

- personal protective equipment must be withdrawn from use immediately when any doubt arise about its condition for safe use and not used again until confirmed in writing by equipment manufacturer or his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- personal protective equipment must be withdrawn from use immediately and destroyed when it have been used to arrest a fall.
- a full body harness 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 15 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.

## MARKING

GUIDED-TYPE FALL ARRESTER — ①

Ref. AC 040 — ②

USE ONLY WITH ROPES OF DIAMETER  $\varnothing$ 12 mm

Date of manufacture: 2018 — ⑤

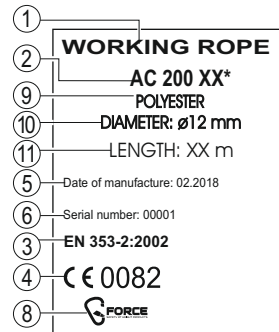
Serial number: 00001 — ⑥

EN 353-2:2002 — ③

CE 0082 — ④

⑦

⑧



\*) xx - code of length  
for example: xx=03 - length 3 m  
xx=20 - length 20 m

- name (type) of the device.
- reference number
- European standard (number/year).
- CE marking and number of a notified body controlling manufacturing of the equipment (art. 11).
- year of manufacture.
- number of manufacturing serie.
- caution: read the manual
- marking of device manufacturer of distributor.
- material of which the device is made of.
- diameter of the rope.
- length of the rope.



## Instruction Manual

READ CAREFULLY BEFORE USE

THE EQUIPMENT

EN 353-2:2002

CE 0082

Rope grab ref. number: AC 040

Working rope ref. number: AC 200 XX



GUIDED-TYPE FALL ARRESTER  
ON FLEXIBLE ANCHORAGE LINE

AC 040

AC040 is a guided-type fall arrester device sliding on a  $\varnothing$ 12 mm rope. AC040 is a component of the personal fall arrest equipment and complies with EN353-2.

The device is a protection for the one person only.

### BASIC EQUIPMENT

- rope grab is made of stainless steel. It could be used only with ropes of diameter 12 mm.
- working rope ( $\varnothing$ 12 mm polyester kernmantle rope). The endings of the rope are equipped with the loops with plastic thimble.

### 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. Every periodic inspection must be recorded in the Identity Card of the equipment.

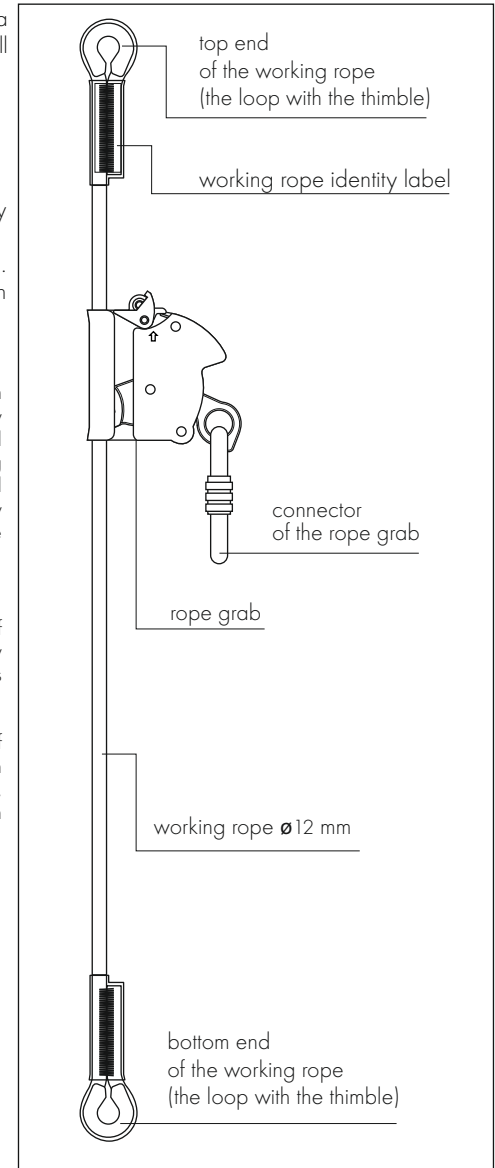
### MAXIMUM LIFESPAN OF THE EQUIPMENT

The maximum lifespan of the device is 10 years from the date of manufacture. The device must be withdrawn from use immediately and destroyed when it has been used to arrest a fall or it fails to pass inspection or there are any doubt as to its reliability.

