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**KSTRONG**<sup>®</sup>  
UNRIVALED SAFETY.



**KAPTURE**<sup>™</sup> EPIC  
LV3 || CLIMBING SIT HARNESS

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USER INSTRUCTION MANUAL  
**CLIMBING SIT HARNESS**

THESE INSTRUCTIONS APPLY TO THE FOLLOWING MODEL:  
AFH300406

CE 0598

EN 12277:2015+A1:2018 Type C

Please read and understand the manufacturer's instructions for each component or part of the complete system. Manufacturer's instructions must be followed for proper use, care, and maintenance of this product. These instructions must be retained and be kept available for the user's reference at all times. Alterations or misuse of this product, or failure to follow instructions, may result in serious injury or death.

**Note:** The user is advised to keep this user instructions document for the life of the product.

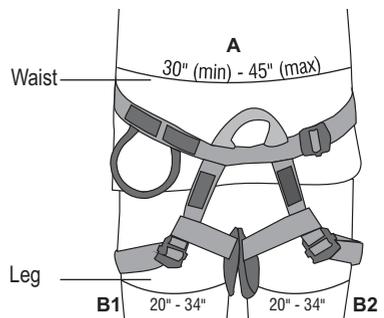
**IMPORTANT :** This manual must be read and understood in its entirety and used as part of fall protection training program as required by safety policy or any state regularity agency.

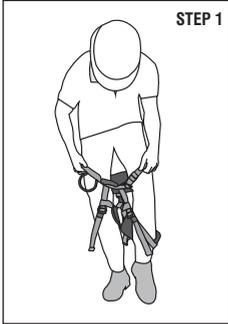
These instructions are intended to meet the manufacturer instructions as required by EN 12277:2015+A1:2018 Type C. The user must fully understand the proper equipment use and limitations.

1. **INTRODUCTION:** A Safe, Comfortable, Hard Wearing Harness Ideal for use with Groups in Climbing Gyms, Schools, Outdoor Adventure Training and for mountaineering including climbing.
  - Super safe Double Buckle system
  - Quick and easy to put on.
  - Ideal for first time users.
  
2. **DESCRIPTION:** The CLIMBING SIT HARNESS AFH300406 is a fully adjustable lightweight harness which has been designed to be easy to wear and easy to use, especially suitable for gyms, group use, cavers and people starting out in climbing. The buckle on this harness are permanently secured so that the webbing cannot be un-buckled. The waist belt and leg loops can be tightened by just pulling on the end of the strap. This makes the CLIMBING SIT HARNESS extremely safe and easy to put on, especially with large groups or inexperienced people who may not be aware of the dangers of falling to double back normal harness buckles.
 

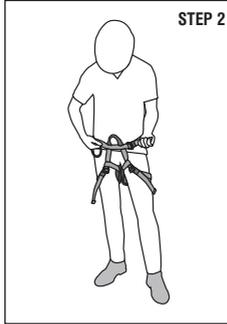
This harness is designed to protect from falling during adventure sports or climbing activities. However without proper training & supervision of the competent person, storage condition, insecure transport or other factors which are narrated in this user instructions manual can decrease the level of protection being provided by this equipment.
  
3. **SIZING:** Universal, Waist - 45" (max), 30" (min) and Leg - 34" (max), 20" (min)

Size Chart		
	In Inches	In Cms.
A	30 - 45	76 - 114
B1	20 - 34	51 - 86
B2	20 - 34	51 - 86

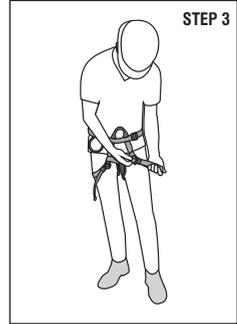


**4. PUTTING ON THE HARNESS:** Follow the steps below for putting on the CLIMBING SIT HARNESS-

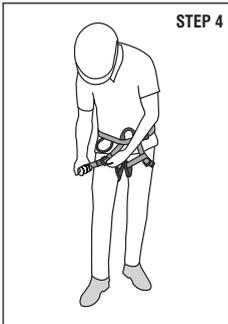
To put this harness on, simply place legs through the leg loops and then pull the harness up so that the tie in loop is approximately at navel level.



