

- personal protective equipment must be withdrawn from use immediately and destroyed when it has been used to arrest a fall.
- 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 be 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.

The site where the equipment is used is responsible for completing the utilisation card.

The utilisation card should be filled in before the first release for use of the device.

All the information pertaining to the protective equipment (name, serial number, date of purchase and date of introduction into use, user name, information about periodic surveys and repairs) should be included in the utilisation card of a device.

The card is filled in by the person in charge of protective equipment on site.

Pieces of personal protective equipment without a complete utilisation card must not be used.

USER CARD

| | |
|----------------------|-------------------------------|
| DEVICE NAME MODEL | CATALOGUE NO. |
| NUMBER OF DEVICE | DATE OF MANUFACTURE |
| USER NAME | |
| DATE OF PURCHASE | DATE OF INTRODUCTION INTO USE |

TECHNICAL SURVEYS

| | SURVEY DATE | REASONS FOR SURVEY OR REPAIR | DAMAGES FOUND, REPAIRS PERFORMED, OTHER NOTES | DATE OF NEXT SURVEY | SIGNATURE OF PERSON RESPONSIBLE |
|---|-------------|------------------------------|---|---------------------|---------------------------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |

EC type examination carried out by CETE APAVE SUDEUROPE, BP 193, 13322 Marseille, France - 0082

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Instruction Manual

Ref.: TH 120 01

Ref.: TH 130 01

CE 0082 EN 358:1999 EN 813:2008

Work positioning belt XPTH-020 or XPTH-030 is a component of the personal protective equipment for work positioning and prevention of falls from a height. It can be used also as a sit harness. The belt complies with EN 358 (work positioning belt) and EN 813 (sit harness). It is strictly forbidden to use work positioning belt XPTH-020 and XPTH-030 in fall arrest system as a full body harness.

Only a full body harness complied with EN 361 is the only acceptable body holding device that can be used in a fall arrest system.

According EN 358 - work positioning lanyard must be anchored to the point of construction that is situated at waist level or above.

Work positioning lanyard must be kept taut to restrict free movement to a maximum 0,5 m.

All textile components of sit harness XPTH-020 and XPTH-030 are made from polyamide/polyester, yarns and fabrics, the metal parts are made from light alloy. Inside the pads is polyethylene foam.

BASIC EQUIPMENT

- Front attaching ring - can be utilized as a sit harness according EN 813.
- Attaching strap.
- Lateral belt attaching D-rings. Can be utilized only to attach work positioning systems according EN 358.
- Belt strap.
- Belt strap adjusting buckles.
- Thigh straps.
- Thigh straps connecting/adjusting buckles.
- Identity label - on back thigh pad
- Belt pad.
- Tool loop - for attaching tools and tool bags.
- Connecting shackle

SIZES

Belt XPTH-020 and XPTH-030 is manufactured in three sizes:

- small - S;
- universal - M-XL;
- extra large - XXL

Maximum lifetime of the device

The maximum lifetime of the device is 8 years from the date of manufacture. The maximum lifetime depends on the intensity of usage and the environment of usage. Using the device in rough environment, marine environment, contact with sharp edges, exposure to extreme temperatures or aggressive substances, etc. can lead to the withdrawal from use even after one use.

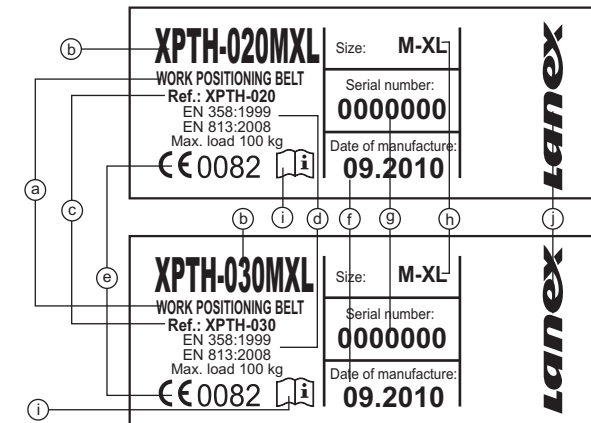
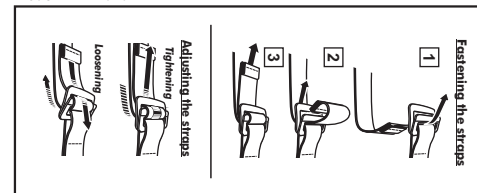
The device must be withdrawn from use immediately and destroyed when it has been used to arrest a fall.

