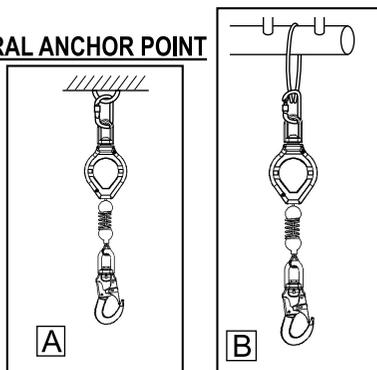


CONNECTING THE FALL ARRESTER TO STRUCTURAL ANCHOR POINT

The fall arrester must be connected to structural anchor point by the top loop of the energy absorber using a connector or sling [B] complying with EN362 or EN795 standards.

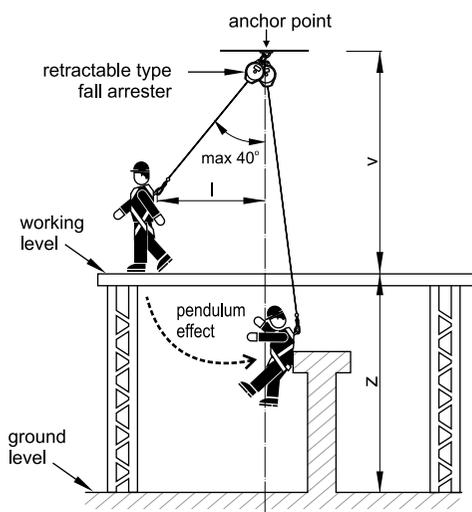
Structural anchorage point should be situated above the job place and have static resistance min. 12kN. The shape of the structural anchorage point should not let self-acting disconnection of the device. It is recommended to use certified and marked structural anchorage point complied with EN 795.



STRUCTURAL ANCHOR POINT REQUIREMENTS

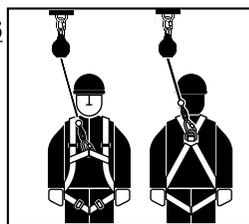
The retractable fall arrester shall be installed above the operator. When the device is installed in the vertical line above the user the minimal clearance distance below working level shall be 1,5 m...

When the cable of the retractable fall arrester is deflected from vertical line a pendulum effect occurs during fall arresting. In order to minimise the pendulum effect the cable deviation angle from vertical shall never exceed 40°. For this purpose the user is permitted to move laterally through distance "l" not greater than 1/2 "v". The clearance distance below working level must be greater than 1,5 m+ lateral distance "l".



CONNECTING THE FALL ARRESTER TO FULL BODY HARNESS

- the working webbing snap hook must be connected only to frontal or dorsal attachment point of full body harness. Full body harness must conform to EN 361.
- always protect the gate of the snap hook against accidental opening with locking gear.



PRE-USE INSPECTION

Before each use, a person who is going to use the fall arrester, shall a close visual examination of the retractor's elements: cover, snap hook, handle, working cable or webbing (entire length), must be carried out in respect of mechanical, chemical and thermal defects. The user has to check the retractor functioning by dynamic pulling the working cable/webbing.

The cable/webbing should block and stops pulling out. After releasing the cable/webbing, the retractor should pull in the cable/webbing. The examination must be carried out by . In the case of any defect or doubt of correct condition of the fall arrester, do not use it.

During use the fall arrester should be protected from a contact with oils, acids, solvents, basics, open fire, hot metal drops and sharp edges. During working on the lattice constructions we should avoid interleaving the working cable/webbing between the individual construction elements. We should avoid using the device in the dust laden and greasy environment.

Using the fall arrester, in connection with fall arrest system, must be compatible with manual instructions of the fall arrest systems and obligatory standards:

- EN361 - for the safety harness
- EN362 - for the connectors
- EN795 - for anchorages

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.

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.