Place the shoulder pad on the safety harness on the side of the shoulder you carry your loads on.

The most rounded side towards the arm (arm side), the least rounded side towards neck (neck side):

1) Open the Velcro-tapes of the shoulder pad and put the strap of the safety harness between the opened tapes.
2) Close the Velcro-tapes.
3) Move the shoulder pad up or down the strap of the safety harness until it fits. The shoulder pad is ready to use.

During work it may be necessary to reposition the shoulder pad as in 3.

Attention!
The shoulder pad protects your shoulder against overload and facilitates the transfer of material carried on your shoulder.

Take into account at all times the permissible weight to bear.

Fitting the shoulder pad to a smaller size of the shoulder is possible in 3 steps of 1 centimeter.

Always use a sharp knife and a ruler to adjust the size of the shoulder pad:

4) Cut a strip of 1 centimeter from the least rounded side of the shoulder pad (neck side). Is the shoulder pad still too large:
5) Cut a strip of 1 centimeter from the round edge of the shoulder pad (shoulder side). Is the shoulder pad still too large:
6) Cut another strip of 1 centimeter from the round edge of the shoulder pad (shoulder side).

Attention!
Never cut through the stitches of the shoulder pad! Always use a sharp knife and a ruler to adjust the size of the shoulder pad.

Please save this user manual.