

CLIMBING HARNESSSES

EN Sit harness for climbing.
IT Imbracatura bassa per arrampicata.
FR Harnais cuissard pour l'escalade.
DE Kletterstizgurt.
ES Arnés de cintura para escalada.
PT Cadeirinha baixa para escalada.
SE Låg klättringssäte.
NO Sittesele for klatring.
FI Matalat kiipeilyvaljaat.
DK Sittesele til klatring.
NL Zitgordel voor klimmen.
SI Plezalni pas za alpinistično in športno.
SK plezanie. Horolezecká sedačka.
CZ Sedací úvazek pro sportovní lezení.

MADE IN EUROPE
EN 12277:2015-C

i = G + S

Regulation (EU) 2016/425
Personal Protective Equipment against falls from a height.



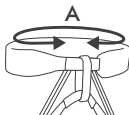
by Aludesign S.p.A. via Torchio 22
I 24034 Cisano B.sco. BG ITALY
Central tel: +39 035 78 35 95
Central fax: +39 035 78 23 39
www.climbingtechnology.com

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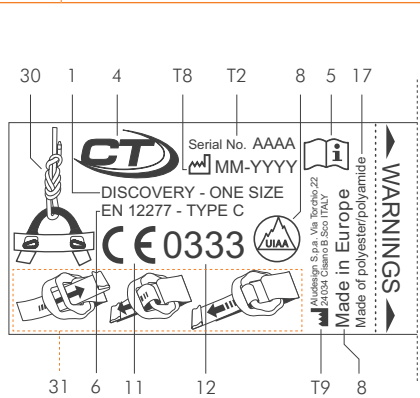


2 SIZE CHART

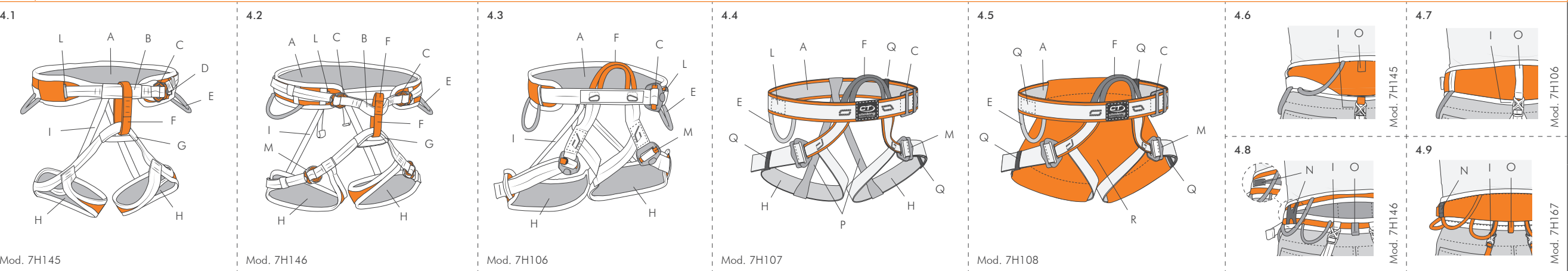
REF. No.	SIZE	A (cm)	B (cm)	
Model: ON-SIGHT				
7H145A0	XS	65÷75	46÷50	265 g
7H145B0	S	70÷80	50÷54	280 g
7H145C0	M	75÷85	54÷58	295 g
7H145D0	L	80÷90	58÷62	310 g
7H145E0	XL	85÷95	62÷66	320 g
Model: ASCENT				
7H146G0	XXS	50÷65	34÷45	350 g
7H146AB	XS-S	65÷80	50÷60	410 g
7H146CD	M-L	75÷90	55÷65	430 g
7H146DE	L-XL	85÷100	60÷70	450 g
Model: WALL				
7H167AB	XS-S	65÷75	50÷60	355 g
7H167CD	M-L	75÷90	55÷65	375 g
7H167DE	L-XL	85÷100	60÷70	395 g
Model: ANTHEA (developed for woman)				
7H168AB	XS-S	60÷75	50÷60	345 g
7H168CD	M-L	70÷90	55÷65	365 g
7H168DE	L-XL	80÷100	60÷70	385 g
Model: EXPLORER				
7H106AF	UNI	60÷110	35÷75	400 g
Model: DISCOVERY				
7H107AF	UNI	60÷125	35÷85	350 g
Model: PRO-CANYON				
7H108AF	UNI	60÷125	35÷85	495 g
Spare part: CANYONING PROTECTION				
7H141AF	UNI	60÷125	35÷85	145 g



