Manufactured for:
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400-xxxx

protect. **teach.** **love.**

Easy Walk®
NO PULL HARNESS

Training Guide

Why and how the Easy Walk® Harness works

The Easy Walk Harness allows you to communicate with your dog clearly and effectively. This humane harness is a training tool to help eliminate unwanted pulling and to help achieve a loose-leash walk.

The Easy Walk Harness never causes coughing, gagging or choking because the chest strap rests low across the breast bone and not on the delicate tracheal area. Traditional harnesses can encourage dogs to pull harder because of the "opposition reflex", which is the reflex that causes sled dogs to pull against pressure. The Easy Walk Harness's unique front-chest leash attachment stops pulling by steering your dog to the side and redirecting his attention towards you. The martingale loop provides extra leverage for easy relaxed control.

Motivate your dog to walk nicely

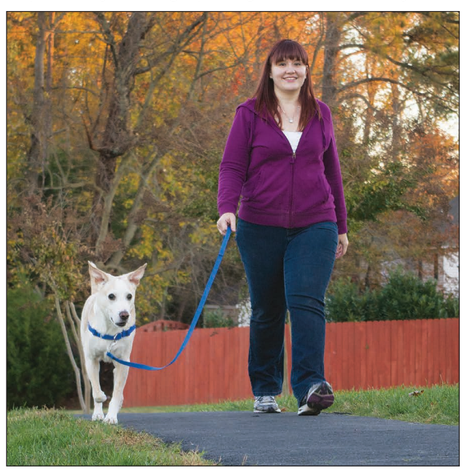
Reward your dog often when he is walking politely beside you. Keep treats in a pouch or your pocket for quick access.

All of these are examples of rewards for most dogs. They can be paired or used separately.

- *Treats!* Use small pieces of a very tasty treat – it helps if your dog is somewhat hungry.
- *Praise* your dog in a calm and pleasant voice – never yell or harshly scold as this may frighten your dog, hindering the learning process.
- *Release* ALL tension on the leash the instant your dog is walking politely next to you– this is very important because the lack of tension is part of the reward.

Leash Techniques

Although the harness may have an immediate impact on your dog's pulling habits and it may be



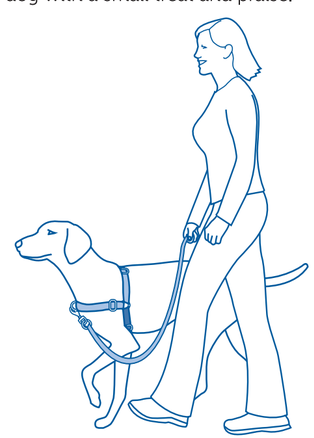
more manageable to walk him, he may still pull some while wearing it. The harness is designed for you to be able to redirect your dog from pulling and help achieve a loose leash walk.

To achieve the best results hold the leash so your dog has enough leash to walk by your side but not enough to forge ahead.

As soon as you feel tension on the leash, redirect your dog's attention to you; you may need to slow down or stop. Once he is back in the desired heeling position, we suggest rewarding your dog with a treat before you start walking again. You may find yourself redirecting your dog quite a bit in the beginning, but with some patience, consistency, and rewards such as their favorite treat, he will quickly learn the correct way to walk with you.

Use the leash tension as a guide:

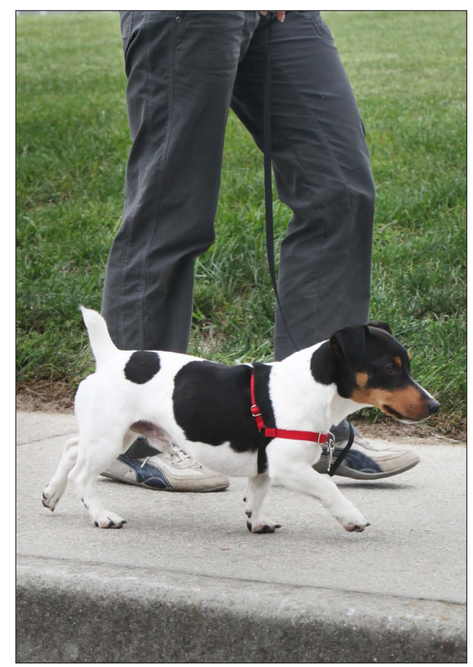
No tension and a loose leash equals = "YES!" and the walk continues. This is the moment to reward your dog with a small treat and praise.



Tension and tight leash = "Incorrect" and you should gently redirect the dog back into position beside you.

Leash tips:

- Use a 4 to 6 foot leash with a light and sturdy clasp. It is not recommend to use a flex-lead with the harness, as the constant tension can cause the chest strap to loosen and possibly encourage the dog pull.
- Never keep constant tension on the leash.
- Never jerk or yank the leash. The only time



tension should be on the leash is when you are re-directing your dog back to the heeling position.