**ATTENTION:** The lifetime of the device depends on the intensity of usage and the environment of use. 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.

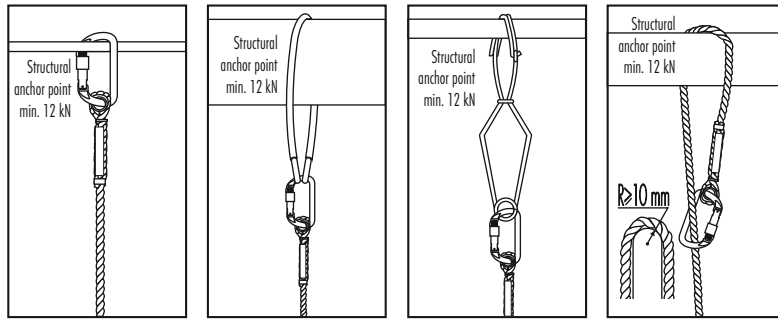
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sales@safetyliftinggear.com

Notified body, at which the European certification was issued and which supervises the production of the equipment:  
APAVE SUDEUROPE SAS - 8 rue Jean-Jacques Vernazza - CS-60193 - 13322 MARSEILLE Cedex 16, France - No. 0082  
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## CONNECTING THE WORKING ROPE TO THE STRUCTURAL ANCHOR POINT

**Attention!**  
Structural anchor point should have static resistance min. 12 kN. The shape of the structural anchor point should not let self-acting disconnection of the rope. It is recommended to use certified and marked structural anchor point complied with EN 795.



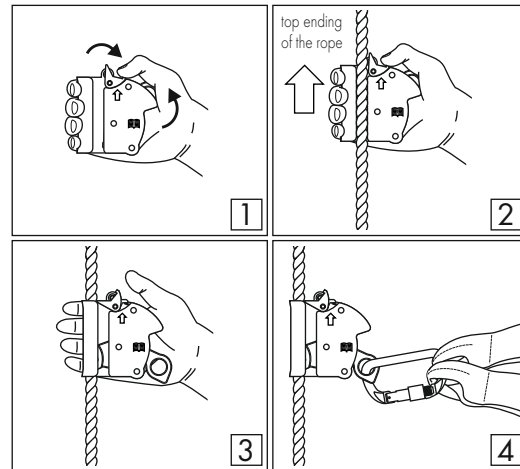
## INSTALLING THE ROPE GRAB ON THE WORKING ROPE

1. Rotate the safety catch and raise rope grab locking lever.
2. Position rope grab on the working rope. The arrow placed on the rope grab must be directed to the top ending of the rope.
3. Release safety catch and the lever. Then the rope is prevented from slipping out.
4. Attach oval type snap hook to the rope grab locking lever and then attach the snap hook to the front attaching point of safety harness. Make sure that the snap hook gate is closed and locked.

### Attention:

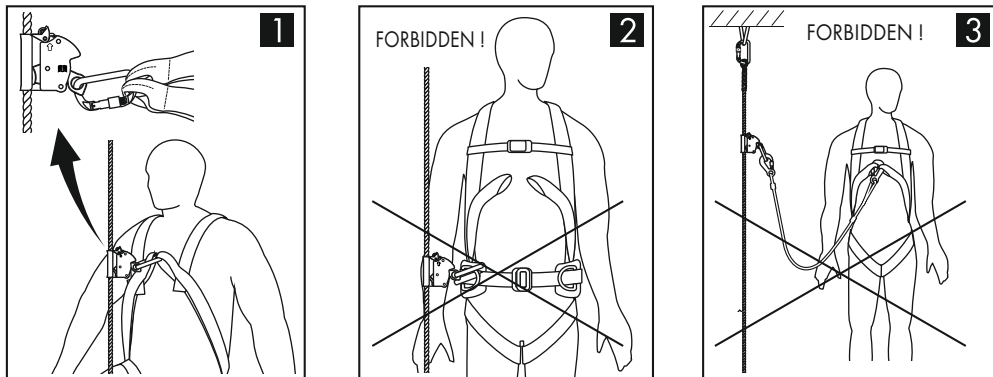
The snap hook inserted into the locking lever hole is additional protection against accidental disconnection of the rope grab. It is impossible to take off the rope grab from the working rope without removing the snap hook from the locking lever.