BELT MARKING

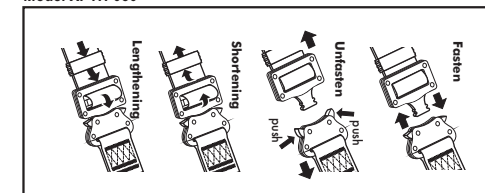
- Device type.
- Model symbol.
- Reference number.
- European standards (number and year)
- CE mark and identity number of the authorized body for article 11A
- Month and year of manufacture.
- Serial number of the belt.
- Belt size.
- Caution: read the manual
- Marking of the manufacturer or distributor of the belt

Fasten the thigh and belt buckles, adjust the length of the straps.

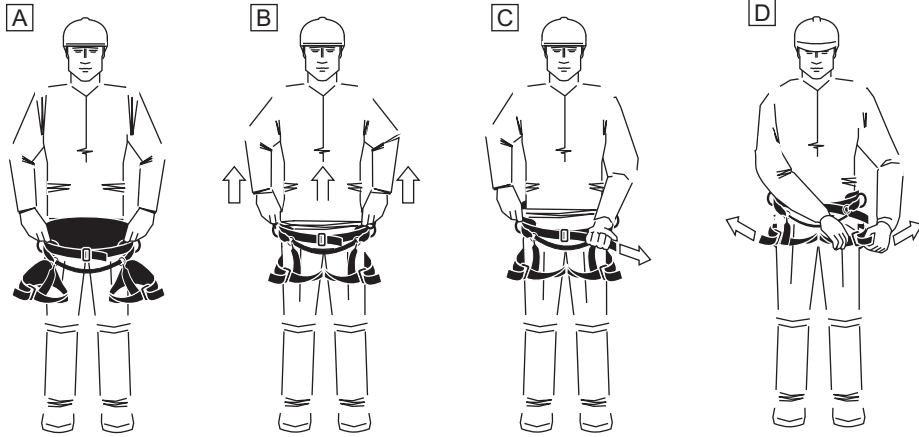
Model XPTH-020



Model XPTH-030



PUTTING ON THE BELT



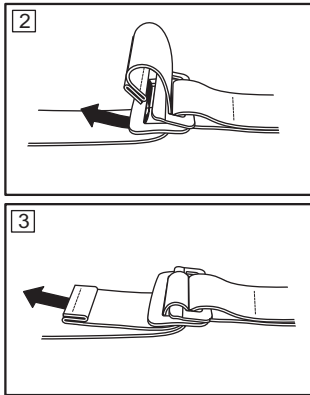
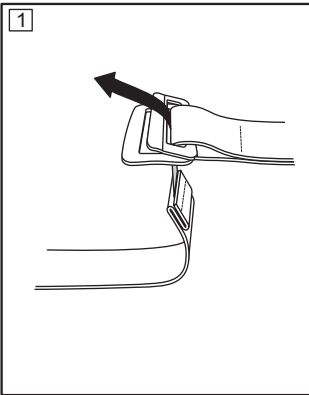
A. Take the belt by the pad. Form the belt strap and thigh to easy put on.

