



The Ultimate in Fall Protection

EXOFIT

NEX™



Approved by the
National Fire Protection Association

Use this Supplemental Instruction with the ExoFit NEX User Instruction Manual 5903027. This supplement includes information for the following sections: 1.0 Application, 2.0 System Limitations and Requirements, 3.0 Donning and Use, 7.0 Specifications, and 8.0 Labels.

Permanently retain this Supplemental Instruction and the ExoFit NEX User Instruction Manual 5903027. Keep a copy of both Instructions with the ExoFit NEX harness.

ExoFit NEX™ Full Body Suspension Harness

Model Numbers:

1113283	1113283C	1113575	1113575C	1113663	1113663C
1113284	1113284C	1113576	1113576C	1113664	1113664C
1113289	1113289C	1113577	1113577C	1113665	1113665C
1113304	1113304C	1113578	1113578C	1113666	1113666C
1113348	1113348C	1113579	1113579C	1113667	1113667C
1113370	1113370C	1113580	1113580C	1113668	1113668C
1113371	1113371C	1113590	1113590C	1113669	1113669C
1113372	1113372C	1113591	1113591C	1113699C	1113700C
1113373	1113373C	1113644	1113644C	1113701C	1113702C
1113557	1113557C	1113645	1113645C	1114000	1114000H
1113558	1113558C	1113646	1113646C	1114001	1114001H
1113559	1113559C	1113647	1113647C	1114002	1114002H
1113560	1113560C	1113648	1113648C	1114003	1114003H
1113561	1113561C	1113649	1113649C	1114004	1114004H
1113562	1113562C	1113650	1113650C	1114005	1114005H
1113563	1113563C	1113651	1113651C	1114006	1114006H
1113564	1113564C	1113652	1113652C	1114007	1114007H
1113565	1113565C	1113653	1113653C	1114008	1114008H
1113566	1113566C	1113654	1113654C	1114009	1114009H
1113567	1113567C	1113655	1113655C	1114010	1114010H
1113568	1113568C	1113656	1113656C	1114011	1114011H
1113569	1113569C	1113657	1113657C	1114012	1114012H
1113570	1113570C	1113658	1113658C	1114013	1114013H
1113571	1113571C	1113659	1113659C	1114014	1114014H
1113572	1113572C	1113660	1113660C	1114030	1114031
1113573	1113573C	1113661	1113661C	1114032	1114033
1113574	1113574C	1113662	1113662C	1114034	1114035
				1114036	1114037

Figure 1 - ExoFit NEX™ Full Body Suspension Harness

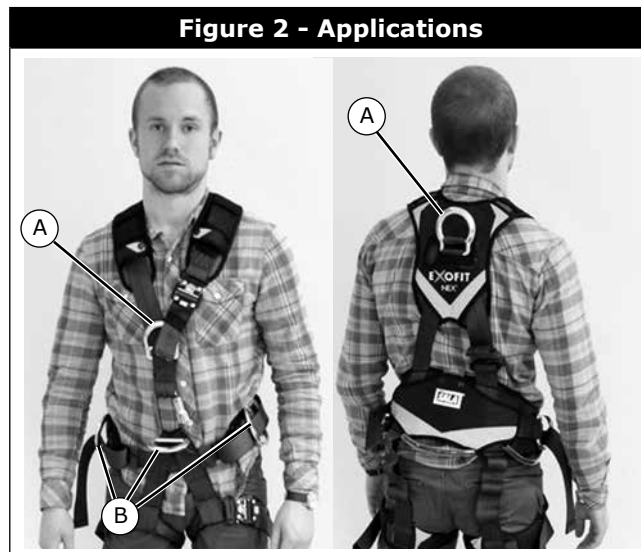


A. Shoulder Strap w/Hybrid Padding B. Duo-Lok™ Quick Connect Buckle C. Tech-Lite™ Side, Front and Pelvic D-Rings
D. Leg [Suspension] Strap E. Tech-Lite™ Dorsal D-Ring

1.0 APPLICATION

1.1.1 PURPOSE: Suspension harness used for Fall Arrest (D-Ring connections A, Figure 2) and Work Positioning (D-Ring connections B, Figure 2).

1.2.1 STANDARDS: Refer to life safety harness information found in NFPA 1500, *Standard on Fire Department Occupational Safety and Health Program*, and NFPA 1983, *Standard on Life Safety Rope and Equipment for Emergency Services*.



