



CHOUCAS HARNESS

THE LIGHTEST HARNESS YOU CAN PUT ON WITHOUT TAKING OFF YOUR SKIS!

- Weight 180 g
- Dyneema® and high tenacity polyester
- Made in France



Please save these instructions and recycle them with the product at the end of its life.



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www.blueice.com
info@blueice.com
+33 (0)4 50 21 14 89

France

UP France SARL
336 Route du Nant Jorland
74310 Les Houches



Choucas Harness III M HR03-GRY-M

EN FR IT

1005-M004

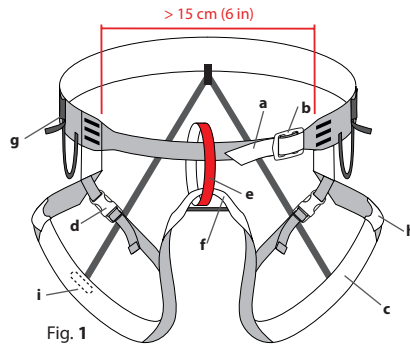


Fig. 1

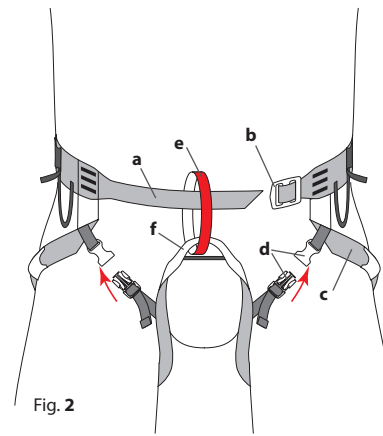


Fig. 2

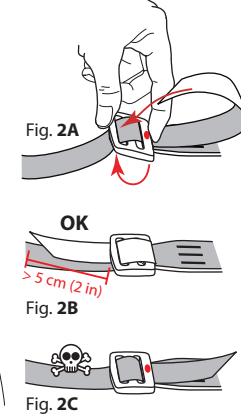


Fig. 2A

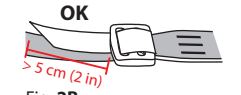


Fig. 2B

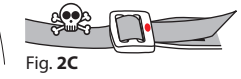


Fig. 2C

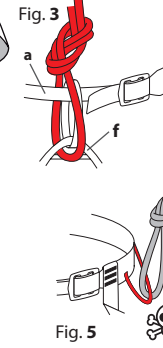


Fig. 3

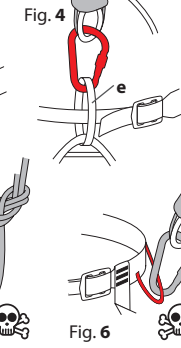


Fig. 4

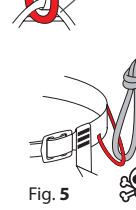


Fig. 5



Fig. 6

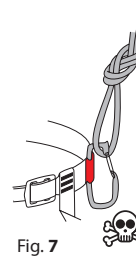


Fig. 7

[EN] INSTRUCTIONS FOR USE

The **Choucas Harness III** has been designed for **climbing and mountaineering only**. **Before using your harness you must read and understand the following warning and instructions, learn how to put on the harness and how to tie it to the rope correctly, test the fit of the harness and learn how to use it in a safe environment.**

WARNING!

Climbing, mountaineering, and related activities including but not limited to technical rock, ice and snow travel have inherent risks and are potentially dangerous. Although our equipment is designed and tested for use in these activities, the user assumes complete responsibility for any and all consequences, damages and injuries – including death – that may result from its use.

Any person using Blue Ice products in any manner is responsible for obtaining qualified instruction on proper safety techniques, for using the gear in accordance with our guidelines and specifications and for understanding its capabilities and limitations. The information contained in our instruction manuals and other published materials is no substitute for personalized high quality instruction from a qualified professional.

Always maintain equipment, inspect it before each use and destroy retired gear to prevent future use. You are responsible for your own actions: use good judgment and make deliberate decisions.

