quick start guide

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ALWAYS

Always attach to the highest possible anchorage point never attach to anything below your foot level.

Always make sure that the space you would travel through in the event of a fall is free from protrusions and hazards.

Always ensure you have adequate clearance under your work zone.

Always use compatible components.

NEVER

Never use an anchorage point that will not take a shock load of 15kN (1.5 metric ton or 1500kg).

Never use your side mounted attachment points for fall arrest applications. Side mounted connection points are for use with a pole strap only.

Never loop the safety lanyards around structures and avoid sharp edges and structure that will cause cutting or abrasive damage to the webbing.

Never use any Products that are showing any signs of wear and tear. Return for formal inspection or discard immediately.

Never extend the length of your lanyard beyond 2.0m.

Never expose your self to the risk of a fall.

Minimum free space - (MFS)

The purpose of a Safety Harness Fall Arrest System is to limit the extent of a person's fall.

This is achieved by absorbing the energy generated in the fall, by retarding the fall by way of applying an arresting force. HOWEVER to ensure that the user does not collide with the floor or other object below them there must be sufficient space directly under the user to be arrested - this is called the Minimum Free Space (MFS).

This Minimum Free Space is the straight line vertical distance between the anchorage point and the ground or next platform or obstacle. (Anchorage Point that is to the Substantial Structure 15kN+). It is the duty of the user to familiarise themselves with the MFS and apply this safety principle at all times.

The Formula to use is:

Lanyard Length + Shock Absorber Length + Harness Stretch + Distance b/w harness attachment point and upper back + Safety clearance at bottom of fall.

Lanyard length maximum allowable = 2.0m, Shock Absorber = 1.75m in length, Rule of thumb for the sum of Harness stretch + attachment point to upper back is 1.8m. We recommend that the Safety Clearance is given a value of 1m.

To illustrate a worst case scenario, which is when the anchor point is at the user's feet, so the MFS is calculated using the following formula:

Lanyard Length + Shock Absorber = 2m + 1.75m; AND the sum of Stretch & The Attachment point to Upper Back Distance = 1.8m; THEN add to this your Safety Clearance of 0.4m; THEN this will give you an MFS of 5.75m (FIVE point SEVEN FIVE meters) in this worst case example (refer to diagrams on page 7&8).

Fitting your harness

Please note this instruction does not replace or remove the need for the end user of all safety products to undergo competence based training.

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Ultimate harness fitting

1. Inspect the Harness to ensure it is fit for use
2. Locate the top of the harness and align it in its correct orientation
3. Taking out all twists in the webbing and padding

Failing to fit or maintain your harness properly may cause extreme pain or death.

4. Slide the harness on like you would a jacket
5. Ensure the dorsal dee ring on the harness is located between your shoulder blades.

7. Fit leg straps ensuring the webbing is siting flat against the legs or padding. Always connect the left leg strap to the left leg buckle never cross them over.

8. Once fitted adjust all straps to ensure the harness is fitted securely to the body and get your work mate to check it over for you.

6. Connect the chest strap to secure the harness to your upper body. Secure the waist strap if applicable as well.

Please note this instruction does not replace or remove the need for the end user of all safety products to undergo competence based training.

9. When using the front webbing loops ensure they are always brought together and connected with an approved connector

10. Never use the front webbing loops singularly

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Tradesman harness fitting

1. Locate the front of the harness and remove any twists or bunching in the webbing.

2. Place your harness over your shoulders, the triangular back pad and dorsal Dee should sit between your shoulder blades in the centre of your back.

3. Locate the front chest strap and place the male section of the buckle through the female section pointy end first. and adjust to fit firmly.

4. Repeat the process with both leg straps ensuring there are no twists in your harnesses webbing. At all times the webbing should sit flat against your body.

5. Adjust the strap until the harness fits firmly.

6. Once you are happy the harness is fitted correctly get your work mate to check it over for you.

7. When fitting your harness make sure that the front central chest “D” ring is centrally located on the chest.

Please note this instruction does not replace or remove the need for the end user of all Safety products to undergo competence based training.