2.0 SYSTEM LIMITATIONS & REQUIRMENTS

2.7.1 ENVIRONMENTAL HAZARDS: Do not expose the harness to flame or high temperature. Such exposure could cause the harness to melt or burn and fail during use. Harnesses that meet the optional flame resistance requirements specified in NFPA 1983 are designed for use in environments where exposure to flame or high temperature could occur.

3.0 DONNING AND USE

3.9 DONNING AND FITTING THE SUSPENSION HARNESS: The ExoFit NEX™ Suspension Harness includes leg straps for work positioning. Don the Full Body Suspension Harness using the following steps and the corresponding images in Figure 3.

- Step 1.** Locate the front of the harness. The front has two D-rings. Lift up the harness and hold by the shoulder straps. Ensure all straps are not twisted.
- Step 2.** With the front of the harness facing forward, step through the right side of the harness with your right leg. Then, step through the left side of the harness with your left leg. Grasp the right shoulder strap and place it on the top of your right shoulder. Ensure that the straps are not tangled and hang freely.
- Step 3.** Grasp the left shoulder strap and place it over your left shoulder. The two D-rings will be positioned on the front of your body if the harness has been donned properly.
- Step 4.** Grasp the tab of the buckle located at the bottom of the strap that you placed over your left shoulder. Insert the tab into the receptor of the quick connect buckle on the left side of the harness. You will hear a click when the tab engages properly.

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.** Grasp the waist-level strap ends on right and left sides of the harness. Pull both ends forward until all slack is removed from the waist strap and the strap is comfortably tight around your waist. Insert strap ends into the waist strap keeper loops on the right and left sides of the harness.
- Step 6.** Reach between your legs and grasp the leg strap on your right side. Bring the strap up and insert the tab of the buckle into the receptor of the buckle on the right side. You will hear a click when the tab engages properly.
- Step 7.** Connect the right leg strap using the same procedure as in Step 6. 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.
- Step 8.** Adjust shoulder straps to a snug fit using the strap adjustment procedure described between Steps 4 and Step 5 on the following page. Left and right sides of the shoulder straps should be adjusted to the same length and the upper front D-ring should be centered on your lower chest. The back D-ring should be centered between your shoulder blades. 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 again as necessary for a secure, comfortable fit.

Figure 3 - Donning Suspension Harness



Step 1



Step 2




Step 3






Step 4

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 5



Step 6



Step 7



Step 8

3.10 DONNING AND FITTING THE FIRE AND RESCUE HARNESS. The Fire and Rescue Harness can be used for work positioning or for rescue worker applications. The Class II harness assembly must be donned appropriately for the specific application. After the Class II harness has been donned for work positioning or for rescue, the Class III portion of the harness can be donned. See Section 3.11 for work positioning, Section 3.12 for rescue and 3.13 for the shoulder straps.

WARNING: The Fire and Rescue Harness meets the requirements of NFPA 1983, Standard on Life Safety Rope and Equipment for Emergency Services, 2012 Editions, and the Optional Flame Resistance Requirements of NFPA 1983, Class II. When used in conjunction with DBI/SALA part numbers 1114000, 1114000H, 1114001, 1114001H 1114002, or 1114002H, the Fire and Rescue Harness meets the requirements of Class III but IS NOT FLAME RESISTANT. See Harness labels 5909121 and 5909122.

3.11 FIRE AND RESCUE CLASS II HARNESS DONNING FOR WORK POSITIONING: The ExoFit NEX™ Fire and Rescue Harness includes leg straps that permit the harness to be used for work positioning. To configure the harness for work positioning, follow Figure 4, Steps 1 through 5, to fit the leg straps to the user. Follow the steps in Figure 6 to convert the harness to Class III.

