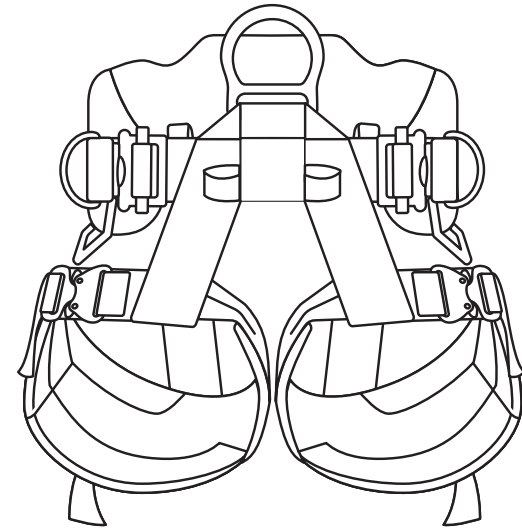




ATOM™ SIT HARNESS



⚠ WARNINGS

Activities involving the use of this device are potentially dangerous. You are responsible for your own actions and decisions. Before using this device, you must:

- Read and understand these user instructions, labels, and warnings.
- Familiarize yourself with its capabilities and limitations.
- Obtain specific training in its proper use.
- Understand and accept the risks involved.

FAILURE TO HEED ANY OF THESE WARNINGS MAY RESULT IN SEVERE INJURY OR DEATH.



MEETS THE LIFE SAFETY HARNESS REQUIREMENTS OF NFPA 1983, INCORPORATED IN THE 2022 EDITION OF NFPA 2500, CLASS II.
THIS HARNESS IS NOT FLAME-RESISTANT!

Find the latest version of this manual at cmcpro.com
Manual refers to multiple product configurations.



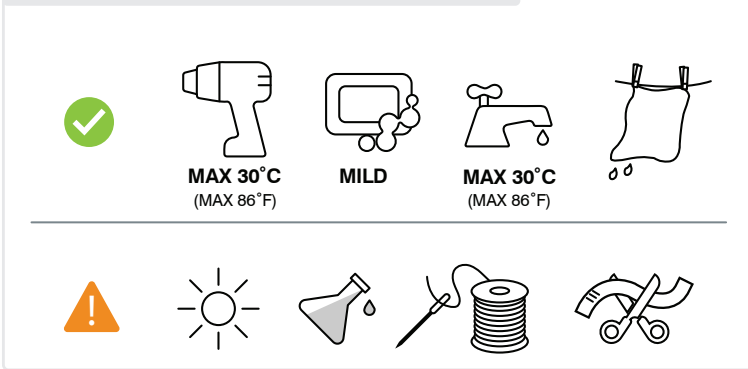
CMC Rescue, Inc.
6740 Cortona Drive
Goleta, CA 93117, USA
805-562-9120 / 800-235-5741
cmcpro.com

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Carrying, Maintenance, Storage & Transport



USER INFORMATION

User Information shall be provided to the user of the product. NFPA Standard 1983, incorporated into the 2022 edition of NFPA 2500 recommends separating the User Information from the equipment and retaining the information in a permanent record. The standard also recommends making a copy of the User Information to keep with the equipment and that the information should be referred to before and after each use.

Additional information regarding life safety equipment can be found in NFPA 1500 and NFPA 1858 and NFPA 1983, incorporated in the 2022 edition of NFPA 2500.

LIFESPAN / INSPECTION / RETIREMENT

The equipment has a lifespan of 10 years from the date of manufacture shown on the product label. The type of use, intensity of use, and environment of use are all factors in determining serviceability of the equipment. A single exceptional event can be cause for retirement after only one use, such as exposure to sharp edges, extreme temperatures, chemicals, or harsh environments. Any concerns about its safe use is cause for retirement. Remove retired equipment from service and destroy it to prevent further use.

A device must be retired when:

- It fails to pass inspection.
- It fails to function properly.
- It has illegible product labels or markings.
- It shows signs of damage or excessive wear.
- It has been subjected to shock loads, falls, or abnormal use.
- It has been exposed to harsh chemical reagents.
- It has an unknown usage history.
- You have any doubt as to its condition or reliability.
- When it becomes obsolete due to changes in legislation, standards, technique or incompatibility with other equipment.

Inspect the equipment according to your department's policy for inspecting life safety equipment. CMC recommends a detailed inspection by a competent person at least once every 12 months depending on current regulations and conditions of use. Record the date, inspector name, and inspection results in the equipment log as well as any other relevant information to track the usage history.