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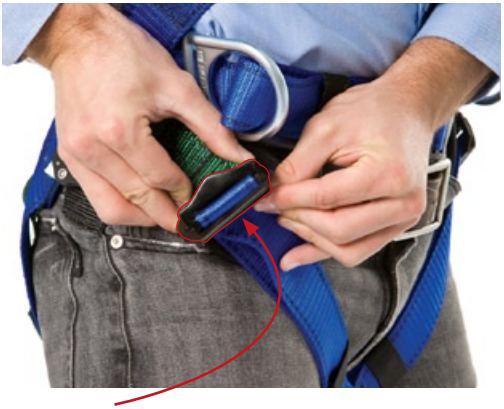
When donning any of the tradesmen range of harnesses with the feed through buckle always ensure the male buckle's pointy end goes into the female buckle first.



As illustrated here.

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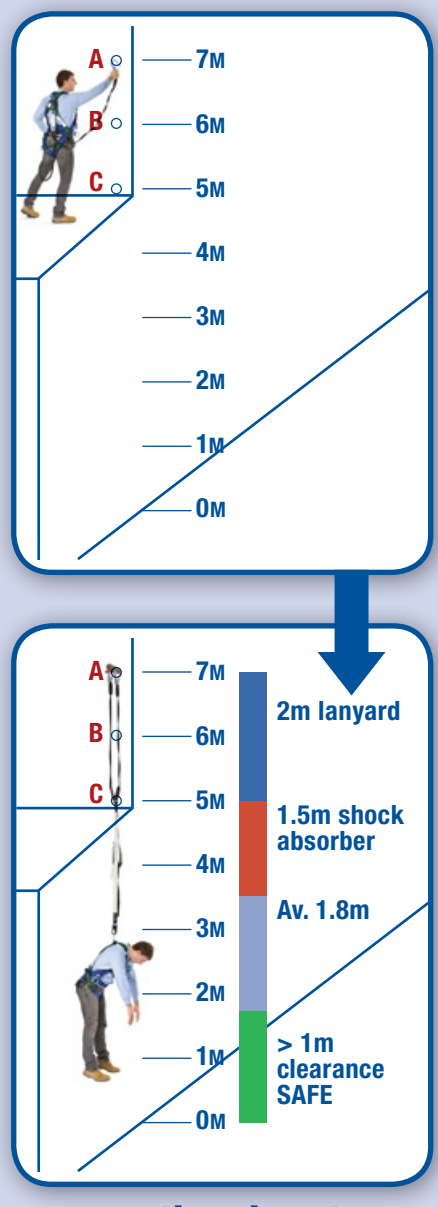
minimum free space - (MFS)



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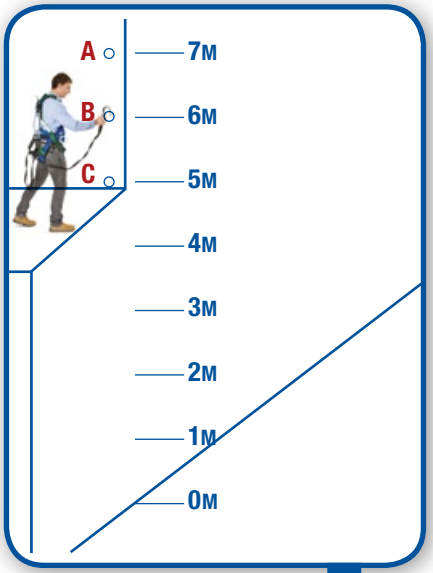
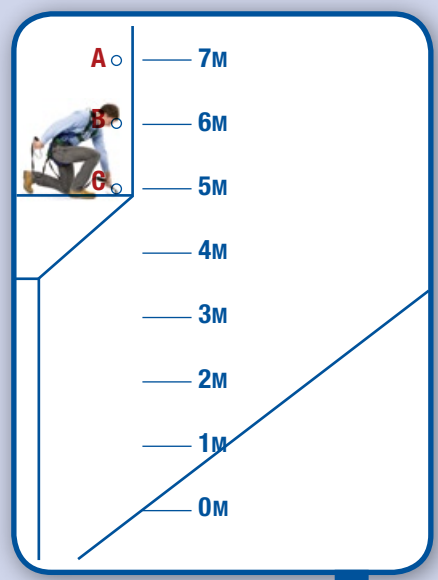
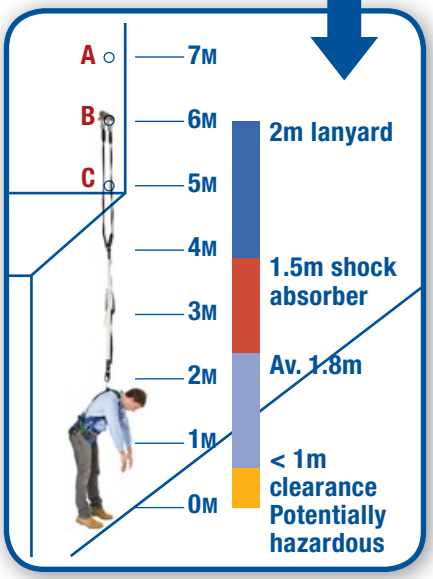
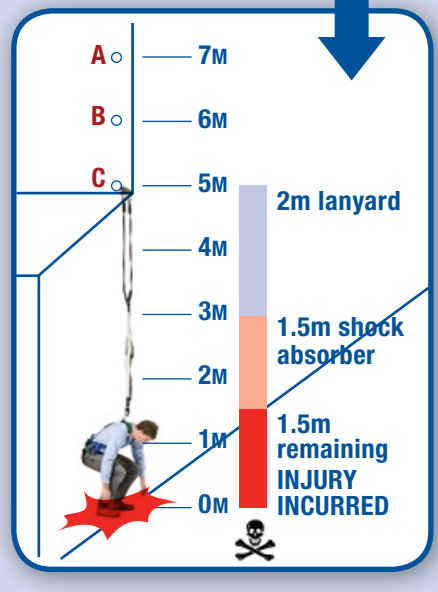
minimum free space - (MFS)