- Jogging/running, couplers, bike attachments and hands-free leashes are not recommended for use with the harness.

When Should Your Dog Wear the Easy Walk Harness? Beginning as early as 8 - 10 weeks of age, the Easy Walk Harness can be worn by your puppy or dog whenever you want to prevent leash pulling. The harness should only be worn during walks with your dog.

Other unwanted behaviors on walk: If your dog is exhibiting other behavior problems on walks, such as barking, lunging, aggression or fearful behaviors, we encourage you to consult with a local trainer, veterinarian, or behavior specialist.

We guarantee the materials and workmanship of Easy Walk Harness, but we can't keep your dog from chewing it! Please be sure to supervise your dog while he wears the Easy Walk Harness and store it safely when not in use. If your dog does chew the Easy Walk Harness, we will happily replace it for a small fee. Call 800-732-2677 for details.

Easy Walk® Harness fitting step by step

Important: Please be sure to read and understand all instructions before using the harness on your dog. Throughout the fitting process and during initial use of Easy Walk Harness, motivate and encourage your dog with praise and special tasty treats. If your dog is especially active, have someone help you by feeding treats while you fit and adjust. It might be easiest to remove the harness to make fitting adjustments.

Please fit your dog in a quiet indoor space to ensure a stress free and safe environment. Start with all straps fully extended. To achieve a proper fit, your dog should be standing. Dogs may "tense up" during fitting, so check the fit again after the dog has walked in the harness for a few minutes. Readjust as needed.

Visit www.PetSafe.net/Easy-Walk-Harness for an instructional video.

1 Fit the Shoulder Strap

A

Unsnap the belly strap quick- snap. Place the shoulder strap over the dog's head with the chest strap resting on the dog's chest. You can encourage your dog to put his head through the harness by offering a treat **(Fig. A)**.

B

Adjust the shoulder strap so the "O" rings sit above and behind the dog's shoulder **(Fig. B)**.

2 Fit the Belly Strap

C

Adjust the length of the belly strap so that the harness is snug around the dog's girth when you connect the quick-snap **(Fig. C)**.

D

(Fig. D) Once the shoulder and belly straps are connected and adjusted, they should:

- Resemble a vertical line as much as possible and should not be in the sensitive armpit area.
- Have a snug fit so that you can only fit 1-2 fingers between the strap and the dog's body. A snug fit is important because the shoulder and belly straps combined create the foundation that keeps the harness in place and keeps it from rotating on the dog. Rotation around the dog can cause uncomfortable rubbing and chafing.

3 Fit the Chest Strap

E

The chest strap should fit horizontally and not droop down or too easily ride up close to the dog's neck **(Fig. E)**. It will be much easier to make this adjustment if you remove the harness from your dog.

The chest strap has two adjustment points. You will want to adjust the sides evenly so the martingale remains in the center. For example if you estimated you needed to adjust the chest strap by one inch, you will adjust each slide on the strap by a half an inch **(Fig. F)**.

F

G

When you're ready to take a walk, you will attach the leash to the D-ring on the chest strap. Please refer to the Training and Usage Tips for proper leash techniques to use with this harness **(Fig. G)**.

Fitting Checklist:

- ☐ **When fit properly, the harness should resemble a sideways "T"** (as shown in Fig. H).
  - ☐ The straps that go around the girth create a vertical line
  - ☐ The chest strap lays on the dog's chest horizontally
- ☐ **The straps that go around the girth are snug and do not rotate around the dog**
- ☐ **The "O" rings sit above and behind the shoulders**
- ☐ **The martingale loop sits on the dog's chest**

H

Troubleshooting

If the chest strap is slipping while on your dog or if he is experiencing chafing or rubbing in the armpit area, we recommend:

- Reviewing the fitting instructions. It is very important to have a snug fit in the girth. Loose straps can cause the chest strap to slip and can also cause chafing **(Fig. I)**. Think about a shoe slipping off your heel- over time that movement against your foot will cause your heel to chafe.
- Review the training techniques. Excessive pulling can cause the chest strap to slip and can also cause chafing.

We suggest taking a look at your dog from the side. While your dog is standing, how does the harness look?

- If your harness looks like a sideways "T" as shown in the fitting checklist, you have a correct fit.
- If your harness looks like a sideways "Y" and the chest strap has room for adjustment, the harness is likely the right size but not yet fit correctly **(Fig. J)**. Please review fit instructions.
- If your harness looks like a sideways "Y" and the chest strap is extended to its fullest length, the harness is most likely too small and a larger size is needed. Please refer to our sizing chart and/or call our Customer Care team to identify the proper size for your dog. Our customer care team can be reached at 800-732-2677.

Martingale loop: Inappropriate placement of the martingale loop (such as placing it on the dog's back) **(Fig. K)** can reduce or eliminate the effect that the Easy Walk Harness has on your dog's pulling behavior. In order to be effective, the martingale loop needs to sit on the dog's chest.