BUCKINGHAM MFG.
ERGOVATION® Series Sit Harness (PN 16906 – Series)

Designed in Conjunction with
Patented 8,333,262

The Ergovation® is a revolutionary ergonomically designed sit harness tested to the ASTM F887 standard as well as CE standards EN 358, Standard for Work Positioning and EN 813, Standard for Sit Harnesses.

Notes: Ergovation® Saddle / Sit harness pictured with Omega suspension. Hardware / material colors may vary from that shown below.

Sizing Information

The Ergovation® sit harness features a revolution in both fit and design. Due to the adjustable work positioning “D” rings, the load bearing webbing that hosts the “D” can be adjusted to fit a range of sizes from 24” waist all the way to a size 44” waist! What this means is that the user can adjust the “D” pieces to create a customizable fit never before seen. The back pad design is size specific to the end user, however it can accommodate a range of up to 3 different waist sizes per each back pad. (For example a size Medium back pad can accommodate a size 32in., 34in., and 36in. waist.) When measuring the waist, measure slightly below where pants are typically worn. (Note: Be sure to allow for wearing of heavy clothing in colder months.) To obtain a customized fit, the user should size the back pad to their own body. The wings of the back pad should wrap around the front of the hips by about 2-3in. (5 cm - 7.6 cm) to allow for adequate adjustment of the work positioning “D” rings. If the wings of the back pad sit flush with or behind the hip area, the user should go up one size to allow for adequate adjustment and maximized comfort.

(Note: Addition of the lumbar support can affect sizing; place lumbar pad in back pad pocket before sizing to ensure fit is adequate)
SIZING - Fit is important to comfort. Be sure to allow for wear over heavy clothing. In order to obtain an optimum fit, the work positioning D-rings should be positioned slightly forward of the hip bones. Typical fits according to waist size are listed above.

### Attachment Points

These attachment points are designed to hold the user in position at their work station (work positioning) allowing them to work with their hands free. These attachment points shall only be used to attach to a suspension or work positioning system, with maximum movement restriction distance of 23” (0.6m).

**Work positioning “D” rings must ALWAYS be used together**

These attachment points are for sit harnesses that are used in work positioning, suspension, and rope access systems when a ventral (low) attachment point is necessary.

**Only use equipment compatible and rated for life support**

**Warning:** The attachment points listed above are not designed for fall arrest use. It may be necessary to supplement work positioning or suspension systems collectively with fall arrest systems such as safety nets or personal fall arrest systems conforming to EN 363 or ANSI Z359.

### Gear Loops and Equipment Storage

Gear loops must only be used to attach and support equipment. Designated slots in webbing accommodate accessory carabiners. Equipment like chainsaws should be attached to accessory carabiners supported by load bearing webbing.

**Warning:** Never attach chainsaw or other heavy equipment to gear loops!

### Field of Application

**Belt for restraint and work positioning:** ASTM F887, EN 358: (work positioning) and EN 813: (sit harness)

This product must not be loaded beyond its rated weight capacity, nor shall it be used for anything other than its designed and intended purpose.

### Measurements for Sizing

<table>
<thead>
<tr>
<th>Waist size (A)</th>
<th>Back Pad</th>
<th>Thigh size (B)</th>
<th>Chest Size (C)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inches</td>
<td>Millimeters</td>
<td>Size</td>
<td>Universal</td>
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<tr>
<td>24-28&quot;</td>
<td>610-711</td>
<td>1S</td>
<td>U</td>
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<td>711-813</td>
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<td>36-40&quot;</td>
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<td>40-42&quot;</td>
<td>1016-1067</td>
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<tr>
<td>42-44&quot;</td>
<td>1067-1118</td>
<td>2X</td>
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</table>
WARNING: Activities involving the use of this equipment are extremely dangerous. The user of this equipment assumes all responsibility for their own actions.

Before using this equipment, the user must:

- Receive training to its proper use and specifications.
- Gain an understanding of all capabilities, uses, and (most importantly) limitations
- Understand and assume all risks involved.

