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Types and Uses of Dog Harness by [Chris Adam](#)

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Dogs are the most popular household pets around the world, known for their fierce loyalty towards their owners. Even outside of the domestic realm, canines are used for a range of specialized services which include assistance for the disabled, sled transportation and the more common field of police investigation. For each of these individual tasks, it is important for the owner to have a firm control over his pet. A dog harness is one of the most effective ways of controlling your dog's movement and is a more comfortable option than leashes which may result in accidental choking.

There are various types of dog harness designed to accommodate the different needs of the animal during different tasks. While leashes are looped around the animal's neck, harnesses are positioned along and around its back for a more uniform distribution of pressure. The most common types of harness include H-back, X-back and Y-back. H-backs are mostly used by sled dogs pulling heavy loads and are designed with a broad and padded band that covers the chest area of the animal. X-backs, as the name suggests form an X-shape on the back of the animal and the mechanism distributes pressure in such a way as to facilitate racing.

A dog harness often comes fitted with a handle and is of great help in guiding a disabled person. One just has to slip his hand through the handle, which is generally positioned along the middle of the dog's back, to be guided along by the animal's movements.

A dog harness is equally useful in providing support to suffering or ailing dogs. For example, some harnesses are designed to support animals with impaired mobility. Canines suffering from osteoporosis are specially benefitted by this mechanism as the harness helps to take off pressure from the injured or malfunctioning limb, thus facilitating easier movement.

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