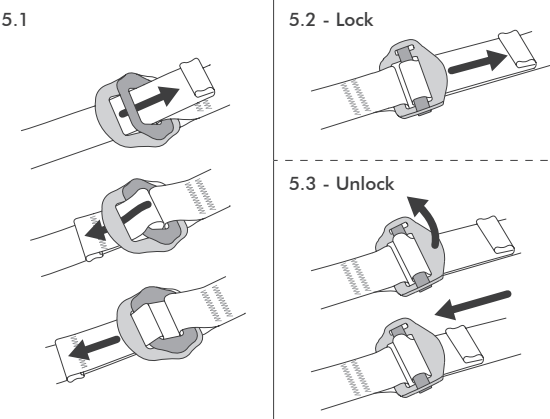
3 MARKING



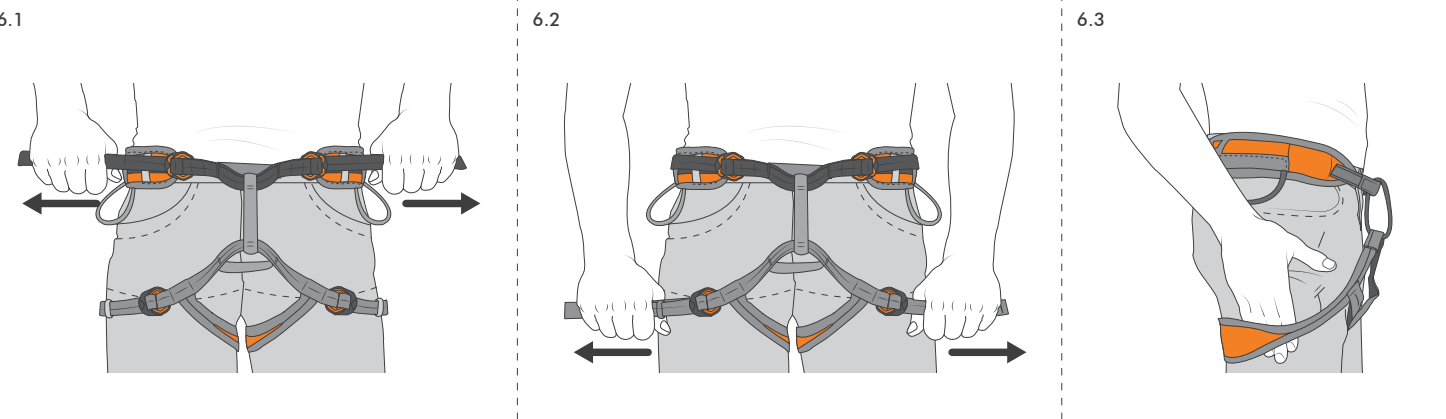
4 NOMENCLATURE OF PARTS



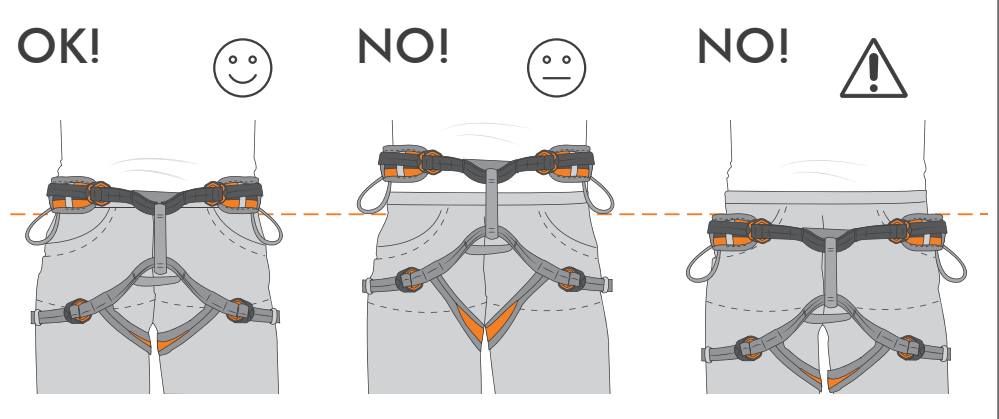
5 ADJUSTMENT BUCKLES



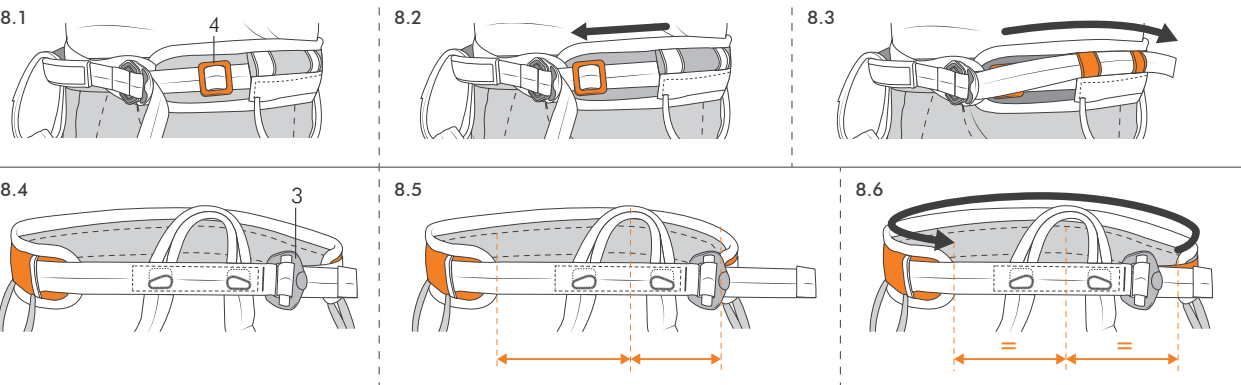
6 ADJUSTMENT OF THE HARNESS AND THE LEG LOOPS



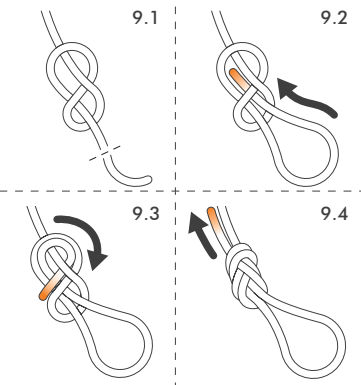
7 CORRECT POSITIONING OF THE HARNESS



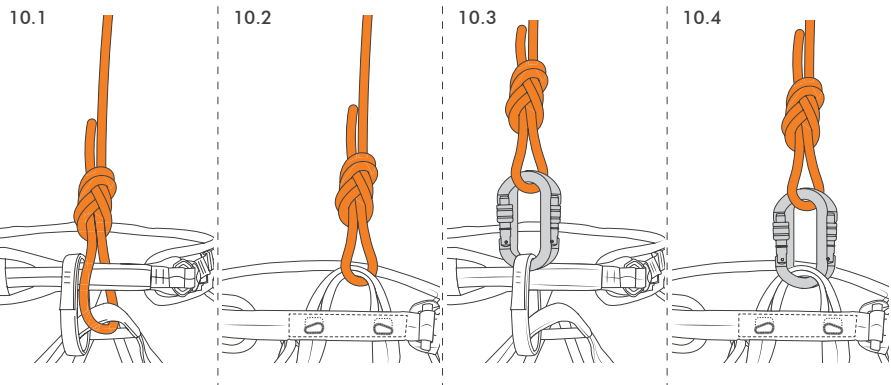
8 SIZE REGULATION



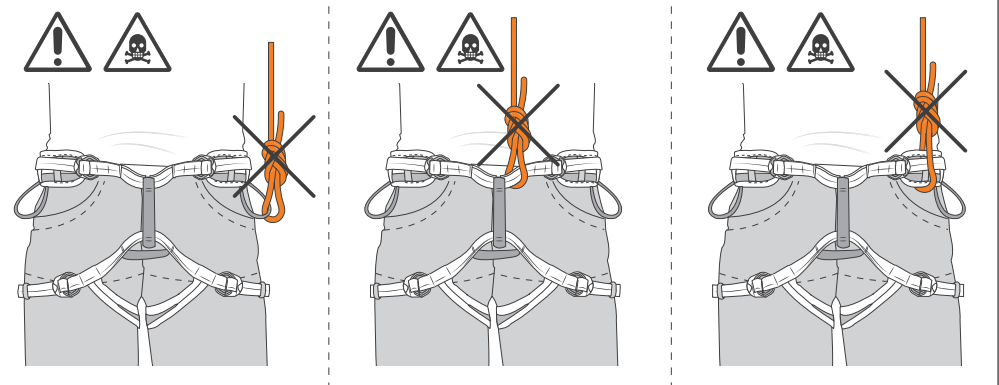
9 FIGURE OF EIGHT



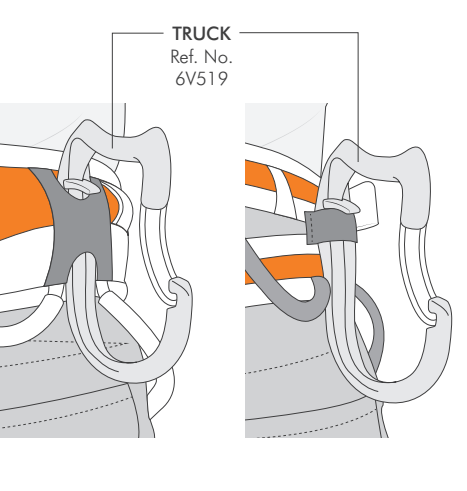
10 CONNECTING MODES



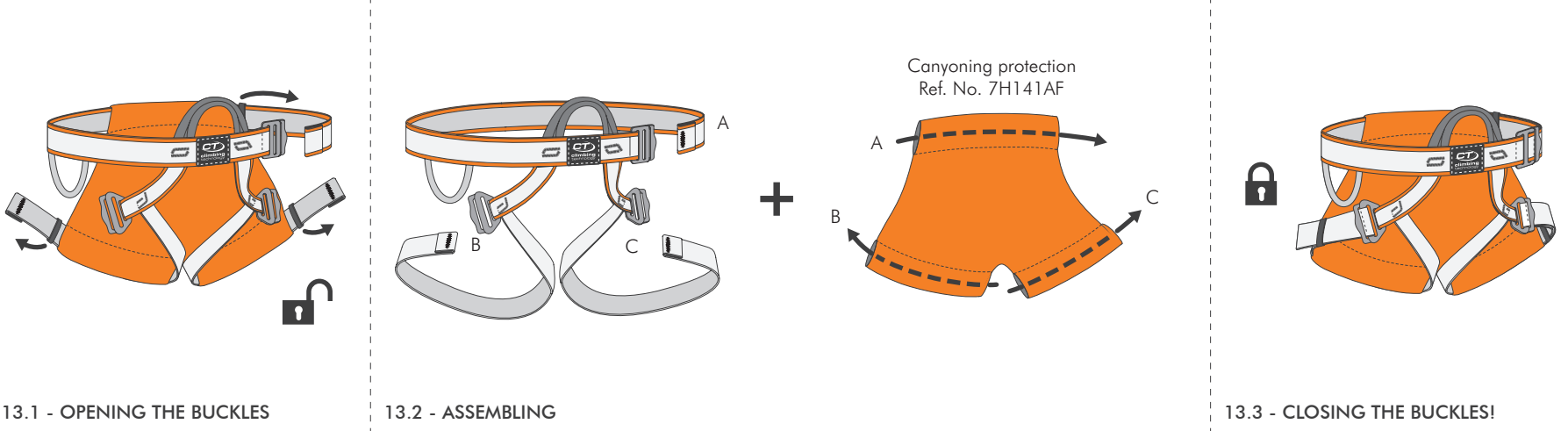
11 INCORRECT CONNECTING MODES



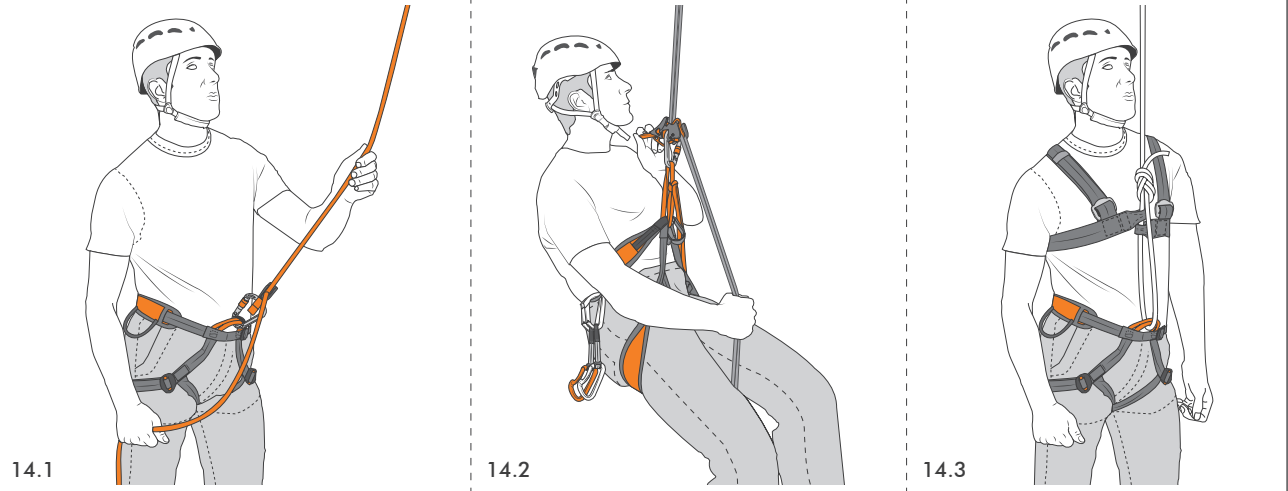