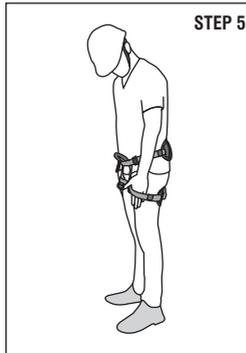
Then bring the waist belt around your body and pull the waist tab until the waist belt is tight.



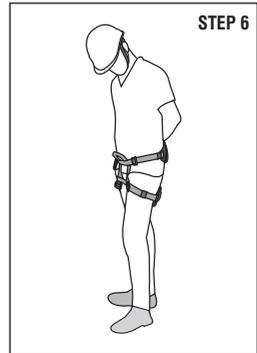
Check that the buckle adjustment label is on your right and that the tie in loop is central on your body.



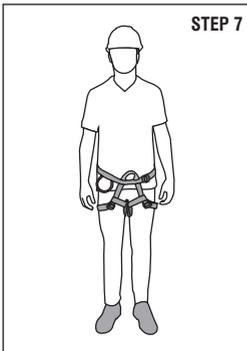
Now adjust the leg loops and waist belt so they are snug on your body.



You can now adjust the leg loops to your satisfaction by means of the adjusting straps at the rear of the harness (do not have this strap too tight).



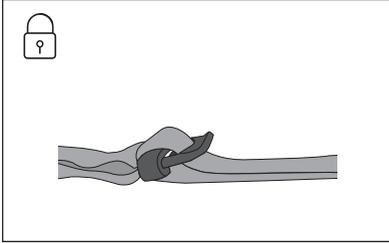
Once this strap is adjusted it can be left threaded, simply step in and out.



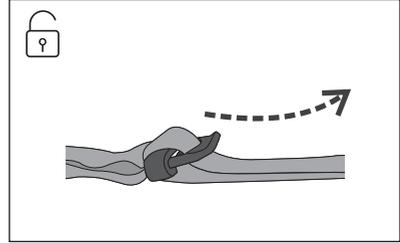
Make sure there are no twists in the webbing as this can affect security and comfort.

During use always keep checking for the buckles or adjusting devices for strong fitting.

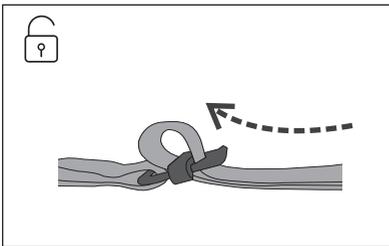
5. **HARNESS ADJUSTMENT:** Following are the steps to adjust the harness as per body fitment:



Harness buckle in locked position



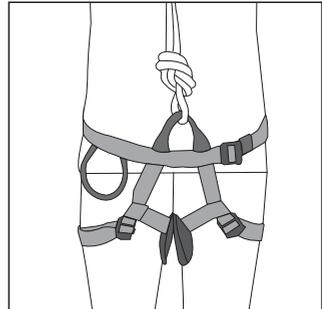
Tightening of harness buckle



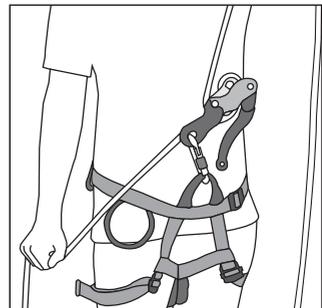
Loosening of harness buckle

6. **TYING ON THE ROPE:** To tie in when climbing, simply pass the rope through the tie in loop and tie off using an appropriate knot; a figure 8 knot is highly recommended.

**NOTE:** Please ensure compatibility of the other components to be used in the system i.e. ropes in accordance with EN 892, connectors in accordance with EN 12275 / EN 362, helmets in accordance with EN 12492 etc.



7. **DESCENDER ATTACHMENT:** Refer the UIM of grip descender AFX202001 for installation on the harness.



