

- a full body harness (conforming to EN 361) is the only acceptable body holding device that can be used, in a fall arrest system.
- in full body harness use only attaching points marked with big letter "A" to attach 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 12 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 PURCHASE		DATE OF PUTTING INTO OPERATION	

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

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European certification was executed in the
CENTRAL INSTITUTE OF LABOUR PROTECTION
ul. Czerniakowska 16, 00-701 Warszawa, Polska
No. 1437

Instruction Manual



Carefully read the instruction manual before using the equipment.

CE 1437

EN 361:2002
EN 358:1999

Product resistant to flame and molten metal splashes according to section 4.1.5 of the EN 358 standard.

The safety harness is an element of personal fall arrest equipment and complies with the EN 361 and EN 358 standards.

CONSTRUCTION

The safety harness is made of aramid belt sections properly sewn together and connected by metal buckles. The resulting system provides full comfort and safety at work.

EQUIPMENT

- back anchorage buckle with extension belt – designed to attach the connecting and energy-absorbing component
- chest attachment loops – designed to attach the connecting and energy-absorbing component
- work positioning belt
- adjustment and fastening buckles – for quick and easy putting on the harness and for adjusting the length of all belts to the user's body shape.

Periodic inspections

The device must be inspected at least once every 12 months from the date of first use. Periodic inspections must only be carried out by a competent person who has the knowledge and training required for personal protective equipment periodic inspections. Depending upon the type and environment of work, inspections may be needed to be carried out more frequently than once every 12 months.

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.

SIZES

The safety harness is manufactured in two sizes:
- Medium – M-XL
- Large – XXL

Description of device marking

device model

type of the device

reference number

size

Month/year of manufacture

Serial number

number and year of the European standard, the requirements of which the equipment meets

The CE marking with the identity number of the notified body controlling the manufacturing process of the equipment (Article 11)

Name of the manufacturer or distributor:

FIREPROOF

SAFETY HARNESS

Ref.: XPSHFIREPROOFMXL

Size: ☒ M-XL
☐ XXL

Date of manufacture: 11.2012

Serial number: 00012

EN 361:2002
EN 358:1999

CE 1437

lanex



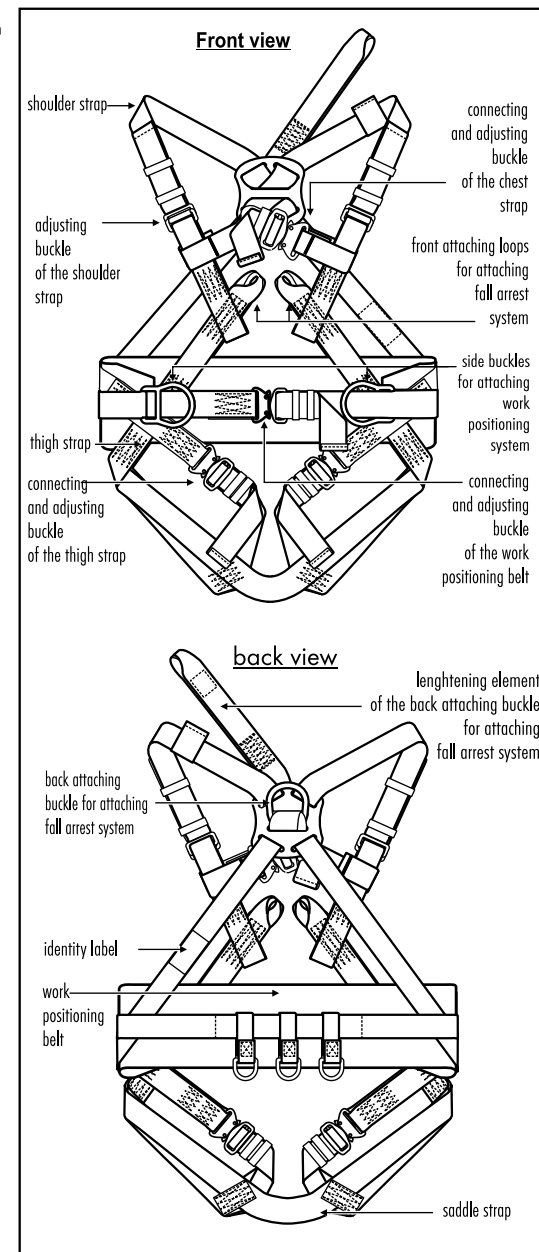
Carefully read the instruction manual before using the equipment.

Lanex

SAFETY HARNESS

FIREPROOF

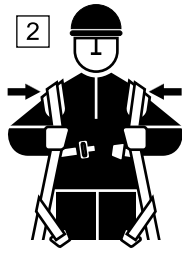
Ref.: XPSHFIREPROOF



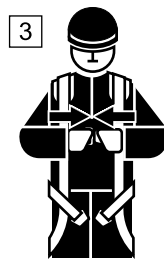
HOW TO PUT ON THE HARNESS



Lift the harness by the rear attachment buckle.