Before each use, the user should:

- Confirm the equipment is functioning properly.
- Verify the presence and legibility of the product labels and markings.
- Check soft components for cuts, worn or frayed areas, broken fibers, soft or hard spots, discoloration, or melted fibers. Check the stitching for pulled threads, abrasion, or breaks.
- Check hard components for excessive wear or indications of damage such as deformation, corrosion, sharp edges, cracks, or burrs. Minor nicks or sharp spots may be smoothed with emery cloth or similar.
- Check for the presence of dirt or foreign objects that can affect or prevent normal operation such as grit, sand, rocks, and debris.

During Each Use, the user should:

- Confirm all pieces of equipment in the system are correctly positioned with respect to each other.
- Monitor the condition of the equipment and its connections to other equipment in the system.
- Do not allow anything to interfere with the operation of the equipment or its components.
- Prevent foreign objects from interfering with moving parts.

LIMITATIONS AND PROPER USE

The ATOM Harness is designed for optimum performance, dependability, and comfort in rescue and work positioning applications. Its low-profile construction and supportive architecture provides excellent mobility on rope and on the ground. When using the ATOM Harness, follow best practices for avoiding high impact falls. Always keep the safety line (belay) above the wearer and keep the slack in the safety line to a minimum. To ensure the safety and comfort of your ATOM Harness, make sure it is properly sized and adjusted per the instructions below.

PUTTING ON YOUR HARNESS

- Loosen the adjusting buckles on each side of the waist belt to increase the diameter for easy donning.
- Loosen the adjusting buckles on each leg loop (or disconnect the quick-connect buckles if present).
- Step through the waist belt and put each leg through the leg loops. Pull the waist belt up around the waist.
- Tighten both waist straps simultaneously until the waist is snug, and the front D-ring is centered.
- Adjust the leg straps until snug, leaving about a finger width of space between the leg loops and the legs.
- Secure all loose webbing tails in the provided web keepers.

A suspension test should be carried out in a safe place prior to putting the harness in service. A suspension test will verify that the harness is the correct size, has sufficient adjustment and is of an acceptable comfort level for the intended use.

WARNING: Make sure the straps are snug. This increases the comfort when sitting in the harness and helps prevent the quick-connect buckles from disconnecting. When wearing the harness, double-check the buckles, adjusters, and fit of the harness immediately prior to relying on it for support.

ATTACHMENT POINTS

- The front waist D-ring is the rated load bearing attachment point. It allows the user to be in a seated position which provides the most comfort and freedom of movement.
- The rear loop is a positioning attachment point and is intended to provide travel restraint when working near an edge.
- The side D-rings and soft loops (optional) are for work positioning and must always be used in pairs.

WARNING: To prevent roll out, use only locking carabiners to attach to D-rings or soft loops.

CARRYING, MAINTENANCE & STORAGE

During all use, carrying, storage, and transport keep the equipment away from acids, alkalis, exhaust emissions, rust and strong chemicals. Do not expose the equipment to direct heat, flame, or high temperatures or other adverse environmental conditions. If the equipment becomes soiled, it can be washed in cold water with a mild detergent that is safe for use with nylon and polyester. Rinse thoroughly. Do not use a pressure washer. Air dry in temperatures between 10° C and 30° C. Do not dry the equipment in direct sunlight or using an automatic dryer. Lubricate moving parts as needed. During storage and transport, protect the equipment from heat, direct sunlight, moisture, chemicals, and external loads or impacts. Do not store where the equipment may be exposed to moist air, particularly where dissimilar metals are stored together. Consult with the manufacturer in case of any doubt.

WARRANTY & REPAIRS

If your CMC product has a defect due to workmanship or materials, please contact CMC Customer Support at info@cmcpro.com for warranty information and service. CMC's warranty does not cover damages caused by improper care, improper use, alterations and modifications, accidental damage or the natural breakdown of material over extended use and time. All repair work shall be performed by the manufacturer. All other work or modifications void the warranty and releases CMC from all liability and responsibility as the manufacturer.

SAMPLE INSPECTION AND MAINTENANCE LOG

The following sample log provides an example of the records that should be maintained by the purchaser or user of life safety equipment.

EQUIPMENT INSPECTION AND MAINTENANCE LOG			
Item _____ # _____		Date in Service _____	
Brand/Model _____		Strength _____	
Date	How Used or Maintained	Comments	Name