12 ACCESSORIES



13 PRO-CANYON MODEL - REPLACEMENT OF "CANYONING PROTECTION"



14 CLIMBING TECHNIQUES



CLIMBING HARNESSSES

EN Sit harness for climbing.
TR Tırmanma altı koşumu.
CN 攀登坐式安全带。

MADE IN EUROPE
EN 12277:2015-C



Regulation (EU) 2016/425
Personal Protective Equipment against falls from a height.

IST51-7H145CTS2_rev.2 07-19

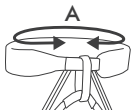


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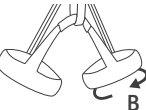


2 SIZE CHART

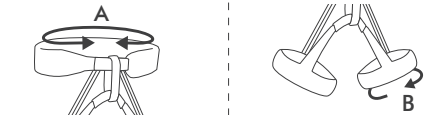
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7H145C0	M	75÷85	54÷58	295 g
7H145D0	L	80÷90	58÷62	310 g
7H145E0	XL	85÷95	62÷66	320 g
Model: ASCENT				
7H146G0	XXS	50÷65	34÷45	350 g
7H146AB	XS-S	65÷80	50÷60	410 g
7H1460AB				
7H146CD				
7H1460CD	M-L	75÷90	55÷65	430 g
7H146CD	L-XL	85÷100	60÷70	450 g
7H1460CD				
Model: WALL				
7H167AB	XS-S	65÷75	50÷60	355 g
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Spare part: CANYONING PROTECTION				
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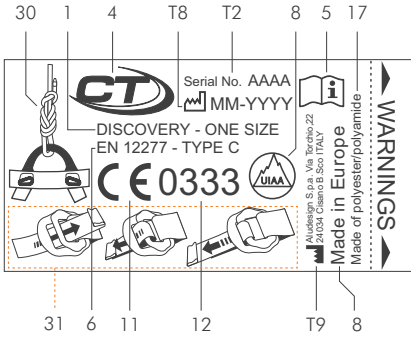
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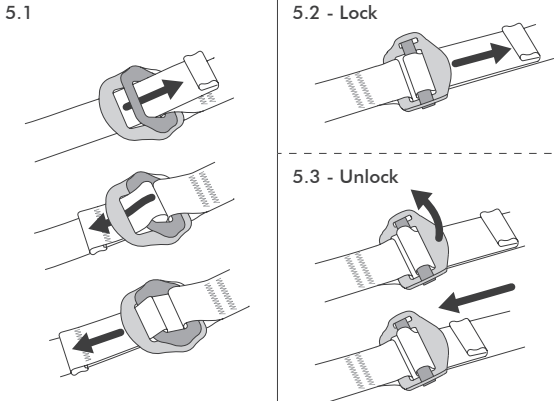
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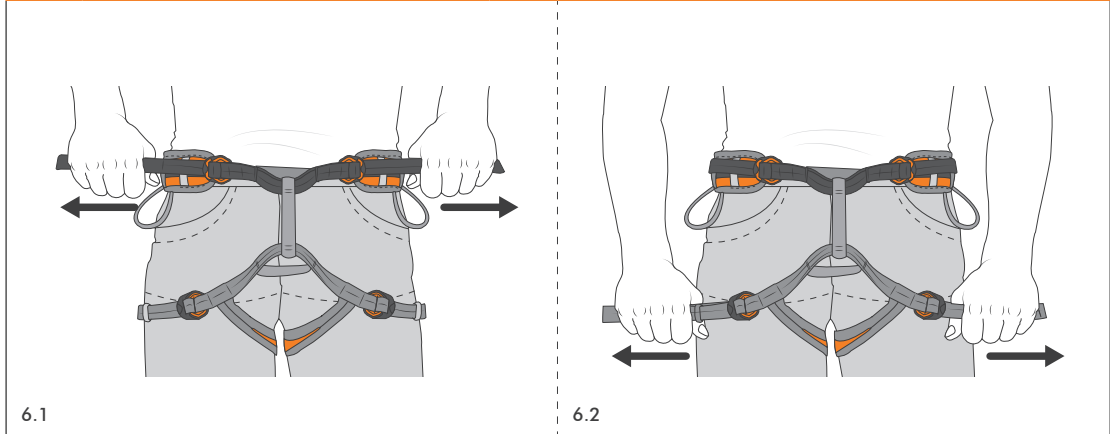
3 MARKING



