Safety Harness – Instructions for use

INSTRUCTIONS FOR USE

Important!
Adequate training on correct use of the product must be provided to the user by a competent person before the product is issued for use. Simply reading these instructions is inadequate.

1. A fall arrest system is designed to arrest your fall in a controlled way should you accidentally fall.
2. Every employer must employer to, where necessary, provide an employee with a fall arrest system and also provide adequate training on how to use the fall arrest system correctly.
3. It is the responsibility of the user to use the fall arrest system in the correct manner at all times.
4. As far as possible, ensure that you have the correct size harness for your body shape and size. Once adjusted to fit, the harness webbing should not be loose fitting, nor should it be uncomfortably tight.
5. Ensure after fitment of the harness that all surplus webbing is neatly tucked away to avoid snagging.
6. When working at a place where there is a possibility of falling accidentally (including working on a ladder, a platform, scaffolding, a structure or near a hole into which there is a risk of falling), the fall arrest system must be attached to a suitable attachment point at all times.
7. Meeting the requirement to be attached to a suitable attachment point at all times is often only possible by using a double legged lanyard set and by using the lanyards in tandem.
8. Choice of attachment point is important (see 'Diagram A :Fall factors'). A higher point of attachment will result in a shorter fall and therefore exposure to a smaller force during fall arrest.
9. The anchor point or structural member chosen to serve as the anchor point must have a minimum required strength sufficient to withstand a force of 6kN.
10. The anchor point must be suitable for safe use.
11. Be mindful when choosing an attachment point of the risk of a lateral 'pendulum fall' scenario.
12. Be mindful of the minimum free space below you when working at heights. When working with less than three meters of minimum free space the fall arrest sytem should be attached at fall factor 1 or higher.
13. At the work station, hooks should wherever possible be connected to the attachment point together side by side. Placing hooks seperately on anchor points that are far apart may result in a dangerous fall arrest.
14. Do not work with lanyards hanging under-arm or around or over a part of the structure. Best practice is working with lanyards hanging freely between the harness attachment point and the hook attachment point.
15. Hooks must always be attached in such a way that should a fall occur then the force of the arrest is directed longitudinally through the length of the hook (see 'Diagram B: Hook position on anchor point').
16. If possible the fall arrest system should be a personal issue item.
17. Where lanyard set and harness are connected as separate items they must be connected at an attachment point on the harness marked 'A'.
18. Be aware that the fall arrest system is electrically conductive.

Important!
The fall arrest system must not be used by a person with any medical condition that could affect their safety when using the equipment in normal or emergency use.

Diagram A: Fall factors

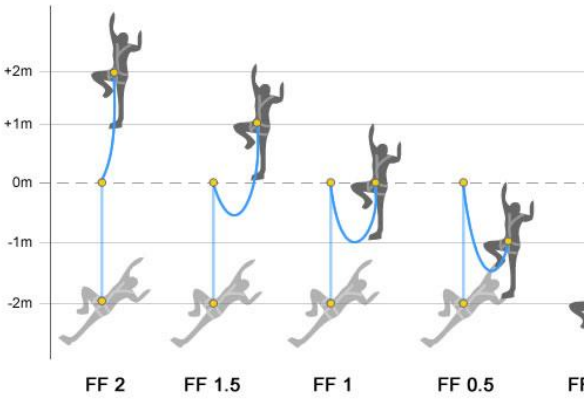
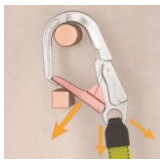
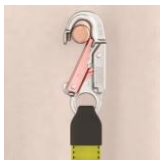


Diagram B: Hook position on anchor point

Anchor is not sitting in the cradle of hook.
Do not do this!

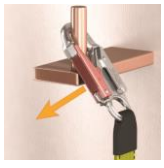


Loading on the gate of the hook.
Do not do this!



Gate is open on hook.
Do not do this!

Point loading on the hook.
Do not do this!



Side loading on the hook.
Do not do this!

Important!
The fall arrest system is intended for fall arrest purposes only. It is not intended to be used for either work restraint or rope access, for which more specialised equipment is required.