

- a full body harness is the only acceptable body holding device that can be used in a fall arrest system.
 - the anchor device or anchor point for the fall arrest system should always be positioned, and the work carried out in such a way, as to minimise both the potential for falls and potential fall distance. The anchor device/point should be placed above the position of the user. The shape and construction of the anchor device/point shall not allowed to self-acting disconnection of the equipment. Minimal static strength of the anchor device/point is 15 kN. It is recommended to use certified and marked structural anchor point complied with EN795.
 - it is obligatory to verify the free space required beneath the user at the workplace before each occasion of use the fall arrest system, so that, in the case of a fall, there will be no collision with the ground or other obstacle in the fall path. The required value of the free space should be taken from instruction manual of used equipment.
 - there are many hazards that may affect the performance of the equipment and corresponding safety precautions that have to be observed during equipment utilization, especially:
 - trailing or looping of lanyards or lifelines over sharp edges,
 - any defects like cutting, abrasion, corrosion,
 - climatic exposure,
 - pendulum falls,
 - extremes of temperature,
 - chemical reagents,
 - electrical conductivity.
 - personal protective equipment must be transported in the package (e.g.: bag made of moisture-proof textile or foil bag or cases made of steel or plastic) to protect it against damage or moisture.
 - the equipment can be cleaned without causing adverse effect on the materials in the manufacture of the equipment. For textile products use mild detergents for delicate fabrics, wash by hand or in a machine and rinse in water. Plastic parts can be cleaned only with water. When the equipment becomes wet, either from being in use or when due cleaning, it shall be allowed to dry naturally, and shall be kept away from direct heat. In metallic products some mechanic parts (spring, pin, hinge, etc.) can be regularly slightly lubricated to ensure better operation.
- Other maintenance and cleaning procedures should be adhered to detailed instructions stated in the manual of the equipment.
- personal protective equipment should be stored loosely packed, in a well-ventilated place, protected from direct light, ultraviolet degradation, damp environment, sharp edges, extreme temperatures and corrosive or aggressive substances.

IT IS THE RESPONSIBILITY OF THE USER ORGANISATION TO PROVIDE THE IDENTITY CARD AND TO FILL IN THE DETAILS REQUIRED.
THE IDENTITY CARD SHOULD BE FILLED IN BEFORE THE FIRST USE BY A COMPETENT PERSON, RESPONSIBLE IN THE USER ORGANIZATION FOR PROTECTIVE EQUIPMENT.
ANY INFORMATION ABOUT THE EQUIPMENT LIKE PERIODIC INSPECTIONS, REPAIRS, REASONS OF EQUIPMENT'S WITHDRAWN FROM USE SHALL BE NOTED INTO THE IDENTITY CARD BY A COMPETENT PERSON.
THE IDENTITY CARD SHOULD BE STORED DURING A WHOLE PERIOD OF EQUIPMENT UTILIZATION.
DO NOT USE THE EQUIPMENT WITHOUT THE IDENTITY CARD.
ALL RECORDS IN THE IDENTITY CARD CAN BE FILLED IN ONLY BY A COMPETENT PERSON.

IDENTITY CARD

MODEL AND TYPE OF EQUIPMENT	
REF. NUMBER	
SERIAL NUMBER	DATE OF MANUF.
USER NAME	
DATE OF PUTTING INTO OPERATION	
DATE OF PURCHASE	

PERIODIC EXAMINATION AND REPAIR HISTORY					
	DATE	REASON FOR ENTRY PERIODIC EXAMINATION OR REPAIR	DEFECTS NOTED, REPAIRS CARRIED OUT AND OTHER REVELANT INFORMATIONS	NAME AND SIGNATURE OF COMPETENT PERSON	PERIODIC EXAMINATION NEXT DUE DATE
1					
2					
3					
4					



Instruction Manual READ CAREFULLY BEFORE USE THE EQUIPMENT



CE 0082 EN 358:1999 Ref.: XPPDPROT3xxx

The work positioning device PROT-3 is the component of the personal protective equipment for work positioning and prevention of falls from a height. It complies with EN 358.

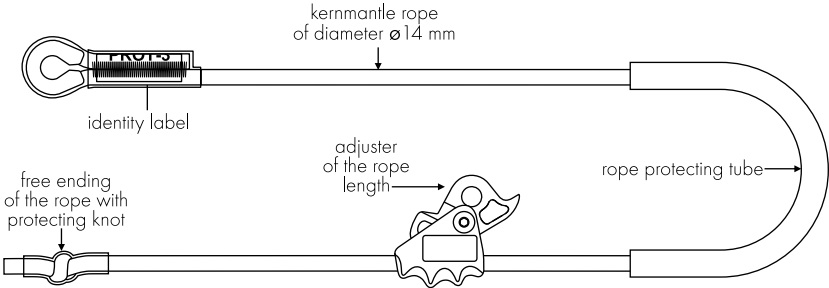
The function of the device is to prevent an occurrence of a fall from the height. PROT-3 is very useful performing works at the height on the pillars, trees, lattice constructions. It is needful when the job you are performing require a stable work position, very often without holding on with hands.