a) Harnesses: Full Body Harnesses are designed to hold you in upright position / attitude if you're involved in an incident.

When using this group of products when there is a risk of fall you must use either an item from category c) below or an inertia reel block or a system that will absorb most of the forces that could be generated during an incident.

The maximum force permitted to be transferred to a person during an incident is 6kN.

b) Pole straps: A Pole Strap is to be used in such a way that only a restrained fall could occur. Care should be taken at all times when using this product to ensure that no free fall is possible and that the connection is secure and visible to the user.

c) Energy Absorbing Lanyards for use in a fall: The Energy Absorber will tear apart up to a maximum of 1.75m keeping the force on the body to below 6kN at all times when the fall is less than 2m. All Energy Absorbing Lanyards used with harness must be no greater than 2m in length. If the anchor point is at feet level it is possible to end up as much as 5.75m from the anchor point in a distance fall.

Warning: if any additions or alterations are made to any part of any safety equipment, the effectiveness of these life saving devices may be compromised and such alterations and/or additions are not agreed to by the manufacturer.

Advice: Your Lanyard Assembly should be secured to an anchorage point which is at a level which will result in the minimum free fall and the least total fall distance consistent with the wearer's ability to carry out work tasks.

Warning: If any part of the assembly is to be exposed to chemicals, e.g. Cleaning material or hazardous atmospheres, the user should consult the manufacturer to determine whether the part is suitable for continued use. The harness and lanyard assembly should be destroyed or returned to the manufacturer for inspection if a fall has been sustained.

Advice: When making any connection to a point on a harness which cannot be seen by the wearer of the harness, either the connection should be made before putting the harness on or the connection should be made or checked for security by a second person.

Warning: be aware that energy absorbers that absorb energy by permanent deformation or destructive action, should be discarded if that process has commenced. Every time you wear your harness do fill out the Inspection Log supplied with this Instruction Sheet. If any of the inspection items cause identification of requirement for maintenance then return the harness to identifying these items in order that corrective action can be carried out by the manufacturer.

Only corrective action recommended or authorised by the manufacturer can be construed as life saving action. Do consult AS 2626 or NZA 5811.2 for guidance on selection, use and maintenance matters.

Warning: For twin tail lanyards – do not "back hook" the free tail to any point on yourself, your equipment or the lanyard below the bifurcation other than on the Dee at the bifurcation point.

Advice: When not in use the "free" tail should be connected to the bifurcation dee at the base of the Energy Absorber.

