEAR POUCH VOIR L'ÉTIQUETTE DE RFID DANS LA POCHE TRANSPARENTE <table style="width: 100%; font-size: 8px;"> <tr> <td style="writing-mode: vertical-rl; transform: rotate(180deg);">INITIAL</td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="writing-mode: vertical-rl; transform: rotate(180deg);">DATE</td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table> MFRD/LOT/FABR. LOT: MODEL NO./MODÈLE (YR/MO)/(AAMM) INSPECTION LOG DO NOT REMOVE THIS LABEL	INITIAL								DATE							
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E = ANSI Z359.3	F = ANSI Z359.4																																										
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9500340 Rev. G ⚠ WARNING MANUFACTURER'S INSTRUCTIONS MUST BE READ AND UNDERSTOOD PRIOR TO USE. INSTRUCTIONS SUPPLIED WITH THIS PRODUCT AT TIME OF SHIPMENT MUST BE FOLLOWED. FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY OR DEATH. CONTACT DBI-SALA IF INSTRUCTION SHEET IS NEEDED. INSPECT BEFORE EACH USE. DO NOT USE IF WEAR OR DAMAGE IS PRESENT. THIS BODY HARNESS IS INTENDED TO BE USED TO ARREST THE MOST SEVERE FREE FALLS. ITEMS SUBJECTED TO FALL ARREST OR IMPACT FORCES MUST BE IMMEDIATELY REMOVED FROM SERVICE AND DESTROYED. CONNECTING SNAP AND D-RING MUST BE COMPATIBLE IN SIZE, SHAPE, AND STRENGTH. THIS ITEM IS NOT FLAME OR HEAT RESISTANT. REPAIRS ONLY TO BE PERFORMED BY DBI-SALA. EQUIPMENT MODIFICATION OR MISUSE VOIDS WARRANTY. BODY HARNESS POLYESTER WEB CAPACITY: 420 LBS. ⚠ WARNING DO NOT EXCEED CAPACITY OF THIS OR OTHER SYSTEM COMPONENTS. CAPACITY IS THE COMBINED WEIGHT FOR WHICH THE COMPONENT IS DESIGNED TO BE USED. COMBINED WEIGHT INCLUDES THE USER'S BODY WEIGHT, CLOTHING, TOOLS, AND ANY OBJECTS CARRIED. CONTACT DBI-SALA FOR MORE INFORMATION www.capitalsafety.com USA: (800) 328-6146 DO NOT REMOVE LABEL MADE IN XXXX	9500473 REV D ⚠ WARNING MANUFACTURER'S INSTRUCTIONS MUST BE READ AND UNDERSTOOD PRIOR TO USE. INSTRUCTIONS SUPPLIED WITH THIS PRODUCT AT TIME OF SHIPMENT MUST BE FOLLOWED. FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY OR DEATH. CONTACT CAPITAL SAFETY IF INSTRUCTION SHEET IS NEEDED. INSPECT BEFORE EACH USE. REMOVE FROM SERVICE AFTER FALL ARREST. REMOVE FROM SERVICE IF WEAR DAMAGE IS PRESENT DURING INSPECTION. MAKE ONLY COMPATIBLE CONNECTIONS. DO NOT ALTER OR REPAIR HARNESS. BODY HARNESS/Harnais de sécurité POLYESTER WEB/Sangle: polyester SIZE/GRANDEUR: SEE LABEL DO NOT REMOVE THIS LABEL/ Ne pas enlever cette étiquette www.capitalsafety.com (800) 328-6146 MADE IN U.S.A. CSA STANDARD Z259.10-06 HARNESS CLASSIFICATION/ Classe de Harnais																																										

ANSI Models

CSA Models

9506051 REV A

WARNING MANUFACTURER'S INSTRUCTIONS MUST BE READ AND UNDERSTOOD PRIOR TO USE. INSTRUCTIONS SUPPLIED WITH THIS PRODUCT AT TIME OF SHIPMENT MUST BE FOLLOWED. FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY OR DEATH. CONTACT DBI-SALA IF INSTRUCTION SHEET IS NEEDED. INSPECT BEFORE EACH USE. DO NOT USE IF WEAR OR DAMAGE IS PRESENT. THIS BODY HARNESS IS INTENDED TO BE USED TO ARREST THE MOST SEVERE FREE FALLS. ITEMS SUBJECT TO FALL ARREST OR IMPACT FORCES MUST BE IMMEDIATELY REMOVED FROM SERVICE AND DESTROYED. CONNECTING SNAP AND D-RING MUST BE COMPATIBLE IN SIZE, SHAPE AND STRENGTH. REPAIRS ONLY TO BE PERFORMED BY DBI-SALA. EQUIPMENT MODIFICATION OR MISUSE VOIDS WARRANTY.



BODY HARNESS.

CAPACITY: 420 LBS.

NOMEX/KEVLAR WEB

www.capitalsafety.com
Capital Safety
Red Wing, MN, USA
+1-800-328-6146

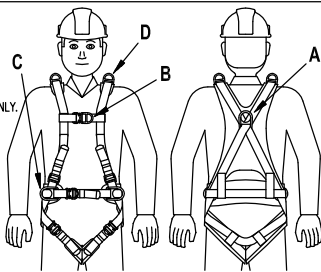
DO NOT REMOVE THIS LABEL

USER IDENTIFICATION/
MARK LABEL WITH
PERMANENT MARKER

9503011 REV B
U.S. PATENT No. 6,668,434

- A - BACK D-RING IS FOR FALL ARREST AND RESCUE.
- B - FRONT D-RING (IF PRESENT) IS FOR POSITIONING, LADDER CLIMBING, OR FALL ARREST (2 FT MAXIMUM FREEFALL). USE SELF-LOCKING SNAPS ONLY.
- C - SIDE D-RINGS (IF PRESENT) ARE FOR POSITIONING.
- D - SHOULDER D-RINGS (IF PRESENT) ARE FOR RESCUE ONLY. DO NOT USE FOR OTHER PURPOSES. USE SELF-LOCKING SNAPS ONLY.

