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## HV Structure Harness Instructions



### TRAINING

Activities related to the use of this harness are potentially dangerous and it must only be used by trained and experienced persons. Before using the harness, it is essential to: have received adequate training and instruction.

### WARNINGS BEFORE USE

Before use, read the instructions carefully and ensure that you fully understand them. Ensure that all equipment is in perfect operating condition, that it is appropriate for the intended use, that all the elements and components are compatible with each other, and comply with the rules, regulations, and directives currently in place. Check that the system is assembled correctly and that the various components work without interfering with one another.

**Warning!** Do not use a harness for activities that exceed its limitations or for uses that are different to those intended! Each individual is responsible for his/her own choices and actions: anyone who is not capable of assuming this responsibility must not use these harnesses under any circumstances.

**Warning!** There are many incorrect or erroneous usage procedures and only the procedures indicated as correct are allowed: all other possible usage procedures must be considered forbidden.

### HARNESSES FOR PERSONAL USE

Each harness is to be considered strictly for personal use. If it should be used by a second user, carry out a check of the harness before and after usage and, where required, take note of the relevant data and information on the appropriate form.

**Warning!** Never use a harness whose complete history is unknown to you or that does not have the correct documents (instructions for use, any checking forms, etc.).

### MARKING

The labels & instructions on the harness can appear in different places depending on the size.

**Warning!** Do not remove labels or markings and check that these are all legible even after use.

### LIFE SPAN

The actual lifespan of a harness cannot be predicted precisely, as it is influenced by many factors (environment of use, weather

factors, storage conditions, frequency and intensity of use, etc.) but it is possible to estimate its maximum life span, which is constituted by an initial period of optimum storage and by a period of operational life. The maximum lifespan is 10 years from the date of manufacture.

**Warning!** The life span of a harness can be limited even to just one use, where it is involved in an exceptional event (hard falls or swinging falls, extreme temperatures, contact with harmful chemical agents or sharp edges, etc.). In case of doubts on the functioning and good conservation state of a harness, do not use it and contact immediately your reference person of safety matters or the manufacturer.

### ELIMINATION

Stop using the harness immediately: if the maximum life span has been exceeded; if it is obsolete or outclassed due to standards' updates; if the result of the check is not satisfactory; if you are not certain that the harness is in a good condition; if it has been exposed to an exceptional event or a hard fall: even if there is no visible defect or degradation, its initial strength and resistance could be seriously diminished.

**Warning!** Destroy discarded products to avoid any further use.

### TAMPERING AND REPAIRS

Any alteration or tampering immediately voids the guarantee, and is forbidden as it can compromise the safety of the harness itself. Repairs, where feasible, must be carried out exclusively by Aspiring or by staff that have been expressly authorised to do so by the manufacturer.

### MAINTENANCE AND CLEANING

Avoid contact with sources of heat, abrasive and sharp objects, corrosive substances or solvents. Wash with clean water and if necessary, add a small amount of neutral soap to remove persistent dirt; use a clean and non-abrasive cloth. If the harness is damp or wet, leave them to dry out in the open air away from direct heat sources and away from direct sunlight.

STORAGE AND TRANSPORT

For optimal storage, put away the harness completely dry at room temperature in well ventilated areas. Do not expose the harness

to chemically aggressive substances, persistent dust or dirt or environments with high concentrations of salt. During transport, avoid compressions, exposure to direct sunlight and contact with sharp objects. Do not leave the harness in the car or in closed environments that are exposed to the sun.

PUTTING THE HARNESS ON

Ensure the harness is correctly oriented and untangled, with the shoulder straps at the top and the leg loops hanging down. Loosen off the shoulder, waist, and leg loop adjustment buckles. Hold the upper part of the harness out of the way and step through the waist belt. Tighten the waist strap on each side, by pulling the strap while holding the black tab on the buckle at an angle. Pull the upper part of the harness over the head and fasten the two shoulder buckles together and pull down to tighten. Fasten the leg loops using the latching buckles. Tighten all the buckles and ensure that the waist belt is properly tightened and more or less symmetrical. The waist strap webbing ends can be kept out of the way by threading them through the small elastic keeper loops on the tail side of the webbing.

FITTING

If the waist belt or shoulder straps are loose when fully adjusted, the harness is too large. Sizing is based on average body build. People who are broader or slimmer than average may have trouble getting a correct fit.

ATTACHMENT POINTS

The harness is provided with multiple attachment points. Two attachment points are labelled and rated for fall-arrest: the D-rings at the chest position and at the rear. Only these may be used for fall-arrest. When connecting to the rear attachment point, wherever possible connect the lanyard before putting the

harness on, or have a second person check the integrity of the connection.

The lanyard (or other means of connecting to an anchorage) should be connected to the anchorage above the level of attachment D-ring and the amount of slack in the system minimised, so that any fall that may happen is as short as possible.

**Warning!** When making any connection to a point on the harness which cannot be seen by the wearer of the harness (such as the rear attachment point), either the connection should be made before putting the harness on, or the connection should be made or checked for security by a second person.

WORK-POSITIONING ATTACHMENT

For pole-strap work there are D-rings on both sides of the waist strap. These are only to be used in conjunction with each other, by connecting from one or the other around a structure. Attachment to one of the side D-rings only must not be used.

STORAGE, CLEANING, AND INSPECTION

The harness should be stored in a clean and dry environment and must not be dried by the direct application of heat. The webbing may be cleaned by brushing with a weak solution of mild soap and thorough rinsing.

**Warning!** Correct safety procedures must be used at all times. Seek advice if unsure of procedures. The manufacturer cannot accept any responsibility for unwise or unsafe use of this harness. Examine the webbing regularly for wear and do not use if there is visible damage to the webbing. Store away from heat and sunlight.

If any part of the harness is exposed to chemicals such as cleaning materials, solvents, or hazardous atmospheres, consult the manufacturer for advice on whether it is still safe to use. No modifications may be made to this harness without the express permission of the manufacturer.

Harnesses and lanyards should be destroyed or returned to the manufacturer for inspection if a fall has been sustained.

Personal energy absorbers that absorb energy by permanent deformation or destructive action should be discarded if that process has commenced.

GUARANTEE

All Aspiring harnesses are guaranteed for the life of the products starting from the purchase date and covers any manufacturing defect or defect in the materials used. The following are excluded from the guarantee: normal wear, inadequate maintenance and storage, incorrect or improper usage, unauthorised tampering or repairs, lack of observance of the instructions for use.

SIZE GUIDE

Model	Size	Waist (cm)	Legs (cm)	Standard
HJC1S1	Small/Medium	70cm - 90cm	Up to 65cm	AS/NZS 1891.1:2020
HJC1M1	Medium/Large	80cm - 100cm	Up to 65cm	
HJC1L1	Large/XL	90cm - 110cm	Up to 80cm	

Revised 26/05/2023

Version 1.1