

How to put on your climbing harness

Lay the harness on the floor with the leg and waist loops set out neatly and ensure everything is the correct way up (logos and text are not upside down) and nothing looks twisted. Then step into the leg loops through the waist loop. Make sure the waist loop is on the smallest part of your waist, above your hips, this ensures you can not fall out of your harness. Then tighten the buckles, starting with the waist loop, and finally the leg loops.



Now you need to make sure your buckles are doubled back and rethreaded using the sequence below. It is **VERY IMPORTANT** that the buckle looks like a 'C' for CLOSED (fig 2) and not an 'O' for OPEN (fig 1).



Finally check your harness is tightened correctly. You should **JUST** be able to get your hand down the front of the waist loop (fig 1), but must not be able to turn it sideways or make it into a fist. Your leg loops should be a bit looser to allow for good movement. Also check that you have a minimum of 10cm of free webbing after the buckle (fig 2).



The following pictures show two other types of buckle which you do not need to "double back". These will already look either like a 'C' for CLOSED or be totally encapsulated. If the end of the tape is not sewn back on itself (3), the buckle is probably not this type.