SEE INSTRUCTIONS FOR MORE DETAILS.



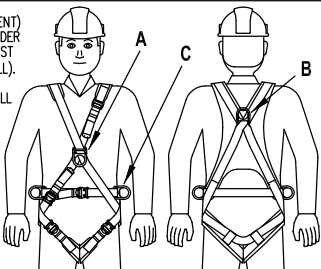
Vest Style Harness

USER IDENTIFICATION/
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PERMANENT MARKER

9503007 REV B

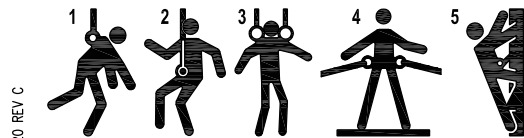
- A - FRONT D-RING (IF PRESENT) IS FOR POSITIONING, LADDER CLIMBING, OR FALL ARREST (2 FT. MAXIMUM FREEFALL).
- B - BACK D-RING IS FOR FALL ARREST AND RESCUE.
- C - SIDE D-RINGS (IF PRESENT) ARE FOR POSITIONING.

SEE INSTRUCTIONS FOR MORE DETAILS.
U.S. PAT. NO. RE35,028
CAN. PAT. NO. 2080643.



Cross-Over Style Harness

USER IDENTIFICATION/
IDENTIFICATION DE L'UTILISATEUR
MARK LABEL WITH PERMANENT
MARQUE/MARQUER L'ÉTIQUETTE AVEC
UN MARQUEUR PERMANENT.



9503020 REV C

- 1) FALL ARREST, CLASS A, AND RESCUE/ARRÊT DES CHUTES ET SAUVETAGE CLASSE A (ANSI Z359.1 & ANSI Z359.4)
- 2) SUSPENSION OR CONTROLLED DESCENT/CLASSE D/CLASSE D
- 3) LIMITED ACCESS/RESCUE/ACCÈS LIMITE/SAUVETAGE CLASSE E/CLASSE E (ANSI Z359.4)
- 4) WORK POSITIONING/MANTENIR EN POSITION DE TRAVAIL/CLASSE P/CLASSE P (ANSI Z359.3)

- *5) LADDER ACCESS/ACCÈS AUX ÉCHELLES/CLASSE L/CLASSE L (ANSI Z359.1)

* FOR SYSTEMS MEETING/POUR LES SYSTÈMES SOUS LA NORME ANSI Z359.1 - MAY BE USED FOR FALL ARREST (2 FT. MAXIMUM FREEFALL)/PEUT ÊTRE UTILISÉ POUR L'ARRÊT DES CHUTES (2 FT. (0.6m) DE CHUTE LIBRE MAXIMUM).

OR, AS LADDER - MAY BE USED FOR FALL ARREST/PEUT ÊTRE UTILISÉ POUR L'ARRÊT DES CHUTES

SEE INSTRUCTIONS FOR MORE DETAILS/VOIR LES INSTRUCTIONS POUR PLUS DÉTAILS

9.0 INSPECTION AND MAINTENANCE LOG

SERIAL NUMBER:			
MODEL NUMBER:			
DATE PURCHASED:		DATE OF FIRST USE:	

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INSPECTION AND MAINTENANCE LOG

SERIAL NUMBER:			
MODEL NUMBER:			
DATE PURCHASED:			DATE OF FIRST USE:

INSPECTION DATE	INSPECTION ITEMS NOTED	CORRECTIVE ACTION	MAINTENANCE PERFORMED
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INSPECTION AND MAINTENANCE LOG

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MODEL NUMBER:		
DATE PURCHASED:		DATE OF FIRST USE:

[illegible]

ANSI Models

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1100382	1113014H	1113091	1113191H	1113282	1113362	1113427	1113518	1113587	1113656
1100383	1113015	1113092	1113192	1113285	1113363	1113428	1113519	1113588	1113657
1100384	1113016	1113093	1113192H	1113286	1113364	1113434	1113520	1113589	1113658
1100385	1113016C	1113094	1113193	1113287	1113365	1113435	1113521	1113590	1113659
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1100388	1113020	1113097	1113195	1113291	1113368	1113438	1113524	1113593	1113662
1100397	1113021	1113098	1113196	1113291H	1113369	1113439	1113525	1113594	1113663
1100398	1113022	1113100	1113197	1113292	1113370	1113445	1113526	1113595	1113664
1100920	1113023	1113103	1113198	1113292H	1113371	1113446	1113527	1113596	1113665
1100921	1113024	1113105	1113199	1113293	1113372	1113447	1113528	1113597	1113666
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1101919	1113034	1113121	1113208	1113306	1113378	1113466	1113537	1113606	1113675
1101921	1113036	1113124	1113220	1113307	1113378H	1113467	1113538	1113607	1113676
1101922	1113037	1113124H	1113225	1113308	1113379	1113468	1113539	1113608	1113677
1101923	1113038	1113127	1113226	1113309	1113380	1113469	1113540	1113609	1113678
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1102017	1113043	1113135	1113229	1113312	1113383	1113472	1113543	1113612	1113681
1102018	1113045	1113136	1113230	1113313	1113384	1113473	1113544	1113613	1113682
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CSA Models									
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1113058C	1113135C	1113216	1113325C	1113454	1113565C	1113613C	1113680C	1122223C	

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