

**Limited Warranty**

Yates Gear Inc. warrants for one year from the purchase date and only to the original retail buyer that our products are free from defects in material and workmanship. If the buyer discovers a warranty related defect, the buyer should return the product to Yates Gear Inc. Yates Gear Inc. reserves the option to repair or replace any product returned under warranty. That is the extent of our liability under this warranty and, upon the expiration of the applicable warranty period, all such liability shall terminate.

**Warranty Exclusions**

Yates Gear Inc. does not warrant products against normal wear and tear, unauthorized modification or alteration, improper use, improper maintenance, accident, misuse, negligence, damage, or if the product is used for a purpose for which it was not designed. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. Except as expressly stated in this warranty, Yates Gear Inc. shall not be liable for direct, indirect, incidental, or other types of damages arising out of, or resulting from the use of the product.

**Warning**

Products manufactured by Yates Gear Inc. are intended for use by professionals trained and experienced in the use, inspection, and maintenance of these products. Many products which Yates manufactures are used in high angle environments which pose a very substantial risk of serious injury or death. You must read and understand all of the manufacturer's instructions before use. Any person purchasing this equipment assumes the responsibility for seeking proper training in its use. Purchaser also assumes all risk for any injury or damage sustained while using any of this equipment. Failure to follow these warnings increases the risk of injury and death.

**Keep this user instructions/information sheet as a permanent record after it is separated from the harness/belt, and make a copy to be kept with the harness/belt.**

It is suggested that the user refer to this user information sheet before and after each use of the harness/belt.

Do not alter or intentionally misuse this harness in any way. Any alterations or repairs to this harness should be conducted by the manufacturer only.

Use caution when using this equipment around moving machinery, electrical hazards, sharp edges, chemical hazards and high heat environment or flame. Carry the harness/belt where it will be protected as the harness/belt could melt or burn and fail if exposed to flame or high temperature.

This sheet has been prepared in accordance with the requirements of NFPA 1983 (2017 edition).

If you have any questions concerning the condition of your harness/belt, or have any doubt about putting it into service contact manufacturer.

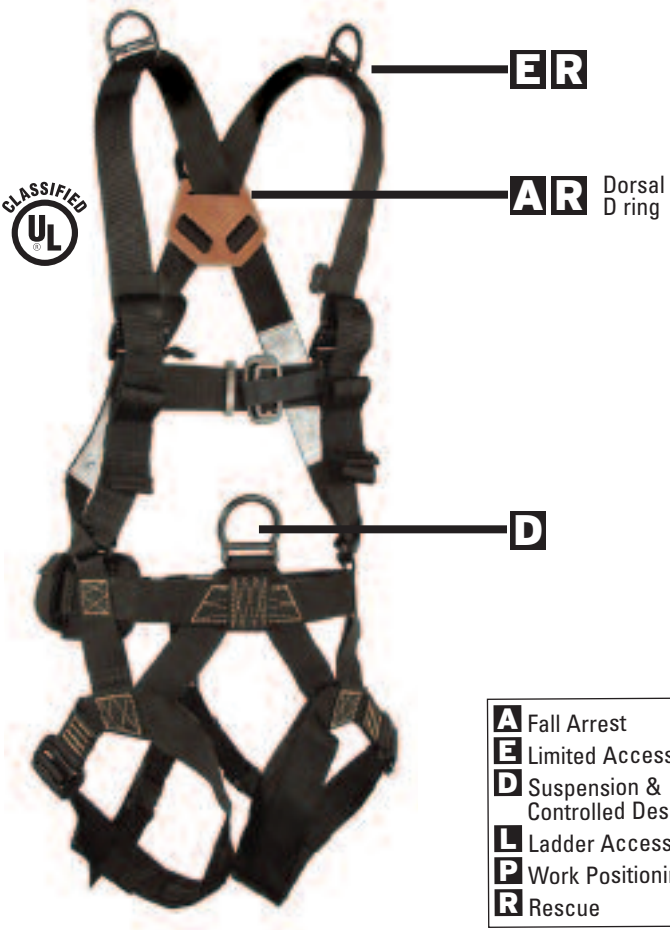
**Yates Gear Inc.**  
**2608 Hartnell Ave. Suite 6, Redding, CA. 96002**  
**Phone/Fax 800-Yates-16 (800-928-3716)**  
**Phone 530-222-4606 Fax 530-222-4640**  
**www.yatesgear.com**

Rev. 11.2017

**355 Extraction Harness**

Used by many agency personnel for short haul, rappel and extraction (SPIE) operations. All webbing and hardware colored black. Two piece quick connect buckles on the legs, waist and sternum. Meets FAA TSO approval for use as a short haul harness. Weight 4 lb. 7 oz.

