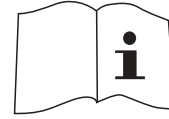


# C€0082

## USER INSTRUCTIONS



**EN355:2002 & EN354:2002 & EN362:2004**

**Certification Body  
[Design & Production Control]**

**APAVE SUDEUROPE SAS 17, boulevard Paul Langevin 38600 FONTAINE - FRANCE IDENTIFICATION  
NO.0082**

The Lanyard is classed as a Personal Protective Equipment (PPE) by the European PPE Directive 89/686/EEC and has been shown to comply with this Directive through the Harmonized European EN 355, EN 354 & EN 362.

### CAREFULLY READ THESE INSTRUCTIONS BEFORE USING THIS LANYARD

This Lanyard is designed to minimise the risk of /provide protection against the danger of falling from heights. However, always remember that no item of PPE can provide full protection and care must always be taken while carrying out the risk relation activity.

### PERFORMANCE AND LIMITATIONS OF USE

This Lanyard has been tested in according with EN 355:2002 and has achieved the following performance levels:

<b>EN355:2002 &amp; EN354:2002 &amp; EN362:2004 test</b>	<b>Result/Comment</b>
Clause 4.1 Design and Ergonomics	Energy absorber was found to PASS the performance requirements stated in EN 355:2002
Clause 4.2 Materials and construction	Lanyards with incorporated energy absorber conform to EN 354:2002 Connectors conform to EN 362
Clause 4.3 Static preloading	Permanent extension caused by activation of the energy absorber after 2 KN preloading shall not be greater than 50 mm
Clause 4.4 Dynamic performance	When tested with a rigid steel mass of 100kg.
Clause 4.5 Static strength	Energy absorber shall withstand 15 KN without tearing or rupture.

### POSSIBLE USAGE:

This lanyard can be used as a part of a fall arrest system or as a part of a restraint system. If using as a part of fall arrest system, a suitable anchor point (above the user's head at least 10 KN) Shall be used with this lanyard.

### LIMITATIONS:

1. Lanyard should be the personal property of its user.
2. The strength of the anchor device should be greater than 10 KN and the anchor point be suitable above the user's head.
3. A Lanyard without an energy absorber should not be used (with full body harness) as a fall system,
4. It should not be used in highly acid or basic environments.
5. The lanyard should be used by a trained competent person or used by some under the direct supervision of such a person.
6. The maximum length of lanyard including all components like Energy Absorbers, Connectors & terminations should not exceed 2 meter.

### FITTING & SIZING:

- Step 1: Connect the karabiner attached to the energy absorber of the lanyard to the attachment element of the full body harness. Ensure that the karabiner is locked tightly.
- Step 2: Connect the other end Scaffold hooks to anchorage points. Ensure that the scaffold hooks are locked tightly.

### INSTRUCTION TO BE FOLLOWED BEFORE USE:

Inspect the lanyard for any rupture or damage to rope, particularly the splicing of the rope at the ends should be intact. There should not be any cuts or abrasion marks on the lanyard. Also ensure that both the connectors are in proper functioning.

Ensure the compliance with recommendations for use as applicable to the combination with other components of the fall arrest and specified on the identification card the fall arrest system or component concerned. Mark sure that the connectors used are correctly attached to the loop and that they are locked.

A rescue plan needs to be evolved before the product is to be used.

It is an essential requirement to check the legibility of the product markings.

### WARNING

1. Do not use the lanyard as a fall arrest component directly. It is to be used only as a connecting element.
2. In case of any doubt arising about the safety of the lanyard, it should be replaced immediately on consultation with an expert.
3. Withdraw from use any lanyard that was subjected to a fall from a height.
4. The arrest distance should be double the total length of the energy absorbing lanyard including the energy absorber and the connector plus 1.75 ms break distance to allow tearing of webbing inside.
5. The maximum length of the lanyard including all components like Energy Absorber, Connectors & terminations should not exceed 2 ms.
6. A lanyard without an energy absorber must not be used in or as a fall system.
7. There is a need for regular periodic examination of the equipment as the safety of the users depends upon the continued efficiency and durability of the equipment.

