

## 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)**

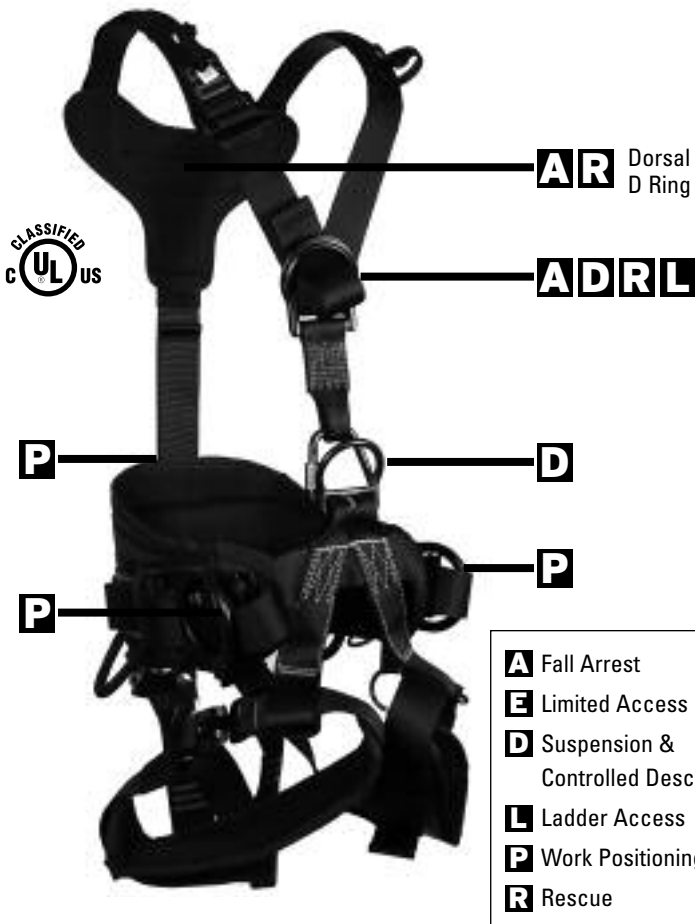
**Phone 530-222-4606 Fax 530-222-4640**

**[www.yatesgear.com](http://www.yatesgear.com)**

<b>390AR</b>	<b>AccessRescue</b>
<b>Tower/Rope Access Harness</b>	



# 390AR AccessRescue Tower/Rope Access Harness



Together with AccessRescue, we designed this harness to meet the demands of the transmission and telecommunication tower worker, structural access professional and rope access professional. It also excels as a technical and rope rescue harness. Wide anatomical waist pad for increased comfort and added back support. Modular work/tool pouch system allows the user to customize each harness to their own arrangement. Easily adjustable for variations in clothing by use of camlock buckles. Attachment points at waist, hips (positioning), chest (positioning), back (lumbar) and back (fall arrest). Extra large, side positioning rings (lineman style) allow the user to easily make connections to safety belt. Chest harness specifically designed to incorporate a chest ascender (chest ascender sling included) for tower access work and is specially tailored to reduce chafing of the neck. Weight 6 lb. 11 oz.

- Sizes S, M, L, XL
- All gear loops carbon fiber
- Includes removable shoulder velcro lanyard holder
- UL classified to meet NFPA 1983/2017 edition standards
- Meets ANSI/OSHA and CAN/CSA Class III harness standards
- Optional contoured shoulder pads available (item 414)

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

CLASS III FULL BODY HARNESS  
CAPACITY 310 LBS. (140 KG)  
MEETS: ANSI/ASSE Z359.11-2014, CSA-Z259.10-12, NFPA 1983-2017,  
ALWAYS USE SELF LOCKING SNAP LINKS FOR CONNECTION TO HARNESS  
FOLLOW LIST BELOW FOR APPROPRIATE CONNECTION TO HARNESS:  
A: FALL ARREST  
E: LIMITED ACCESS (IF PRESENT)  
D: SUSPENSION & DESCENT CONTROL  
L: LADDER ACCESS (IF PRESENT)  
P: WORK POSITIONING (IF PRESENT)  
R: RESCUE (IF PRESENT)  
SEE INSTRUCTIONS FOR MORE DETAILS