- One size, fully adjustable
- UL classified to meet NFPA 1983/2017 edition standards
- Meets ANSI/OSHA Class III harness standards



- A** Fall Arrest
- E** Limited Access
- D** Suspension & Controlled Descent
- L** Ladder Access
- P** Work Positioning
- R** Rescue

**355 Extraction Harness**



- Class A Fall Arrest
- Class D Suspension & Controlled Descent
- Class E Limited Access
- Class L Ladder Access
- Class P Work Positioning

**Yates** PROFESSIONAL

SIZE/GRADEUR:  
 S  M  L  XL  
 ONE SIZE FITS ALL

GROUP:  
 A  D  E  L  P  R

CLASS III FULL BODY HARNESS  
 CAPACITY 310 LBS. NYLON WEB  
 MADE IN U.S.A.

MFG. YEAR/MONTH

17	18	19	20	21	22
J	F	M	A	M	J
J	A	S	O	N	D

INSPECTION LOG

2017					
2018					
2019					
2020					
2021					
2022					
2023					
2024					
2025					
2026					
2027					

USER IDENTIFICATION  
 MARK WITH PERMANENT MARKER

DO NOT REMOVE THIS LABEL

**WARNING! DO NOT REMOVE THIS LABEL**

- You shall be held responsible if you do not read and understand this label before using harness.
- This label is not a substitute for the manufacturer's instructions.
- The user is responsible for understanding the intended use of this harness.
- You must thoroughly read and understand all manufacturer's instructions before use.
- Use and inspect harness only in accordance with the manufacturer's instructions.
- Refer to additional manufacturer's instructions furnished with this harness before use.
- You can contact the manufacturer at Yates Gear Inc., 2608 Hartnell Avenue #6, Redding CA 96002. Phone: 1-800-928-3716 for important safety information. Do not remove this label!

**CLASSIFIED** UL 93F4

EMERGENCY SERVICES LIFE SAFETY HARNESS  
 IN ACCORDANCE WITH NFPA 1983-2017  
 ALSO IN ACCORDANCE WITH ANSI/ASSE Z399.11-2014  
 MANUFACTURED BY YATES GEAR, INC.  
 MADE IN USA. MATERIAL: NYLON  
 MEETS THE SAFETY HARNESS REQUIREMENTS OF NFPA 1983  
 STANDARD ON LIFE SAFETY ROPE AND EQUIPMENT FOR  
 EMERGENCY SERVICES 2017 EDITION, CLASS III. THIS  
 HARNESS IS NOT FLAME RESISTANT! DO NOT REMOVE THIS LABEL!

TYPE OF HARNESS \_\_\_\_\_  
 LOT & DATE OF MFG. \_\_\_\_\_  
 CLASS II HARNESS, FITS WAIST SIZE \_\_\_\_\_  
 CLASS III ONE PIECE HARNESS.  
 FITS WAIST SIZE \_\_\_\_\_ FITS HEIGHT \_\_\_\_\_

**CLASSIFIED** UL 93F4

DO NOT REMOVE THIS LABEL

FRONT VIEW: ER, AR, D, L, P, R

REAR VIEW: ER, AR, D, L, P, R

MATERIAL: NYLON  
 CLASS III FULL BODY HARNESS  
 CAPACITY 310 LBS. (140 KG)  
 MEETS: ANSI/ASSE Z399.11-2014,  
 NFPA 1983-2017

ALWAYS USE SELF-LOCKING  
 SNAP LINKS

PERSONAL FALL ARREST AND RESCUE  
 SYSTEMS SHOULD ONLY BE ATTACHED  
 TO D-RING LOCATED ON BACK OF  
 HARNESS BETWEEN SHOULDERS  
 A: FALL ARREST  
 R: RESCUE