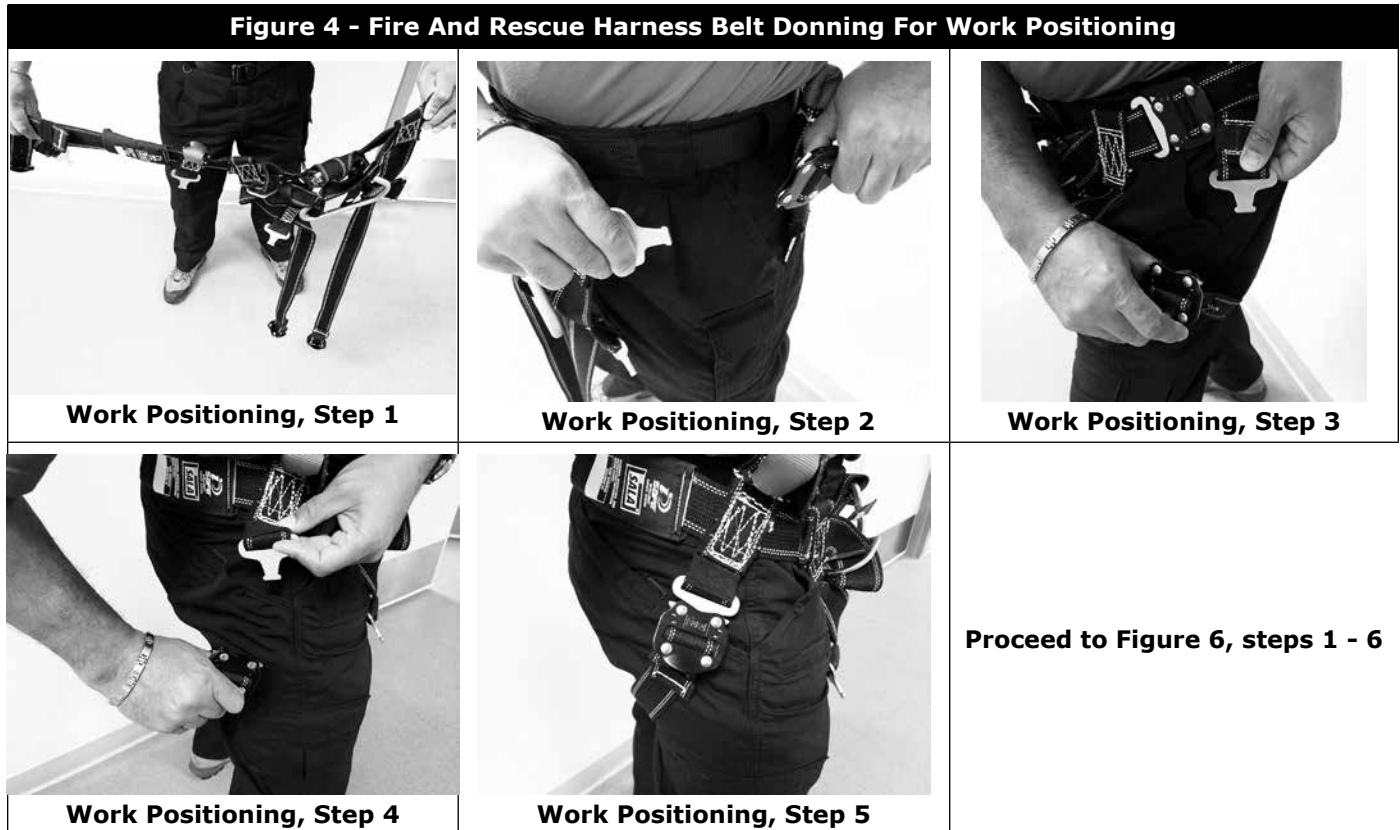







Figure 4

- Step 1.** Suspend the harness by holding each end. D-Rings and the carabiner should be facing forward. Ensure all straps are not twisted.
- Step 2.** Grasp the quick connect buckle at the end of the web belt and bring it around your waist so that the buckle is just behind your left hip. Lock  the tab located at the opposite end of the web belt into the quick connect buckle. You will hear a click when the tab engages properly.
- Step 3.** Grasp the quick connect buckle located at the bottom of the strap that is hanging nearest your left leg. Bring that quick connect buckle around the back of your left leg. Lock  the tab located at the end of the short web strap on your left hip into the quick connect buckle. You will hear a click when the tab engages properly.
- Step 4.** Grasp the quick connect buckle located at the bottom of the strap that is hanging nearest your right leg. Bring that quick connect buckle around the back of your right leg. Lock  the tab located at the end of the short web strap on your right hip into the quick connect buckle. You will hear a click when the tab engages properly.

