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> CAMP Basic Duo Fall Arrest Harness User Manual

CAMP 1275I

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Brand: CAMP

Model: 1275I

PRODUCT OVERVIEW

The CAMP Basic Duo Fall Arrest Harness is a complete work harness designed for fall protection. It features two attachment points for fall arrest: one sternal and one dorsal. Constructed with steel components, this harness is adjustable to a single universal size, ensuring a secure and comfortable fit for various users. It is certified to EN 361 standards, guaranteeing its compliance with European safety requirements for personal protective equipment against falls from a height.





Figure 1: Front view of the CAMP Basic Duo Fall Arrest Harness, showing the sternal attachment point and adjustable straps.

SETUP AND ADJUSTMENT

Before each use, a thorough inspection of the harness is crucial. Ensure all components are free from damage, wear, or corrosion. Follow these steps for proper donning and adjustment:

1. **Unpack and Inspect:** Remove the harness from its packaging. Visually inspect all webbing, stitching, buckles, and metal components for any signs of cuts, abrasions, fraying, deformation, or corrosion. Do not use the harness if any damage is found.
2. **Orient the Harness:** Hold the harness by the dorsal D-ring (the attachment point on the back). Allow the shoulder and leg straps to hang freely. Ensure the straps are not twisted.

3. Donning the Harness:

- Slip your arms through the shoulder straps as if putting on a vest.
- Bring the leg straps between your legs and connect them to the appropriate buckles. Ensure the leg straps are not twisted.



Figure 2: Detail of the sternal attachment point and buckle, used for connecting the chest straps.

4. **Adjust Shoulder Straps:** Tighten the shoulder straps so that the dorsal D-ring is positioned between your shoulder blades. The straps should be snug but not restrictive.
5. **Adjust Leg Straps:** Adjust the leg straps to be snug around your thighs, allowing for full range of motion without excessive looseness. You should be able to slide your flat hand between the strap and your leg.



Figure 3: View of the adjustable buckles on the leg straps, allowing for a customized and secure fit.

6. **Adjust Chest Strap (if applicable):** If your harness has a chest strap, adjust it across your sternum.
7. **Final Check:** Ensure all buckles are securely fastened and all excess webbing is neatly stowed to prevent snagging.

The harness should fit snugly, allowing for comfortable movement without restricting circulation.

OPERATING THE HARNESS

The CAMP Basic Duo Harness is designed for fall arrest applications. It features two primary attachment points:

- **Sternal Attachment Point:** Located at the front of the harness, typically used for connecting to a fall arrest system when working in situations where a front attachment is more suitable or required.
- **Dorsal Attachment Point:** Located on the back, between the shoulder blades. This is the most common attachment point for fall arrest systems, providing optimal protection and minimizing the risk of injury during a fall.





Figure 4: Back view of the harness, highlighting the dorsal D-ring attachment point for fall arrest.

Always connect your fall arrest lanyard or system to one of these designated attachment points. Ensure the connection is secure and compatible with the harness. Refer to the instructions of your fall arrest system for proper usage and compatibility.

Important Safety Notes:

- Only use the harness for its intended purpose: fall arrest.
- Ensure proper training and understanding of fall protection systems before use.
- Always work within the limits of the equipment and applicable safety regulations.
- After a fall, the harness must be immediately removed from service and inspected by a competent person or discarded, even if no visible damage is apparent.

MAINTENANCE

Proper maintenance extends the life of your harness and ensures its continued safety.

Cleaning

The harness should be cleaned regularly, especially after exposure to dirt, sweat, or corrosive substances.

- **Hand Wash Only:** Wash the harness by hand using lukewarm water (max 30°C / 86°F) and a mild, non-detergent soap.
- Do not use bleach, solvents, or harsh chemicals, as these can degrade the webbing material.
- Rinse thoroughly with clean water to remove all soap residue.
- Allow the harness to air dry completely in a cool, shaded, well-ventilated area, away from direct sunlight or heat sources. Do not tumble dry.

Storage

Store the harness in a cool, dry, dark place, away from direct sunlight, extreme temperatures, chemicals, and sharp objects. It should be stored loosely, not compressed or folded tightly, to prevent permanent creasing of the webbing.

Periodic Inspection

In addition to pre-use inspections, the harness should undergo a thorough periodic inspection by a competent person at least every 12 months, or more frequently depending on the intensity of use and environmental conditions. Maintain a log of all inspections.

TROUBLESHOOTING

This section addresses common issues and concerns related to the CAMP Basic Duo Harness.

Harness Does Not Fit Properly

- **Issue:** Harness feels too loose or too tight, or causes discomfort.
- **Solution:** Re-adjust all straps (shoulder, leg, chest) according to the "Setup and Adjustment" section. Ensure no straps are twisted. The harness is designed to be adjustable to a single universal size, so proper adjustment is key. If discomfort persists after careful adjustment, consult a safety professional.

Visible Damage or Wear

- **Issue:** Webbing is frayed, cut, discolored, or stiff; stitching is broken or pulled; buckles or D-rings are bent, cracked, or corroded.
- **Solution:** Immediately remove the harness from service. Do not attempt to repair damaged components. A damaged harness must be discarded and replaced.

Harness Has Been Subjected to a Fall

- **Issue:** The harness has arrested a fall.
- **Solution:** Even if no visible damage is apparent, a harness that has arrested a fall must be immediately removed from service. The forces involved in a fall can cause internal damage to the webbing or stitching that is not visible. It must be inspected by a competent person or discarded.

SPECIFICATIONS

Feature	Detail
Model Number	1275I
Brand	CAMP
Product Dimensions	85 x 80 x 30 cm
Product Weight	790 g
Material	Nylon
Color	Red
Attachment Points	1 Sternal, 1 Dorsal
Certification	EN 361
Care Instructions	Hand wash

Adjustability	Adjustable (One Size)
Included in Box	Harness, transport mudguard

WARRANTY AND SUPPORT

Specific warranty terms and conditions for the CAMP Basic Duo Fall Arrest Harness are typically provided with the product packaging or can be found on the official CAMP website. For detailed warranty information, product support, or to inquire about authorized service centers, please refer to the manufacturer's official resources.

It is recommended to register your product with the manufacturer, if applicable, to receive important updates and facilitate warranty claims.

