

TIME OF USE

Retractable type fall arrester can be used without time limit on condition periodic inspections are carried out timely.

PERIODIC INSPECTIONS

After each 12 months of usage the retractable type fall arrester should be withdrawn from use and subject to a detailed periodic inspection. The device can be subject to inspection only by the manufacturer or his authorized representative. During periodic inspection period of use of the device date of the next inspection should be arranged. All information regarding the periodic inspection must be recorded in the Identity Card.

WITHDRAWAL FROM USE

Retractable type fall arrester must be withdrawn from use immediately, if there are any doubts in regard of its correct condition and function. The device must not be used until the equipment manufacturer or his authorized representative carries out a detailed inspection and gives his written consent to use the equipment again. Retractable type fall arrester must be withdrawn from use immediately and sent to the manufacturer or his authorized representative to carry out a detailed inspection, if it has been used to arrest a fall.

Any repair or service works can performed only by the device manufacturer or his authorized representative.

Notified body responsible for controlling the production phase of the device:

APAVE SUDEUROPE SAS
8 rue Jean-Jacques Vemazza – ZAC. Saumaty-Séon – BP 193
13322 MARSEILLE CEDEX 16
FRANCE - No. 0082

Notified body responsible for EU type test certification in accordance with Regulation 2016/425:

PRS – No.1463
Polski Rejestr Statków S.A.
al. gen. Józefa Hallera 126 80-416 Gdańsk, Poland
Tel.: (+48) 58 75 11 301, Fax: (+48) 58 34 60 392
E-mail: mailbox@prs.pl, http://www.prs.pl/

IDENTITY CARD

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 withdrawal from use shall be noted into the identity card by a competent person in the user organization. The identity card should be stored during a whole period of equipment utilization. Do not use the equipment without the identity card.

MODEL AND TYPE OF EQUIPMENT			
SERIAL/BATCH NUMBER			DATE OF MANUFACTURE
REFERENCE NUMBER			DATE OF PURCHASE
USER NAME			DATE OF FIRST USE

PERIODIC INSPECTION AND REPAIR HISTORY CARD

DATE OF INSPECTION	REASON FOR INSPECTION OR REPAIR	DEFECTS, CONDITION NOTED REPAIRS CARRIED OUT	NAME AND SIGNATURE OF COMPETENT PERSON	NEXT INSPECTION DATE



INSTRUCTION MANUAL

Carefully read the manual before using the equipment.



Lanex

XPRHCR250HV

RETRACTABLE TYPE FALL ARRESTER

CE 0082 EN 360:2002

Retractable type fall arrester XPRHCR250HV is a component of personal fall protection equipment compliant with EN 360:2002. Retractable type fall arrester XPRHCR250HV provides protection for one user.

Permissible user's weight is 120kg.

Available lengths of work cable:
- XPRHCR250HV 06 - 6 metres
- XPRHCR250HV 08 - 10 metres
- XPRHCR250HV 11 - 11 metres

Upper rotary holder (CR250V) used to attach the device to anchor point

Cable retractor with brake and energy absorber in plastic housing

Galvanized steel work cable Ø 5mm

Handle for device transportation

Identity label

RETRACTABLE TYPE FALL ARRESTER
REF. XPRHCR250HV
Cable length:: ... m
Serial number: 00000000 Date of manufacture:: mm yyyy

Number of European standard
EN 360:2002

CE mark and number of the notified body controlling production of the equipment

CE 0082

Device's manufacturer or distributor mark

Lanex



Month and year of next manufacturer's inspection. Do not use the device after this date. Note: Before first use mark the date of the manufacturer's inspection (date of first use + 12 months, e.g. first use 01.2019 – mark inspection 01.2020)

Snap hook with swivel (choice of alternative snap hooks with optional fall indicator)

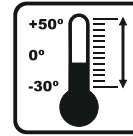
DEVICE MARKING:



Before each use check function of the locking gear.