8. **CARE AND USEFUL LIFE:** Under normal usage, the harness has about the same life span as a caving or climbing rope. **However, when stitching becomes damaged it should be retired. No Alteration is allowed, doing so may interfere with the harness and cause failure of the whole system or/and harness.**
- Always check your harness for wear and tear before using.
  - Keep away the harness from chemical or such substances which can deteriorate the material used in harness.
  - Periodic cleaning in cool water with Vertical Rope and Harness Wash will prolong the life of your harness as this will enable user to observe any defects as well as removes any dirt chemical splash etc. which can harm the product performance.
  - Do Not Tumble Dry.
9. **INSTRUCTIONS FOR STORAGE, MAINTENANCE & TRANSPORTATION:**
- In case of minor soiling, wipe the harness with cotton cloth or soft brush.
  - Do not use abrasive material. For intensive cleaning, wash the harness in water at temperature not more than 40°C using a neutral detergent (pH7).
  - If the equipment become wet either from being in use or due to cleaning, it should be allowed to dry naturally under shadow (no direct sunlight) and should be kept away from heat.
  - Storage conditions and ageing of equipment can reduce the strength of the equipment. therefore, it is highly recommended to preferably store the equipment in a cool dry place packed in product's original packaging or sealed poly bags, and away from damp environment, sharp edges, vibrations, ultra violet rays.
  - The Personal Protective Equipment must be transported in a package that protects it against moisture or mechanical, chemical and thermal attacks.
  - Damp & Icy condition may interfere with normal usage of this equipment hence avoid exposing the equipment to such conditions or use in supervision of a competent person.

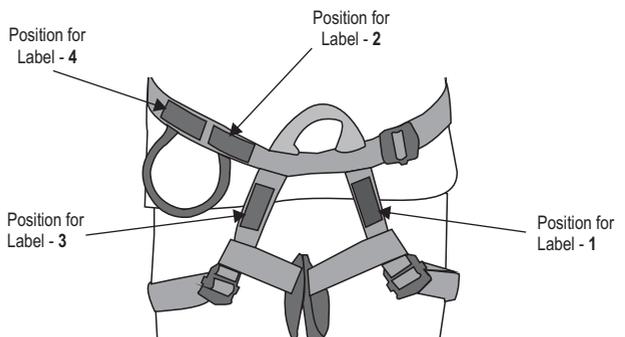
**NOTICE:** Proper training is essential before using this product for any rope work activity. The UIAA recommends that a Chest Harness Type D should be worn with all sit harnesses if using for fall arrest. Before using the harness, the user should carry out a suspension test in a safe place to ensure that the harness is in the correct size, has sufficient adjustment and is of an acceptable comfort level for the intended use.

**WARNING:** Climbing can be dangerous. If you use our equipment, you are responsible for learning and observing safe techniques. KStrong disclaims all liability for any injury or loss arising from the use of this equipment when its fabric or stitching is frayed, damaged or in any way weakened by wear and tear. The responsibility is yours to maintain the equipment in top condition. This product is specifically designed for climbing and abseiling and must not be used for other purposes. It is advised to inspect the harness before each use for fraying, cut, burn, excess dirt, loosened stitching or absence of stitching or any metal etc. If in any situation arises which is considered to lead to failure of the product, please do not use the equipment and contact manufacture for assistance.

10. **INSTRUCTIONS FOR PERIODIC EXAMINATION**
- The product should be necessarily examined as the safety of the user depends upon the continued efficiency and durability of the equipment.
  - It needs to be inspected at least once a year.
  - Periodic examination are to be conducted by a competent person and strictly in accordance with manufacturer's procedures.
  - It is important to check the legibility of the markings during inspection.