Overview (Figure 1)

- (a) Waist belt
- (b) Safety buckle
- (c) Leg loops
- (d) Leg release buckle
- (e) Belay loop
- (f) Crotch loop
- (g) Gear loops and ice clipper slots
- (h) Ice screw slots
- (i) Rear elastic toggle buckle

Putting on the harness

1. Hold the waist belt (a) around your waist and make sure the webbing of the harness is flat on

your waist and legs with the colored side of the webbing facing outside and the white inside. Make sure there are no twists or knots on the webbing.

2. Pull the belay loop (e) between your legs and up to the waist belt (a) making sure the webbing stays flat on your legs.
3. First pass the waist belt (a) through the belay loop (e) (Figure 2), then through both holes on the safety buckle (b) (see figure 2A), pull until snug, and then double the webbing back into the first hole (see figure 2B). To facilitate threading the webbing back, twist the buckle as indicated on Figure 2A. **WARNING! Failure to secure the buckle correctly will result in severe injury or death!** (Figure 2C)
4. The waist belt must fit tightly around your waist above your hip bones and below your rib cage. Make sure that at least 5 cm of webbing tail extend from the safety buckle (b) on your waist belt and that you have at least 15 cm between leg loops (see figures 1 and 2B).
5. Secure the leg release buckle (d) on each of your legs and adjust them for comfort (Figure 2). Leg loops should fit snugly but should not constrain your movements. Double check that the webbing is not twisted.

Sizing information

The Choucas Harness is available in different sizes. The sizes have a generous overlap to allow for better fitting your harness when wearing different layers. It is **essential** that you wear the correct harness size. Before the first use, test the harness hanging in a safe place to ensure you have adjusted it correctly and it is of the right size for you. If you have any doubt about fitting the harness, you should refer to a qualified instructor or alpine guide.

Tying in

Tie your knot into both the buckled waist belt and the crotch loop as in Figure 3. Always tie in your harness waist belt (a) and crotch loop (f) directly. Never use a carabiner for tying in; never tie into any

accessories sewn on your harness such as the gear loops or carabiner slots (see figures 5, 6 and 7).

In case of a rescue, we recommend that the rescuer use the waist belt and crotch loop simultaneously or the belay loop for tying in.

Belaying and rappelling

Always use a locking carabiner to attach your belay or rappel device directly to your belay loop (e) as in Figure 4. Never belay or rappel on any accessories sewn on your harness such as the gear loops or the carabiner slots (see figures 5, 6 and 7). The Choucas Harness belay loop can withstand 15kN.

Other components

Your safety depends on many components of your equipment: always use CE certified mountain equipment as your safety might depend on the weakest element of the safety chain (ropes EN 892, slings EN 566, connectors EN 12275, etc.).

Care and maintenance

Hand wash your harness gently in warm water (max 40 °C). Use water alone and no soap. Dry it at room temperature in a ventilated place away from direct sunlight.

Storage and transport

Store and transport your harness in a clean and dry environment away from direct sunlight and heat sources. Keep it away from sharp or abrasive objects, chemicals or corrosives, animals, and children. Never store it damp or wet. This harness is made in part of Dyneema®. While this material offers an excellent weight to strength ratio, it is vulnerable to heat: never expose your harness to temperatures above 80 °C (175 °F) or below -40 °C (-40 °F).

Life expectancy

The Choucas Harness is made of high quality polyester, Dyneema® and aluminum. Its normal life expectancy is of three years, but this can vary depending on the frequency and the conditions of use and storage.

Factors that can significantly reduce its lifespan are: abrasions, cuts, falls, heat, sunlight, and corrosives.

Inspection and retirement

Inspect your harness before and after each use for signs of damage

and wear. At the end of its life, please retire and recycle it. Contrasting color stitches can easily be inspected. Signs of damage include: abrasion, ripping, heat marks, or discoloring of the webbing, abraded or weathered stitches.