ALL OTHER D-RINGS ON HARNESS  
 ARE FOR APPLICABLE CONNECTIONS:  
 L: LADDER CLIMBING (IF PRESENT)  
 D: DESCENT CONTROL (IF PRESENT)  
 P: WORK POSITIONING (IF PRESENT)  
 SEE INSTRUCTIONS FOR MORE DETAILS

Labels Located Inside Vinyl Wrap Located on Left Shoulder Strap

## 355 Extraction Harness

Designed for use as a Type I full body harness per the requirements set forth in ANSI/ASSE Z359.11-2014. Classified by UL to meet the harness requirements of NFPA 1983 Standard on Fire Service Life Safety Rope and Equipment for Emergency Services 2017 edition; Class III full body harness, ANSI/ASSE Z359.11-2014.

## Usage and Applications

D ring located in the rear between the shoulders (dorsal) as well as sternal D ring should be used for all Class III full body applications for general fall arrest protection. Attach only ANSI compliant lanyards to dorsal or sternal D ring. Maximum free fall distance is dictated by type of fall protection lanyard or system utilized. This could be 6 or 12 feet if utilizing energy absorbing lanyards designed for 6 or 12 foot free fall. Ensure complete inspection and verification of fall protection system to meet needed protection. Attachment of ANSI compliant shock absorbing/decelerating device is required at dorsal or sternal attachment point only for all fall arrest applications.

Two D rings located on top of the shoulders should be used for lowering situations such as in confined space rescue when a long hang time is anticipated. The use of a Y lifting bridle is recommended for use with upper shoulder D ring attachments for lowering in confined space applications.

## Maximum capacity of harness is 310 lbs. per ANSI/ASSE Z359.11-2014

## Before Use

The techniques employed in the proper and safe use of this equipment may only be learned through *personal* instruction received from an instructor who is well-qualified in all phases of vertical rope work. Such instruction will include an evaluation of your comprehension of, and ability to perform, the tasks required to safely and efficiently use this equipment. Never attempt its use until you have received such instruction and are believed competent by your instructor.

## Donning and Fitting the Harness

First inspect entire harness: see section Maintenance, Service, Storage  
Step 1: Locate D rings on top of each shoulder strap. Ensure that the straps are not twisted.

Step 2: Disconnect two piece buckles located at sternum and legs and rear suspension straps.

Step 3: Put harness over head. Allow harness to slide down over body. Large D ring should be located on your back between shoulder blades.

Step 4: Make certain straps are not tangled and hang freely. Chest strap with pass through double buckle will be positioned in front.

Step 5: Reach between legs and grasp leg strap on your right side, bring strap up between legs and pass strap end and buckle through corresponding buckle assembly. Repeat for left side leg strap. Make certain leg webbing is not crossed or tangled, adjust strap to be snug.

Step 6: Adjust all buckles to be snug starting with leg straps, then waist, shoulders and chest. Always adjust harness from the legs working up the harness. Double buckle assemblies can be safety locked for added security reducing possibility of buckle slippage.

## Sharp Edges

Avoid working where the harness will be in contact with, or abrade against, unprotected or sharp edges. If working with this equipment near sharp edges is unavoidable, protection against cutting should be provided by using a heavy pad or other means over the exposed edge.

## Roll Out

When using a hook to connect to an anchor or when coupling components of a system together, be certain accidental disengagement (roll out) cannot occur. Roll out occurs when a hook is snapped into an under-sized ring or non-compatible shaped connector (D ring) causing the hook's gate or keeper to accidentally open and release. Self-locking snap hooks or self-locking and self-closing gate carabiners should be used to reduce the possibility of roll out. Do not attach two snap hooks onto one D ring.

## After a Fall

Harnesses which have been subject to the forces involved in arresting a fall must be removed from service and destroyed.

