A

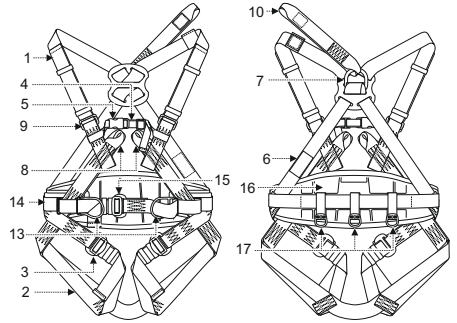
B

FORCE
SAFETY AT HEIGHT PRODUCTS

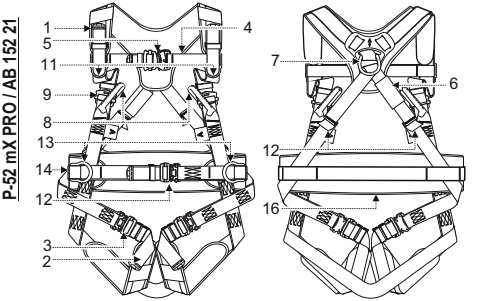
CE 0082

EN 361:2002
EN 358:2018

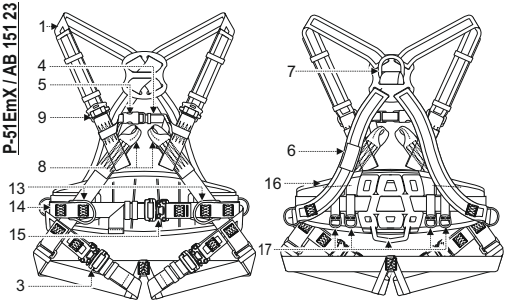
P-50 / AB 150 01



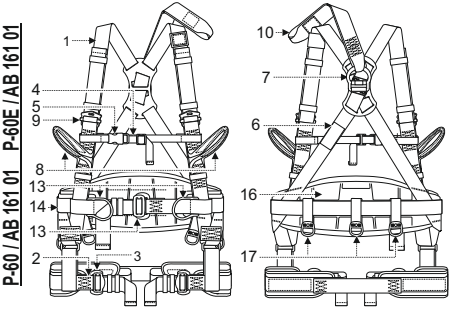

P-52 mX PRO / AB 152 21




P-51EmX / AB 151 23




P-60 / AB 161 01 P-60E / AB 161 01



B

P-6/ AB 161 01 P-61E / AB 161 02




P-61mX / AB 161 23 P-61EmX / AB 161 24




B.11




B.17




P-05 / AB 105 01

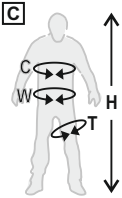



P-05S / AB 105 02




B.12

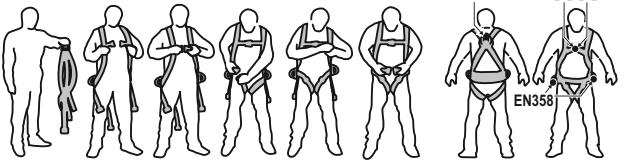
C



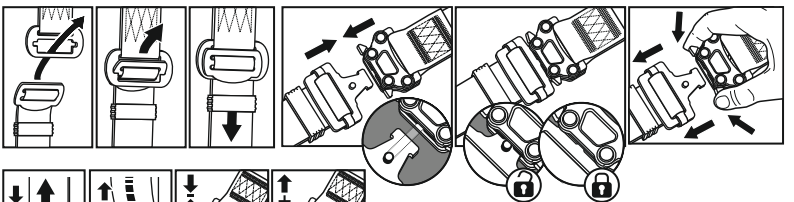

| | S | M-XL |
|---|---|---|
| H | 155 cm - 170 cm | 164 cm - 180 cm |
| W | 75 cm - 110 cm | 85 cm - 120 cm |
| C | 70 cm - 90 cm | 85 cm - 100 cm |
| T | 40 cm - 60 cm | 50 cm - 75 cm |

| | XXL | XXXL |
|---|---|---|
| H | 180 cm - 195 cm | 190 cm - 210 cm |
| W | 90 cm - 140 cm | 95 cm - 150 cm |
| C | 100 cm - 130 cm | 110 cm - 140 cm |
| T | 60 cm - 85 cm | 75 cm - 100 cm |