B. Taking the belt by the pad, put them on over the feet.

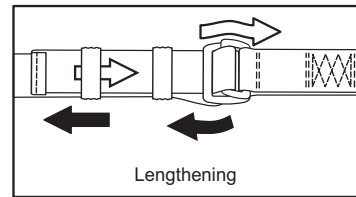
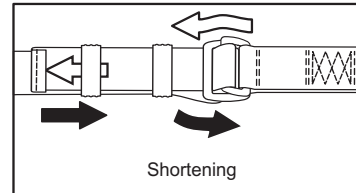
C. Fasten belt buckle [only XPTH-030] and adjust the length of belt strap. Protect free ends of the straps with the loops.

D. Fasten buckles [only XPTH-030] of the thigh straps and adjust length of straps. Protect free ends of the straps with the loops.

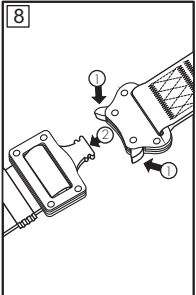
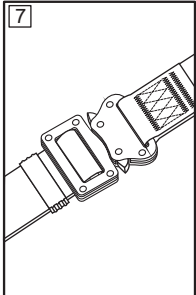
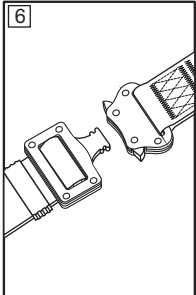
Fasten the thigh and belt buckles. (Model XPTH-020)



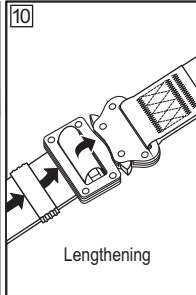
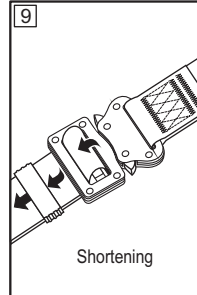
Adjust the length of the straps. (Model XPTH-020)



Fasten the thigh and belt buckles. (Model XPTH-030)



Adjust the length of the straps. (Model XPTH-030)



ATTENTION: Before use the belt the first time the user should carry out a suspension test in a safe place to ensure that the sit harness is the correct size, has sufficient adjustment and is of an acceptable comfort level for the intended use.

The belt is put on correctly if:

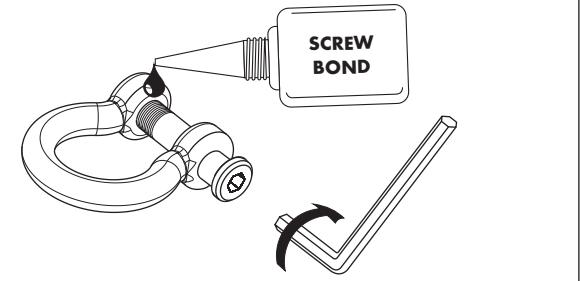
- the belt straps are correctly adjusted (neither too loose nor too tight).
- lateral D rings are correctly positioned symmetrically at the level of the hips.
- front attaching strap and the ring is correctly positioned at the middle of the abdomen.
- the ends of the straps must be kept by plastic loop.

Screw fix kit

ATTENTION:

after each disassembly of connection set - exchange of ring [1] or connecting strap [2] when unscrew of shackles [11] in belt straps USE SCREW BOND and hexagon wrench to fix screw of shackle.

Screw bond and wrench
- **Fix Kit** attached.



Read carefully before using the equipment

THE ESSENTIAL PRINCIPLES FOR USERS OF PERSONAL PROTECTIVE EQUIPMENT AGAINST FALLS FROM A HEIGHT



- 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.
- being suspended in PPE (e.g. arresting a fall), beware of suspension trauma symptoms.
- to avoid symptoms of suspension trauma, be sure that the proper rescue plan is ready for use. It is recommended to use foot straps.
- 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 positioning 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. All elements of the equipment must be inspected in respect of any damages, excessive wear, corrosion, abrasion, cutting or incorrect acting (see point above). 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.
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