

User Manual

Multifunctional Full body harness 5 anchor points

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1. General information

The Multifunctional Full body harness is used as protective personal equipment for people working at height and for abseiling harness.

Please read carefully and understand all the user instructions before using the equipment.

The harness is tested and certified according to the European harmonized standards EN-358, EN-361, EN-813. The Multifunctional harness bear the E.C. examination certificate number: 1805

The harness is composed of:

- 45 mm wide polyester webbing
- a back protector made from textile covered PE foam
- quick metal connect buckles.
- 5 Attachment points (2 fall arrest, 1 abseiling and 2 positioning)

Following EN-363:2008, the harness can be connected to:

- Lanyards fitted with energy absorbers
- Fall arrestors or Sliding fall arrestors on flexible guide (rope),
- Runners on permanent installations.
- Rope access descenders.

Caution: The attachment points against fall from heights of this harness are the metal D-Ring situated on the back and the metal D-ring on the chest, marked with "A".

Caution: The central metal D-ring on the lumbar belt is for rope access only.

Caution: The two lateral D- rings on the belt may be used only for positioning during the work.

In case of a fall, only a full body harness according to EN361 can hold the body in an upright position, when used in fall protection system.

2. Recommendation to the end 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.
- Before using the harness for the first time, it should be suitably adapted. The adaptation has to be made in a safe place to ensure the correct size, that there is adequate possibility for adjustment and that an acceptable level of comfort is achieved for the intended work.
- The harness is designed for personal protection; all other usage is forbidden. Each user should have his own personal harness.
- The harness must not be modified or supplemented using accessories other than those supplied by the manufacturer. Repairs or replacement of parts are strictly forbidden they may only be carried out by the manufacturer.

3. Rescue plan

Rescue plan must be planned before starting work at heights.

The fallen worker must be rescued 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 accident. If you are uncertain, contact the dealer or the manufacturer for more information.

Warning!

When connecting the system in accordance with EN-363, the user shall be fully conversant with the function and use of other components. In the event of uncertainty contact your dealer or the manufacturer.

4. Before each use:

Carefully make a visual inspection of the webbing, buckles, sewings and function and ensure that the equipment works properly. Pay attention to the possibility of webbing breakage, damaged seams, cuts, discoloration, damaged D-rings and buckles, the function of adjusters.

Warning!

The product must be replaced immediately if faults are discovered on the equipment. In the event of uncertainty contact the dealer or the manufacturer for a professional inspection.

Warning!

The product must be immediately replaced if a fall has occurred when using the equipment.

Warning!

With the connection of the fall protection system, the anchor point must be approved according to EN-795 or the equivalent to withstand a load of 15 kN. The anchor point should, where possible, be directly above the user. Work is to be carried out in such a manner that the fall distance and the risk of falling are kept to a minimum. Avoid sideways movements that cause swinging where you can be thrown against an object or a wall!

Warning!

Lowest ultimate load on the equipment is 15 kN.

Warning!

Please make sure that there is sufficient space below the workplace, in some cases at least 6 m. A possible fall with the tear up of the shock absorber, may need this space. Observe length of the shock absorber in extended mode, height of the worker, position of the anchor point and length of the shock absorber line.

Warning!

When working with the harness the greatest caution must be observed when suspended in the system. Should the user become unconscious in a suspended mode it will be extremely urgent to relieve the person of mechanical tension (knowledge of how rescue a person in an emergency is therefore essential). The situation, referred to as "suspension trauma", could be fatal. Make sure that you never work alone.

Make sure that you are alert, are sufficiently in motion while working, have consumed sufficient fluids, and are suitably dressed for the prevailing conditions. Make a habit of regularly checking the buckles and their correct adjustment while in use.

NOTE!

The fall protection's material or its function may be affected if subjected to: extremely high temperatures, chemicals, electrical current, grinding, cutting, wear against sharp objects and the affects of the weather.

NOTE!

The equipment must be stored in a dry, dark and well-ventilated space. Lanyards are to be hung in gentle bights. Appropriate bags and/or transport boxes are to be used when transporting the equipment.

NOTE!

All FALLPROTEC PPE for working at heights are marked with labels. The label carries the manufacturer's name, product name, model designation, unique serial number, date of manufacture, EN standard and the Certification institutes number.