Permissible inclination of work line from the vertical line



Range of device usage temperatures



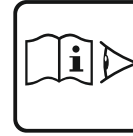
Permissible user's weight



Store in rooms, protect from direct sunlight, moisture and other aggressive substances



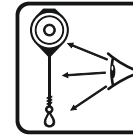
Use full body harness compliant with EN 361 only



Read the manual before use



Do not release the device cable suddenly when extended



Inspect the device before each use



Do not repair the device on your own



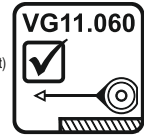
Do not use the device with damaged cable



Attach the device to a structural anchor point (anchor point) using rotary holder



Do not attach the device to a structural anchor point (anchor point) using handle for device transportation



The device is suitable for horizontal operation

ed-2/30.09.2019 PI 0000212

INSPECTION BEFORE USE

Before each use of the device the user must carry out a detailed inspection of components of the device: housing, snap hook, holder, work cable or webbing (over the whole length) for mechanical, chemical and thermal damages. It is necessary to check operation of retracting and braking gear by dynamically pulling the work cable/webbing. The cable/webbing should be locked and stop extending any further. After the cable/webbing is released, it should be easily folded (retracted) by the device. Inspections and checks should be carried out by the user of the device. If there are any defects or doubts in regard of the correct condition and function of the device, it should be withdrawn from use immediately.

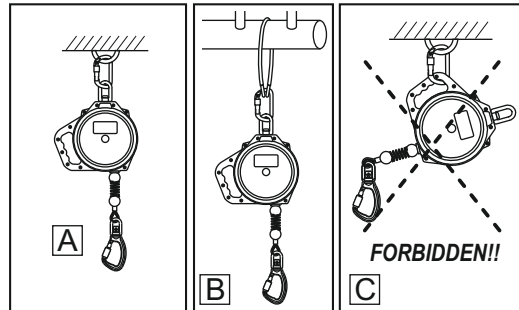
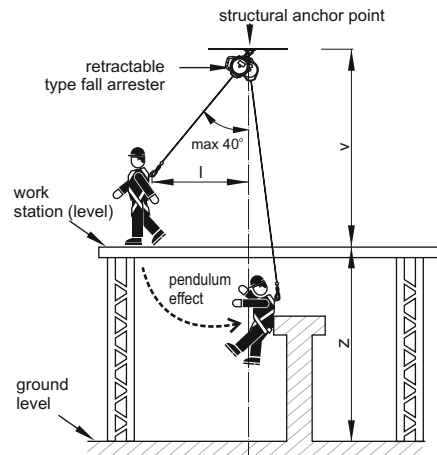
During usage protect all parts of the device from contact with oils, solvents, acids and alkali, open flame, molten metal spatters and objects with sharp edges. During operation on truss structures avoid interweaving the work cable/webbing between individual parts of the structure. Avoid usage of the device in dusty and oily environments. Use of retractable type fall arrester as a part of a fall protection system must be in accordance with instructions for individual parts of the system and standards in force:

- EN 361 - Full body harness;
- EN 362 - Connectors;
- EN 795 - Anchor devices (anchor points).

CONNECTING THE FALL ARRESTER TO STRUCTURAL ANCHOR POINT

The device must be attached to a structural anchor point only with rotary holder using snap hook [A] or attachment [B] compliant with EN 362 or EN 795. It is forbidden to attach the device using handle for device transportation [C]. Structural anchor point should be located above the user and have static strength of min. 12 kN.

Shape and construction of a structural anchor point must prevent self-acting disconnection or slipping of the device. It is recommended to use marked and certified structural anchor points compliant with EN 795.



