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Univers	Professional
Type	Verticality
Category	Harnesses
Subcategory	Harnesses for fall arrest, work positioning and suspension

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## AVAO® SIT FAST

The AVAO SIT FAST sit harness is specifically designed for workers at height looking for a lightweight and modular solution. It can be turned into a full-body fall-arrest harness by connecting a TOP or TOP CROLL chest harness. Its design is specific to work positioning and rope descent. Contoured foam on the semi-rigid waistbelt and leg loops provide comfort during use. The waistbelt features metal side attachment points, equipment loops, and tool holder slots, allowing the user to organize all the necessary equipment for a day of work. Adjustment is quick and easy with self-locking DOUBLEBACK buckles on the waistbelt and FAST opening buckles on the leg loops.



With an ergonomic construction, the AVAO SIT FAST harness allows users to work and move comfortably throughout the workday.



Textile loop on the ventral connection point (for installing a lanyard with a RING OPEN) and a metal D ring (for installing a PODIUM or LITEPOD work seat).



The waistbelt is equipped with five equipment loops and two slots for tool holders, for optimal equipment management.



Leg loops are equipped with FAST opening buckles that fasten and unfasten quickly and easily, even while wearing gloves, without needing to readjust.

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Short Description    Comfortable and versatile sit harness for work at height

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Selling Points

- Comfortable construction:
  - All contact zones, including the waistbelt and leg loops, use contoured foam and are lined with breathable material, making it more comfortable to work and move around
  - Semi-rigid waistbelt and leg loops provide optimal harness fit and support
  - Metal side attachment points can be folded down to prevent them snagging accidentally when not in use
  - Elastic leg loop bands (replaceable and available as an accessory) allow the harness to maintain the right adjustment whether the user is walking or suspended
- Sit harness that can be turned into a full-body fall-arrest harness by connecting a TOP or TOP CROLL chest harness with a RING OPEN or a quick link
- Convenient and quick to adjust:
  - Self-locking DOUBLEBACK buckles on the waistbelt and FAST opening buckles on the leg loops make adjustments easy and convenient
  - Anti-slip devices installed on the DOUBLEBACK buckles help maintain the right adjustment throughout the workday
- Easy to carry and organize equipment:
  - Metal ventral D ring is equipped with connection points to install a PODIUM or LITEPOD work seat
  - Ventral connection point features a textile loop that allows the user to install a lanyard with a RING OPEN attachment ring
  - Two side metal attachment points for connecting a positioning lanyard in double mode
  - Five pre-shaped equipment loops with protective sheath
  - Two slots for CARITool tool holders or the INTERFAST connection system

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Specification

- Ventral attachment point: Attachment for a descender, a positioning lanyard in single mode, a work seat on the ventral D ring; attachment for a lanyard with a RING OPEN to the textile connection point
- Lateral attachment points: Attachment for a positioning lanyard for use in double mode
- Rear attachment point on the waistbelt: Attachment for a fall-arrest system
- Certification(s): CE EN 813, CE EN 358
- Material(s): Nylon, polyester, aluminum, steel

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## Specifications by reference

Reference(s)	C079BB00	C079BB01	C079BB02
Color(s)	Black, Yellow	Black, Yellow	Black, Yellow
Size	0	1	2
Waist belt	65-80 cm	70-93 cm	83-120 cm
Leg loops	44-59 cm	47-62 cm	50-65 cm
Weight	1035 g	1075 g	1175 g
Made in	RO	RO	RO
Guarantee	3 years	3 years	3 years
Inner Pack Count	1	1	1
Quantity Per Box	6	6	6
EAN	3342540845596	3342540845602	3342540845619

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Spare part(s)      DOUBLEBACK Locking Accessory  
                          Elastic Keepers 45 mm  
                          Plastic Keepers 45 mm

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Accessory(ies)      RING OPEN  
                          CARITool  
                          INTERFAST  
                          TOOLEASH  
                          TOOLBAG 3  
                          MINO  
                          Shackles

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Related product(s)      TOP  
                          TOP CROLL®  
                          PODIUM  
                          LITEPOD  
                          I'D® S  
                          PROGRESS ADJUST-I positioning lanyard  
                          JANE-I  
                          GRILLON