

## Harness AVAO® SIT FAST

### Product information



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.

#### 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 main' ... [Read more](#)

**Material:** Nylon, polyester, aluminum, steel  
**Marking:** According to standard, CE-marked  
**Standard:** EN 813, EN 358