

**DROP SUPPORT HARNESS  
USER INSTRUCTION  
MANUAL FOR USERS AND  
ASSISTANTS**

Application, Fitting, Use, and  
Maintenance

**Patent Pending**

**WARNING!**

Read manual before using harness. Failure to follow instructions could result in serious injury or death.

**Bought the Wrong Size and  
Need an Exchange?  
We can help, Contact US!**

**Contact Us:**

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Cypress, TX 77433

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## DESCRIPTION OF PRODUCT

**Drop Support Harness** is a unique, upper body harness that wraps around the user's waist, chest, and torso, with an attached central handle running the length of the torso. The support handle is a point of contact between the user of the harness and the person assisting the user ("assistant").

### How it Works:

The assistant monitors the user for instability and in the event that the user begins to fall or becomes unstable, the assistant must grab the support handle to provide steadying pressure to the user's upper body, helping them to regain stability in an upright position. If, in the event the user is unable to regain stability, the assistant can use the support handle to slow the user's descent to the floor thus minimizing any safety problem from the fall.

Another benefit of Drop Support is that it limits the need to physically touch the user when providing support. By limiting physical contact to the user through the means of the support handle, the user is less likely to be injured from excessive force or pressure from the assistant during a fall.

## APPLICATION

**Drop Support** is beneficial for in-home use when individual family members or medical practitioners need a better method of providing drop support for family members. Some common areas and uses are for individuals with:

- Individuals that suffer from medical conditions such as epilepsy that can result in falls or instability
- Assist with standing and Patient Transfer
- Elderly who may be unstable and fall
- Individuals undergoing Rehab & Physical Therapy
- Individuals in Nursing Homes
- Much More
- **Webbing/Harness material will soften with continued use**

### WARNING!

**STRANGULATION HAZARD!** Loose straps and harness loop openings present a potential strangulation hazard. Keep out of reach of small children.

### WARNING!

Do not place harness on back of chairs or other objects that are not bolted down or secured as a child can pull on the harness and have the object fall on top of them, possibly resulting in injury.

**WARNING!**

The user should consult their doctor if there is reason to doubt their fitness to safely absorb the pressure received from the harness during a fall. Age and fitness seriously affect a user's ability to withstand falls. Pregnant women must not use Drop Support harness nor be an assistant to the user. The elderly should also not be an assistant to the user.

**WARNING!**

Do not alter or intentionally misuse this equipment. Use caution when using the Drop Support harness around moving machinery, electrical and chemical hazards, water, heat and sharp edges.

**WARNING!**

Harness alone will not prevent or stop a fall without the aid of an assistant. Therefore, during use, an assistant should always be present and grasping the handle. Failure to do so can lead to injury or death to the user.

**WARNING!**

Do not use if you just had any back surgery. Doing so can lead to injury.

**Drop Support Hardware**

**Front Adjusters**



**Rear Adjuster**



**SIZES**

<b>Drop Support Harness Size Measurements (inches &amp; pounds)</b>			
<b>Sizes:</b>	<b>Waist</b>	<b>Torso:</b>	<b>Weight:</b>
Adult (Large - XXL)	26 - 48	18 +	250 lbs.
Boys & Girls (Large - XL)	26 - 48	13 - 17	250 lbs.
Children's (3T-8yrs)	21 - 25	9 - 12	100 lbs.

**CARE & STORAGE**

**WASHING INSTRUCTIONS:**

1. Clean full body harness with water and a mild soap solution. Do not use bleach or bleach solutions. Wipe off hardware with a clean, dry cloth, and hang to air dry. Do not force dry with heat. An excessive buildup of dirt, paint, etc. may prevent the Drop Support harness from working properly, and in severe cases, degrade the webbing to a point where it weakens and should be removed from use.

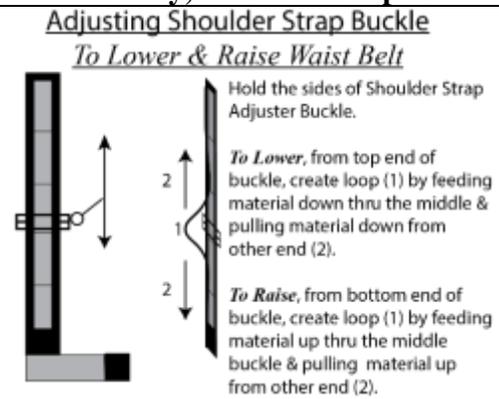
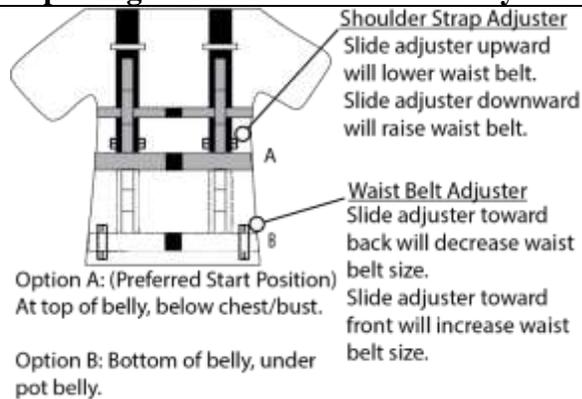
**STORAGE INSTRUCTIONS:**