Failure to comply with any of these warnings can result in serious injury or death!!

Responsibility

WARNING specific training MUST be received prior to use. This product must only be used by competent individuals or individuals receiving training under the direct supervision of a competent individual. Gaining adequate experience in appropriate tools and techniques and protective methods is the user's responsibility. The user personally assumes all damage, injury, or death that may occur as a direct or indirect result of incorrect use of this equipment. If the user is unable or unwilling to assume the responsibility and risk involved in the proper use and understanding of this equipment, then this equipment shall not be used.

Parts Layout

A) Long “D” piece w/ suspension adjustment strap
   A1) Waist strap w/ quick connect buckle (male end)
B) Short “D” piece w/ permanently attached slide bar buckle, and suspension adjustment strap
   B1) Waist strap w/ quick connect buckle (female end)
C) Ergonomic back pad w/ lumbar pocket & permanently attached leg strap retainer anchor
D) Leg strap w/ quick connect buckle (female end)
E) Quick connect buckle frame (male end)
F) Quick connect buckle frame adjuster bar
G) Ergonomic semi rigid leg pads
H) Leg strap retainers (man rated)
I) Abdominal stabilizer loop side (long)
J) Abdominal stabilizer hook side (short)
K) ½” Lumbar support
L) 1” Elastic web keepers
M) Suspension Bridge Assembly

Note: Hardware may vary slightly from that shown.
**Abdominal Stabilizer Assembly Instructions**

**Step 1**

Gather the following components: Ergovation® back pad (C) with long loop (I) and short hook (J) pieces of Abdominal Stabilizer.

**Step 2**

Lie the Back Pad (C) so the inside is facing up. Insert the snap fastener ends of the Abdominal Stabilizer (I and J) through the designated slots in Back Pad (C). Ensure the loop side of Abdominal Stabilizer (I) is facing down and the hook side of Abdominal Stabilizer (J) is facing up on opposite wing of Back Pad (C).

Do not attach the snap fasteners around the hook fastener on outside of the Back Pad (C) at this time.

**Step 3**

Pull Abdominal Stabilizer (J) through elastic band on end of Back Pad (C) as shown. Repeat with loop side (I) on opposite wing of Back Pad.

If desired, place the lumbar support (K) into the lumbar pocket of the Ergonomic back pad (C) at this time.

**Step 4**

Final assembly of Abdominal Stabilization System should look like this.

**NOTE:** Loop side (I) ready to accept hook side (J). Notice loop side (I) is longer to prevent chafing of hook side (J) in the abdomen region.

**Warning:** Abdominal Stabilization System is for support and comfort only. Do not over tension to increase snugness of fit!! If stabilizer is too loose or tight you may need to go up or down a size in the Back pad or loop side (short, medium or long) of the stabilizer. When attaching the elastic Abdominal Stabilization System: tighten the abdominal muscles by tightening the abdomen as if you were doing a crunch, then secure the hook and loop fastener. Be sure not to hold your breath when you fasten the hook and loop fastener as this will cause over-tightening. If abdominal stabilizer loses its elasticity over time replace with new stabilizer.

**“D” Piece Assembly Instructions**

**Step 1**

Place the Back Pad (C) around your waist and attach the hook and loop fastener of the Abdominal stabilizer.

Attach the loop fastener of the Short “D” Piece (B) to the hook fastener on the left side of the Back Pad (C). Align the Short “D” Piece so that the heel of the D-ring is slightly forward of the projection of your hip bone.
Attach the loop fastener of the Long “D” Piece (A) to the hook fastener on the other side of the Back Pad (C). Align the Long “D” Piece so that the heel of the D-ring is slightly forward of the projection of your hip bone.

**Step 2**

Remove the Back Pad and lie it face down on a flat surface.

Thread Long “D” Piece (A) through tail piece on Back Pad as shown.

Pull through the entire length of webbing from the Long “D” Piece (A) through the tail piece as shown.

