LEG UP SUSPENSION
TRAUMA STRAP

PURPOSE:
The Leg Up was designed to address a serious problem associated with arrested falls called Suspension Trauma.

ATTACHMENT INSTRUCTIONS:
1. The Leg Up may be attached to any full body harness shoulder strap (right or left side.)
2. Start by passing the web loop through the side bar (right or left side) of the harness rear dorsal D-Ring. Next, pass the pouch through the loop and pull tight to choke.
3. Next, attach the pouch to the right or left shoulder strap (same side as attachment to D-Ring) just above the chest strap, as shown. The top and bottom Velcro straps wrap around the shoulder strap and attach back to the pouch. Last, pull the pouch flap tight and secure.

Caution: The pouch flap must be free to open easily when deployed.

WARNINGS FOR PROPER USE OF THE LEG UP:
1. Do not remove from pouch until needed.
2. This product is intended for one use. Discard after using.
3. Do not alter or use for other purposes.
4. The Leg Up should not be used for fall restraint or arrest.
5. Inspect the same way that you would inspect the harness by looking for cuts, abrasions, burns or loose stitching. Remove from service if damage or wear is detected. Inspection should be performed by the user before each use. (Exposed web strap)
6. Keep the pouch flap closed so that foreign objects do not damage the contents.
7. Do not use around rotating or moving equipment.

USE INSTRUCTIONS:
The Leg Up is now in place, ready for use if needed. In the event of a fall, the user will be suspended from a lanyard or (SRL). The user must now wait for others to implement a rescue.

Caution: The Leg Up Rescue Stirrup can only be deployed by a conscious user.

The fall arresting force will cause the Leg Up to partially deploy and the user should perform the following:

• Alert others by calling for help.
• Pull the Leg Up from the pouch and let it hang in front.
• Place one foot in each stirrup.
• When lifting both legs pull upward on the adjustor strap.
• Pull the web strap into the locking devices. It maybe necessary to twist the strap to ensure adequate holding.
• At this point, the user may remain in a sitting position or stand by holding the D-Ring.
• In the sitting position, it is possible to loosen the leg straps slightly to improve comfort.
• The user can hang in this position while waiting for rescue.