**CLASSIFIED**  
C **UL** US 93F4  
DO NOT REMOVE THIS LABEL

**CLASSIFIED**  
C **UL** US 93F4

EMERGENCY SERVICES LIFE SAFETY HARNESS IN ACCORDANCE WITH NFPA 1983-2017, ALSO IN ACCORDANCE WITH ANSI/ASSE Z359.11-2014 AND CAN/CSA-Z259.10-12  
MANUFACTURED BY YATES GEAR, INC.  
MADE IN U.S.A. MATERIAL: NYLON

MEETS THE LIFE 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 III ONE PIECE HARNESS:  
FTS WAIST SIZE \_\_\_\_\_  
FTS HEIGHT \_\_\_\_\_

**WARNING! DO NOT REMOVE THIS LABEL**

- You could be killed or seriously injured if you do not read and understand this label before using this harness.
- Special training and knowledge are required to use this harness.
- The user is responsible for understanding intended use of this harness.
- Use and inspect this 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., 2898 Hannell Avenue #6, Redding, CA 96002. Phone: 1-800-926-2716 for important safety information. Do not remove this label!

Double-back webbing through buckle as shown leaving a minimum of 3 inches of tail.

**WARNING!**

**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

Class A  
Fall Arrest

Class D  
Suspension & Controlled Descent

Class E  
Limited Access

Class L  
Ladder Access

Class P  
Work Positioning

per CSA Z259.10-12

French Labels Also Included With This Harness

Labels Located Inside Vinyl Wrap Located on Dorsal D Ring Adjustment Strap

## 390AR Tower/Rope Access 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, CAN/CSA-Z259.10-12, ANSI/ASSE Z359.11-2014.

### Usage and Applications

D ring located in the rear between the shoulders (dorsal) as well as sternal D ring (2 ft. free fall max.) should be used for all Class III full body fall arrest applications. Attach only ANSI compliant lanyards and shock absorbing/decelerating devices to dorsal or sternal D ring (excluding appropriate rope access backup applications). Maximum free fall distance is dictated by type of fall protection lanyard or system utilized. Following current ANSI specifications, sternal attachment of fall arrest systems should be limited to 2 ft. free fall. Dorsal attachment allows for 6 or 12 ft. free fall if utilizing energy absorbing lanyards designed for 6 or 12 ft. free fall. Ensure complete inspection and qualified person verification of fall protection system to meet needed protection.

See information sheet for attachment of chest ascender for rope ascending techniques.

### 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 black rear fall arrest D ring located on rear of harness. Hold harness up by this D ring and ensure that the straps are not twisted.

Step 2: Loosen all adjuster buckles by lifting up on side tabs located on front of buckle. Adjuster buckles are located on front of harness at waist, on leg of harness and on right shoulder. Loosen shoulder completely.

Step 3: Step into seat portion of harness allowing chest portion of harness to hang on your left side. Tighten waist portion of harness to be snug.

Step 4: Pull right shoulder strap over head and tighten. It is not necessary to disconnect front chest screw link for donning. **Ensure chest screw link is securely tightened before use.** Large D ring should be located on your back between shoulder blades.

Step 5: Make certain straps are not tangled and hang freely. Black chest D ring will be positioned in front. Adjust all buckles to be snug starting with leg straps, then waist, shoulders and chest. Always adjust harness from the leg working up the harness. It is not necessary to tie-off any adjuster buckle on this harness. Secure webbing ends in elastic keepers.

### 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 undersized 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 Fall Arrest 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.

### 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.***

## 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.



## Stab-Lock Buckle System

To secure Stab-Lock buckle insert adjuster female end into non-adjuster male end of buckle. Insure buckle clicks. Pull free end of webbing on female adjuster side to adjust to desired fit.

To disconnect Stab-Lock buckle, press both ears located in center of buckle simultaneously.

**WARNING:** Keep buckle free of excessive dirt or dust. Buckle mechanism can be cleaned with compressed air or washed out with warm water and then blown dry with compressed air. Do not apply any oil or lubricant to buckle mechanism as this will attract dirt and dust and could make the buckle malfunction.



**REMOVE  
FROM  
SERVICE!**

### **WARNING!**

This harness is equipped with a fall arrest indicator and label located just below the rear dorsal D-ring on the inside of the webbing that connects the rear of the chest to the rear of the seat portions of the harness. The label reads REMOVE FROM SERVICE! If this label is present after a fall occurs, this harness must be immediately removed and retired from service.

### **WARNING!**

This harness has an allowable stretch of 25 inches (63 cm).

The user of this harness must have a safe working distance below them of at least 25 inches (63 cm).

### **WARNING!**

- 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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