**Step 3**

Attach the Long “D” Piece (A) to the Short “D” Piece (B) by threading the webbing from the Long “D” Piece (A) through the permanently attached slide bar buckle of the Short “D” Piece (B).

**Note:** Thread the webbing through the lower slot of the slide bar buckle first.

*Notice the bar of the buckle is slid up to allow easy threading*

Thread webbing back through top slot of the slide bar buckle to secure the Long and Short “D” Pieces together.
Step 4
Pull the excess webbing back through the slot in the tail piece of the Back Pad.
Once through the tail piece align the Long "D" Piece and fasten it back to itself by using the snap fasteners (if needed) as shown.

Waist Strap Attachment Instructions

Step 1
Once the “D” Piece is threaded together, begin attachment of the waist straps. Determine your desired right or left-handed connection for the waist strap Buckle. For a right-handed user, attach the Waist Strap w/ male buckle (A1) to the Long "D" Piece strap (A) and the Waist Strap w female buckle (B1) to the Short "D" Piece strap (B). For a left-handed user, attach in reverse order; (A1) to the Short “D” Piece strap and (B1) to the Long “D” Piece strap.

Step 2
Connect waist straps as follows: Lie the Back Pad (C) inside down on a flat surface (as shown in step 1). Orient each of the Waist Straps so that the folded & stitched tab of the Quick Connect Waist Strap Buckle is facing down (tab towards the user when wearing).

Insert the Waist Strap Adjustment Buckle underneath the web loop at the wing end of Back Pad.

Angle the smaller of the two Waist Strap Adjustment Buckles and insert it through the backside of the larger Waist Strap Adjustment Buckle.

Pass the smaller buckle completely through the larger buckle so the smaller is lying flat on top of the larger.

Note: Be sure curves of Waist Adjustment Buckles both slope down when connected.

This creates the 2 to 1 ratio waist tensioning system. Repeat these steps for the opposite side of the waist strap.

Note: Ensure that both sides of quick connect buckle line up properly before waist assembly is secured and tensioned.
Step 3- Once assembled, place the Back Pad on your waist. To ensure proper fit:

1: Connect two halves of Quick Connect Waist Buckle for proper securement. Visually inspect that buckle is secured. Do not rely on only hearing the click. Look for both sides to be locked.

2: Pull on straps as shown until waist strap feels snug on waist. Be sure not to over tighten as this can cause discomfort on hips and waist.

Step 4

Once the waist straps are secured and properly tensioned, they can be threaded back through the slot of the work positioning "D" ring and secured in the waist strap keepers.

WARNING: NEVER CUT WAIST STRAP ENDS.

Leg Strap Assembly

Step 1

Lay out leg pads (G) with the longer narrow side going to the inside of the thigh.

Step 2

Slide the leg strap under the web loops at each end of the leg pad and place the loop fastener side of the leg strap (D) down securely matching up with the hook fastener side of the leg pad (G).

Note: Be sure to orient leg pad (G) with long narrow portion going towards inside of thigh.

If you would like your leg strap buckle on the OUTSIDE of your thigh, set up as shown in attachment #1.

If you would like your leg strap buckle on the INSIDE of your thigh, set up as shown in attachment #2.

Step 3

Thread the leg strap through the male end of the Quick Connect Buckle Frame as follows:

- Insert slide bar (F) over the Quick Connect Buckle Frame (E).
- Push the slide bar to the rear of the frame creating a slot at the tab end of frame.
- Ensure the fold over of the leg strap is facing up. Insert the leg strap from the underside of the buckle and through the slot.
- Push the slide bar to the tab end of the frame, make a loop in the leg strap and insert it through the slot at the rear of the frame.
- Pull the tail of the leg strap to cinch the buckle tight to the strap.
Step 4
Place the leg pad with the narrow side towards the inside of the thigh and the curve going up towards the buttocks so that the long strap is to the inside of the thigh and the buckle is on the outside (this configuration is shown in Step 2 (Attachment #1). Use attachment #2 for the leg strap buckle connection on the inside of the thigh).