The device PROT-3 complies with EN 358.

BASIC EQUIPMENT

- kernmantle rope of diameter ø14 mm;
- aluminium adjuster of the rope length;
- rope protecting tube.

ATTENTION! The work positioning device PROT-3 can be equipped only with certified (according to EN 362) snap hooks.



ADMISSIBLE TIME OF USE

Work positioning device can be used for 8 years from the date of its first use.
After every 12 months of utilization, the device must be withdrawn from use to carry out periodical detailed inspection. The periodic inspection can be carried out by the manufacturer or his authorized representative.

CONTENT OF THE DEVICE IDENTITY LABEL

WORK POSITIONING DEVICE PROT-3	
Ref. XPPDPROT3xxx	
LENGTH x,x m	
SERIAL NUMBER: 0001	DATE OF MANUFACTURE: 08.2004
CE 0082 EN 358:1999	
Lanex	

1. type of the device
2. reference number of the device - xx - code of length, e.g.: xx=02 - length 2 m
3. length of the device
4. number of the manufacturing series
5. month/year of the device manufacture
6. European standard (number/year)
7. caution: read the manual
8. CE marking with identity number of the notified body controlling manufacturing of the equipment (the article 11)
9. marking of the manufacturer or distributor

INSTALLATION OF THE DEVICE

1. Connect snap hook of the rope adjuster to the right attaching buckle of the work positioning belt (or left for left-handed employee)- drawing 1.
2. Put the rope around the construction element and connect rope snap hook to the left attaching buckle of the work positioning belt (or right for left handed employee) - drawing 2.
3. Using the rope adjuster, adjust the length and the tension of the rope to assure a stable work position and restrict the free fall of the worker. The distance of the free fall should not exceed 0,5 m (according EN 358) - drawing 3.

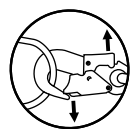
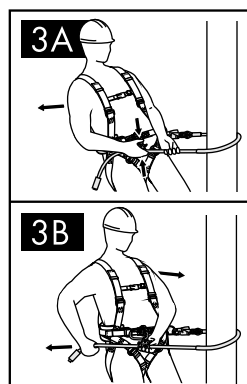
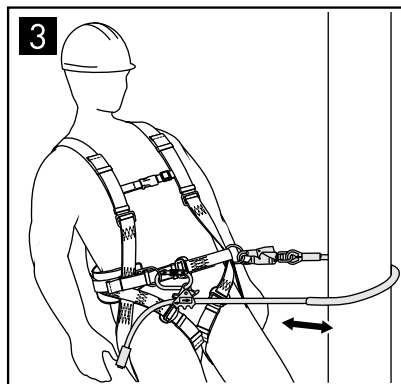
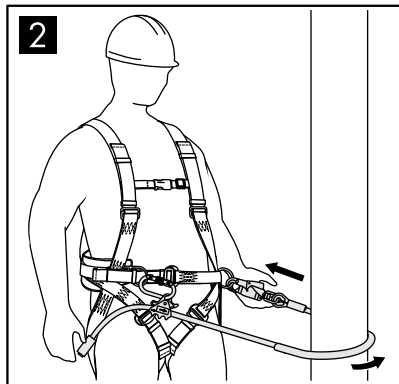
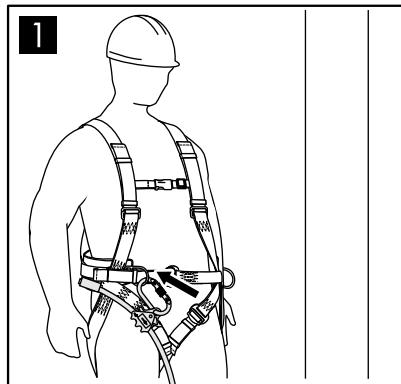
A. Lengthening the rope (3A):

- catch the rope with the left (right) hand in point between the rope adjuster and the construction;
- lightly stretch the rope by controlled deflection of the body till the rope is lengthening;
- squeeze the adjuster lever with the right (left) hand;
- releasing the lever will stop moving the rope inside the adjuster.

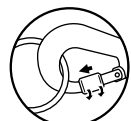
B. Shortening the rope (3B):

- keep the rope adjuster with the left (right) hand and pull the free ending of the rope, with the right (left) hand, in the back direction, inclining the body in the direction of the construction either;