REQUIREMENTS FOR STRUCTURAL ANCHOR POINTS

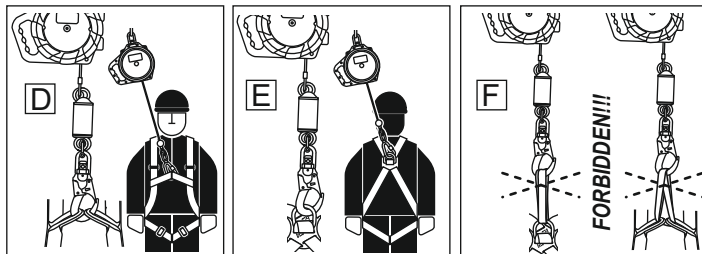
Structural anchor point which the retractable type fall arrester is attached to, should be located above the user.

If retractable type fall arrester is attached vertically above the user, minimum required free space below the work station (level) must be 1.5m. When work cable of the retractable type fall arrester is deflected from the vertical line, a pendulum effect may occur. To avoid a related risk, pay attention that the device work line deflection from the vertical never reaches 40°. In such case the user may move in the horizontal over a distance "l" no greater than 1/2 "v". Then the minimum required free space under the work station (level) must be 1.5m + distance "l".

CONNECTING WORK LINE OF RETRACTABLE TYPE FALL ARRESTER TO FULL BODY HARNESS

• Snap hook of work line of the device should be connected directly to front [D] or dorsal [E] attachment point (buckle or loop) on full body harness compliant with EN 361. It is forbidden to connect work line of the device using additional element attached between snap hook of work line and attachment point [D] [E] of full body harness [F].

- Always secure the locking gear!
- snap hooks on work cable should be connected only to front or dorsal attachment point on the harness. Full body harness should be compliant with requirements of EN 361
- always secure the snap hook locking gear with locking gear



USE OF RETRACTABLE TYPE FALL ARRESTER DURING WORKS ON A ROOF

It is acceptable to use retractable type fall arresters XPRHCR250HV for vertical application and protection against falls from edges which is confirmed by a special marking – see pictogram. These devices have been successfully tested in accordance with new Directive on personal protective equipment 89/686/EEC (Document CNB/P/11.060). The device can be used in areas where any type of edges with radius >0.5mm are present.

Example edge materials: roller steel profiles, and other metal structures, wooden beams or planks, roof parapets and similar concrete edges (it is recommended to connect concrete edges using e.g. steel profile).

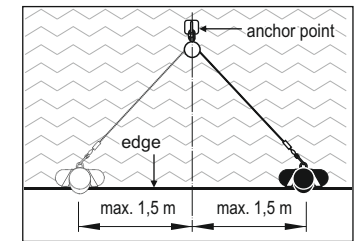
However, for edges posing a high risk of cutting the cable or with burrs, it is necessary to conduct a proper risk assessment, provide additional edge protection or contact the manufacturer.

During horizontal work the device must be installed on the edge level or above.

Line deflection angle on the edge when arresting a fall must be at least 90°. Minimum required free space under the work level for fall from edges must be 2.5m + distance "l". In case of falls from edges pay particular attention to a potential pendulum effect and potential contact of the user with parts of the structure.

In order to prevent a pendulum effect fall, it is necessary to limit the movement from structural anchor point axis to 1.5m (see figure). Otherwise instead of a structural anchor point, please use an anchor device compliant with EN 795 Class D. The device XPRHCR250HV has not been tested with C class anchor devices.

NOTE: After a fall from edge there is a risk of injuries as a result of hitting elements of building or structure. Thus, prepare and practice special rescue procedures related to falls from edges.



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, 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 metallic components (connectors, hooks, anchors) - 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. Don't use the equipment with the illegible 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.
 - 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 attachment points marked with a capital 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. For energy absorbers use only a damp cloth to wipe away dirt. It's forbidden to immerse energy absorbers into the 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.
- 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.
- Using the harness in connection with personal protective equipment against falls from a height must be compatible with manual instructions of this equipment and obligatory standards:
 - EN353-1, EN353-2, EN355, EN354, EN360 - for the fall arrest systems;
 - EN362 - for the connectors;
 - EN1496, EN341 - for rescue devices;
 - EN795 - for anchor devices.