Step 5
Connect the buckle and feed the leg strap slack through buckle until Leg Strap is snug. Leg Straps are oversized for one size fits all.

During use, the tail end of the leg straps can be folded and secured in the elastic keepers attached to the leg pad.

Step 6 - Remove the leg pad and lay it face down on a flat surface.

Step 7 - Align the Leg Strap Retainer (H) with the web loop facing out and insert it down through the slot in Leg Pad and under the Leg Strap as shown.

Step 8 - Girth hitch the Leg Strap Retainer through the slot in Leg Pad and around the Leg Strap. Slide the elastic keepers onto the Leg Strap Retainers.

Step 9 - Arrange the Back Pad and the Leg Straps with pads as shown.

Step 10 - Insert the webbing from the Leg Strap Retainer (H) into the adjustment buckle located on the Leg Strap Retainer Anchor (I) ensuring the buckle is threaded properly as shown.
The Back Pad with Leg Strap Retainer Anchor should appear as shown when Leg Strap Retainers are properly attached.

Final assembly of Back Pad with Leg Straps, Leg Pads, Leg Strap Retainers, and Leg Strap Retainer Anchor should appear as shown.

**Suspension Bridge Assembly**

**Assembled View**

Omega Suspension pictured and featured in assembly (additional suspension bridge options are available). Note: The Omega Suspension Bridge is supplied from the manufacturer with the minimum required tail length labels as shown below. These labels are not shown throughout this document for clarity purposes.

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**Step 1** - Insert the leg straps through the loops of webbing that are attached to the climbing plates as shown.

**Step 2** - Secure Quick Connect Buckles of Leg Strap together.

**WARNING** - Ensure to visually inspect that both sides of Quick Connect Buckle are secured, do not rely only on hearing the click of the buckle.

**Step 3** - Once both leg straps are threaded through the loops and buckles are secured, begin the attachment of the Suspension Bridge Assembly to the waist strap as outlined in steps 4 through 9.
Step 4- Insert buckle (which is attached to the small D ring of the waist strap) through the triangular slot in the climbing plate as shown.

Step 5- With the buckle through the climbing plate, pull excess webbing as shown.

Step 6- Turn the buckle at an angle and push from the underside out to fit through large buckle frame as shown. Repeat steps 4 – 6 for opposite side.

Step 7- Use the webbing to adjust the Suspension Bridge Assembly up or down. A 3 to 1 ratio is created on the climbing plate of the Suspension Bridge Assembly and makes adjustment quick and easy.

Step 8 - Shorten suspension adjustment straps to keep yourself more upright. To lower your center of balance, lengthen your suspension adjustment straps.

Step 9- Tuck excess webbing out of the way. Slide it underneath the elastic to keep it from interfering with the bridge of the suspension assembly.

Assembly Completed

Front View

Left Side View
Note: The Omega Suspension Bridge is supplied from the manufacturer with the minimum required tail length labels shown in step 5. These labels are not shown throughout this document for clarity purposes. To tie the termination knots in the Omega Suspension Bridge, follow the steps below.

Step 1- Wrap the working end towards the long side of the rope.

Step 2- Wrap the working end twice to form a round turn around the standing part of rope.

Step 3- Insert the working end back through the two crossed round turns.

Step 4- Once the termination knot is tied, dress and set the knot.

Step 5- Pull the knot tight until all slack is removed from the two turns.

WARNING: THREE INCHES MINIMUM OF TAIL IS REQUIRED EXITING THE TERMINATION KNOT.

Step 6 - Insert the terminated and tied portion of the rope into the climbing plate center hole. Insert or attach appropriate hardware onto the rope. Repeat steps 1 – 5 for opposite side.
Warning: Ensure Suspension Bridge has adequate tail to prevent accidental slippage. Three inches minimum of tail exiting the termination knot is required as shown to the left. Ensure to cross turns and not have them parallel as shown in the photo to the right. The knot shown in the photo to the right is tied incorrectly.