1. Store the Drop Support harness in a cool, dry, clean environment out of direct sunlight. Avoid areas where chemical vapors or fumes may exist. Thoroughly inspect the full body harness after extended storage.

## FITTING INSTRUCTIONS

1. Take the Harness out of the package, unfold, and unbuckle the chest and waist.
2. Bring the harness over the user's torso so the support handle sits in the middle back between the shoulder blades, and the shoulder straps sit on each shoulder, like putting on a jacket.
3. To start: If waist belt rest at bottom of belly/belt line out of package, then leave here (option B).
  - If waist belt rest above belly & under chest/bust, then leave here (option A).
  - If waist belt rest at chest level, then lower to rest above belly & under chest/bust (option A).
  - If waist belt rest in middle of round belly, and cannot be raised, then lower waist belt (option B).
  - If waist belt rest in middle of flat belly, and cannot be raised, then leave here (between A & B).
  - **If waist belt rest at bottom of belly/past, with excess shoulder material, then consider downsizing.**  
**Downsizing options: Any Large/Adult size harness to Medium/B's & G's size harness.**
    - Adults can fit into Medium/B's & G's sizes.

**Avoid placing waistbelt in middle of belly if individual has a round belly, as this will slip and ride up**

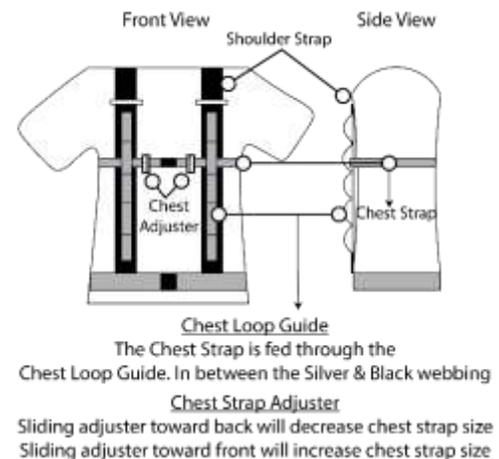


4. Adjust and fasten the waist belt. Adjust both sides simultaneously, ensuring the waist belt fits ***SNUGGLY***, but does not restrict movement. ***Excess waistbelt strap can be fed thru rear loophole if applicable.*** \*Note: ***Waist & Chest buckles may not sit center of body. This is ok!***

### 5. **CHEST STRAP: IMPORTANT STEP**

Guide the chest straps under the arm pits, and ***THROUGH*** the Chest Loop Guide (Silver webbing w/ 3 in. loops sections) across the upper portion of the chest, about halfway between the chest line and the collar bone and adjust for a snug fit.

**DO NOT** rest the chest strap on top of the shoulder straps. It needs to be ***FED*** through the Chest Loop Guide (Between the Silver and Black Webbing).



6. Adjust Support Handle Adjuster (if applicable) up or down to work out the excess slack. (*Adjusting upwards increases response grab of harness, downwards decrease response grab*)
7. Run your hands over the support harness to ensure there is no twisting or bunching. If a strap is not lying correctly, remove your harness and refit as per the above instructions.

**Please visit [www.DropSupports.com](http://www.DropSupports.com) for Instructional Video's**

## TESTING THE FIT

1. After following the instructions, have an assistant pull upward on the support handle to ensure the support harness does not ride up. Some movement upward is fine, but the harness should not ride up to your chest or slip off like a shirt.
2. If the harness does begin to ride up toward the chest, remove the harness and refit as per the above instructions.

