

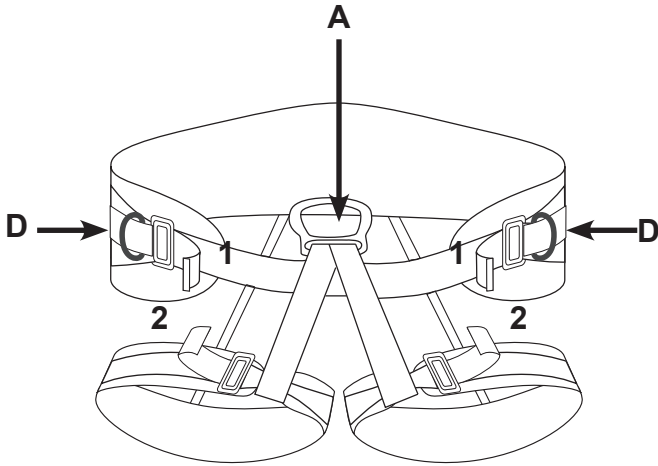


USER INSTRUCTIONS

This harness is personal protective equipment designed to protect the user from falls from height. They are sit-harness for fall arrest, rope access and work positioning.

Checking your harness

Check fit whilst suspended in a safe location - the harness should feel secure but not too tight. Check for twisted straps. Check buckles are secure by pulling on loaded webbing - correctly threaded buckles will lock. Fastening and adjustment elements should also be checked regularly during use.



Step into harness, fasten and adjust in the order shown in the diagram.

Harness is made from polyamide and polyester, with steel and aluminium alloy fittings. Materials are not significantly affected by temperatures in the range -30 to +80 degrees Celsius.

Attachment points

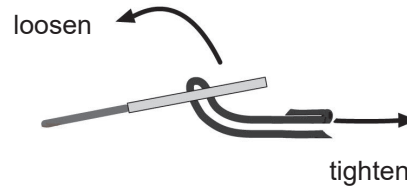
as the main attachment point for work positioning. Points marked D are for attachment of a work positioning lanyard (pole belt) to EN358. NEVER use a single side D-ring as an attachment point.

MAKE SURE YOU USE THE CORRECT ATTACHMENT POINT FOR THE CORRECT PURPOSE.

Ropes and rope lanyards may be tied directly to attachment points; otherwise, ensure that suitable locking connectors are used and correctly fastened. A screwlink connector is recommended. Check that connectors are securely closed during use. Incorrect combinations of connectors may accidentally detach from one other by a process known as "roll-out".

The harness should be connected to an anchor point via an appropriate system which ideally should conform to the relevant EN standard. In work positioning the lanyard must be kept taut, and free movement restricted to a maximum of 0.6m.

Adjustment



Slack ends of webbing may be tucked into elastic loops to keep them out of the way.

Warnings

Do not use this product outside its limitations, or for any purpose other than that recommended above. Do not alter or make additions to this product.

Fall arrest: This is a sit harness and must NOT be used for fall arrest.

Work positioning: a secondary means of protection should be used, such as safety nets or a fall arrest system to EN363.

This harness is suitable for a person weighing up to 140kg. Ensure that any other equipment used is also suitable for the weight of user.