### PROTECTION OF THE LANYARD DURING USE:

Ageing due to cold, heat, moisture and direct sunlight.

Deterioration due to chemical such as oils, acids, solvents and sea water.

Inappropriate choice of the lanyard in relation to the risk concerned eg. use the lanyard as a fall arrest component.

Inappropriate combination with other equipment  
 Use of a person lacking sufficient safety awareness.  
 Unnecessary physical loading (static or dynamic)  
 Improper use by untrained persons.  
 Deterioration through mechanical wear, water or soiling  
 Inappropriate storage, maintenance or cleaning.

**PROTECTION AGAINST HAZARDS DURING USE:**

While using the lanyard as connection element, make sure that they are not positioned in such a way that the user trips over it.  
 While using the lanyard, any sharp metallic object near it can cause abrasion and destroy the lanyard.

**COMPATIBILITY:** To optimise protection, in some instance it may be necessary to use the harness with suitable boots/gloves/helmets/ ear defenders. In this case, before carrying out the risk-related activity, consult your supplier to ensure that all your protective products are compatible and suitable for your application.

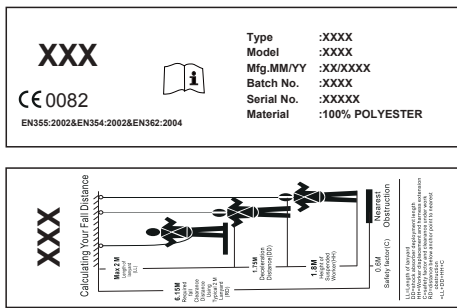
**STORAGE AND TRANSPORT:** When not use, store the harness in a well ventilated area away from extremes of temperature. Never place heavy items on top of it. If possible avoid excessive folding and preferably store it hanging vertically. If the products is wet, allow it to dry fully before placing it into storage.

**REPAIR:** If the product becomes damaged, it will Not provide the optimum level of protection, and, therefore, should be immediately either replaced or repaired. Never use the damaged product. Repairing is permitted, provide that it is either done by manufacturer or a competent repair centre or individual approved by the manufacturer.

**CLEANING:** In case of minor soiling, wipe the lanyard with cotton cloth or a soft brush. Do not use any abrasive material. For intensive cleaning wash the lanyard in water at a temperature between 30 C to 60 C by using a neutral detergent (pH+7). The washing temperature should not exceed 60 C. Do not use acid or basic detergents. After becoming wet, dry the work positioning Belt naturally away an open fire or other source of heat.

**LIFESPAN:** The functional life of the lanyard is determined by work conditions and maintenance. As long as the product pass inspection criterial, It may remain in service.

**MARKING ON LANYARD**



The Lanyard and Energy Absorber are marked with:

- (i) The CE mark showing that the product meets the requirements of the PPE Directive 89/686/EEC
- (ii) Identification of the Manufacturer
- (iii) Type or product Code
- (iv) Batch/ Lot No.
- (v) Serial No.of the Harness
- (vi) Material
- (vii) Year of Manufacture

**Check Card**

It is recommended that the lanyard should be inspected and examined by a competent person for any damages or failure if the need arises, but at least once a year. The observation should be recorded in the table below. In case such damages are observed, the lanyard is to be replaced immediately. The functional life of the lanyard is determined by work conditions and maintenance. As long as the product passes inspection criteria, it may remain in service.

The lanyard shall only be used within a fall arrest system according to EN 363:1993 in combination with a guided type fall arrester on a flexible anchor line according to EN 353-2:2002 or a full body harness according to EN 361:2002. ---The instructions for use for the individual components are to be observed.

**NOTE:Emergency & Medical Information:**

Is it appropriate to request medical and other information to assist an individual/harness user with a disability in an emergency?  
 Employer is permitted to ask employees to self identify and indicate if assistance will be need during an emergency under the following circumstances:1) After making a job offer but before work begins 2) By means of periodic surveys of all current employees/user, as long as employer makes it clear that self identification is voluntary and explains the purpose for requesting the medical information 3) By asking employees with know disabilities whether they will require assistance in an em d shared only with people who have responsibilities under the emergency preparedness plan.