Important information

GENERAL USE INFORMATION:

The Fall Protection Equipment is essential for your safety so we recommend that prior to use you inspect your equipment for the following:

- Involved in a fall
- Labels removed, missing or illegible
- Exposed to high heat (Kilns, forge works and on the back seat of your car)
- Exposed to extreme cold (freezer rooms)
- Acid, caustic or organic solvent burns
- Excessive abrasive wear
- General corrosion, pitting, cracks, distortion, burrs, worn or broken hardware
- Old, hardened knots in any part
- Broken fibres, tears, cuts, snags, splinters, slivers, stitching unravelling
- Deterioration or stretching of any kind
- Weld burns
- Loss of resilience
- Discolouration that causes doubt
- Mechanisms not moving freely
- Reduction in cross-sectional area of rope or webbing
- Excessive contamination
- If the shock absorber looks like it has been used excessively or is beginning to unravel
- It is more than 10 years old

If you are in any doubt whatsoever about the safe condition of this product of if the product has been used to arrest a fall, it is essential for safety that it is withdrawn from use and returned to the manufacturer or discarded and destroyed immediately.

Ensure that the instructions for other components used in conjunction with these products are complied with as stated

The anchorage point should be above the user, considering both the height of fall and the extension of the lanyard and energy absorber in order to avoid possible obstructions (i.e. the ground). Be sure that the anchorage point strength is over 15KN.

RECOMMENDED READING:

Industrial Rope Access Systems
– AS/NZ 4488 Series

Industrial Fall Arrest Systems and Devices
– AS/NZ1891

Fibre Ropes – AS 4143 Series

Flat synthetic – webbing slings AS 1353 Series

Wire Rope Slings – AS 1666 Series

Round Slings – synthetic fibre AS 4497 Series

Safe working in a confined space –
AS 2865 Series

http://www.sai-global.com
Written Inspection Records must be kept.
An inspection log sheet has been included in this booklet.

MAINTENANCE, SERVICING, STORAGE AND TRAINING

Cleaning:

If soiled, rinse in clean water of domestic supply quality (maximum temperature 40degC) with mild neutral detergent. Dry naturally away from direct heat.

Lubrication:

Lubricate mobile parts with a silicone based lubricant only. This should be carried out after cleaning and drying. Avoid any oil contact with textile parts.

Storage:

After any necessary cleaning or drying and store unpacked in a cool, dry, dark place in a chemically neutral environment away from excessive heat or heat sources, high humidity, sharp edges, corrosives or other possible causes of damage. Do not store wet. Avoid UV radiation, and salt environments.

Training:

All persons conducting and organizing working at height must be competently trained to ensure a safe work environment is maintained, users should first undergo training prior to the using any of the equipment we manufacture or sell.

INSPECTION CRITERIA

Frequency of inspection:

Inspection must be made by the user before and after each use. Further to this a competent person is required to perform an inspection at time periods ranging from 3 monthly to annually depending upon the equipment.

All fall arrest/restraint components should be inspected prior to each use by the user.

Harnesses and lanyards: 6 monthly documented inspection.

Type 1, 2 & 3 retractable lanyards and inertia reels 3 monthly inspections and 12 monthly service by approved trained technician.

Anchorage points and static lines and rail systems 12 monthly documented inspection by approved and trained technician.

Trauma step by step

Before you expose yourself to a work environment that may result in a suspended fall make sure you know how to use your standing step

It may save your life!

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INTRODUCING THE STANDING STEP

Fast deployment and ergonomic design and medically tested. Can you afford not to have a harness with built in trauma strap.

It is recommended that prior to using your harness you deploy the standing step and familiarise yourself with the device and its operation and adjust it to suit your leg length. As well as conduct any other mandatory checks required, as previously mentioned in this booklet.

Generally the required length will be 100mm shorter than your own leg length to achieve a comfortable position post fall.

Your standing step is located on the left or right side of your harness near your buttock.

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Trauma step by step

To deploy the standing step pull the Velcro straps on the pouch.

Hang on to the clip at the top of the pouch and let the strap fall below you.

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Let the step deploy from the pouch completely then bring the male buckle around the front of your body.

Locate the female buckle on the opposite side of your harness to the standing step

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Trauma step by step

Connect the male and female components of the buckle together until they click and are secure.

Place your foot into the base of the standing step and then adjust the strap to a position were you are comfortable.

The standing step is very easy to adjust as you wait in suspension for rescue.

If the base of the step is adjusted too high you may begin to become uncomfortable. Simply lift the buckle 90^0 and readjust to a more comfortable lower position.

