



Fall Arrest System that meets Treestand Manufacturer's Association Standards

The Fall Arrest System/ Full Body Harness (FAS/FBH) should be listed on the TMA web site: <http://www.tmastands.com> and indicate that it “Meets Current Standards” which means that the product complies with the latest TMA standard revisions.

The FAS/FBH should consist of following components (**Refer to illustration below**):



Lanyard/Tether Strap used to attach the harness to the **Tree Strap/Anchorage means** and tree.

Tree Strap/Anchorage means used to attach the **Lanyard/Tether Strap** of the harness to the tree.

Shoulder Straps used to fasten the harness to the user's body and also distribute shock during a fall.

Leg/Thigh Straps used to fasten the harness to the user's legs or upper thighs and also distribute shock during a fall.

Chest and Waist Straps can also be parts of the harness to help fasten the harness to the user's body and also distribute shock during a fall.

Suspension Relief Device must be on your person and readily accessible while using a harness.

This device will allow the user to relieve the load on the lower extremities if suspended in a harness to help maintain circulation in the legs and help prevent suspension trauma (blood pooling).

Note: Single belts and chest harnesses are not recommended and should not be used.

Fixed/Hang-on type treestands: The FAS/FBH used with this type of treestand should include a Climbing /Lineman's belt. The Climbing/Lineman's belt should be used when installing, removing and during ascent/descent to stabilize the user and allow hands free operation. The Lanyard/Tether Strap of the harness should be attached to the tree before removing the Climbing/Lineman's belt. Once the harness is attached to the tree by the Tree Strap/Anchorage means; it should be raised on the tree so that there is “NO SLACK” in Lanyard/Tether Strap when seated to allow for recovery after a fall.

Climbing type treestands: The FAS/FBH used with this type of treestand should be designed so that the user can be attached to the tree during ascent/descent; moving the anchorage means/tree strap up and down the tree. Once you reach your desired hunting elevation; the Tree Strap/Anchorage means should be raised on the tree so that there is “NO SLACK” in Lanyard/Tether Strap when seated to allow for recovery after a fall.

Ladder type treestands: The FAS/FBH used with this type of treestand should be designed so that the user can attach the harness to the tree using the anchorage means/tree strap as soon as possible once you reach the platform and/or before placing weight onto the platform. The Tree Strap/Anchorage means should be raised on the tree so that there is “NO SLACK” in Lanyard/Tether Strap when seated to allow for recovery after a fall.

For more information regarding Fall Arrest Systems/Full Body Harnesses that meet TMS Standards and treestand safety, visit: <http://www.tmastands.com>

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