**NOTE:Official Language of the Country:**

It is essential and responsibility of the reseller, for the safety of the harness user that if the product is re-sold outside the original of destination the reseller shall provide Instructions for use, for maintenance, for periodic examination and for repair in the official/local language of the country in which the product is to be sold and finally used.

**SERVICE and INSPECTION RECORD**

Date	Damage Observed	Repair	Comments
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**IDENTIFICATION**

1. Type	5. Date of Purchase
2. Identification Mark	6. Date of First Use
3. Batch No.	7. Name of User
4. Year of Manufacture	8. Comments

**Next Inspection Due on:**

# CE0082

## EN361:2002

## USER INSTRUCTIONS



Certification Body  
[Design & Production Control]

APAVE SUDEUROPE SAS 17, boulevard Paul Langevin 38600 FONTAINE - FRANCE  
IDENTIFICATION NO.0082

The Full Body Harness is classed as a Personal Protective Equipment (PPE) by the European PPE Directive 89/686/EEC and has been shown to comply with this directive through the Harmonized European standard EN 361:2002.

### CAREFULLY READ THESE INSTRUCTIONS BEFORE USING THIS HARNESS

This Harness is designed to minimise the risk of /provide protection against the danger of falling from heights. **However, always remember that no item of PPE can provide full protection and care must always be taken while carrying out the risk relation activity.**

### PERFORMANCE AND LIMITATIONS OF USE

This harness has been tested in accordance with EN 361:2002 and has achieved the following performance levels:

EN 361 : 2002	Result/Comment
Clause 4.1 Design and Ergonomics	Considered to be sufficiently light and likely to remain in place during use without becoming incorrectly adjusted without the wearer's knowledge.(PASS)
Clause 4.2 Material	Material type specified on label as Polyamide-application of naked flame to webbing and thread resulted in melting consistent with synthetic material.(PASS) Different color webbing used for differentiating shoulders and leg straps, stitched with white thread.(PASS) Straps present in pelvic and shoulder areas.(PASS) Primary Straps:44 mm Secondary straps:44 mm (PASS) The breaking tenacity of webbing and yarns, the requirement is at least 0.6 N/tex.(PASS)

### LIMITATIONS:

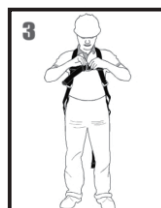
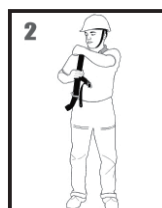
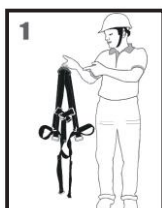
1. Harness should be the personal property of its user.
2. The strength of the anchor device should conform according to EN 795/1996 or min. 10 kN.
3. The Full Body Harness should be used in any case where there is a danger of a free fall.
4. It should not be used in highly acid or basic environments.
5. Protect the harness from mechanical hazards like sharp edges, tools, exposure to sunlight, ultraviolet degradation both during usage, transportation and storage.
6. If the harness has an extension band at the back D-Ring, make sure that the total length of the Lanyard + Energy absorber + Connectors + Extension band is not more than 2.0ms. The user must read the instructions for the energy absorber and understand clearance requirements.

### FITTING&SIZING:

Follow Step 1 to Step 6 to wear the harness. Both leg straps as well as shoulder straps are adjustable to fit the size of the user. A harness either too loose or too tight will restrict movement and will not provide the optimum level of protection. The size of the harness is marked on a label attached to it and it is universal.

Visually inspect the harness before use to ensure that it is in a serviceable condition and operates correctly.