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At all times post fall, do not panic.

Remain calm and deploy your standing step.

Please remember the standing step has been designed for your comfort and safety but is not a substitute for effective and fast rescue plan. Consideration should be given to every working scenario to ensure rescue is possible as soon as possible.

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Wire Rope Energy Absorbing Lanyard

Item should be inspected at least once every 6 months but we recommend it is inspected before each use as per the following recommendations:

Before Use Inspection
User to check the following points:

- Date of manufacture, the shock absorbing assembly of the wire rope lanyard cannot be older than 10 years from date of manufacture

Inspect Rope for:

- Abrasion
- Corrosion
- Heat evidence on the webbing loops of the shock absorber

If any of the above faults are present then the lanyard should be withdrawn from service.

Examine all splice or swage areas to ensure that no splices have been:

- Cut
- Broken
- Heat damaged or chemical damaged

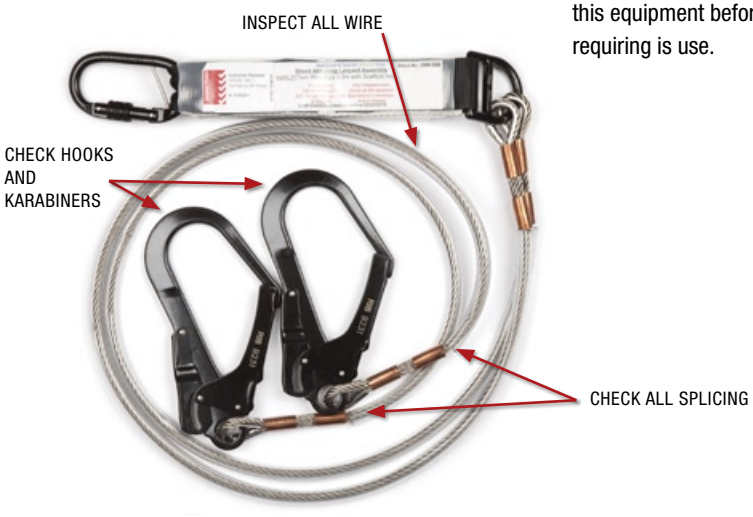
Check all hooks, karabiners and or attachment devices for:

- Double action closing and locking
- Ensure safety gate locks closed and cannnot be opened by one action
- Check metal components for corrosion, heat damage, bending, warping and twisting

If a competent person deems the product to be unsuitable for continued use it should be withdrawn from service.

User's attention is drawn to AS/NZS 1891.4 for guidance on selection, use and maintenance matters.

Users should be competent in the use of this equipment before beginning any task requiring is use.



Kermantle Rope Energy Absorbing Lanyard

Item should be inspected at least once every 6 months but we recommend it is inspected before each use as per the following recommendations:

Before Use Inspection
User to check the following points:

- Date of manufacture, the Shock Absorbing Kermantle Rope Lanyard cannot be older than 10 years from date of manufacture

Inspect Rope for:

- Abrasion- scuff marks
- Cuts or score marks on the rope
- Chemicals - grease, paint, acidic contact with the rope
- Heat evidence on the webbing loops of the shock absorber and the rope itself
- Excessive stretching

If any of the above faults are present then the lanyard should be withdrawn from service.

Examine all splice areas to ensure that no splices have been:

- Cut
- Broken
- Heat damaged or chemical damaged

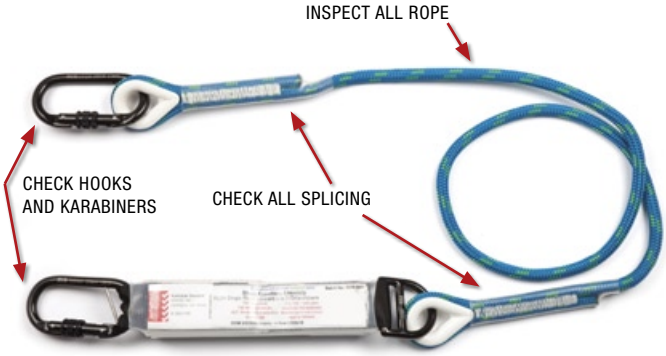
Check all hooks. karabiners and or attachment devices for:

- Double action closing and locking
- Ensure safety gate locks closes and cannot be opened by one action
- Check metal components for corrosion, heat damage, bending, warping and twisting

If a competent person deems the product to be unsuitable for continued use it should be withdrawn from service.