Assembly Completed

FRONT VIEW

 applicable standards and is safe for use to a subsequent user.

• Only Buckingham Mfg. Co. or those people authorized in writing by Buckingham Mfg. Co. may make repairs to this equipment.

• Buckingham arborist saddles are manufactured to meet applicable requirements of the ASTM F887, EN 358 / 813 standards and are intended for use as personal protection equipment only, not for towing or hoisting and when properly used, comply with the requirements of ANSI Z133-12.

• This equipment is intended for use by properly trained professionals only. Do not use without proper training.

• Before use the first time, the user should carry out a suspension test in a safe place to ensure that the equipment is the correct size, has sufficient adjustment and is of an acceptable comfort level for the intended use.

• Before use of the equipment, consideration should be given as to how any necessary rescue could be safely achieved.

• This equipment must only be used for the specific purpose for which it is designed and intended.

Warnings

• Manufacturer’s instructions shall be provided to the user of this product. If additional copy is needed, contact Buckingham Mfg. Co.

• Completely read, understand, and follow all instructions, warnings, and cautions pertaining to this and all associated equipment before use. Failure to do so could result in your serious injury or death.

• If bridge is frayed, melted, picked, hockled, cut, nicked, or unraveling, REPLACE IMMEDIATELY!!!

• Use only replacement Suspension Bridges (manufactured from approved tree climbing rope) supplied by Buckingham Mfg.

• Never use combinations of components or subsystems, or both, which may affect or interfere with the safe function of each other.

• This product is designed to be used by a person with a maximum weight of 310 lbs. when fully equipped. Weight when fully equipped relates to the individuals body weight in addition to that of his clothing, fall protection equipment, and all tools.

• Fall protection equipment, (i.e. fall arrest, work positioning belts, climbers, retrieval, suspension etc.) should not be resold or provided to others for re-use after use by original user as assurance cannot be granted that a used product meets criteria of applicable standards and is safe for use to a subsequent user.

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• Before use of the equipment, consideration should be given as to how any necessary rescue could be safely achieved.

• This equipment must only be used for the specific purpose for which it is designed and intended.
Following:

Carefully inspect this equipment for indications of wear or deterioration. Inspection should include, but not be limited to the

Prior to each use
• The Rope Suspension Bridge attached to this saddle is designed to be replaced by the user at regular intervals. This interval

Equipment Inspection

manner. However, we always require our customer’s assistance in proper equipment operation, inspection and maintenance.

Buckingham’s primary concern is to provide a quality product to its customers to enable them to carry out their profession in a safe

replacement parts will void Buckingham Mfg’s Warranty. Failure to regularly inspect and replace the Rope Suspension Bridge could result in injury or death due to Suspension Bridge

as a minimum, the materials used in the manufacture of this product are acceptable for use under all normal environmental conditions tolerable to humans.

Always visually check that each snap hook freely engages D-ring or anchor point and keeper is completely closed with each use. Never rely solely on the feel or sound of a snap hook engaging. (If making a connection to a point that cannot be seen by the wearer, either: Ensure the connection is made before donning the equipment or the connection is made and checked for security by a second person).

• Before each use check that: 1) fabric or belt strap is free of burns, cuts, broken stitches or excessive wear, 2) rivets are not bent, loose or missing, 3) buckles and D-rings are not distorted, cracked and function properly, 4) if there is a tongue buckle, that the tongue does not bind on the buckle and buckle holes are not damaged. Always remove from service, destroy and discard belt or harness if it fails inspection.

• Always use locking snap hooks or locking carabiners as outlined in the ANSI Z133-12 standards for suspension, work positioning and fall arrest.

• When in the work position, ensure there is no pressure on the snap hook locking mechanism sufficient to depress it as this will, due to its length, render it incompatible with currently designed D-rings and make it very susceptible to rollout.

• During use, all fastening and adjusting elements must be regularly checked to ensure adjustment and closure.