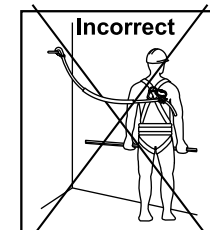
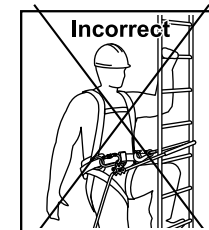
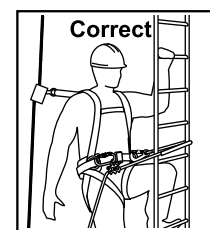
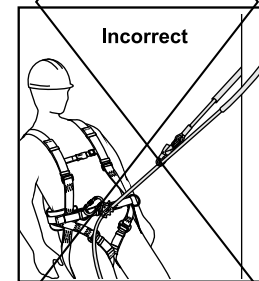
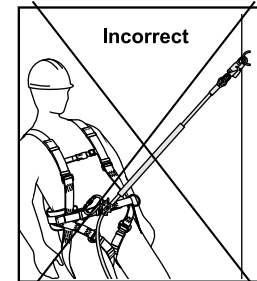
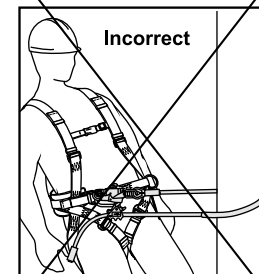
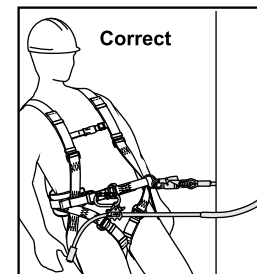
ATTENTION - Inside the brackets: there are sides that the left-handed employee should use.



**NECESSARILY PROTECT
THE SNAP HOOK GATE
WITH THE LOCKING GEAR**



- during work the rope snap hook and the adjuster snap hook must be connected to the side buckles of the work positioning belt. The snap hooks of the work positioning device PROT-3 mustn't be connected to the attaching points of the safety harness destined for attach the fall protective equipment.
it is strictly forbidden:
 - to connect both snap hooks to the same, single belt buckle;
 - to connect the adjuster snap hook to the belt buckle and the rope snap hook to the structural anchor point;
 - to connect the adjuster snap hook to the belt buckle and connect the second snap hook on the rope.
- work positioning device PROT-3 is not the fall protection and it should not be used as the protection against the fall from a height. The independent fall arrest system must be used to protect the worker during the work at the height.



THE ESSENTIAL PRINCIPLES FOR USERS OF PERSONAL PROTECTIVE EQUIPMENT

- personal protective equipment shall only be used by a person trained and competent in its safe use.
- personal protective equipment must not be used by a person with medical condition that could affect the safety of the equipment user in normal and emergency use.
- a rescue plan shall be in place to deal with any emergencies that could arise during the work.
- it is forbidden to make any alterations or additions to the equipment without the manufacturer's prior written consent.
- any repair shall only be carried out by equipment manufacturer or his certified representative.
- personal protective equipment shall not be used outside its limitations, or for any purpose other than that for which it is intended.
- personal protective equipment should be a personal issue item.
- before use ensure about the compatibility of items of equipment assembled into a fall arrest system. Periodically check connecting and adjusting of the equipment components to avoid accidental loosening or disconnecting of the components.
- it is forbidden to use combinations of items of equipment in which the safe function of any one item is affected by or interferes with the safe function of another.
- before each use of personal protective equipment it is obligatory to carry out a pre-use check of the equipment, to ensure that it is in a serviceable condition and operates correctly before it is used.
- during pre-use check it is necessary to inspect all elements of the equipment in respect of any damages, excessive wear, corrosion, abrasion, cutting or incorrect acting, especially take into consideration:
 - in full body harnesses and belts - buckles, adjusting elements, attaching points, webbings, seams, loops;
 - in energy absorbers - attaching loops, webbing, seams, casing, connectors;
 - in textile lanyards or lifelines or guidelines - rope, loops, thimbles, connectors, adjusting element, splices;
 - in steel lanyards or lifelines or guidelines - cable, wires, clips, ferrules, loops, thimbles, connectors, adjusting elements;
 - in retractable fall arresters - cable or webbing, retractor and brake proper acting, casing, energy absorber, connector;
 - in guided type fall arresters - body of the fall arrester, sliding function, locking gear acting, rivets and screws, connector, energy absorber;
 - in connectors - main body, rivets, gate, locking gear acting.
- after every 12 months of utilization, personal protective equipment must be withdrawn from use to carry out periodical detailed inspection. The periodic inspection must be carried out by a competent person for periodic inspection. The periodic inspection can be carried out also by the manufacturer or his authorized representative.
- In case of some types of the complex equipment e.g. some types of retractable fall arresters the annual inspection can be carried out only by the manufacturer or his authorized representative.
- regular periodic inspections are the essential for equipment maintenance and the safety of the users which depends upon the continued efficiency and durability of the equipment.
- during periodic inspection it is necessary to check the legibility of the equipment marking.
- it is essential for the safety of the user that if the product is re-sold outside the original country of destination the reseller shall provide instructions for use, for maintenance, for periodic examination and for repair in language of the country in which the product is to be used.
- personal protective equipment must be withdrawn from use immediately when any doubt arise about its condition for safe use and not used again until confirmed in writing by equipment manufacturer or his representative after carried out the detailed inspection.
- personal protective equipment must be withdrawn from use immediately and destroyed when it have been used to arrest a fall.