## Maintenance, Service, Storage

Before and after each use, inspect this harness to ensure that it is in a serviceable condition. Check for worn or damaged parts. Ensure all hardware (D rings, buckles, etc.) are present. Inspect to ensure that all buckles work properly and that they do not have any sharp edges, burrs, cracks or corrosion. Inspect webbing for wear, cuts, burns, frayed edges or other damage. Inspect all stitching for abrasion, discoloration and wear to ensure integrity. Thoroughly inspect harness after any period of extended storage. Store harness in a cool, dry, clean environment out of direct sunlight. Do not expose harness to flame or high temperature environments. Avoid contact with any corrosive or caustic chemical agents such as acids, bases, or petroleum products. Discontinue use of product if it has come in contact with any of the above listed or any suspect chemical agents. Avoid storage and use of harness in areas where chemical vapors may exist. Discontinue use of harness and remove from service if inspection reveals an unsafe condition.

- **This product has a life span of 10 years from time of production, must be properly maintained and must pass all inspection criteria.**
- **This product has a maximum life span of 5 years with regular use.**

## Cleaning

Clean harness with warm water in a mild detergent solution. Wipe off hardware with clean, dry, cloth and hang to air dry. Do not force dry with heat.

## Additional Information

Additional information regarding this type of equipment can be found in the following publications:

NFPA 1500, Standard on Fire Department Occupational Safety and Health Program

NFPA 1983, Standard on Life Safety Rope and Equipment for Emergency Services

ANSI Z359.11 Safety Requirements for Full Body Harnesses

## Records

It is suggested that the user of this harness keep a permanent record listing the date and results of each usage inspection. Such record should show, as a minimum, inspection criteria as written in this document.

## Use of this User Information Sheet

It is suggested that this user information sheet be retained in a permanent record after it is separated from the harness/belt, and that a copy of it be kept with the harness/belt.

It is suggested that the user refer to this user information sheet before and after each use of the harness/belt.

## Camlock Buckle System

Tighten the buckle by pulling on the free end of the webbing. Secure the free end of the webbing with the elastic keeper.

The buckle will adjust easier when tightening if the buckle is opened slightly by lifting on the tabs located on the side of the buckle while securing. To loosen the buckle, lift on the tabs located on the side of the buckle until the buckle is past vertical.



## Double Buckle Assembly Safety Lock

Safety lock all pass through double buckles by inserting the free end of the webbing back over the top of three bar slide portion of the buckle assembly. Secure the free end of the webbing with the elastic keeper.



## WARNING!

**No manufacturer can predict every potential hazard that exists with the use of any particular equipment. Yates Gear is not responsible for the mis-use of equipment or the negligence of end users. Training from competent, qualified trainers proven to be knowledgeable in its use is required prior to the use of this product.**

- **You could be killed or seriously injured if you do not read and understand the user information before using this equipment.**
- **This product is part of a personal protective, rescue or work support system.**
- **Special training and knowledge are required to use this equipment.**
- **You must thoroughly read and understand all manufacturer's instructions before use.**
- **You must read and follow the manufacturer's instructions for this product and each component of the complete system.**
- **Use and inspect this equipment only in accordance with these instructions.**
- **You are responsible for understanding the intended use of this harness, and the intended application and use of each of the multiple attachment points located on this harness.**

- **Only make compatible connections.**
- **Avoid sharp edges and abrasive surfaces.**
- **Do not loop positioning lanyards around small diameter structural members.**
- **Do not alter this equipment in any way.**
- **Do not misuse this equipment in any way.**
- **Do not expose this equipment to harmful chemicals.**
- **Do not use this equipment around moving machinery, electrical hazards, sharp edges, or abrasive surfaces without competent analysis that the user is protected from potential harm.**
- **Never use combinations of components and subsystems that may affect or interfere with the safe function of this equipment.**
- **The user of this equipment should formulate a rescue plan and the means at hand to implement it when using this equipment.**
- **These manufacturer's instructions must be provided to the end user of this harness.**
- **User must include harness stretch (6 inches), D ring/connector length, settling of the user's body and all other contributing elements in all clearance calculations.**

## Important Note: Instructions Regarding Anchorage Requirements for Personal Fall Arrest Systems (PFAS)

The anchorage selected for a personal fall arrest system (PFAS) shall have a strength capable of sustaining static loads applied in direction permitted by the PFAS of at least:

- (a) 3600 lbs. (16kN) when certification exists, or
- (b) 5000 lbs. (22.2kN) in absence of certification

When more than one PFAS is attached to a single anchorage, the anchorage strength set forth in (a) and (b) above shall be multiplied by the number of PFAS's attached to the anchorage.

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