5 ADJUSTMENT BUCKLES



6 ADJUSTMENT OF THE HARNESS AND THE LEG LOOPS

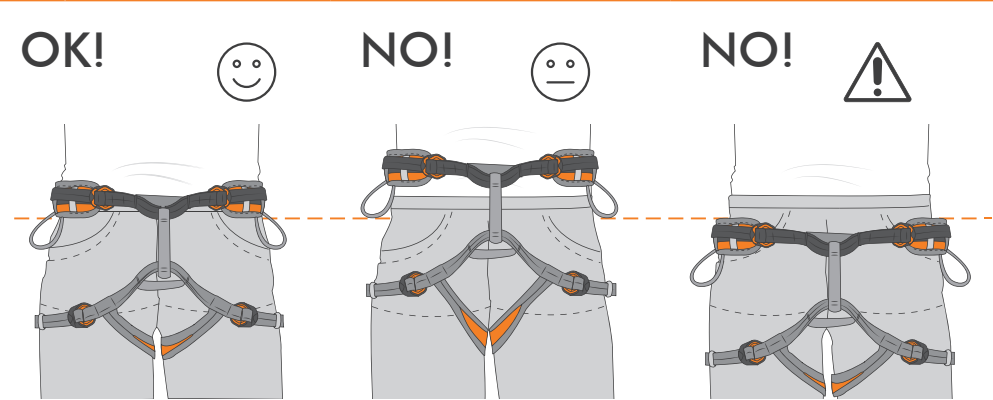


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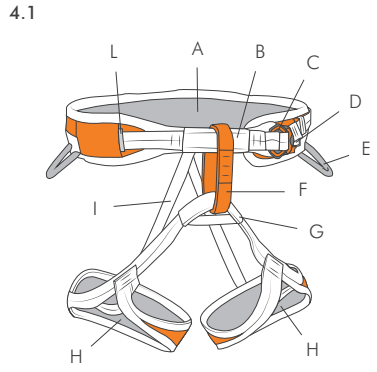
6.2

6.3

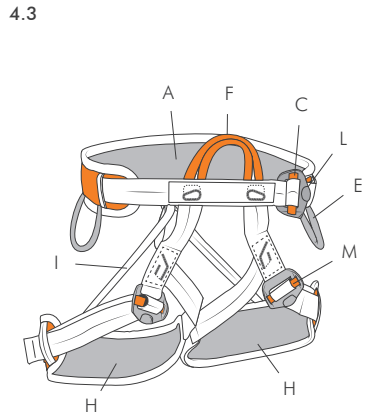
7 CORRECT POSITIONING OF THE HARNESS



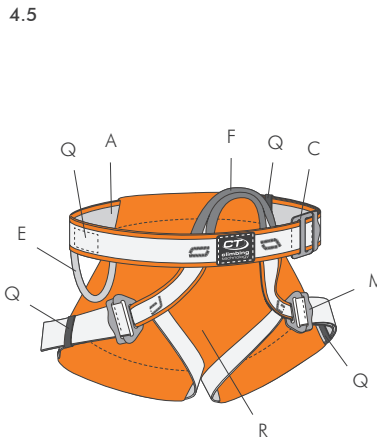
4 NOMENCLATURE OF PARTS



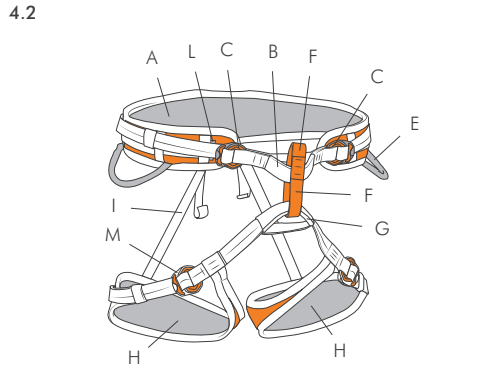
Mod. 7H145



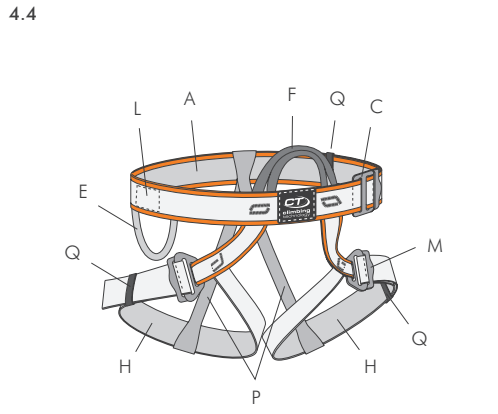
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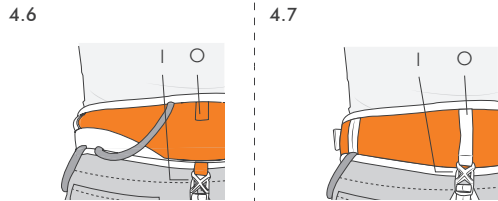
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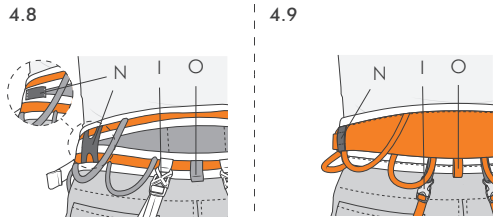
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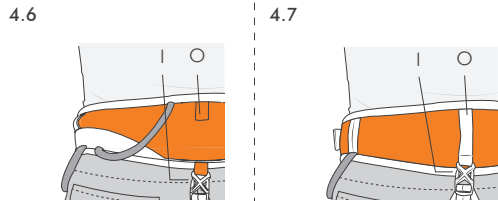
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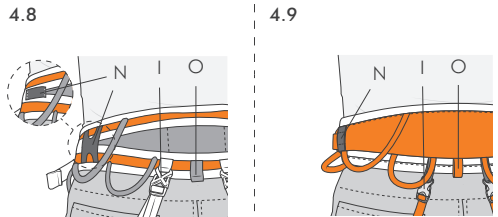
Mod. 7H145



Mod. 7H146



Mod. 7H106



Mod. 7H167

ENGLISH

The instruction manual for this device consists of general and specific instructions, both must be carefully read and understood before use. **Attention!** This leaflet shows the specific instruction only.

SPECIFIC INSTRUCTIONS EN 12277:2015-C. These notes comprise all the necessary information for a correct use of the harnesses for mountaineering, including those for climbing purposes.