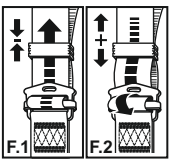
D



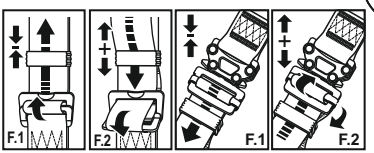

E



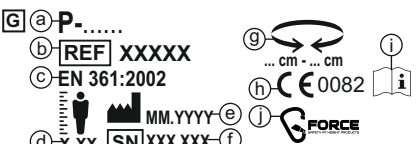
F



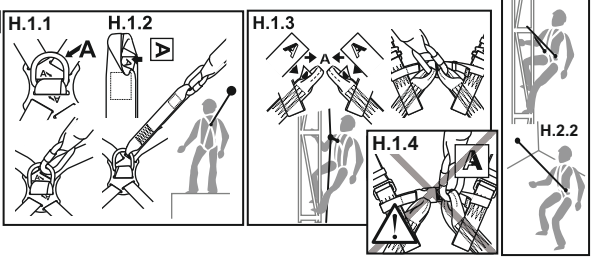

F




G




H



EN – ATTENTION: Read and understand this user manual before using this equipment. Work requiring the use of this equipment is dangerous. The user is obliged to follow this manual and is responsible for the correct use of the equipment. Misuse of the equipment can lead to injury or death. If you have any problems understanding this manual, please contact the equipment manufacturer.

A. DESCRIPTION: the Full Body Harness is a piece of personal protective equipment against falls from height. The Full Body Harness is approved for use for total user weights not higher than 140 kg, including tools and equipment. In fall arrest systems, a maximum working load of 140 kg of the Full Body Harness is allowed only if an energy absorber is used in the fall arrest subsystem designed for use with loads of 140 kg. The energy absorber must be tested in accordance with Rfu 11.062 or a corresponding EN standard. The harness complies with EN 361:2002 and EN 358:2018. Basic materials: webbing: – polyester and polyamide; buckles – steel; D-rings – steel.

B. DESCRIPTION OF COMPONENTS: 1) Shoulder strap. (2) Leg strap. (3) Connector/adjuster leg buckle. (4) Chest strap. (5) Connecting/adjusting chest buckle. (6) Device identity label. (7) Back anchorage D-ring for fall arrest systems “A” – EN 361. (8) Front anchorage web loops “A” for fall arrest systems – EN 361 (9) Shoulder strap adjuster buckle (10) Back anchorage D-ring extension “A” for fall arrest systems. (11) Tool tether attachments – for use with tools with a maximum weight of 2 kg. Do not use for protective equipment! (12) Fall indicators – do not use the harness with defective indicator! (13) Side D-rings for the Work Positioning Belt – EN 358 (14) Work Positioning Belt. (15) Connecting/adjusting buckle for the Work Positioning Belt. (16) Belt padding. (17) Tool tether loops – for use with tools with a maximum weight of 2 kg.
C. SIZES – The harness is manufactured in four sizes: small [S], one size fits all [M-XL], extra large [XXL], extra large plus XXXL

D. DONNING HARNESS: (D.1) Lift the harness by the back D-ring. Shake the harness so that the straps fall into place. (D.2) Put on the shoulder straps, one by one, and make sure they do not twist. (D.3) Fasten the front chest buckle and adjust the chest strap. (D.4) Fasten and adjust the leg straps. The straps should fit closely around user's legs. (D.5) Adjust the shoulder straps and make sure they do not fit too closely around user's shoulders. (D.6) Fasten and adjust the Work Positioning Belt. (D.7) Make sure the back D-ring is located between user's shoulder blades. (D.8) Make sure the front attachment web loops “A” are located at the lower centre sternal part of your chest. The side D-rings of the Work Positioning Belt should be symmetrically located on the user's sides at hip level. Make sure the webbing straps are not twisted. Secure the ends of the straps with keepers.

E. CONNECTING BUCKLES

F. ADJUSTING STRAPS – (F.1) Tightening. (F.2) Loosening.

G. MARKING KEY – (a) Harness model. (b) Part number. (c) Number/year of the European standard. (d) Harness size. (e) Month and year of manufacture. (f) Serial number. (g) Waist circumference (h) CE marking and the ref. no. of notified body which supervises the equipment production. (i) NOTE: read the user manual carefully before using the equipment. (j) Manufacturer identification.