**It may be required to shorten or lengthen the shoulder straps to adjust the placement of the waist belt. Always try the harness with the Front Shoulder buckles at the smallest setting first (Front Shoulder buckles adjusted to the bottom near waistbelt), while increasing gradually as needed.**

**Waistbelt should rest either at TOP of belly (preferred placement) or BOTTOM of belly. Avoid the Middle of the belly, as this will cause waistbelt to slip/ride up.**

**For smaller framed individuals, it may be necessary to keep or adjust the Front Shoulder buckles downward for the smallest fit. This will raise the waist belt slightly higher than the waistline or Top of Belly, depending on harness size.**

**For larger/wider framed individuals, it may be necessary to adjust the Front Shoulder buckles upward to open for a larger fit. This increases the length of harness, which lowers the waist belt slightly below the user's chest near the bottom of the belly, depending on harness size. Do not extend where waistbelt falls to/bellow hip area.**

**All body types differ, and some testing and modification may be required to find the proper waist belt location to ensure proper fitting.**

***“Please keep in mind, that the harness is not meant to fit “SKINTIGHT”. Some play is allowable.***

### **The overall Ideal Fit**

***“While holding onto the Rear Support Handle and pulling upward on the Rear Support handle, the waistbelt and harness is catching/supporting the user's overall lower and upper body with little ride-up.***

3. If you can pull upward on the support handle so that the user is not being supported, then do not use, and consider using a different size harness.

**Please visit [www.DropSupports.com](http://www.DropSupports.com) for Testing the Fit video or scan QR code**



**WARNING!**

**IMPROPER FIT CAN RESULT IN SERIOUS INJURY** The proper fit of Drop Support harnesses is critical for reducing the likelihood of injury. Users/Assistants must be knowledgeable in the proper fit and proper harness size selection.

**DROP SUPPORT STRAP PURPOSE & CALLOUTS**

Waist Belt	<p><b>Purpose:</b> The waist belt is the part of the harness that sustains most of the user’s weight during a fall. Ensure the waist belt is snug.</p> <p><b>Callout:</b> Ensuring the waist belt is properly fitted and adjusted snugly around the user’s abdominal area, determines how effective the waist belt sustains the user’s weight during falls and transfers.</p>
Chest Strap	<p><b>Purpose:</b> The Chest Strap aids the waist belt in supporting the user’s weight during a fall. It also aids in maintaining and ensuring the user stays in an upright position (vertical) during the fall. Also, when the chest strap is feed through the chest loop guides, it aids in reducing shoulder strap ride-up and aiding in forward falls and transfers.</p> <p><b>Callout:</b> Ensuring the chest strap is properly fitted, adjusted snugly, and feed through the Chest Loop guides determines how effectively the chest strap aids the waist belt in supporting the user’s weight and maintaining the user in an upright position.</p>
Shoulder Straps	<p><b>Purpose:</b> The shoulder straps aid in reducing and managing forward falls. They serve to maintain the user’s weight during a forward fall, and less during a downward fall. The waist and chest straps serve to support the downward fall. <u>A gap up to 3 in is tolerable between the shoulder and shoulder strap.</u></p> <p><b>Callout:</b> When assisting during a fall or helping someone up, the shoulder straps may ride up. This is acceptable as they are designed to assist with forward falls and less for downward falls or lifting.</p>
Support Handle	<p><b>Purpose:</b> The support handle is what ties everything together. The design and placement of the support handle (from the rear upper back to the waist belt) allows the assistant to better manage and support a user during a forward and downward fall. It also aids in allowing the assistant to have more control over the user for maintaining user balance and center of gravity.</p> <p><b>Callout:</b> Always ensure assistant has a good grasp of the support handle. Adjusting the support handle adjuster upwards tightens the harness and increase response grab of user. Downward keeps harness the same and decreases response grab of user. Adjust accordingly to your needs.</p>

## SUPPORT TECHNIQUES

Aiding in regaining user's balance & stability.	<p><b>Falling forward:</b> If the user is falling forward, the assistant should grasp the upper most part of the support handle, give a firm and smooth pull upward and towards them, allowing the user to rest up against them. This will aid the user in regaining stability.</p> <p><b>Falling Sideways:</b> If the user is falling sideways, the assistant should grasp the upper most part of the support handle, give a firm, smooth pull, directing the user towards them, allowing the user to rest up against them. This will aid the user in regaining stability.</p>
Aiding user to the floor.	<p>In the event the user is unable to regain stability, the assistant should stand on the side of the user while grasping the upper most part of the support handle, and give a firm, smooth pull, directing the user towards them. Firmly and smoothly pull the handle upward with one hand, and, with another hand, either hold the user under the elbow or under the arm pit.</p> <ul style="list-style-type: none"> <li>• Keep a wide base of support. Your feet should be shoulder-width apart, with one foot slightly ahead of the other</li> <li>• While supporting the user, squat down, bending at the hips and knees only, to lower the user to the floor.</li> <li>• Keep good posture. Look straight ahead, and keep your back straight, your chest out, and your shoulders back. This helps keep your upper back straight while having a slight arch in your lower back.</li> </ul>

### NOTE

The above support techniques are only provided as a reference and should not be considered as absolute.