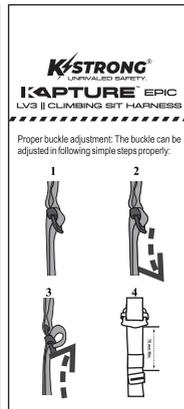
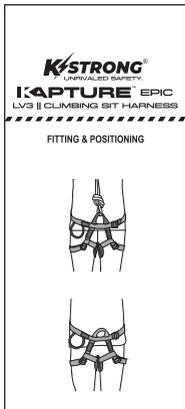
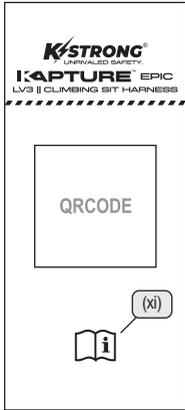
11. **INSTRUCTIONS FOR REPAIR:** The product has no repairable features hence the manufacturer does not allow any repair that can be carried out on the product whatsoever.
12. **MATERIAL USED:** High Tenacity Polyester; Steel
13. **HOW TO DISPOSE OF THE CLIMBING SIT HARNESS:** When the harness becomes unfit or in case of any wear & tear, dispose of it immediately.
- Follow the steps below for Disposal:**
- Segregate the equipment in three different crates for placing components in them respectively as- Textile, Metal and Plastic.
  - Hold the CLIMBING SIT HARNESS from attachment strap.
  - Inspect the wear & tear present on the Harness.
  - Now, using a sharp scissors first cut the Textile and dismantle the harness.
  - Now remove the metal & plastic components separately from the harness.
  - Put the Textile, Plastic & Metal components in their respective plastic crates.
14. **WARNING:**
- Ensure the Medical condition of the user does not affect his safety in normal and emergency use.
  - A rescue plan shall be in place to deal with any emergencies that could arise during the work.
  - It is essential for the safety of the user that if a product is re-sold outside the original country of destination the reseller shall provide instructions for use for maintenance, for periodic examination and for repair in the language of the country in which the product is sold.
  - The equipment shall not be used outside its limitation, or for any purpose other than that for which it is intended.
  - The device should be used with appropriate combinations only. The user should not make any combination which compromises safe function of any other devices used in combination or entire fall protection system or rescue system.
  - The climbing or usage of this harness or system must be done under supervision of competent person and risk assessment must be performed. Before using this product the user must ensure necessary steps taken to avoid all the risk observed in risk assessment. After the fall, the victim must be rescued within 15 min of the fall to avoid jamming of blood vessels caused by stress. This is referred as state of Suspension Trauma, which can lead to serious injury or death.
  - Pre-use check & periodic checks for early detection of any damage or defect, if found any immediate discard the product as it may cause failure of the equipment & it may result in serious injury or death.
  - The product should only be used by trained and/or otherwise competent persons or the user should be under the direct supervision of a trained and/or otherwise competent person.

15. **POSITION OF THE LABELS ON THE PRODUCT:**



**16. MARKING ON PRODUCT:** The Climbing Sit Harness is marked with:

- (i) The CE mark showing that the product meets the requirements of the European PPE Regulation (EU) 2016/425
- (ii) Trademark of the manufacturer
- (iii) Type or product code
- (iv) Month and Year of Manufacture
- (v) Batch/Lot No.
- (vi) Serial No. of the Harness
- (vii) Material
- (viii) Size
- (ix) Identification of the manufacturer and address
- (x) Number of the ongoing assessment body
- (xi) Pictogram that indicates to read the instructions
- (xii) Number of the standard and type of harness



(ii) — **K/STRONG**  
UNRIVALED SAFETY.  
**KAPTURE™ EPIC**  
LV3 || CLIMBING SIT HARNESS

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(iii) — **Model** : AFH300406

(vii) — **Material** : Polyester

(iv) — **DOM** : MM/YYYY

(v) — **UID** : XXXXXXXXXXXXX

(x) — **CE 0598**

(xi) — EN 12277:2015+  
A1:2018 Type C

(ix) — **Kstrong Inc.,**  
150 N. Radnor Chester Road Suite F200 Radnor,  
Pennsylvania 19087 United States

(viii) —  S-M     L-XL     XXL+

**LIFESPAN:** The estimated product Lifespan is 10 years from the date of manufacture. The following factors can reduce the Lifespan of the product: intense use, contact with chemical substances, specially aggressive environments, extreme temperature exposure, UV exposure, abrasions, cuts, violent impacts, bad use or maintenance.

**DISCLAIMER:** Prior to use, the end user must read and understand the manufacturer's instructions supplied with this product at the time of shipment and seek training from their employer's trained personnel on the proper usage of the product. Manufacturer is not liable or responsible for any loss, damage or injury caused or incurred by any person on grounds of improper usage or installation of this product.

EQUIPMENT RECORD				
Product				
Model & type/Identification		Trade Name		Identification number
Manufacturer		Address		Tel, email into use
Year of manufacture		Purchase Date		Date first put into use
Other relevant information (eg. document number)				
PERIODIC EXAMINATION AND REPAIR HISTORY				
Date	Reason for entry (periodic examination or repair)	Defects noted, repairs carried out and other relevant information	Name and signature of competent person	Periodic examination next due date

**Certification Body :**

Dolomiticert Scarl, Z.I. Villanova - 32013 Longarone (Bl), Italy (Notified Body 2008)

**Ongoing Assessment Body:**

SGS Fimko Oy, Takomotie 8, FI-00380 Helsinki, Finland (Notified Body 0598)

For EU Declaration, please visit <https://kstrong.com/asia/eu-declaration-form/>



KStrong Inc.  
150 N. Radnor Chester Road Suite F200  
Radnor, Pennsylvania 19087 United States  
Contact number : 1-833-KSTRONG

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