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.** Grasp the waist-level strap ends on right and left sides of the harness. Pull both ends forward until all slack is removed from the waist strap and the strap is comfortably tight around your waist. Insert strap ends into the waist strap keeper loops on the right and left sides of the harness.

3.12 FIRE AND RESCUE CLASS II HARNESS DONNING FOR RESCUE: The ExoFit NEX™ Fire and Rescue Harness includes leg straps that permit the harness to be used for rescue work. To configure the harness for rescue, follow Figure 5, Steps 1 through 5, to fit the leg straps to the user. Follow the steps in Figure 6 to convert the harness to Class III.

Figure 5 - Fire And Rescue Harness Belt Donning For Rescue

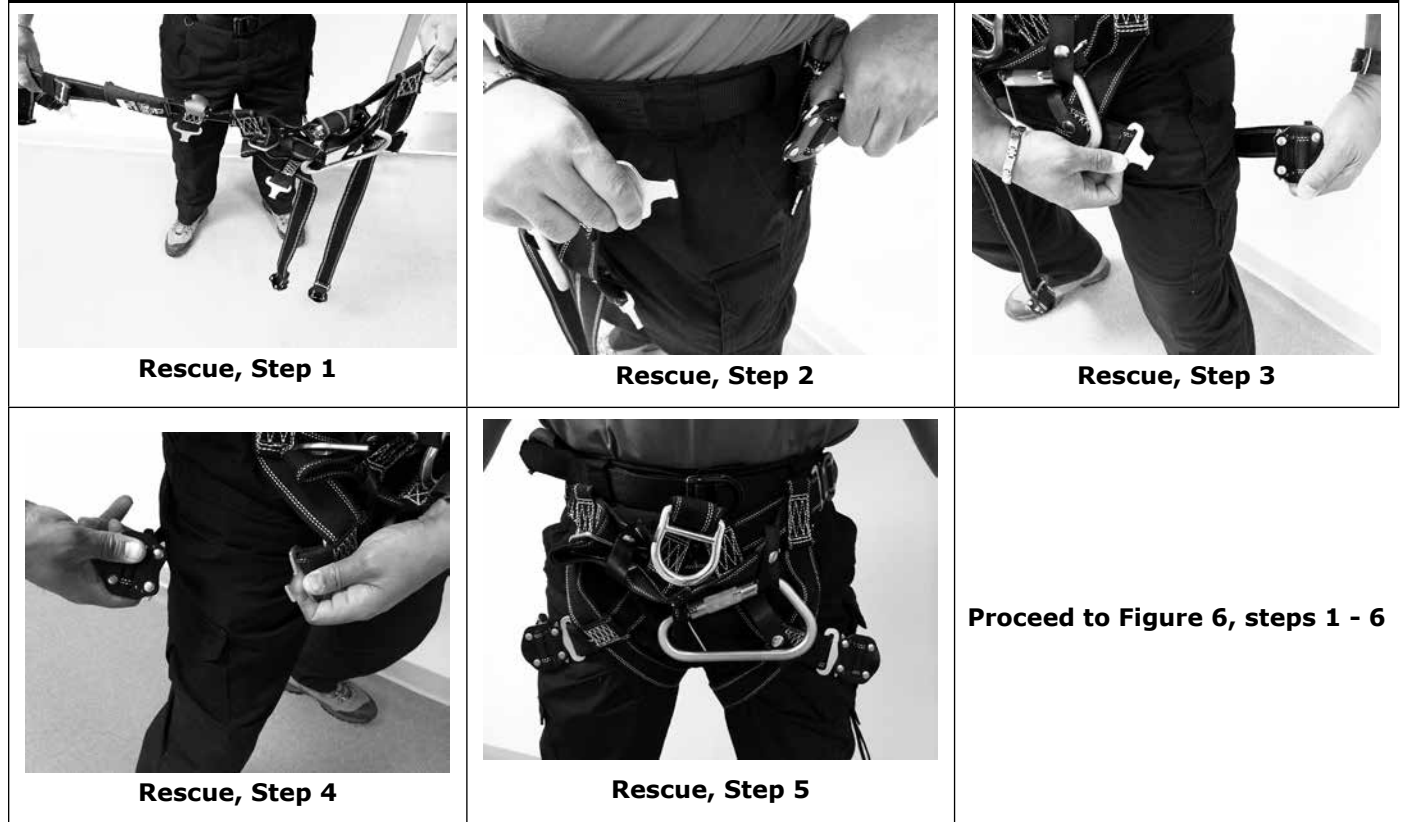


Figure 5

- Step 1.** Suspend the harness by holding each end. D-Rings and the carabiner should be facing forward. Ensure all straps are not twisted.
- Step 2.** Grasp the quick connect buckle at the end of the web belt and bring it around your waist so that the buckle is just behind your left hip. Lock the tab located at the opposite end of the web belt into the quick connect buckle. You will hear a click when the tab engages properly.
- Step 3.** Reach between your legs and grasp the leg strap on your left side. Bring the strap up around the back of your left leg. Insert the tab on the strap hanging from the left side of the belt into the quick connect buckle of the strap. You will hear a click when the tab engages properly.
- Step 4.** Reach between your legs and grasp the leg strap on your right side. Bring the strap up around the back of your right leg. Insert the tab on the strap hanging from the right side of the belt into the quick connect buckle of the strap. You will hear a click when the tab engages properly.
- 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.
- Step 5.** Grasp the waist-level strap ends on right and left sides of the harness. Pull both ends forward until all slack is removed from the waist strap and the strap is comfortably tight around your waist. Insert strap ends into the waist strap keeper loops on the right and left sides of the harness.

WARNING: The Fire and Rescue Harness meets the requirements of NFPA 1983, Standard on Life Safety Rope and Equipment for Emergency Services, 2012 Editions, and the Optional Flame Resistance Requirements of NFPA 1983, Class II. When used in conjunction with DBI/SALA part numbers 1114000, 1114000H, 1114001, 1114001H, 1114002, or 1114002H, the Fire and Rescue Harness meets the requirements of Class III but IS NOT FLAME RESISTANT. See Harness labels 5909121 and 5909122.

