

## User Manual

# Prolight Harness

DOC005-UK-14.04.14



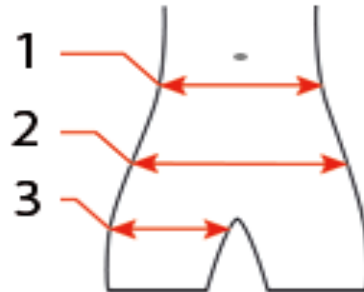
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# 1. General information

Full body harness used as personnel protective equipment for people working at height. Prolight harness complies with the standard EN 361 (2002). The Prolight bear the EC type examination certificate number 0082/244/160/04/07/0159. The company responsible for putting the product on the market is Fallprotec, see detail here above.

## 2. Table with sizes



ITEM	M size	L size	XL size	XXL size
1 (cm)	40 - 42	44 - 46	48 - 50	52 - 58
2	58 - 64	62 - 68	66 - 72	74 - 80
3	78 - 86	86 - 94	94 - 102	102 - 110



- 1- Back anchor point class A
- 2- Front anchor point class A1/2
- 3- Marking label
- 4- Shoulder straps
- 5- Buttock straps
- 6- Adjusting buckles on shoulder straps
- 7- Automatic buckles on buttock straps
- 8- Dorsal support triangle
- 9- Tool holder

## 3. Marking

Name of the manufacturer: FALLPROTEC on the dorsal support triangle

Batch number: xxxxAA (AA = manufacturing year)

Name of the product: Harness Prolight

Type of harness: Full body harness

CE number: C€

Notify body APAVE bearing the number: 0082

Icon stating sure to read this manual before use the harness

Number of the current standard: EN 361 May 2002.

European patent number: EP051109762.4

Size of the harness M / L / XL / XXL

Fallprotec guaranties that 100% of the Prolight harness is manufactured in the European Union.

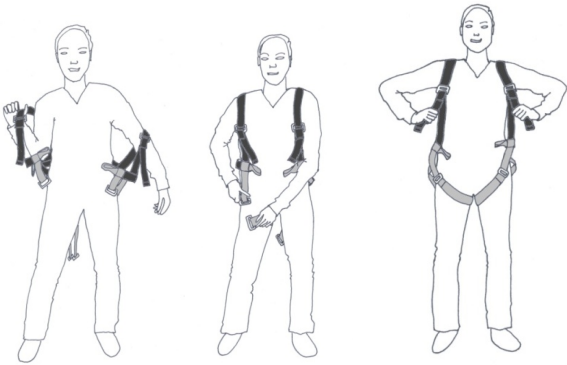
## 4. Checking the harness before use

Before each use carry out a thorough visual examination and insure that the buckles, the stitching, the straps are in good condition. Fallprotec makes available to its distributors maintenance manual for inspection and repair. In case of defects refer to maintenance manual and reject the harness if necessary. It is mandatory that a competent person checks the harness once a year.

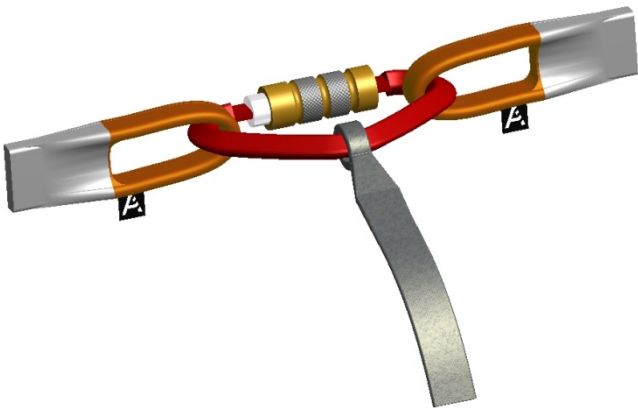
For normal use and under the condition that the harness has been checked once a year, the life of the harness is 10 years. However this 10 years life may be reduced in case of intensive usage.

## 5. Donning the harness

1. Open the buttock straps and putting on shoulder straps.
2. To close the automatic buckles on the buttock straps
3. To adjust the shoulders straps according to your size



4. To attach the front anchor point, it is imperative that the 2 loops are attached together as soon as the person use the harness.



## 6. Recommendations when using the harness

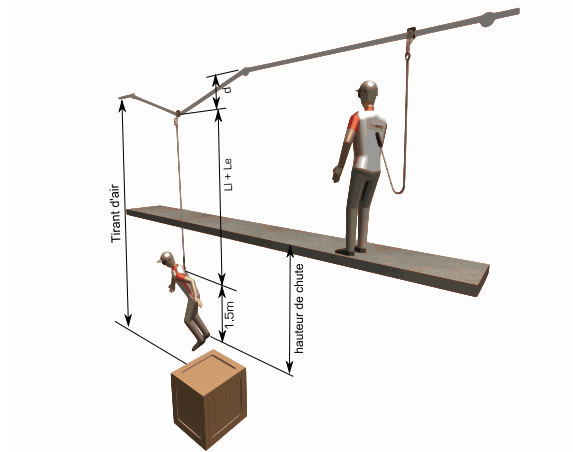
It is recommended to use the harness with a lanyard fitted with an energy absorber (EN354/355) or a retractable block. (EN360). Connectors should be in accordance with EN362. The harness is the only authorized body holding device used in a fall arrest system.

The person attaches himself on the front anchor point when protected by a guided type fall arrester (vertical life line) or climbing on a structure protected by a double lanyard.



The back anchor point is used when the person is protected by a retractable block fixed above the person or attached to a horizontal anchor line located above his shoulders.

To avoid falling factor greater than 1, the user will be connected above his head



Check before using fall arrest equipment the minimum clearance under the feet of the user to avoid collision with the structure or the ground during a fall.

## 7. Recommendations for the user

The use of the harness is for a competent person, having received adequate training. Working at height is potentially fatal if it is made without knowledge of the use of PPE. A worker at a height must be physically fit; some cons medical indication may affect safety.

## 8. Rescue plan

Rescue plan must be implemented that saves a worker in height in less than 15 minutes. If the worker remains suspended in a harness over 15 minutes, it can suffer severe trauma or death. At least two workers at height are required for the work, one under the control of the other and able to contact the rescue team in case of incident.

## 9. Prohibited use

### 9.1.

The harness can be used in those cases foreseen by the manufacturer; other cases not covered by this manual are prohibited. The use of the harness is for a single person who is responsible for maintaining the harness in good condition. If several employees use the same harness, it may present a risk.

### 9.2.

When the 2 loops of the front anchor point are not connected with a karabiner.



### 9.3.

When the straps are twisted





## 9.4.

Do not use the tool holder as an anchor point



## 10. Life span

The life of the harness is 10 years if used under normal condition. It must be checked by a competent person once a year. In aggressive environments or heavy use, life of the harness is reduced.

## 11. Maintenance

The harness can be hand washed with soap and water or machine gentle cycle 30 ° C  
Dry the harness to the air and not exposed to sunlight.  
Do not expose the harness to a heat source like an iron

## 12. Periodic inspection and repair

### 12.1. Identification of the harness

Harness batch number	Year of manufacturing (two last digit of batch number)	Purchasing date	In service date

Periodic inspection date	Defects / repair	Controller's approval	Date of next inspection

### 12.2. Disposal

Disposal date of the harness