



CHEST HARNESS INFORMATION

Introduction

The Palm chest harness is a complex piece of technical rescue equipment. The chest harness can be used as:

A swimming rescuer attachment point: A swimming rescuer can use their harness as an attachment point when extracting paddlers or equipment.

A belay point: A bank-based anchor person or throwline user can attach themselves to a tree or rock to avoid being pulled into the water while affecting a rescue.

Threading The Chest Harness

When worn, the chest harness should be fastened snugly, but need not be so tight as to cause discomfort. When threading the harness webbing, ensure that it is kept flat and smooth. It must run through the centre of the buckle and/or back bar. **Twisted or mis-threaded webbing may not release in an emergency situation.**

For general paddling and performing swimming rescues: Thread the webbing through the plastic quick-release buckle only (A).

For bank-based rescues and belaying: Thread the webbing through both the buckle and back-bar (B) to prevent the harness slipping under load.

After closing the buckle, ensure any excess webbing is free to slide back through the buckle when the quick-release is pulled (C). **To release the harness in all situations, pull the quick-release knob or pull the excess webbing firmly away from you to open the plastic buckle.**

Cowtail Use

A stainless steel 'O' ring is positioned between the retaining loops on the rear of the buoyancy aid to quickly accommodate the attachment of a cowtail tether or sling (D). **A locking-gate karabiner should always be used to clip into the 'O' ring.** Use a locking-gate karabiner to prevent the possibility of a non-locking gate karabiner accidentally clipping into the retaining loops while in use. Do not clip directly into the harness webbing.

Remember, the possession of rescue equipment alone does not guarantee safe passage down challenging rivers. We recommend you get proper training before using any river rescue equipment.

Safety Note

Remember these points when using rescue equipment:

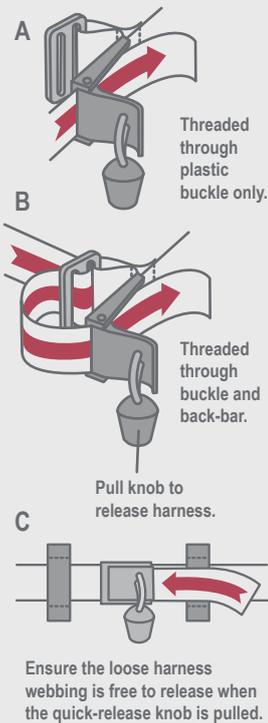
- Rope and water can be a dangerous combination - always have a knife to hand when carrying out a rescue.
- Always consider the potential outcome of a failed rescue and do not place yourself as a rescuer in undue danger.
- The actions of a rescuer should not put the swimmer in a worse situation than they are already in.
- The chest harness is not a towline and should not be used as such.
- Do not use the chest harness for climbing or abseiling - it is not designed for this use.

YOUR SAFETY IS OUR CONCERN, BUT YOUR RESPONSIBILITY. Please paddle safely.

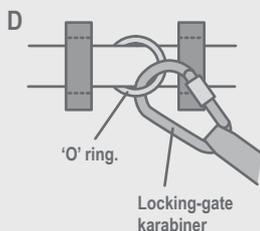
Palm's Warranty Commitment

All Palm Equipment products are fully guaranteed for the original purchaser against defects in materials and workmanship. If a product is found to be defective before or during use due

THREADING



COWTAIL





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to a manufacturing failure, Palm will undertake to either repair or replace it subject to an initial inspection. Items should be returned either direct to Palm (Carriage Paid) or to the dealer from whom it was purchased, enclosing the original receipt.

This guarantee is only valid against workmanship and materials and does not cover wear and tear. Due to the vulnerability of latex seals, no guarantee can be given once the garment has been worn. Clothing must be clean and dry before being sent back for warranty or repair work. Please allow up to 21 days for return.

This guarantee does not affect your statutory rights. Palm accepts no responsibility to individuals for the contents of this worksheet, which is published for general information only.

Palm Equipment International Ltd, Kenn Business Park,
Kenn Road, Clevedon, North Somerset, BS21 6TH.

Tel: +44 (0) 1275 798100

Fax: +44 (0) 1275 798110

Website: www.palmequipmenteurope.com

Email: info@palmequipmenteurope.com