3.13 SHOULDER STRAPS: Complete donning of the ExoFit NEX™ Fire Rescue Class III harness by following Figure 6, Steps 1 through 6.

Figure 6 - Fire And Rescue Harness Shoulder Strap Donning



Figure 6

- Step 1.** Suspend the shoulder harness. The D-Ring and Yoke should be facing forward. Ensure all straps are not twisted. Place the opening in the Yoke over your head and rest the straps on your shoulders.
- Step 2.** Open the carabiner at the bottom of the Yoke. Insert the carabiner through the strap that holds the D-Ring on the harness belt. Close the carabiner. The gate of the carabiner must not be inside the D-Ring loop.
- Step 3.** Bring the strap on the right side of your back around to your right hip. Open the carabiner and insert it through the red loop on the top of the belt. The carabiner gate must not be inside the belt loops.
- Step 4.** Bring the strap on the left side of your back around to your left hip. Open the carabiner and insert it through the blue loop on the top of the belt. The carabiner gate must not be inside the belt loop. Orient the carabiners as shown in the figures. The carabiner gate must not be inside the belt loop.
- Step 5.** Confirm that the front strap is secured by the carabiner and that the straps lie flat on your chest. Left and right sides of the shoulder straps should be adjusted to the same length and the upper front D-ring should be centered on your lower chest, facing outward and free to swivel up and down.

Step 6. Confirm that the back straps are secured by the carabiners (**A** - blue strap end secured by carabiner to blue loop; **B** - red strap end end secured by carabiner to red loop) and that the straps lie flat across your back. The D-Ring at the center of the harness padding between your shoulders must be facing outward and free to swivel up and down. Adjust shoulder straps to a snug fit.

Before use, adjust the harness 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 again as necessary for a secure, comfortable fit.

7.0 SPECIFICATIONS

7.3.1 STANDARDS: When installed and used per the requirements and recommendations in the manual, the ExoFit NEX™ Full Body Suspension Harness meets the requirements of the National Fire Protection Association 1983 Standard on Life Safety Rope and Equipment for Emergency Services, 2012 Edition.


