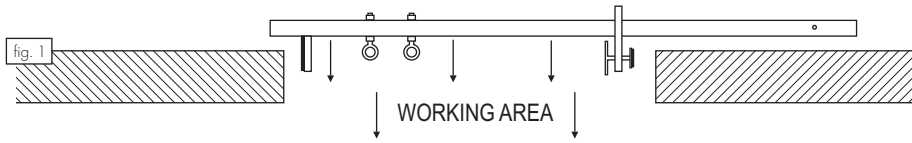


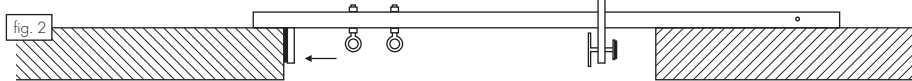


**INSTALLATION** - The anchor beam must be fixed into the stable door or window opening of the static construction. The anchor beam must be situated horizontally on the ground. It is strictly forbidden to install the beam in vertical direction. The maximum load that could be transmitted in service from the anchor beam to the static construction is 750 kg. The strength of the static construction must be at least double of the load transmitted in service from the beam to the structure, but not less than 13 kN.

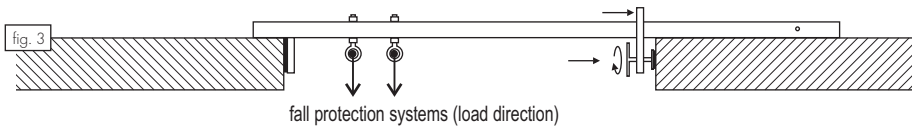
1. Place the anchor beam in the door or window opening with the anchorage eye bolts facing the area where work will be performed - (fig. 1). Anchor beam must rest on the bottom of the window or door opening. Do not install the anchor beam in a position where it is not supported by the floor or window sill.



2. Make sure the anchor beam is situated horizontally and fits close to the wall. Push the fastening plate to one side of the opening (fig. 2).



3. Shift the adjusting plate close to the other side of the opening. Tighten it with the adjustment screw to stabilize the beam inside the opening (fig.3). Ensure that the fastening and adjustment plates fit close to the surfaces of the opening. The shape and construction of the opening shall not allowed to the self-existent disconnection of the beam.



4. Connect personal fall protection system to the anchorage eye bolt of the beam - fig. 4. To avoid a danger of collision of falling worker with any object or a ground there must be defined a free clearance below the working level. The free clearance depends on fall protection equipment being used. The minimum distance of the free clearance below the working level is evaluated as the sum of lengths of particular components of the fall protection system plus an additional 1 m safety margin. The required free clearance below the working level must be verified against the user's manual of the fall protection system to be used

- Every time before using the fall protection system that includes the anchor beam it is necessary to verify if all the elements of the system are properly connected to one another and operate properly without any mutual interferences, as well as if they conform to effective standards:
  - EN 361 – for full body harnesses
  - EN 358 – for work positioning belts;
  - EN 813 – for sit harnesses;
  - EN 362 – for connectors
  - EN 354, EN 355, EN 353-1, EN 353-2, EN 360 – for fall arresting systems;
  - EN 795 – for anchor devices;
  - EN 341, EN 1496, EN 1497, EN 1498 – for rescue equipment.
- The length of anchor device used in the fall arrest system has to be taken into consideration every time, as it has an effect directly on the fall arrest distance.
- The special attention should be paid to some elements connected to the anchor device that can reduce its strength characteristics, such as connecting wide straps.
- The AT060 beam cannot be used for lifting or lowering of loads.
- The fall arrest system must include energy dissipating component reducing braking force acting on the user while arresting the fall, to maximum value of 6 kN (e.g. energy absorber with lanyard or retractable fall arrester).

### PRE-USE INSPECTION

Before each use, a close visual examination of the anchor beam must be carried out in respect of wear, corrosion or any damage that could impair proper performance. Look for cracks, dents, or deformities. Look for bending or wear on the main beam, anchor eye bolts, and adjustment mechanisms. Ensure no parts are loose or missing. There is necessity to check the proper fastening of the anchor beam inside the door opening. Ensure that the anchor beam is situated horizontally on the ground outside the working area and the fastening plates are completely tighten to protect the beam against accidental disconnection. Check the tightening of eye bolts nuts. The examination must be carried out by a person who is going to use the anchor beam. In case of any defect or doubt of correct condition of the anchor beam, do not use it.

### 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 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.
- 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 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. 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.

