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Easy walk harness for dogs instructions

1 Put the shoulder strap over your pup's head. Look for the strap that includes an Easy Walk tag to identify the shoulder strap.[1] Then, place it over your dog's head so that the connector rings (the rings that hold the shoulder strap, belly strap, and chest strap together) fall above and behind your dog's shoulders on either side.[2] In this position, the chest strap (the strap with the D-ring at the center of the strap) will rest on your dog's chest. If your pup won't put their head through the harness, consider offering them a treat as encouragement. 2 Connect the shoulder strap to the belly strap with the quick-snap buckle. To identify the belly strap, look for the strap that is in an alternate, complementary color to the shoulder strap.[3] Then, use the quick-snap buckle to snap the belly strap and shoulder strap together.[4] 3 Take off the harness and tighten or loosen the straps to fit your dog. The harness fits your dog properly when you can slip 1 finger width under the straps. Since this is your first fitting, you'll probably need to adjust the shoulder and belly straps for your dog. Remove the harness and use the adjusters to shorten or lengthen the straps.[5] A snug, secure fit prevents your dog from experiencing chafing and discomfort. If the harness is causing their skin to chafe, it's too tight and/or small. Always remove the harness before making any adjustments. Your dog may tense up or squirm if you adjust the harness while it is still on, which can make finding the right fit difficult. 4 Put the harness back on and double-check the fit. Place the shoulder strap over your pup's head and snap the shoulder strap and belly strap together with the quick-snap buckle. If you can fit 1 finger width under the straps, you're all set. If you need to make more adjustments, just remember to remove the harness first.[6] Different harnesses are going to fit different size dogs differently, therefore, choose a harness based on the dog breed. If the harness is too tight, the belly strap will ride up into your dog's armpits, which is uncomfortable for them. If you notice this, loosen up the straps a bit.[7] 1 Adjust the chest strap so that it rests horizontally on your pup's chest. When fitted properly, the D-ring (the ring meant for attaching the leash) will fall on the center of your pup's chest. If the chest strap rides up above their chest, loosen it by pushing the chest strap through the adjuster. If the chest strap droops below their chest, tighten it by pulling the chest strap through the adjuster.[8] The strap shouldn't be so tight that you can't fit your fingers in between the strap and your dog's chest. 2 Examine the harness to check that it forms a T on your dog's side. To ensure that you put the harness on properly, check that the chest strap falls horizontally over your dog's chest. Then, make sure that the shoulder strap and belly strap form a vertical line down your dog's side. Altogether, the straps should resemble a T on their side.[9] 3 Attach the leash to the D-ring on the chest strap. To ensure an enjoyable walk for you and your dog, choose a 4-6 feet (1.2-1.8 m) leash with a lightweight (yet secure) clasp.[10] Then, clip the leash onto the D-ring to fasten it. 1 Train your dog to walk by your side. As you walk your dog, encourage your pup to stay by your side with positive feedback like "good dog" and "great job." Then, reward their good behavior with a healthy, tasty treat. If your dog is new to walking, teach them to walk on a leash by taking them on short, frequent walks and using positive reinforcement. 2 Remove the harness as soon as your walk is over. To take off the harness, simply unclip the quick-snap buckle that connects the shoulder strap and the belly strap. Then, pull the shoulder strap over your dog's head to take it off.[11] Your dog should only wear a harness when they are attached to a leash or out on walks. 3 Adjust the shoulder strap, belly strap, and chest strap over time. As you walk your dog, check if the harness moves around or sags (too loose) or causes your pup's skin to become red or irritated (too tight). If you notice these signs, remove the harness and adjust it for a better fit.[12] Tighten each strap by pulling the straps through their respective adjuster points. This will shorten each strap's length.[13] Loosen each strap by pushing the straps through their respective adjusters. This will lengthen each strap.[14] Add New Question Question What can I use instead of a harness? John Donovan Dog Behavior & Training Expert John Donovan is a Dog Behavior & Training Expert and the Owner of Donovan's Dogs in Hoboken, New Jersey. With over 10 years of experience, he specializes in dog playgroups, dog walking, and dog training. Additionally, Donovan's Dogs has a 5-star rating. A slip lead is great—it's basically like a leash with a ring at the end of it. Slide the loop of the lead around the dog's neck and then secure the loop in place with an adjustable piece of leather. Ask a Question Thanks for reading our article! If you'd like to learn more about putting a dog harness on, check out our in-depth interview with John Donovan. Co-authored by: Dog Behaviorist & Trainer This article was co-authored by Beverly Ulbrich and by wikiHow staff writer, Madeleine Criglow. Beverly Ulbrich is a Dog Behaviorist and Trainer and the Founder of The Pooch Coach, a private dog training business based in the San Francisco Bay Area. She is a Certified CGC (Canine Good Citizen) Evaluator by the American Kennel Club and has served on the Board of Directors for the American Humane Association and Rocket Dog Rescue. She has been voted the best private dog trainer in the San Francisco Bay Area 4 times by SF Chronicle and by Bay Woof, and she has won 4 "Top Dog Blog" awards. She has also been featured on TV as a dog behavior expert. Beverly has over 18 years of dog behavior training experience and specializes in dog aggression and anxiety training. She has a Master of Business Administration from Santa Clara University and a BS from Rutgers University. This article has been viewed 8,893 times. Co-authors: 4 Updated: August 9, 2023 Views: 8,893 Thanks to all authors for creating a page that has been read 8,893 times.