### WARNING!

Avoid quick and excessive pulls on the support handle, as it can lead to over correction, and can cause injury to the user. The assistant should avoid using the back while aiding the user to the floor. This can lead to injury to the assistant.

### WARNING!

Avoid grasping the lower part of the support handle, as it may cause the user to lean too far forward so that the user's weight shifts causing the user to fall outside of the assistant's control, possibly leading to injury.

## LIMITATIONS

Consider the following limitations before using this product:

### Assistant:

1. **2 Person Operation:** The harness requires the use of an assistant.
2. **Assistant Awareness:** The assistant should be of sound body and mind, and consistently alert and ready to brace the user as a fall can be immediate and without notice.
3. **Assistant Physical Ability:** The assistant must be confident in supporting the user's weight.

### User:

1. **User Stability:** The user must be cognitive and conscious and able to stand unassisted.

**IMPORTANT: Product Weight Capacity:** The harness is heavy weight polypropylene webbing with a tensile strength of 1500 lbs. but is designed for use by persons who weigh no more than 250 lbs. for Adults/ Boys & Girls, and no more than 100 lbs. for Children's harness.

## INSPECTION

**FREQUENCY:** Before each use, inspect the Drop Support harness according to the following steps. The harness must be inspected by a person, other than the user, at least annually who has read these instructions and follows the inspection steps below.

**IMPORTANT:** Extreme use (such as many near falls or falls) may require increasing the frequency of inspections.

### INSPECTION STEPS:

1. Inspect harness hardware (buckles, support handle, frontal loop guides); Do not use if any of these items are damaged, broken, distorted, or have sharp edges, cracks, or worn parts. Ensure buckles work smoothly. Inspect the side release buckles and ensure that the release tabs work freely and that a click is heard when the buckle engages.
2. Inspect webbing; material must not be used if it is frayed, cut, or has broken fibers. Check for tears, abrasions, mold, burns, or discoloration. Inspect stitching. Check for pulled or cut stitches. Broken stitches may be an indication that the harness has been impact loaded and must be removed from use.
3. Inspect labels. All labels should be present and fully legible.
4. Inspect frontal loop guides for integrity and function.

### WARNING!

If inspection reveals a defective condition, immediately stop using and replace harness.

**PRODUCT LIFE:** The functional life of the Drop Support harness is determined by use conditions and maintenance. If the product passes the above inspection, it may remain in use.

## FAQs

- Q.** My harness has excess slack in shoulders and back, how do I adjust?
- A.** If your harness looks and feels to big, make sure you have the Shoulder Strap adjuster to its smallest adjustment (near waistbelt). If the buckles are at this setting already, consider **sizing down** your harness.
- i.** For example, if you bought the Large/Adult size harness, exchange it for the Medium/B's & G's harness, even if you are an Adult. The Medium/B's & G's still can fit, regardless of your age.
- Q.** My child/mother is 5ft, what size should I order?
- A.** Drop Support sizing is NOT based on Age, Weight, Height, or Clothing size, except for the Children size harness. Size selection is based on the individual Waist size and length of Torso. Do not select your size based on Age.
- Q.** My harness has a little ride-up, how can I adjust to fix the ride-up?
- A.** A little ride is fine, if it still provides support. Please refer to the video, "How to Test the Fit", in the Instructions section at [www.dropsupports.com](http://www.dropsupports.com).
- A.** Please also ensure your waist belt rest either at Top of Belly, or Bottom of Belly. Do not place waist belt on "potbelly", as this will cause the waist to slip/ride-up.
- A.** Also Ensure the Chest Strap is Fed through the Chest Loop Guide, and not just resting on top of the shoulder strap. (Refer back to Page 4, section 5)
- Q.** Will Drop Support work with individuals with G-Tubes or Dexcom diabetes sensor, or other Medical apparatus located along the abdomen?
- A. Yes.** We recommend the waistbelt be placed above all medical apparatuses. To assist with this, please consider the B's & G's size harness First, as these are smaller fitting harness, regardless of your Torso Measurement. The Adult size Drop Support can still be considered, just ensure the waistbelt can be adjusted to sit above the Medical Apparatus, if not, then consider the B's & G's size.
- Q.** Can Drop Support be used in Pools, Showers, Beaches?
- A. Yes.** We recommend allowing the harness to Air dry, but it is safe to use around any body of water.
- Q.** Can Drop Support be used on Elderly or assist with Transfers?
- A. Yes.** Drop Support is currently being used in these areas with much success.
- Q.** Can padding be added to my Drop Support Harness?
- A.** You can purchase seatbelt covers via Amazon, to add to your Drop Support harness around the shoulder's and rear support handle.