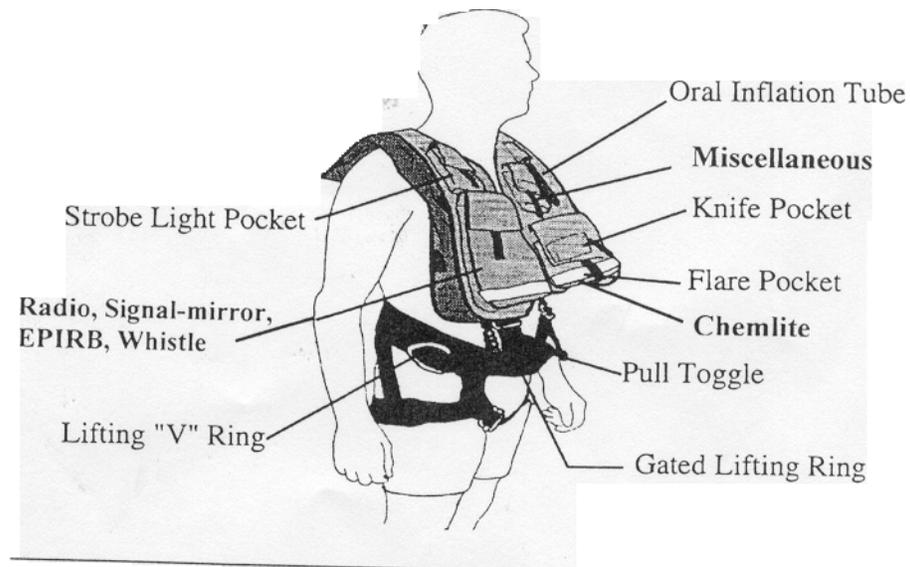


DIAGRAM 4.1-1
RESCUE SWIMMER HARNESS

Rescue Swimmer Harness Illustration:



Donning Procedure

Although the rescue swimmer harness appears quite complicated, it is very easy to don. If you follow the procedure below you should have no problem.

CAUTION

FAILURE TO SUFFICIENTLY TIGHTEN THE HARNESS CAN CAUSE SERIOUS INJURY DURING HELICOPTER HOISTING EVOLUTIONS.

| STEP | ACTION |
|------|--|
| 1 | Hold the harness from the top so the legs straps are just touching the floor. |
| 2 | Place legs through the loops which form the leg straps. |
| 3 | Pull the harness up, and put arms through shoulder straps. |
| 4 | Adjust harness on body, then insert chest strap bayonet fitting into chest strap buckle. |
| 5 | Pull down on shoulder adjustment straps. |
| 6 | Pull up on leg adjustment straps. |
| 7 | Continue performing steps 5 and 6 until harness is snug and comfortable. |