1) FIELD OF APPLICATION. This product is a personal protective equipment (PPE) device against fall from height and it is compliant to the Regulation (EU) 2016/425. **EN 12277:2015-C** - Mountaineering equipment: harnesses. The norm applies to the complete harness (type A), to the small size harness (type B), to the sit harnesses (type C), and to the chest harnesses (type D).

2) NOTIFIED BODIES. Refer to the legend in the general instructions for use (paragraph 9/table D): M1; M2; M6; N1.

3) NOMENCLATURE (Fig. 4). A) Belt. B) Belt loop. C) Belt adjustment buckle(s). D) SRS buckle for the size adjustment. E) Tool carrier loop. F) Belay loop. G) Loop. H) Leg loops. I) Leg loops elastic supports with clip. L) Label. M) Leg loops adjustment buckle(s). N) Fixing band for tool carrier connector. O) Rear loop for chalk bag. P) Removable elastic leg sustaining straps. Q) Removable elastic strap retainers. R) Anti wear protection for canyoning.

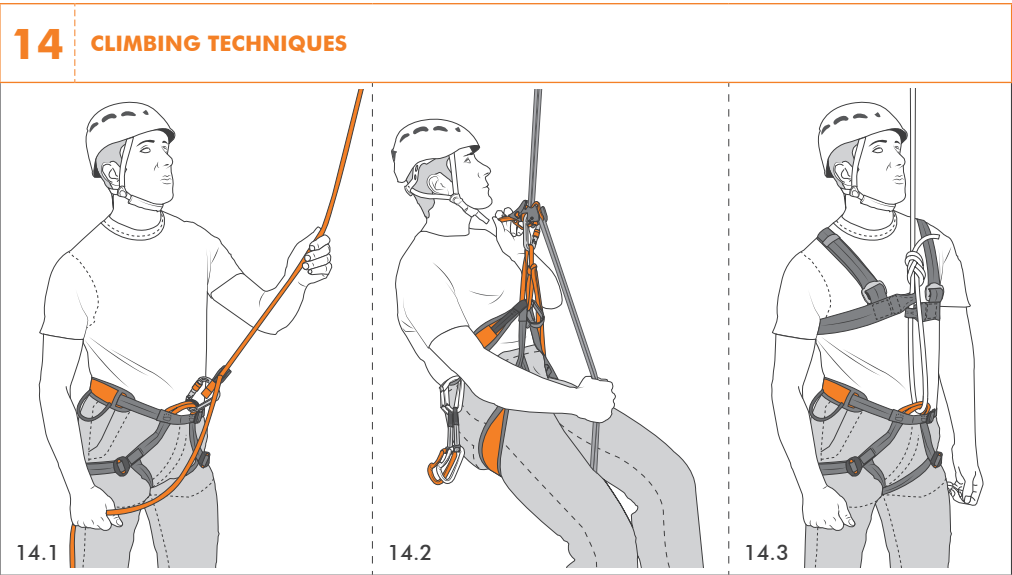
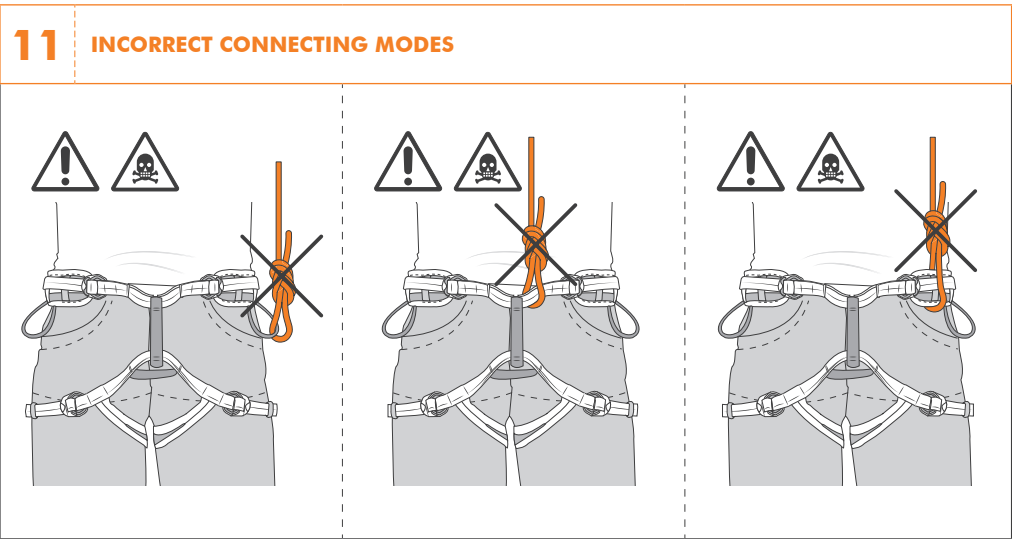
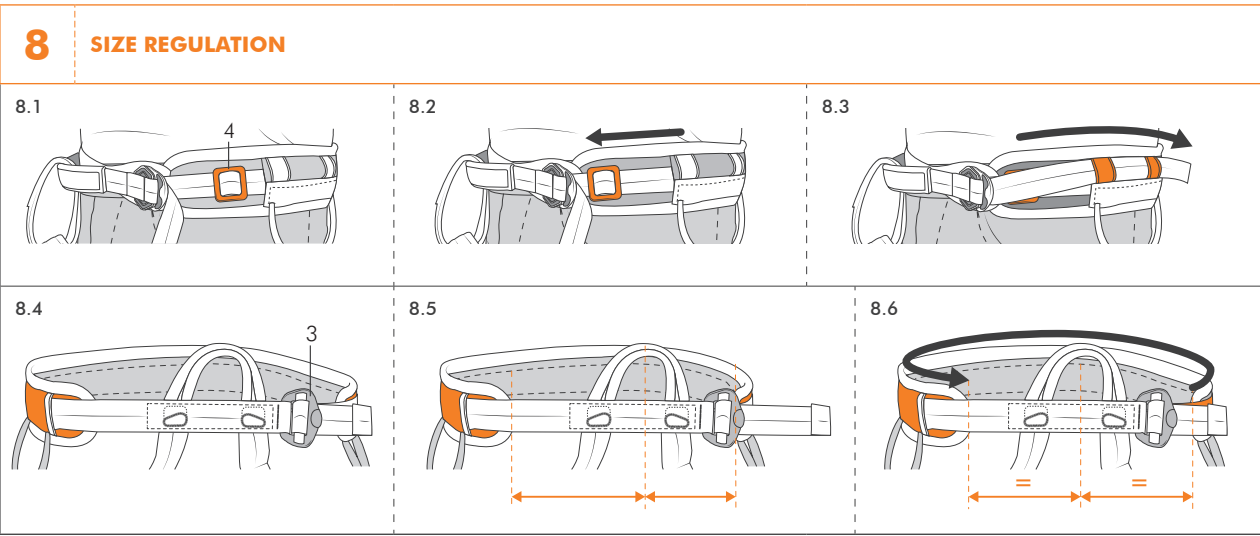
4) MARKING. Numbers/letters without caption: refer to the legend in the general instructions for use (paragraph 5).