Warning

- Climbing and mountaineering are dangerous activities that can have serious consequences if necessary precautions are not taken. For your safety, there is no substitution to experience and proper training with a qualified instructor.
- Putting on your harness and tying in requires absolute attention and practice. Make sure you learn in a secure environment under the supervision of a trained professional and always double check what you have done. During use, frequently check that your harness is properly buckled and that the climbing rope is correctly tied into your harness.
- Rescue situations have to be simulated and trained on a regular basis.
- The gear loops, the carabiner and ice screws slots are designed for hanging gear only: they will not hold body weight. **DO NOT**, under any circumstance, tie into the gear loops or the carabiner and ice screw slots or use them for belaying, rappelling, or anchoring.
- We strongly discourage sharing your safety equipment with others: in order to trust your gear you must know its history of use and make sure it is maintained correctly.
- The Choucas Harness is a Type C Sit Harness and conforms to EN 12277:2007, the European Standard for "Mountaineering equipment - Harnesses - Safety requirements and test methods." If you are unconscious, it will not keep you in an upright position unless combined with a chest harness (Type D harness). When used in combination with a chest harness, tie in the Choucas harness as specified above and refer to the instructions

provided by the manufacturer of the chest harness.

Markings on the harness

The following markings are found on the safety label sewn on the harness:

- Blue Ice: Name of the manufacturer
- Choucas Harness III: The harness name
- Pictograms showing how to use the buckle and how to tie in
- HR03: The harness model number
- CE 0082: Notified body intervening for the CE type examination and controlling the manufacturing of this PPE: Apave Sudeurope SAS - CS60193 - 13322 Marseille CEDEX 16, France
- Batch: The batch number is permanently marked on the label sewn inside the leg loop of your harness. The two first digits represent the year of manufacturing.
- QC: Signature of the quality control inspector.
- : Pictogram advising users to read the instructions and warnings
- A color-coded size label is also sewn on the harness.

[FR]

NOTICE D'INFORMATION D'USAGE

Le **Baudrier Choucas III** a été exclusivement conçu pour la **pratique de l'escalade et de l'alpinisme**. **Avant d'utiliser votre baudrier assurez-vous d'avoir parfaitement lu et intégré les instructions et les avertissements, de savoir installer et porter le baudrier et de savoir le connecter à la corde correctement. Essayez et réglez le baudrier et apprenez à l'utiliser dans un environnement sécurisé.**

AVERTISSEMENT!

La pratique de l'escalade, l'alpinisme et d'activités semblables, notamment sur le rocher, la glace ou la neige, comporte des risques et peut être dangereuse. Bien que nos produits soient conçus et testés pour ces pratiques, l'utilisateur est seul responsable des dommages ou blessures, même entraînant la mort,

qu'il pourrait subir lors de l'utilisation de ce baudrier.

Toute personne utilisant les produits Blue Ice doit suivre une formation appropriée dispensée par une personne qualifiée concernant les techniques de sécurité, l'utilisation de notre matériel conformément aux directives ainsi que ses capacités et ses limites. Les informations inscrites sur nos modes d'emploi et d'autres éléments publiés ne peuvent en aucun cas se substituer à un enseignement personnalisé d'un professionnel qualifié.

Vous devez maintenir votre équipement en bon état et, l'inspecter avant chaque utilisation. Les produits usagés doivent être détruits afin d'empêcher toute utilisation ultérieure. Vous êtes responsables de vos propres actions – faites preuve de bon sens et prenez les bonnes décisions.

Nomenclature (Figure 1)

- (a) Ceinture
- (b) Boucle de sécurité
- (c) Tour de cuisse
- (d) Boucle de serrage des tours de cuisse
- (e) Anneau d'assurage
- (f) Pontet
- (g) Porte matériel et attache pour mousqueton porte broche
- (h) Passant pour la broche à gâche
- (i) Lanière élastique détachable

Mettre le harnais

1. Mettre la ceinture (a) autour de votre taille et assurez-vous que les sangles du harnais soient bien à plat sur votre taille et sur vos cuisses avec la face colorée de la sangle vers l'extérieur et la face blanche vers l'intérieur. Assurez-vous que la sangle ne soit ni vrillée ni ne fasse un nœud.
2. Passer l'anneau d'assurage (e) entre vos jambes puis vers la ceinture (a) en vous assurant que la sangle reste bien à plat sur vos jambes.
3. Premièrement passer la ceinture (a) à travers l'anneau d'assurage (e), puis à travers les deux fentes de la boucle (b) (voir le schéma 2A). Serrez tout en restant confortable, puis repasser la sangle dans le premier tour de la boucle métallique (figure 2B). Pour plus de facilité,