• Never attach multiple snap hooks to a D-ring unless they are of the locking type and designed for such attachment.

• Never disable locking keeper on snap hook or carabiner.

• Never punch additional holes in or alter any belt or harness in any way.

• Product covered under these instructions / warnings should not be resold / redistributed or re-used after use by original user.

• Employer - instruct your employees as to proper use, warnings and cautions before use of this equipment.

Additional Instructions / Warnings for Suspension Bridge

The Rope Suspension Bridge attached to this saddle is designed to be replaced by the user at regular intervals. This interval

should be dictated by the amount of use the product receives rather than a set time frame. Therefore, the manufacturer does not

place a time limit on replacement of the suspension bridge. Due to the rigorous strain the Rope Suspension Bridge endures, it

should be replaced at the earliest signs of wear. Suspension bridge inspection is extremely important and must be performed prior to each use. This inspection should include but not be limited to: webbing and rope cuts, nicks, tears, kinks, abrasions, burns, excessive swelling, excessive wear, discoloration, cracks, charring, broken, fraying or unraveling fibers, loose stitching chemical or physical exposure.

Failure to regularly inspect and replace the Rope Suspension Bridge could result in injury or death due to Suspension Bridge

failure. Note: Only authorized replacement parts from Buckingham Mfg. should be used on this product. The use of unauthorized

replacement parts will void Buckingham Mfg’s Warranty.

Buckingham’s primary concern is to provide a quality product to its customers to enable them to carry out their profession in a safe

manner. However, we always require our customer’s assistance in proper equipment operation, inspection and maintenance.

Equipment Inspection

Prior to each use:

Carefully inspect this equipment for indications of wear or deterioration. Inspection should include, but not be limited to the following:
webbing cuts, kinks, abrasions, burns, excessive swelling, excessive wear, discoloration, cracks, charring.
broken fibers, loose stitching, chemical or physical exposures and buckle holes in strap are not damaged.
loose, bent or pulled rivets, bent grommets, and broken, cut, or burned threads.
buckles do not bind and all buckles function properly.
nicks, cracks, distortion or corrosion of hardware (buckle, D-ring, etc.)

During each use:
It is important to regularly inspect the condition and function of the equipment. Check the equipment’s connection with other components in the system and be sure they are oriented, aligned, and functioning properly.

If equipment is compromised:
If any evidence of wear or deterioration as outlined is observed, immediately cease use, destroy the product and replace it with new equipment. Should any unusual conditions not outlined above be observed, or you have reasonable doubt about a particular condition, remove the equipment from service and notify your Supervisor, Safety Director or contact Buckingham Mfg. (1-800-937-2825) for clarification.

Failure to carefully and completely inspect your equipment could result in serious injury or death!!!

CLEANING, STORAGE and TRANSPORTATION
Proper maintenance, storage and transportation of your equipment will prolong its useful life and contribute toward its performance. Nylon and polyester should be cleaned and disinfected with water and mild soap and be allowed to air dry thoroughly without using excessive heat. Your equipment should be stored and transported so that it does not come into contact with moisture, ultra violet rays, extreme temperatures or chemical agents. Warnings pertaining to cleaning, storage and transportation should be strictly adhered to.

NOTE: Ensure proper fit / size of product prior to use. This product CAN NOT be returned unless it is in new / unused condition!

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<th>Reference Letter See: &quot;Parts Layout&quot;</th>
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<th>Replacement Part Number</th>
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<tr>
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<td>Waist strap w/ quick connect buckle (male end) &amp; Waist strap w/ quick connect buckle (female end)</td>
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<tr>
<td>C</td>
<td>Ergonomic back pad w/ lumbar pocket &amp; permanently attached leg strap retainer anchor</td>
<td>16906C2-SIZE</td>
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<td>D</td>
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Web site – www.buckinghammfg.com

Information contained in these written instructions supersedes all other information (written, audio, video etc.) produced by Buckingham Mfg. prior to the revision date of this document.