8.0 LABELING. The following labels must be securely attached and fully legible:

ExoFit NEX™ Full Body Suspension Harness

950597 Rev. D	THIS LIFE SAFETY HARNESS MEETS THE REQUIREMENTS OF NFPA 1983, STANDARD ON LIFE SAFETY ROPE AND EQUIPMENT FOR EMERGENCY SERVICES, 2012 EDITION; CLASS II. THIS HARNESS IS NOT FLAME-RESISTANT! DO NOT REMOVE THIS LABEL!	CE HARNAIS DE SÉCURITÉ EST CONFORME AUX EXIGENCES DE LA NORME NFPA 1983 RELATIVE AUX CORDES DE SÉCURITÉ ET AUX ÉQUIPEMENTS POUR LES SERVICES DE SECOURS, ÉDITION 2012; CATÉGORIE II. CE HARNAIS N'EST PAS INFLAMMABLE! NE PAS RETIRER CETTE ÉTIQUETTE!
	MANUFACTURED BY CAPITAL SAFETY COUNTRY OF ORIGIN: USA. MATERIAL: POLYESTER	FABRIQUÉ PAR CAPITAL SAFETY PAYS D'ORIGINE : ÉTATS-UNIS. MATÉRIAU : POLYESTER
	FITS WAIST SIZE: _____	S'ADAPTE AU TOUR DE TAILLE : _____
	FITS HEIGHT: _____	S'ADAPTE À LA TAILLE : _____


ExoFit NEX™ Fire And Rescue Harness, Class II, Nomex/Kevlar Web Models

950122 Rev. A	THIS LIFE SAFETY HARNESS MEETS THE REQUIREMENTS OF NFPA 1983, STANDARD ON LIFE SAFETY ROPE AND EQUIPMENT FOR EMERGENCY SERVICES, 2012 EDITION, AND THE OPTIONAL FLAME RESISTANCE REQUIREMENTS OF NFPA 1983, CLASS II. WHEN USED IN CONJUNCTION WITH COMPONENT PART NUMBER 1114000, 1114000H, 1114001, 1114001H, 1114002, OR 1114002H, THE HARNESS MEETS THE REQUIREMENTS OF CLASS III BUT IS NOT FLAME RESISTANT! DO NOT REMOVE THIS LABEL!	CE HARNAIS DE SÉCURITÉ EST CONFORME AUX EXIGENCES DE LA NORME NFPA 1983 RELATIVE AUX CORDES DE SÉCURITÉ ET AUX ÉQUIPEMENTS POUR LES SERVICES DE SECOURS, ÉDITION 2012; ET AUX EXIGENCES OPTIONNELLES DE RÉSISTANCE AU FEU DE LA NORME NFPA 1983, CATÉGORIE II. LORSQU'IL EST UTILISÉ CONJOINTEMENT AVEC LE COMPOSANT PARTIE NUMÉRO 1114000, 1114000H, 1114001, 1114001H, 1114002, 1114002H, OU 1114002H, LE HARNAIS CONFORME AUX EXIGENCES DE LA CATÉGORIE III MAIS EST PAS IGNIFUGE! NE PAS RETIRER CETTE ÉTIQUETTE!
	MANUFACTURED BY CAPITAL SAFETY COUNTRY OF ORIGIN: USA. MATERIAL: NOMEX/KEVLAR	FABRIQUÉ PAR CAPITAL SAFETY PAYS D'ORIGINE : ÉTATS-UNIS. MATÉRIAU : NOMEX/KEVLAR
	FITS WAIST SIZE: _____	S'ADAPTE AU TOUR DE TAILLE : _____
	FITS HEIGHT: _____	S'ADAPTE À LA TAILLE : _____

950153 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 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. REPAIRS ONLY TO BE PERFORMED BY DBI-SALA. EQUIPMENT MODIFICATION OR MISUSE VOIDS WARRANTY.	 <p>www.capitalsafety.com Capital Safety Red Wing, MN USA +1-800-328-6146</p>
		DO NOT REMOVE THIS LABEL
		<p>BODY HARNESS</p> <p>CAPACITY: 310 LBS</p> <p>NOMEX/KEVLAR WEB</p>