User's attention is drawn to AS/NZS 1891.4 for guidance on selection, use and maintenance matters.

Users should be competent in the use of this equipment before beginning any task requiring is use.



Adjustable Webbing Energy Absorbing Lanyard

Item should be inspected at least once every 6 months but we recommend it is inspected before each use as per the following recommendations:

Before Use Inspection
User to check the following points:

- Date of manufacture, the Adjustable Shock Absorbing Webbing Lanyard cannot be older than 10 years from date of manufacture

Inspect Lanyard for:

- Abrasion- scuff marks on the webbing
- Cuts, nicks or score marks on the webbing
- Chemicals - grease, paint, acidic contact with the rope
- Heat evidence on the webbing loops of the shock absorber and the webbing itself, burn marks or shiny patches
- Excessive stretching

If any of the above faults are present then the lanyard should be withdrawn from service.

Examine all stitching areas to ensure that no stitches have been

- Cut
- Broken
- Heat damaged or chemical damaged

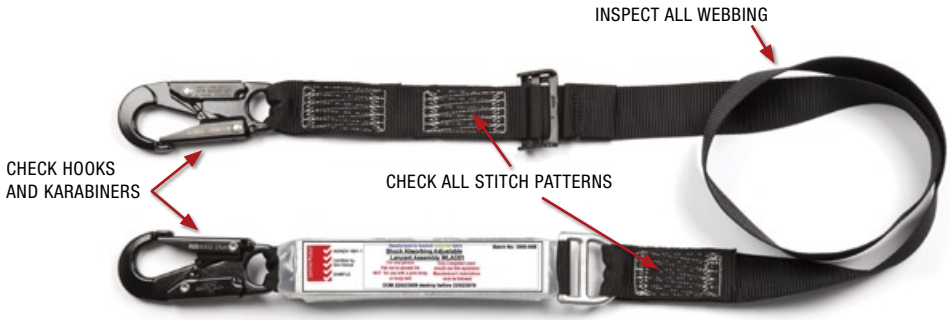
Check all hooks, karabiners and or attachment devices for:

- Double action closing and locking
- Ensure safety gate locks closed and cannot be opened by one action
- Check metal components for corrosion, heat damage, bending, warping and twisting

If a competent person deems the product to be unsuitable for continued use it should be withdrawn from service.

User's attention is drawn to AS/NZS 1891.4 for guidance on selection, use and maintenance matters.

Users should be competent in the use of this equipment before beginning any task requiring is use.



Confined Space Spreader Bar

Item should be inspected at least once every 6 months but we recommend it is inspected before each use as per the following recommendations:

Before Use Inspection
User to check the following points:

- Date of manufacture, the Webbing Spreader Bar cannot be older than 10 years from date of manufacture

Inspect Assembly for:

- Abrasion- scuff marks on the webbing
- Cuts, nicks or score marks on the webbing
- Chemicals - grease, paint, acidic contact with the rope
- Heat evidence on the webbing loops of the shock absorber and the webbing itself, burn marks or shiny patches
- Excessive stretching
- Bending of the Spreader Bar

If any of the above faults are present then the Spreader Bar Assembly should be withdrawn from service.

Examine all stitching areas to ensure that no stitches have been:

- Cut
- Broken
- Heat damaged or chemical damaged

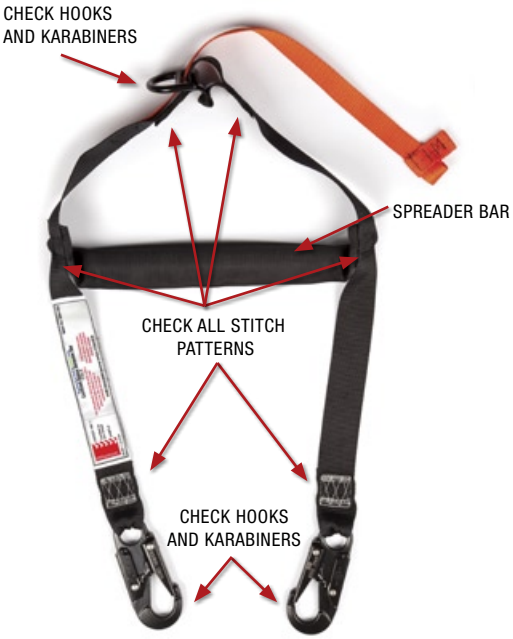
Check all hooks. karabiners and or attachment devices for

- Double action closing and locking
- Ensure safety gate locks closed and cannot be opened by one action
- Check metal components for corrosion, heat damage, bending, warping and twisting

If a competent person deems the product to be unsuitable for continued use it should be withdrawn from service.