Put on shoulder straps – one by one. Be careful to avoid tangling them.



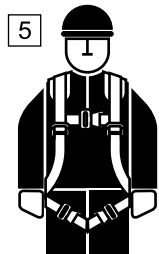
Fasten the front buckle and adjust the tightness of the chest strap.



Fasten the buckle and adjust the strap of the work positioning belt.



Put through the first thigh strap, next another strap in the crotch. Be careful to avoid tangling them.



Check the clips of the straps and the buckles' fastening. Free endings of the belt must be protected with plastic loops/trimming.



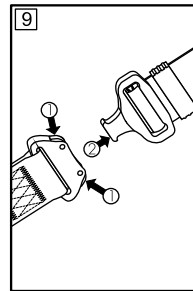
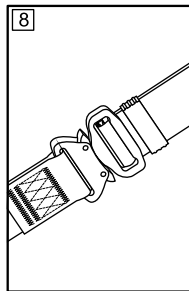
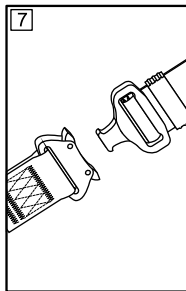
The rear buckle should be at the height of the shoulder blades.



Work "positioning" belt must be at the waist height. Buckles must be arranged symmetrically on both sides.

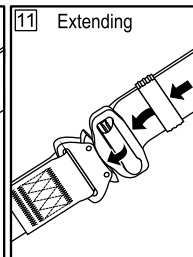
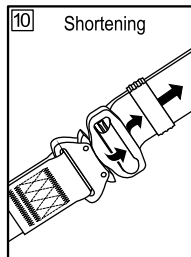


Fastening the straps

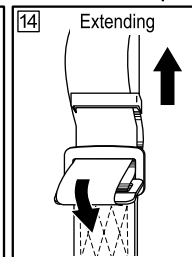
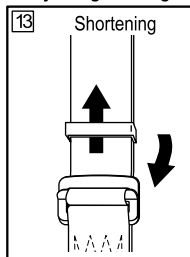


Unfastening the straps

Adjusting the length of the straps



Adjusting the length of the shoulder straps



ATTACHING THE CONNECTING AND ENERGY-ABSORBING COMPONENT

The selected connecting and energy-absorbing component can be attached only to the harness's attachment elements marked with capital "A".

The connecting and energy-absorbing component can be attached only:

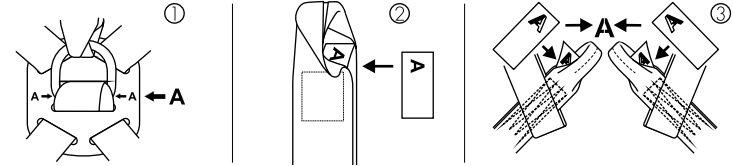
- directly to the rear attachment buckle (1),
- or
- to the extension piece of the rear buckle (2),
- or
- to both loops of the chest attachment point at the same time (3). It is prohibited to attach fall protection equipment to a single loop of the chest attachment point!

The rear buckle is marked with letter "A" placed on the dorsal anchorage point with arrows indicating the buckle.

The back buckle extension element is marked with the letter "A" on the label inside the element's loop.

The loops of the chest attachment point are marked with letter "A" (half of the letter is blackened and half is contoured) located on a label located inside each loop of the chest attachment point.

See the figures below.



ATTACHING THE WORK POSITIONING ROPE

Work positioning rope can be attached only to the side buckles of the work positioning belt.

According to the EN 358 the work positioning rope should be tied around the construction element at the operator's waist height or above. The length and tensioning of the rope should be selected to reduce the free-fall distance to not more than 0.5 m.

NOTE:

- ① Never attach the connecting and energy-absorbing component to the side buckles of the work positioning belt.
- ② Never attach the work positioning device to the chest attachment loop.

Before each use of the fall arresting equipment, which is a component of the safety harness, make sure that all devices are properly attached to each other and work together without any interference, and whether they comply with the following standards:

- EN 354, EN 355, EN 353-1, EN 353-2, EN 360, EN 362 - connecting and energy-absorbing component,
- EN 795 – equipment anchoring points (fixed structure points),

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.
- a rescue plan shall be in place to deal with any emergencies that could arise during the work.
- 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.
- 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, webbings, seams, casing, connectors;
 - in textile lanyards 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 (or another procedures shall be introduced according detailed instruction from equipment manual) when it have been used to arrest a fall.

The harness is put on correctly, if:

- the user can insert his/her hand between the individual straps of the harness and clothing;
- back attachment buckle is on at the height of the shoulder blades;
- chest strap is located at the centre of the chest;
- free ends of the straps are protected with loops and adhere to the harness.