ExoFit NEX™ Fire And Rescue Harness, Class II and III, Nylon Web Models

950921 Rev. A	THIS LIFE SAFETY HARNESS MEETS THE REQUIREMENTS OF NFPA 1983, STANDARD ON LIFE SAFETY ROPE AND EQUIPMENT FOR EMERGENCY SERVICES, 2012 EDITION, CLASS III. THIS HARNESS IS NOT FLAME RESISTANT. DO NOT REMOVE THIS LABEL!	CE HARNAIS DE SÉCURITÉ EST CONFORME AUX EXIGENCES DE LA NORME NFPA 1983 RELATIVE AUX CORDES DE SÉCURITÉ ET AUX ÉQUIPEMENTS POUR LES SERVICES DE SECOURS, ÉDITION 2012; CLASSE III. CE HARNAIS EST PAS IGNIFUGE. NE PAS RETIRER CETTE ÉTIQUETTE!
	THIS IS ONE PART OF A MULTIPLE-PIECE HARNESS AND MUST BE USED IN CONJUNCTION WITH COMPONENT PART NUMBER 1114004, 1114004H, 1114005, 1114005H, 1114006 OR 1114006H IN ORDER TO FULLY MEET THE CRITERIA OF CLASS III HARNESS.	IL S'AGIT D'UNE SEULE PIÈCE D'UN HARNAIS COMPOSÉ DE PLUSIEURS, ET ELLE DOIT ÊTRE UTILISÉE EN CONJONCTION AVEC LE NUMÉRO DE COMPOSANT 1114004, 1114004H, 1114005, 1114005H, 1114006 OU 1114006H POUR SATISFAIRE PLEINEMENT AUX CRITÈRES D'UN HARNAIS DE CATÉGORIE III.
	COUNTRY OF ORIGIN: USA MATERIAL: NYLON	PAYS D'ORIGINE : ÉTATS-UNIS MATÉRIAU: NYLON
	FITS WAIST SIZE: _____	S'ADAPTE AU TOUR DE TAILLE : _____

950153 REV. E	⚠ 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. REPAIRS ONLY TO BE PERFORMED BY DBI-SALA. EQUIPMENT MODIFICATION OR MISUSE VOIDS WARRANTY.	 <p>www.capitalsafety.com Capital Safety Red Wing, MN USA +1-800-328-6146</p>
		DO NOT REMOVE THIS LABEL
		<p>BODY HARNESS</p> <p>CAPACITY: 310 LBS</p> <p>NYLON WEB</p>



Global Leader in Fall Protection

USA

3833 SALA Way
Red Wing, MN 55066-5005
Toll Free: 800.328.6146
Phone: 651.388.8282
Fax: 651.388.5065
solutions@capitalsafety.com

Brazil

Rua Anne Frank, 2621
Boqueirão Curitiba PR
81650-020
Brazil
Phone: 0800-942-2300
brasil@capitalsafety.com

Mexico

Calle Norte 35, 895-E
Col. Industrial Vallejo
C.P. 02300 Azcapotzalco
Mexico D.F.
Phone: (55) 57194820
mexico@capitalsafety.com

Colombia

Compañía Latinoamericana de Seguridad S.A.S.
Carrera 106 #15-25 Interior 105 Manzana 15
Zona Franca - Bogotá, Colombia
Phone: 57 1 6014777
servicioalcliente@capitalsafety.com

Canada

260 Export Boulevard
Mississauga, ON L5S 1Y9
Phone: 905.795.9333
Toll-Free: 800.387.7484
Fax: 888.387.7484
info.ca@capitalsafety.com

EMEA (Europe, Middle East, Africa)

EMEA Headquarters:
5a Merse Road
North Moons Moat
Redditch, Worcestershire
B98 9HL UK
Phone: + 44 (0)1527 548 000
Fax: + 44 (0)1527 591 000
csgne@capitalsafety.com

France:

Le Broc Center
Z.I. 1re Avenue - BP15
06511 Carros Le Broc Cedex
France
Phone: + 33 04 97 10 00 10
Fax: + 33 04 93 08 79 70
information@capitalsafety.com

Australia & New Zealand

95 Derby Street
Silverwater
Sydney NSW 2128
Australia
Phone: +(61) 2 8753 7600
Toll-Free : 1800 245 002 (AUS)
Toll-Free : 0800 212 505 (NZ)
Fax: +(61) 2 8753 7603
sales@capitalsafety.com.au

Asia

Singapore:

69, Ubi Road 1, #05-20
Oxley Bizhub
Singapore 408731
Phone: +65 - 65587758
Fax: +65 - 65587058
inquiry@capitalsafety.com

Shanghai:

Rm 1406, China Venturetech Plaza
819 Nan Jing Xi Rd,
Shanghai 200041, P R China
Phone: +86 21 62539050
Fax: +86 21 62539060
inquiry@capitalsafety.cn

www.capitalsafety.com

