

Strike Harness



METOLIUS

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Made in USA

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READ INSTRUCTIONS PRIOR TO USE!

Metolius Strike Harness

Metolius harnesses are for climbing and mountaineering use only. Do not use Metolius harnesses for any other activity. The following instructions explain the basic usage and limitations of harnesses. However, no manual can cover every possible scenario. It is your responsibility to learn the correct usage of all of your climbing gear.

Fitting your Harness

Place the sit harness waist belt just above your hips with the tie-in point centered in front. Thread the buckle as shown and tighten the waist belt evenly from both sides. Make sure the waist belt cannot be pulled down over the hips.

Wrap the leg loop around your thigh and thread the buckle as shown. 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. There should be no twists in any of the webbing.

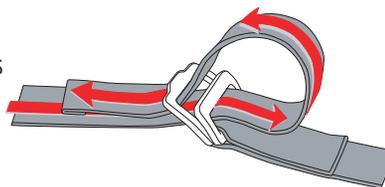
Place the chest harness shoulder straps over your shoulders with the tie-in points in front. Tighten the buckles evenly on both sides until the chest strap is snug with the tie-in points just touching.

Before use, you must perform a suspension test in a safe place to ensure that the harness fits correctly and is sufficiently comfortable for the intended use.

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

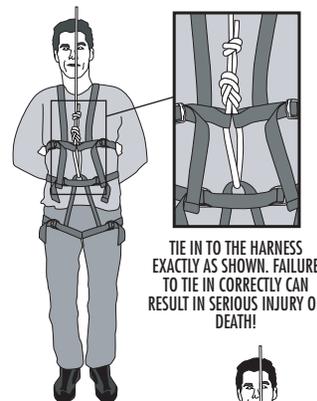
Threading Buckles

ALL BUCKLES MUST BE THREADED EXACTLY AS SHOWN. 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

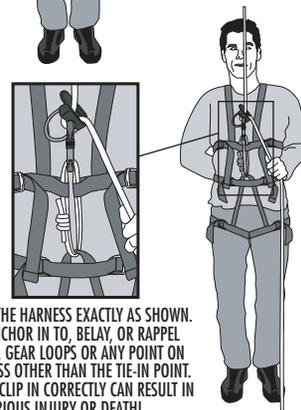
Thread the rope through one of the chest harness tie-in points, then through the sit harness tie-in point, then the other chest harness tie-in point, then tie the knot. Never tie in to a locking carabiner. The type and quality of knot you tie are your responsibility! Seek qualified, professional instruction 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 to see that you are properly tied-in and that all buckles are threaded and adjusted correctly!



TIE IN TO THE HARNESS EXACTLY AS SHOWN. FAILURE TO TIE IN CORRECTLY CAN RESULT IN SERIOUS INJURY OR DEATH!

Belaying, Rappelling, and Clipping in to Anchors

To belay, rappel, or clip in to anchors, thread a 40" (100 cm) length of 6 mm perlon through both tie-in points on the chest harness and the tie-in point on the sit harness making 2 passes and finish it with a double fisherman's knot. Clip a locking carabiner into the perlon between the two tie-in points on the chest harness as shown.



CLIP IN TO THE HARNESS EXACTLY AS SHOWN. NEVER ANCHOR IN TO, BELAY, OR RAPPEL FROM THE, GEAR LOOPS OR ANY POINT ON THE HARNESS OTHER THAN THE TIE-IN POINT. FAILURE TO CLIP IN CORRECTLY CAN RESULT IN SERIOUS INJURY OR DEATH!

Precautions

Always thread the waist-belt and leg-loop buckles correctly and recheck them repeatedly throughout the day. Always tie in correctly and recheck your knot repeatedly throughout the day. Never anchor in to, tie in to, belay or rappel from the, gear loops or any point on the harness other than the tie-in point. If you become seriously injured or unconscious, a sit harness will NOT keep you in an upright position unless used with a chest harness. Never use a chest harness alone. It must ALWAYS be used in conjunction with a sit harness. If you are wearing a backpack while climbing you should consider using a chest harness with your sit harness. Wet or frozen harnesses lose strength and abrasion resistance. You must consider how any rescue may be safely and efficiently carried out.

Care and Maintenance

Hand wash your harness in lukewarm water and hang to dry away from UV exposure or heat sources.

Keep your harness away from any corrosive substances or solvents. Acids are exceptionally bad for nylon climbing equipment. Even fumes from a car battery can reduce the strength of your harness to the point that it will fail under body weight with no visible damage. If your harness comes into contact with any corrosive substances or solvents, retire it immediately.

Never modify or attempt to repair your harness in any way.

Inspection

You must inspect your harness thoroughly before and after every use, and take personal responsibility for evaluating its condition and retiring it if unsafe. Look for burns, cuts, abrasions, frayed stitching, or discoloration on the textile parts, and corrosion, cracks or burrs on the buckles as well as any other damage.

Retire your harness immediately if you see any signs of damage, after a severe fall, or if you have any other reason to doubt its integrity. Destroy retired gear to prevent any chance of its future use.

Storage and transportation

Store and/or transport your harness in a cool, dry place away from UV exposure, chemicals, heat sources, etc. Clean and dry your harness before storage.

Lifespan

Under moderate usage harnesses can last up to 5 years. Even though your harness may show no significant signs of wear, the nylon will deteriorate with the passage of time, and it must be retired after 5 years.

Choosing other components

Make sure all equipment that is used with your harness conforms to the applicable standards.

Markings

The following markings may be found on Metolius harnesses:
 Metolius: Name of the manufacturer
 CE: indicates that the product conforms to European Directive 89/686/ECC
 0082: notified body number of the EC Quality Control System
 UIAA: indicates that the product is UIAA certified
 EN12277: CE standard for Mountaineering equipment – harnesses.
 Type C: Sit harness as defined by EN12277
 Type D: Chest harness as defined by EN12277
 "i" symbol: The technical notice must be read and understood before use.

EC type certification of Metolius products is performed by:
 APAVE SUEDEUROPE SAS
 CS 60193
 13322 MARSEILLE CEDEX 16
 FRANCE
 Notified body number 0082

⚠ WARNING

- This product is for rock climbing and mountaineering only.
- Climbing and mountaineering are inherently 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.
- Failure to follow these warnings can result in severe injury or death.

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.