The rope grab must be attached to the safety harness only with a single oval type snap hook, without any additional elements.



## CONNECTING THE ROPE GRAB TO THE SAFETY HARNESS

- the rope grab must be connected only with a single oval type snap hook which complies with EN 362 to front attaching point of full body harness. The full body harness must comply with EN361 **1**
- it is strictly forbidden to connect the rope grab to the work positioning belt **2**
- it is strictly forbidden to add any additional element between the snap hook and attaching point of harness **3**

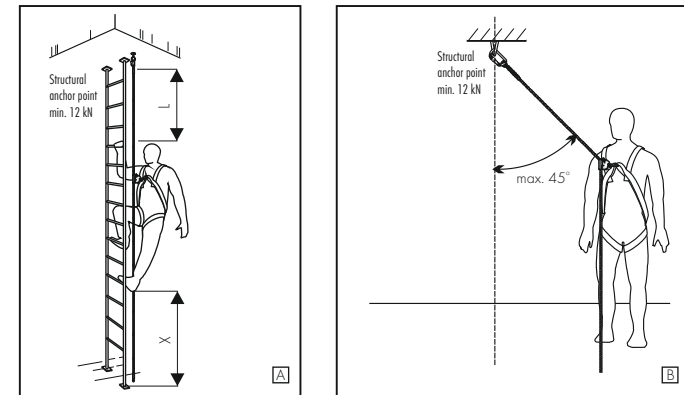


## REQUIRED FREE DISTANCE BELOW WORKING LEVEL

- structural anchor point to which will be connected working rope should be situated above working position and should have static resistance min. 15kN. Free distance below the working surface depends on the length of the working rope under the worker - see the table and drawing A:

Length of the rope over the worker [m] - L	10	20	30	40	50
Free distance below the working surface [m] - X	3,2	4,60	6,00	7,40	8,80

- during horizontal moving of the worker, the working rope deflection from the vertical line up to 45° is allowed - see the drawing B.



Using the AC 040 fall arrester in connection with fall arrest system must be compatible with use instructions of the fall arrest systems and obligatory standards:

- EN361 - for the safety harness;
- EN353-2, EN354, EN362 - for the fall arrest systems;
- EN 795 - for anchorages
- EN358 - for the work positioning systems.

## 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.
- 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 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.

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 EQUIPMENTS 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.  
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# IDENTITY CARD

GUIDED-TYPE FALL ARRESTER ON FLEXIBLE ANCHORAGE LINE

## WORKING ROPE ø12 mm

REF. NUMBER		LENGTH	
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SERIAL NUMBER		DATE OF MANUF.	
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USER NAME	

	DATE OF PUTTING INTO OPERATION
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DATE OF PURCHASE	
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### PERIODIC EXAMINATION AND REPAIR HISTORY

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

SafetyLiftinGear.com  
 Unit R1D Rockingham Gate Poplar Way  
 West Cabot Park Bristol BS11 0YW  
 Tel: 0808 123 69 69 Fax: 0117 9381 602  
 sales@safetyliftinggear.com

Notified body, at which the European certification was issued  
 and which supervises the production of the equipment:  
 APAVE SUDEUROPE SAS - 8 rue Jean-Jacques Vernazza -  
 CS-60193 - 13322 MARSEILLE Cedex 16, France - No. 0082  
 PRODUCENT: PROTEKT, 93-403 LODZ, ul. Starorudzka 9, POLAND,  
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# IDENTITY CARD

GUIDED-TYPE FALL ARRESTER ON FLEXIBLE ANCHORAGE LINE

## ROPE GRAB AC 040

SERIAL NUMBER		DATE OF MANUF.	
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USER NAME	

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DATE OF PURCHASE	
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