NOTE!

The maximum service life of the product is 6-8 years from the date of purchasing. The storage time (in proper conditions) before the first use should not exceed 2 years. Incorrect handling and wear can reduce the length of useful life. The product must be removed from service if it has: corrosive damage, broken threads, cut edges, discoloured webbing, heavily worn, corroded metal parts, if it is not capable of functioning, has missing markings.

5. Maintenance

NOTE!

The equipment must be stored in a dry, dark and well-ventilated space protected against steam, high temperature, sharp edges, vibrations and UV-light. The equipment shall be kept clean for the best function and durability. Metal parts can be blown clean with compressed air. Avoid lubricating oil! Slightly soiled equipment can be washed in tepid water with a soft brush. A mild soap solution can be used. Heavily soiled equipment can be machine washed in a wash bag with a phosphate-free washing detergent using a 40° programme. Wet equipment should be hung up to dry. The equipment shall dry by itself without being exposed to heat sources.

6. Inspection

Warning!

For the user's safety the product must be inspected at least once every twelve months to ensure its function and durability (read EN-365).

NOTE!

Inspections are to be made more often with frequent usage of the equipment or use in aggressive environments.

Warning!

The inspection must be performed by a qualified person that has an inspection certificate and in accordance with the manufacturer's inspection procedures.

NOTE!

The product label must be legible!

7. Log

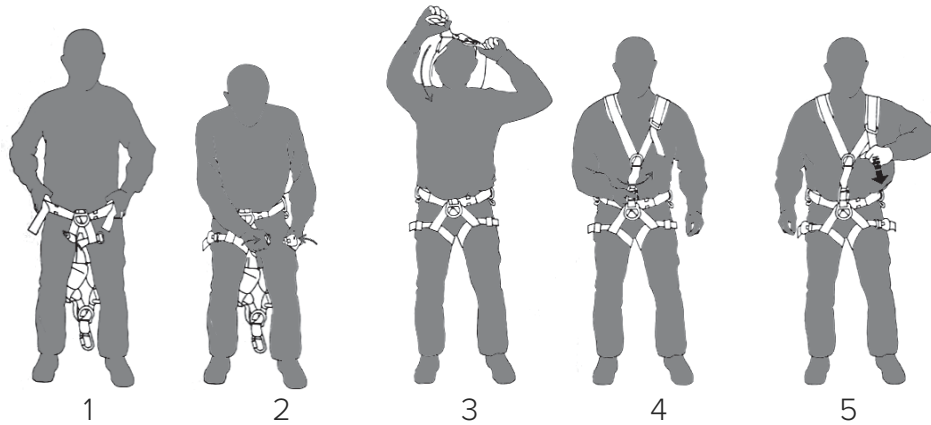
Each component of a system for protection against falling (read EN363:2008) shall be entered in a log. The log is to be filled in at least every twelve months by a "duly qualified person". (See equipment log on the last page).

8. Repair

Product repairs may only be carried out by the manufacturer.

EEC type inspection made by: INCDPM Institute for Research and Development in Labour Safety and Protection – Bucharest. European Notified Body no. 1805

9. Donning the Harness



1. Hold the harness on the back D-ring, open the connection karabiner on the front and step in to the sitting harness. Then close the lumbar belt.
2. Close the buckles of the sitting harness.
3. Pull the chest belt from behind over the shoulders, over your head.
4. Insert the front karabiner in to the designated loop on the lumbar belt, behind the D-ring.
5. Adjust all parts and webbings for the proper and right length for your comfort and safety.

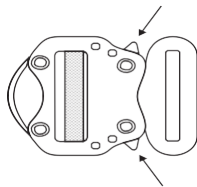


Fig. 1 How to close and open quick release buckles.

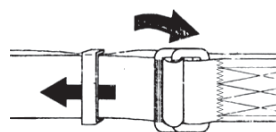


Fig. 2 How to adjust regulating buckles

Log book for periodical testing

Product: Multifunctional full body harness, 5 anchor points			
Owner/Company:		User:	
Serial no.	Manufactured:	Purchased:	First use:
Date of examination	Result of examination:		Signature of inspector