

Fitting the Vest

The vest is the major connection between your body and the Steadicam.

It must be adjusted properly and feel good on your body. The vest is not intended to be a **straightjacket**. You should be able to move and breathe easily.

The socket block for the arm should move with you and not shift under load.

The overall length should be adjusted so that lifting your legs while taking a step up doesn't disturb the vest. The hip pads should comfortably grab your hips.

Start at the top

Be sure the shoulder pads are firmly down on your shoulders.



The chest pads are snugged up next. You should be able to breathe a little, but the vest should not be able to slip forward and down. Diaphragmatic breathing (like a baby) works best.



Push the vest down on your shoulders again, be sure the spar is vertical, then snug up the hip pads. If the hip pads are tightened first, the vest will tend to ride high until loaded, and then it will slip around under load.



Tip: While wearing the vest and resting between takes, release the vest straps to increase blood flow and ease tension in your muscles.



Lastly, snug up the cross back straps. This will prevent the vest from slipping as well as reduce side loading.

Tips:

- If the cross back straps are overtightened, they will cause the vest to improperly ride up on your shoulders.
- If the cross back straps don't cross your back, they won't work to support the side loads. Be sure they cross your back as shown.

Note: A few operators have body shapes or sizes that are out of the general range of adjustments. You may find you have to add or remove padding, shorten or extend straps, etc. to make the vest fit perfectly.

Available options: a compact vest, and longer chest, hip, and cross back straps.



Pay close attention to the good fit of the vest in the photo above. It's very important how the shoulder pads contact the shoulders and the shoulder connectors are not too high (a common mistake).

For goofy foot operating (Steadicam on your right) the socket block is easily flipped upside down and retightened on the vest spar.