- Step 1: Hold the harness by dorsal D-ring as shown in figure 1, marked as "A" on label. Use this as an attachment element for connectors, lanyards, energy absorber, etc.
- Step 2: Insert your arms into the shoulder straps (left arm into left shoulder straps, right arm into the right shoulder strap) and close the metallic buckles on the chest strap as shown in Figure 2.
- Step 3: The harness is now on the body with two leg straps hanging down at the back. Pull the leg straps one around your thighs outwards to your front, as shown in figure 3.
- Step 4: Close the adjustable buckles of the leg strap one by one as shown in figure 5. (Figure 4 shows how to close the adjustable buckles)
- Step 5: Tighten the leg straps by pulling the free ends of the straps as shown in figure 6 until the harness fits the body tightly without hindering free movement.
- Step 6: Now depending upon the condition of usage, use the front textile loops or dorsal metallic D-ring or both as point of attachment of Fall Arrest Systems.



**In case of any doubt arising about the condition of any component or system, replace it immediately. If the item has arrested a fall, withdraw it from service & return to the manufacturer or to a competent repair centre.**

**While using the harness, ensure that there is a minimum clearance of 5ms. Below the user's feet, to avoid him hitting the ground in case of a fall. Apart from Fall Arrest, this harness can be used in specific situations in conjunction with Fall Arrestors where front attachment is needed. A rescue plan has to be set up before use, for carrying out a rescue operation in case of emergency.**

**MATERIAL USED:** The entire webbing used in this harness is made up of polyamide and breaking tenacity of webbing & yarns is at least 0.6N/tex.

**WARNING:** Ensure that the user instructions are complied with for all other components in the fall arrest systems like lanyards, karabiners, etc.

**COMPATIBILITY:** To optimise protection, in some instance it may be necessary to use the harness with suitable boots/gloves/helmets/ ear defenders. In this case, before carrying out the risk-related activity, consult your supplier to ensure that all your protective products are compatible and suitable for your application. Also ensure that the product is used by a trained and/ or competent person.

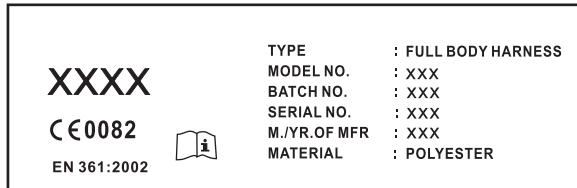
**STORAGE AND TRANSPORT:** When not use, store the harness in a well ventilated area away from extremes of temperature. Never place heavy items on top of it. If possible avoid excessive folding and preferably store it hanging vertically. If the products is wet, allow it to dry fully before placing it into storage.

**REPAIR:** If the product becomes damaged, it will Not provide the optimum level of protection, and, therefore, should be immediately either replaced or repaired.Never use the damaged product. Repairing is permitted, provide that it is either done by manufacturer or a competent repair centre or individual approved by the manufacturer.

**CLEANING:** In case of minor soiling, wipe the full body harness with cotton cloth or a soft brush. Do not use any abrasive material. For intensive cleaning wash the harness in water at a temperature between 30 C to 60 C by using a neutral detergent (pH+-7). The washing temperature should not exceed 60 C. Do not use acid or basic detergents. Follow the washing instructions absolutely without any deviations.

**LIFESPAN:** The functional life of the lanyard is determined by work conditions and maintenance. As long as the product pass inspection criterial, It may remain in service. It can be used up to one year if suitably maintained.

**MARKING**



This mark is only for reference, please find it on safety harness.

The Lanyard and Energy Absorber are marked with:

- (i) The CE mark showing that the product meets the requirements of the PPE Directive 89/686/EEC
- (ii) Identification of the Manufacturer
- (iii) Type or product Code
- (iv) Batch/ Lot No.
- (v) Serial No.of the Harness
- (vi) Material
- (vii) Year of Manufacture

It is recommended that the lanyard should be inspected and examined by a competent person for any damages or failure if the need arises, but at least once a year. The observation should be recorded in the table below. In case such damages are observed, the lanyard is to be replaced immediately. The functional life of the lanyard is determined by work conditions and maintenance. As long as the product passes inspection criteria, it may remain in service.

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**NOTE:Emergency & Medical Information:**

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**NOTE:Official Language of the Country:**

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