3M 1402008

DBI-SALA ExoFit X200 Comfort Vest Climbing Safety Harness User Manual

MODEL**: 1402008 |** BRAND**: 3M DBI-SALA**

1. Introduction

This manual provides essential information for the proper use, care, and maintenance of your 3M DBI-SALA ExoFit X200 Comfort Vest Climbing Safety Harness. Designed for optimal fit, function, and efficiency, this full-body harness meets the rigorous safety and performance requirements for various work environments. Please read this manual thoroughly before using the harness to ensure safe operation and to maximize its lifespan.

Image: Workers demonstrating proper use of safety harnesses in an industrial setting.

2. Safety Guidelines

Always adhere to all applicable local, state, and federal regulations regarding fall protection. Failure to follow these instructions and warnings could result in serious injury or death. This harness is part of a personal fall arrest system and must be used in conjunction with other compatible components.

- **Pre-Use Inspection:** Inspect the harness before each use for any signs of damage, wear, or degradation.
- **Competent Person:** All fall protection equipment must be installed and used under the supervision of a competent person.
- **Training:** Users must be trained by a qualified person on the proper use, inspection, and maintenance of fall

protection equipment.

- **Compatibility:** Ensure all components of your fall arrest system are compatible.
- **Clearance:** Always calculate adequate fall clearance before beginning work.
- **After a Fall:** If the harness has been subjected to fall arrest forces, it must be immediately removed from service and destroyed.

3. Product Overview and Key Features

The DBI-SALA ExoFit X200 harness is engineered for comfort and safety, incorporating several innovative features:

- **Revolving Torso Adapters:** Easily adjust harness fit and lock webbing in place for a comfortable and secure fit.
- **Anti-Sliding Dorsal D-ring Pad:** Helps to significantly reduce dorsal D-ring slide, maintaining proper positioning.
- **Integrated Easy-Link SRL Adapter:** Allows for quick and easy connection and disconnection of personal Self-Retracting Lifelines (SRLs).
- **Dual-Locking Quick Connect Buckles:** Securely lock to harness webbing, preventing adjustments from slipping during use.
- **Automatic Stand-Up D-ring:** Facilitates efficient and easy dorsal connections.

Image: Front view of the ExoFit X200 harness, highlighting its design and features.

4. Donning and Adjustment

Proper donning and adjustment are crucial for comfort and safety. Follow these steps:

1. **Hold by Dorsal D-ring:** Hold the harness by the dorsal D-ring. Shake the harness to allow the straps to fall into place.
2. **Shoulder Straps:** Slip the shoulder straps over your shoulders. Ensure the dorsal D-ring is centered on your back, between your shoulder blades.
3. **Leg Straps:** Pull the leg straps between your legs and connect them to the appropriate buckles. Ensure there are no twists in the webbing.
4. **Chest Strap:** Connect the chest strap across your chest, ensuring it is positioned approximately 6 inches below the top of your shoulder.
5. **Adjust Straps:** Adjust all straps (shoulder, leg, and chest) so they are snug but allow for full range of motion. The harness should fit snugly around your body without restricting movement or circulation.
6. **Torso Adapters:** Utilize the revolving torso adapters to fine-tune the fit and lock the webbing securely.
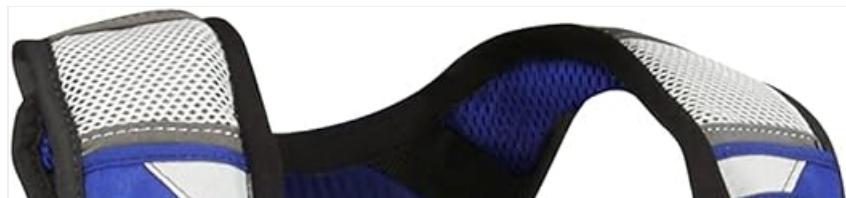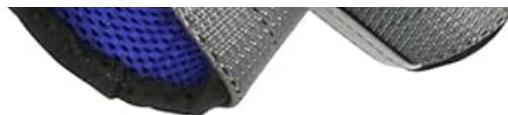
Image: Side view of the harness, illustrating strap pathways for proper donning.

5. Usage and Connection

The ExoFit X200 harness is designed for use as part of a complete personal fall arrest system. Connect to an anchorage point using a compatible lanyard, SRL, or other connecting device.

- **Dorsal D-ring:** The primary attachment point for fall arrest. Connect your lanyard or SRL to this D-ring.
- **Front D-rings (if applicable):** May be used for climbing, work positioning, or rescue, depending on the specific harness configuration and local regulations. Refer to specific instructions for these applications.
- **SRL Connection:** Use the integrated easy-link SRL adapter for seamless connection and disconnection of personal SRLs.

Image: Back view of the harness, showing the dorsal D-ring and anti-sliding pad.

6. Care and Maintenance

Proper care and maintenance will extend the life of your harness and ensure its continued safety performance.

- **Cleaning:** Hand wash only. Use a mild soap and water solution. Rinse thoroughly with clean water. Do not use harsh chemicals or abrasive cleaners.
- **Drying:** Allow the harness to air dry completely in a clean, shaded area away from direct sunlight or heat.
- **Storage:** Store the harness in a cool, dry, clean area, free from direct sunlight, extreme temperatures, corrosive chemicals, or other degrading elements.
- **Periodic Inspection:** In addition to pre-use inspections, a competent person must perform a thorough inspection of the harness at least annually, or more frequently if exposed to harsh conditions. Maintain inspection records.

7. Troubleshooting

If you encounter issues with your harness, consider the following:

- **Improper Fit:** If the harness feels too loose or too tight, re-adjust all straps. Ensure the leg straps are snug but not restrictive, and the chest strap is properly positioned.
- **Webbing Twists:** If webbing is twisted, remove the harness and re-don it carefully, ensuring all straps lie flat.
- **Difficulty Connecting:** Ensure the D-ring is properly oriented. The automatic stand-up D-ring should facilitate easy connection. Check for any obstructions.
- **Signs of Wear/Damage:** Any visible cuts, fraying, burns, discoloration, or deformation of webbing, stitching, or hardware means the harness must be immediately removed from service.

8. Technical Specifications

Specification	Detail
Model Number	1402008
Size	X-Large
Color	Gray
Style	Comfort Vest Climbing Safety Harness
Material	Zinc Plated Steel (Hardware), Polyester (Webbing)
Item Weight	6.34 pounds
Manufacturer	3M
Usage	Industrial/Occupational
Product Care Instructions	Hand Wash Only

9. Warranty and Support

For specific warranty information, please refer to the documentation provided with your purchase or contact 3M DBI-SALA directly. For technical support or further inquiries, please visit the official 3M DBI-SALA website or contact their customer service department.