User's attention is drawn to AS/NZS 1891.4 for guidance on selection, use and maintenance matters.

Users should be competent in the use of this equipment before beginning any task requiring is use.



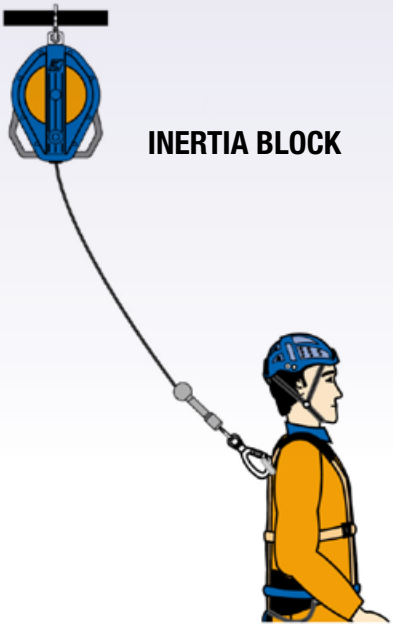
Definitions

FALL ARREST

A fall arrest system consists of a harness and a subsystem design to arrest a fall. Fall arrest equipment is designed to arrest a fall safely, limiting the risk of injury by dissipating the energy produced and holding the person in a suitable position.

Sub-system of fall arrester:

- Retractable fall arrester
- fall arrest on a wire rope
- Fall arrest on a synthetic rope
- Rope lanyard with energy absorber.



INERTIA BLOCK

BACK POINT

For use with fixed anchor or mobile & absorbing lanyard

CHEST POINT

For use on a pitched roof or vertical ladder systems. Always check the load capacity of the attachment point prior to use.

SIDE WAIST POINT

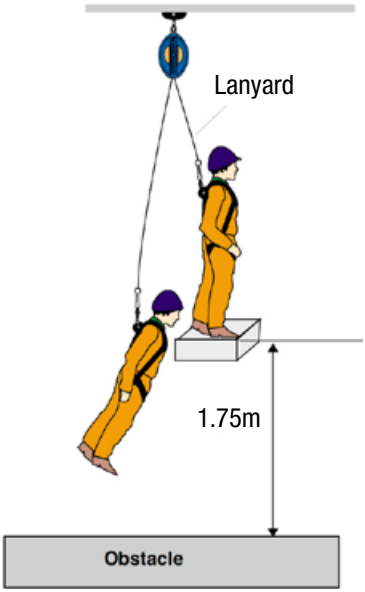
For use on a pylon & monopole (or similar) with help of an adjustable work positioning lanyard.

RESCUE OR FALL ARREST

for suspension & rescue.

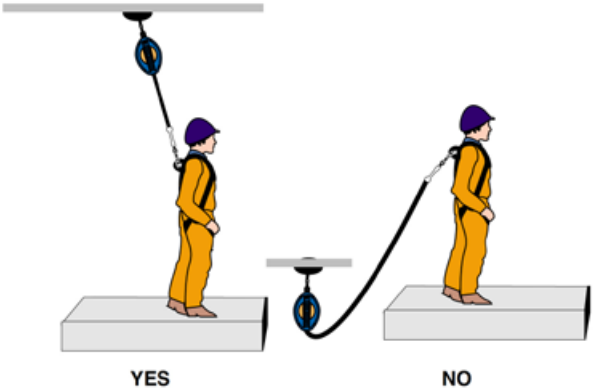
CENTRAL WAIST POINT

For use on a fall arrest on wire & rail



CLEARANCE

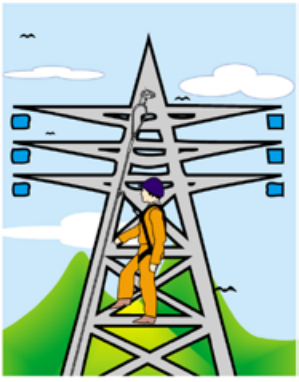
Leave a minimum of 1.75m from the obstacle



Configurations

Flexible anchorage lines used in conjunction with a robe grab offers the best solution for temporary work access systems.