H. CONNECTING FULL BODY HARNESS
H.1 ATTACHMENT OF FALL ARREST SYSTEMS – EN 361. The fall arrest system may only be connected to the anchorage components marked with an upper-case letter “A” on the Full Body Harness. The system may be connected directly to the back anchorage D-ring (H.1.1) or to the back anchorage D-ring extension piece (H.1.2). Remember to take into account the length of this extension piece when calculating the safe clearance under your workstation. User must reduce loose lengths in the extension piece as

much as possible in case of falling. Never use the extension piece by interweaving it around parts of a structure nor use it in a situation where there is a risk of falling over an edge, like over the edge of a roof. The fall arrest system can also be attached to both chest attachment loops simultaneously. The loops marked with half of the letter A must be attached together (H.1.3). It is forbidden to attach the fall arrest system to one chest attachment loop only, marked with half of the letter A (H.1.4).
H.2 ATTACHING WORK POSITIONING SYSTEMS - EN 358. Ensure you attach work positioning or restrained fixed-length systems to the D-rings of the EN358 Work Positioning Belt. Work positioning lanyards can be attached by a loop to structures (H.2.1) or fixed directly to the anchor point (H2.2). Ensure you attach the work positioning system to a structural element or anchorage point located at or above waist level. A work positioning lanyard must be taut during use. It is prohibited to attach fall arrest systems to the buckles or loops of the Work Positioning Belt. Never use the Work Positioning Belt for cases with a risk of hovering by the user or inadvertent tightening of the belt. When using the lanyard for work positioning, the user relies on the positioning equipment, so it is essential to consider using additional protection, such as a fall arrest system.

I. SCHEDULED INSPECTION At least after every 12 months of operation – starting from the date of first use – a periodic inspection of the equipment shall be performed. The periodic inspection shall only be carried out by a competent individual who is experienced and trained in the periodic inspection of personal protective equipment. Actual conditions of use can be a reason for user to reschedule the periodic maintenance interval and carry out maintenance more frequently than every 12 month of operation. Each periodic inspection shall be recorded in the equipment Service Log.

J. MAXIMUM SERVICE LIFE. The service life of the equipment is 10 years from the production date. NOTE: The maximum service life depends on the duty and operating environment. Operation of the device in harsh conditions, with frequent exposure to water, sharp edges, extreme temperatures or corrosive chemicals may lead to premature mandatory removal from service, even after a single use only.

K. WITHDRAWAL FROM USE. The Full Body Harness shall be removed from service immediately and disposed of (irreversibly destroyed) if it is used during a fall arrest or fails to pass a periodic inspection, or its reliability raises any concerns.

L. PRINCIPAL RULES FOR THE USE OF PERSONAL PROTECTIVE EQUIPMENT
- An item of personal protective equipment (PPE) should only be used by persons trained to use it.
- PPE must not be used by individuals with any health condition that may affect their safety during regular use or in an emergency.
- Make sure an emergency rescue plan is in place to be implemented at work when needed.
- While suspended in PPE (e.g. arresting a fall), beware of suspension trauma symptoms. To avoid adverse effects of suspension, ensure that an appropriate emergency rescue plan is ready for use. The use of positioning webbings is recommended.
- Never attempt to modify the equipment without prior written consent from the manufacturer.
- Any repair of the equipment shall only be carried out by its manufacturer or its authorised representative.
- PPE must not be used for any purpose other than its intended use.
- PPE is personal equipment and should be used by one person.
- Before using the equipment, verify that all components of the fall arrest system work together correctly. Periodically inspect the connections and correct fit of PPE during use to avoid accidental loosening or detachment.
- Using combinations of PPE kits in which the safe function of any component is affected by or interferes with the safe function of another component is forbidden.
- Before each use of PPE, it is important to carry out a careful and thorough

