



# H-Harness

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**spex**®  
 Designed and  
 manufactured by  
**medifab**

Instructions on reverse side

# H-Harness

Shaping Better Lives

**xpds**®

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Manual: H-Harness



# Spex H-Harness installation and user guide

**INSIDE THIS PACKAGE:** 1 x H-Harness, 1 x Harness Attachment Kit



- DO NOT use if the user is not wearing a correctly installed Hip Belt
- Do not use without first properly fitting & fastening the Hip Belt. Risk of choking occurs if the pelvis is not stabilised correctly.
- This harness is designed as a positioning device in wheelchairs only. DO NOT use as a transportation safety restraint (including in vehicles), or in any other application where its failure could result in injury. Misuse of the Spex harness is unauthorised and unsafe.
- Any portion of the harness crossing the chest must be positioned sufficiently away from the user's neck.

- The harness should be installed/fitted by a qualified technician/clinician. Have your seating specialist demonstrate correct adjustment/use.
- The height of the backrest should be similar or slightly above the height of the user's shoulders.
- Should the harness be accidentally released, the user may fall forward. Do not leave the user unattended at any time while using the shoulder harness if their cognitive abilities or movements could lead to accidental release. Ensure all caregivers know how the harness is unfastened as failure to do so could delay emergency release if necessary.
- Only use the harness on solid shell backrests. Not intended for use on sling style upholstery backrests.

## WARNING!

As with any new supportive seating, this harness may change the way a user sits. Regular pressure relief activities and skin integrity checks must be continued, not only where this harness contacts the user, but also in primary pressure-bearing areas, e.g. sacrum, buttocks, legs. Should increased skin redness or irritation occur, discontinue use and consult your therapist or seating specialist. Failure to do so could result in serious injury, such as pressure ulcers.







## INSTALLING THE SHOULDER HARNESS:

1. Before drilling any holes, check the strength of the backrest. Large washers can be used to strengthen plastic & fibreglass backrests.
2. Position the shoulder straps so the top of the release buckle is below the top of the backrest (see Fig. 1). Attach the shoulder straps so they will not rub against the users neck, but also so that will not fall off the shoulders approx. 3 inches apart for child / approx. 6 inches for adult).
3. Attach the metal triangular fastener near the bottom of each side of the backrest (see Fig. 1) or to the wheelchair frame itself by using the clamp method (see Fig. 2).
4. Weave each of the lower straps through the triangular fasteners as shown in Fig. 3. Check the harness is securely fastened to the backrest before fitting to the user.

## ADJUSTING THE HARNESS TO THE USER:

1. Before adjusting the shoulder harness, first position the user in the seat, stabilise the pelvis and fasten the hip belt.
2. Position the shoulder harness on the user and fasten the buckles. Tighten the lower straps to stop the harness "riding" upwards.
3. Pull the D-Rings on the shoulder straps to tighten the harness to fit comfortably around the user. **DO NOT OVER TIGHTEN!**
4. Adjust straps to ensure best fit.
5. **H-Harness:** Sternum strap should not rise above user's sternum  
**Centrepoint harness** suggested fit: bottom of harness pads should align with bottom of the ribcage
6. Once the user is positioned in the harness, the carer should support the user by their shoulders and gently move the user in all directions to ensure that the positioning device is effectively and comfortably supporting them with the correct amount of tension. Ensure there is no rubbing on shoulders or neck, if so, reposition so that the harness comfortably supports them without rubbing. Check overall operation of the tension straps and buckles. Check there is no pressure or shear on the clavicle. Ensure that there is no interference with other devices such as feeding tubes, armrests, accessories, or seat tilt mechanisms. Should there be interference, adjust harness to prevent this.

## MAINTENANCE AND CARE OF YOUR HARNESS:

1. Periodically check for signs of wear in stitching, webbing & pads. Should any areas of concern be found, contact your supplier for qualified repair or Spex replacement. Do not alter or repair by unqualified parties.
2. Warm machine wash 40°C (100°F). Tumble dry on low heat. Do not bleach or iron.      
Place harness inside a laundry bag to prevent damage to your harness and washing machine/dryer.

## GUARANTEE:

SPEX Shoulder Harnesses carry a guarantee against defects in materials and craftsmanship. Any items found to be defective will be repaired or replaced at the discretion of SPEX Wheelchair Seating.