The full arrest is connected to the harness by the chest point.



The fall arrest connected to the chest point is used in this configuration.

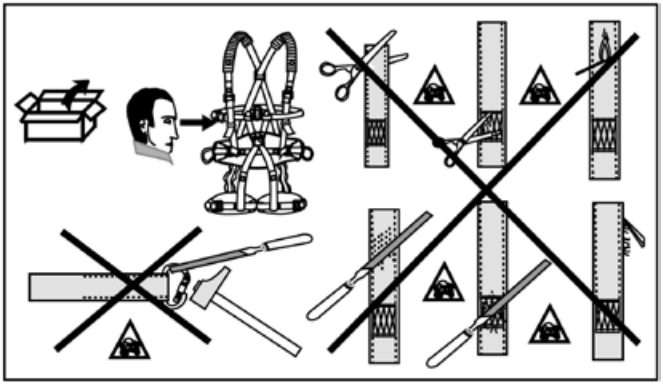
MOBILE ANCHOR

FIXED ANCHOR

ALTERNATIVE ANCHOR ON STRUCTURE

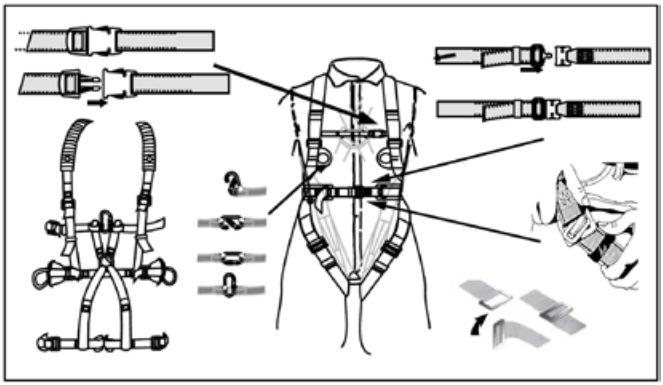
Visual verification

- Check the webbing for cuts, abrasions, tears.
- Check the buckles for abrasion, distortion break.



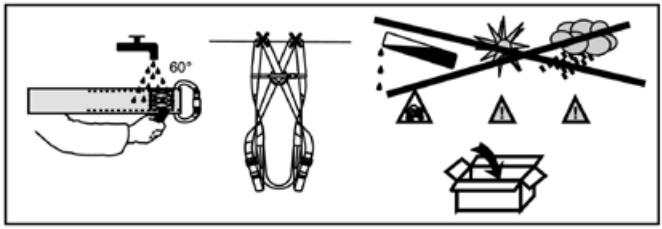
Fitting

- adjust the harness correctly to the body



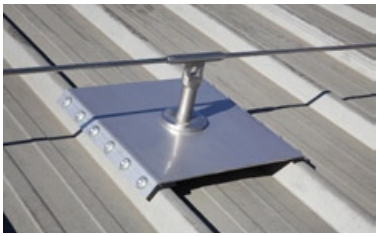
Cleaning and storing

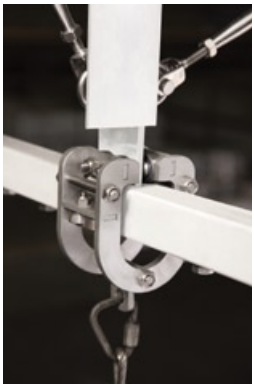
- clean with warm water & delicate detergent for textiles.
- dry naturally keep away from sun & heat.
- DO not store the body harness in contact with any chemicals.



Product range

CONTACT YOUR LOCAL BRANCH FOR FURTHER DETAILS





INSPECTION LOG

Product type : .....

Serial no. : .....

Year of Mnf. : .....

User name : .....

Date of purchase : .....

Date of first use : .....

Comments : .....

.....

DATE	STITCHING	WEBBING	HOOKS/ BUCKLES/ D-RINGS/ CARRABINERS	COMMENTS	SIGNATURE

www.heightechsafety.com.au

QUICK START GUIDE