visual inspection to ensure that the equipment is in good working order before use.
- During the visual inspection prior to use, verify all components of PPE, and pay particular attention to any signs of damage, excessive wear, corrosion, abrasion, cuts, or malfunctions. For full body harnesses, sit harnesses, Work Positioning Belts: check buckles, adjusters, anchorage points (buckles), webbing, seams and keepers. Energy absorbers: check attachment loops, webbing, seams, casing and connectors.
Textile lanyards: check rope, loops, thimbles, connectors, adjusters and splices. Steel lanyards: check rope, wires, clips, loops, thimbles, connectors and adjusters. Metal components (connectors, hooks, buckles): check main body, riveting, main catch and locking action.
- Make sure that PPE is withdrawn from operation after each 12 months of use, and at least once per year, for a thorough periodic inspection. The periodic inspection shall be carried out by a competent, qualified individual with adequate expertise in the subject. The inspection can also be carried out by the PPE manufacturer or its authorised representative. A date for the following periodic inspection shall be defined right after the periodic inspection is completed.
- Regular periodic inspections are critical to ensure the good working order of PPE and the safety of its user, which depends on full working capacity and durability of the equipment.
- During the periodic inspection, check the legibility of all markings on protective equipment (specific to the piece of equipment). Do not use any item of PPE with illegible markings.
- It is critical to the safety of equipment users that if equipment is sold outside its country of origin, the equipment supplier shall provide it with the instructions for use and maintenance and the procedures of periodic inspection and repair in the official language of the country in which the equipment is to be used.
- PPE shall be removed from service immediately and disposed of (or other procedures laid out in the user manual shall be applied) if it is used in a fall arrest.
- Only the EN 361 compliant full body harnesses are the approved user body support equipment used in fall arrest systems. A fall arrest system may only be attached to the anchorage points (buckles or loops) of full body harnesses indicated with an upper-case letter “A”.
- The anchor point of protective equipment against fall from a height must be located above the user, have a stable structure and a position which reduces the risk of a fall and the length of a free fall. The anchor point shape and design must ensure that the equipment is connected permanently and cannot detach accidentally. The minimum load capacity of the anchor point must be 12 kN. We recommend using only certified and marked anchor points that comply with EN 795.
- It is mandatory to verify the clearance underneath the user workstation where personal protective equipment against falls from a height will be used to avoid hitting items or surfaces below while a fall is being arrested. For dimensions of the required clearance under the workstation, refer to the instructions for use of the protective equipment to be used.
- Make sure you inspect the equipment regularly when in use, paying special attention to all hazardous events and damage affecting its performance and the safety of the user, in particular: looping or trailing ropes or lanyards over sharp edges, pendulum falls, live voltage conduction, all types of damage like cuts, wearing, corrosion, effects of extreme temperatures, adverse effect of weather conditions and effects of chemicals. Check all the connections for correct attachment and durability during use.
- Ensure the PPE is handled/carried in packaging which protects it from damage and moisture, for example, use water-repellent textile bags or in steel or plastic cases or boxes.
- PPE must be cleaned with tools and methods which do not damage the materials of the equipment. For textile fibre materials (straps, ropes), use gentle detergents intended for textiles. Cleaning can be done by hand or by machine washing. It should be rinsed thoroughly. Energy absorbers may only be cleaned with a damp cloth. Do not immerse the energy absorber in water. Plastic parts must be cleaned with water only. If moistened during cleaning or use, let the PPE dry thoroughly in open air and away from

sources of heat. Metal parts and gear (springs, hinges, catches, etc.) can be lubricated periodically with a slight amount of lubricant to improve their performance.
- Store PPE loosely packed, in well-ventilated, dry areas, and away from sunlight, UV radiation, dust, sharp objects, extreme temperatures and corrosive chemicals.
- All components of personal protective equipment must comply with the instructions for use of the equipment and the applicable standards.

M. SERVICE LOG – The responsibility for making records in the Service Log is with the company which uses the equipment. The Service Log should be completed before the equipment is first released for use by a competent person responsible for protective equipment in the company. Information on factory periodic inspections, repairs and the reason for withdrawal of the equipment from use must be recorded by a competent person responsible for periodic inspections of protective equipment in the company. The Service Log must be preserved for the entire service life of the equipment. Never use personal protective equipment that does not have a completed Service Log. M.1 Model and type of equipment - M.2 Serial number - M.3 Part number - M.4 Date of manufacture - M.5 Date of purchase - M.6 Date of entry into use - M.7 User name - M.8 Periodic inspection and maintenance - M.9 Date of inspection - M.10 Reason for inspection/repair - M.11 Damage noted, repairs carried out - M.12 Name and signature of person responsible - M.13 Date of next inspection

Manufacturer: PROTEKT – Starorudzka 9 – 93-403 Lodz – Poland phone +4842 6802083 – fax: +4842 6802093

The equipment meets the requirements of Regulation 2016/425 (PPE). EU Declaration of Conformity available at: www.protekt.pl

Notified body of the EU type testing certificate issuer as per Regulation (UE) 2016/425:
EU-Cert Sp. z o. o. (No. 2984), ul. Karola Szymanowskiego 12/U6, 80-280 Gdańsk, Poland.
PRS – (No. 1463) - Polski Rejestr Statków S.A. al. gen. Józefa Hallera 126 80-416 Gdańsk, Poland
Apave SA (No. 0082) - 6 Rue du Général Audran - 92412 COURBEVOIE cedex - France.

Production control notified body: Apave SA (n°0082) - 6 Rue du Général Audran - 92412 COURBEVOIE cedex - France.

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sales@safetyliftingear.com

| M | |
|---|---|
| M.1 | |
| M.2 | |
| M.3 | |
| M.4 | |
| M.5 | |
| M.6 | |
| M.7 | |

| M.8 | | | | |
|---|---|---|---|---|
| **M.9** | **M.10** | **M.11** | **M.12** | **M.13** |
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