4.1 - General (Fig.2). Indications: 3; 4; 6; 7; 8; 12; 13; 14; 17; 18; 30) Pictogram showing the correct connecting methods. 31) Pictogram showing how to close and fix the adjustment buckles.

4.2 - Traceability (Fig. 2). Indications: T2; T8; T9.

5) INSTRUCTIONS FOR USE.

5.1 - Adjustment. Chose a harness with the suitable size (Fig. 2). Wear the har-



4.4 - Use. The harness must be only connected to the system through the attachment points intended for this use: single attachment point (belay loop - Fig. 10.2) or double attachment point (harness loop + loop- Fig. 10.1). For connecting the rope to the harness use a figure 8 (Fig. 9) or two screw gate connectors having the opposite gate (Fig. 10.3-10.4). **Attention!** Do not use different attachment points than the indicated ones (Fig. 11). **Attention!** Never use a tie-in method with only one connector, as it may come to be loaded in a wrong position across the gate. The harness of type C can be used combined with a chest harness of type D (Fig. 14.3). **Attention!** The use of a single harness of type D not coupled with a harness

Bu donanımın kullanma talimatları hem genel hem özel eğitim talimatlarından oluşmaktadır. Kullanım öncesinde mutlaka okunmaları gerekmektedir. **Dikkat! Bu formda sadece belirli konular anlatılmaktadır.**

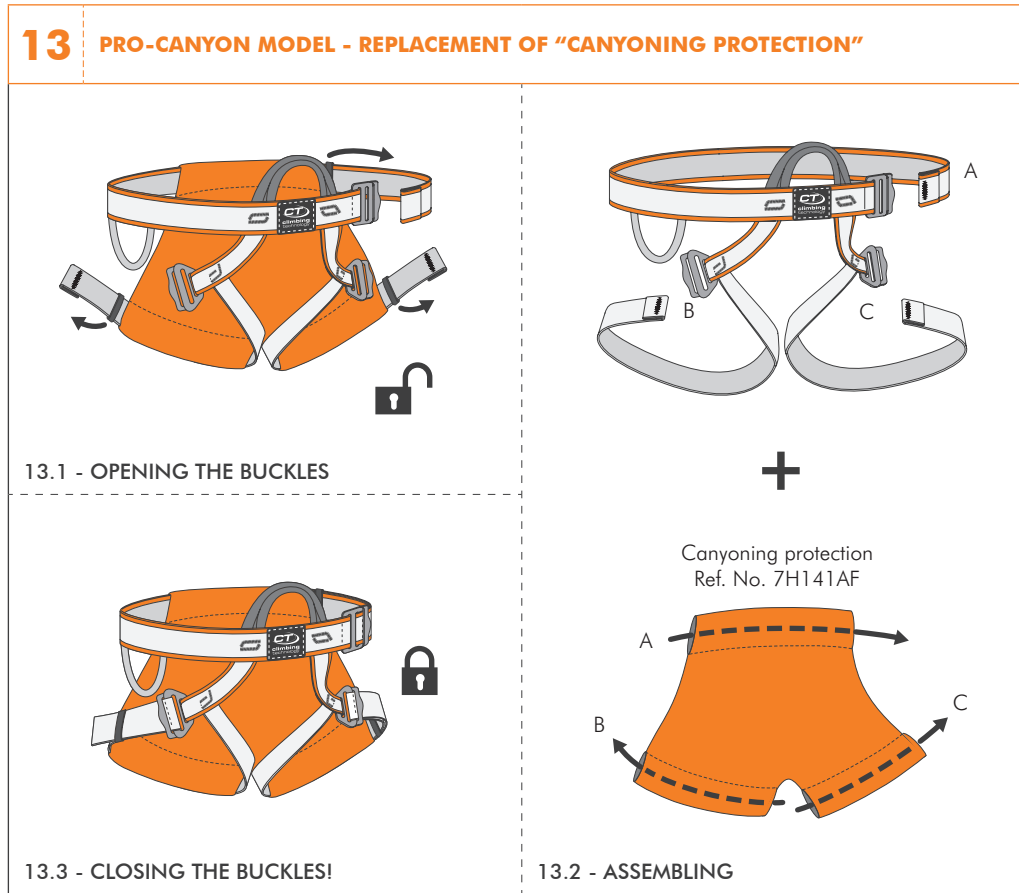
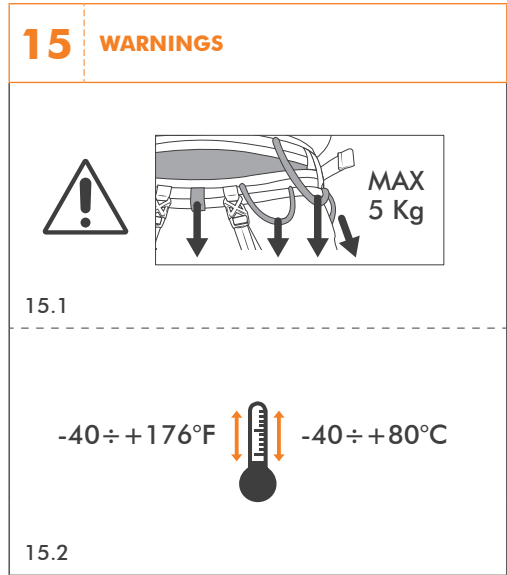
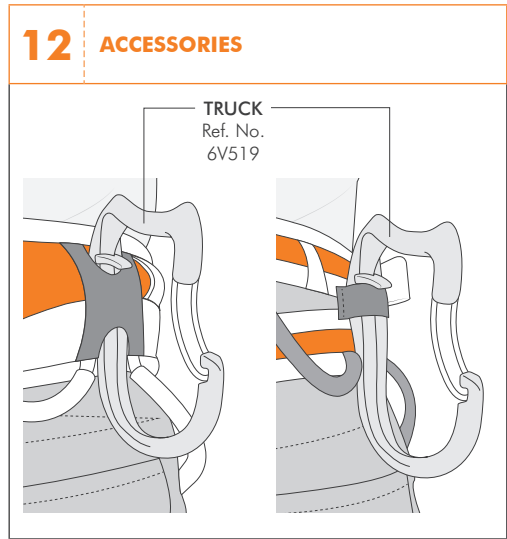
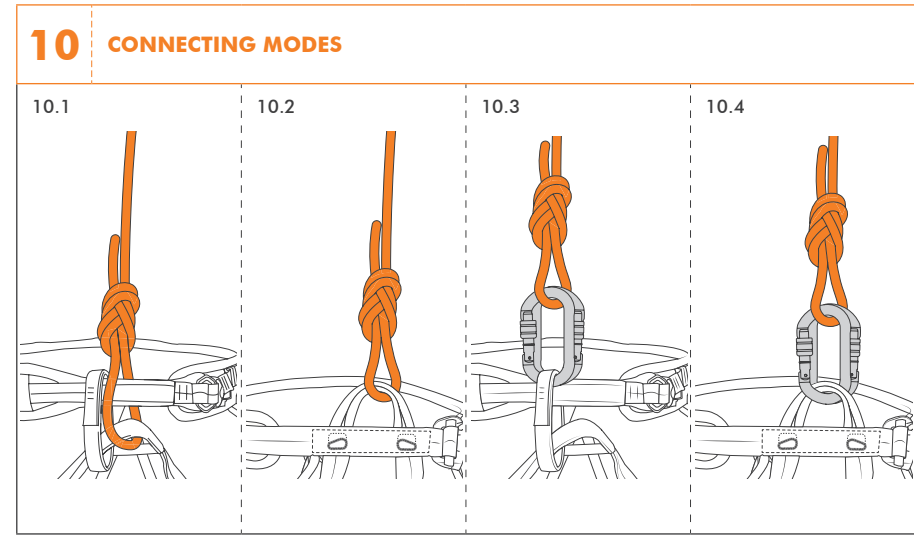
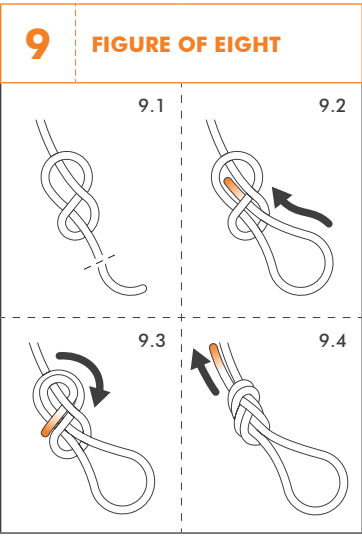
SPEKİFİK TALİMATLAR EN 12277:2015-C. Bu belge tırmanma kışkımları da dahil olmak üzere, doğaçlık kışkımlarının doğru kullanımı için gerekli bilgileri içemektedir.

1) UYGULAMA ALANI Bu ürün, bir yüklenici düşmeye karşı biresel bir koruma cihazıdır (D.P.1). 66/425 sayılı AB Yönetmeliği ile uyumludur. **EN 12277:2015-C.** Doğaçlık ekipmanlar: kışkımlar. Standart, tam boy kışkımlar (A tipi), küçük boy kışkımlar (B, c) tip, bacak kışkımları (C tipi), ayaak kışkımları (D tipi).

Bu donanımın kullanma talimatları hem genel hem özel eğitim talimatlarından oluşmaktadır. Kullanım öncesinde mutlaka okunmaları gerekmektedir. **Dikkat! Bu formda sadece belirli konular anlatılmaktadır.**

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1) UYGULAMA ALANI Bu ürün, bir yükten düşmeye karşı biresel bir koruma cihazıdır (D.P.1). 606/4/2025 sayılı AB yönetmeliği ile uyumludur. **EN 12277:2015-C.** Doğalcık ekipmanları: kusurlar. Standart, tam boy kusurlar (A tipi), küçük boy kusurlar (B), bacık kusurları (C tipi), aşırı kusurlar (D tipi).



1) 应用范围。此产品是高空止坠个人保护设备 (PPE)；其符合 (EU) 2016/425

中文

此说明包含设备的通用信息和专门信息，使用前须认真阅读。注意！此说明只包含专用说明。

专用说明 EN 12277:2015-C。此说明包括所有正确使用登山、攀岩安全带的必要信息。

1) 应用范围。 此产品是高空止坠个人保护设备（PPE）；其符合(EU) 2016/425