



## Operation and maintenance of PROTEKT safety harness

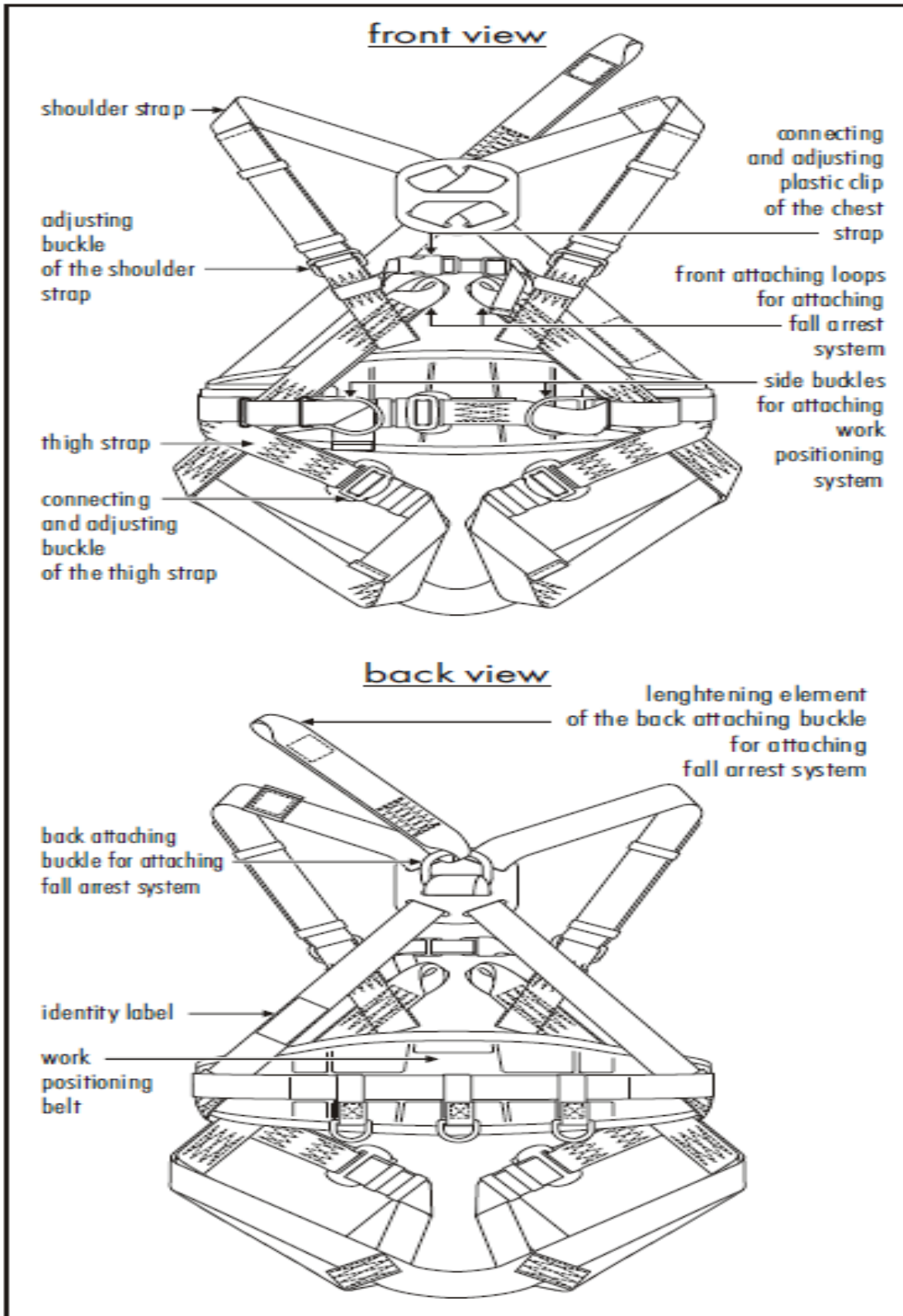
### 1. Identity card

- Identity card should be filled by safety officer for each safety harness before the first use.
- Any information about the equipment like periodic inspections, repairs, reasons of equipment's withdrawn from use shall be noted into the identity card by safety officer.
- Do not use the equipment without the identity card.
- Identity card to be filed onboard

<b>IDENTITY CARD</b>					
MODEL AND TYPE OF EQUIPMENT					
REF. NUMBER					
SERIAL NUMBER		DATE OF MANUF.			
USER NAME					
DATE OF PUTTING INTO OPERATION					
DATE OF PURCHASE					
PERIODIC EXAMINATION AND REPAIR HISTORY					
	DATE	REASON FOR ENTRY PERIODIC EXAMINATION OR REPAIR	DEFECTS NOTED, REPAIRS CARRIED OUT AND OTHER RELEVANT INFORMATIONS	NAME AND SIGNATURE OF COMPETENT PERSON	PERIODIC EXAMINATION NEXT DUE DATE
1					
2					
3					
4					



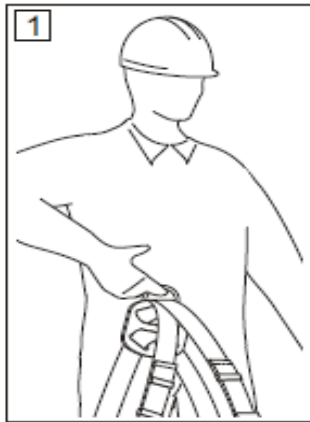
## 2. Components of safety harness



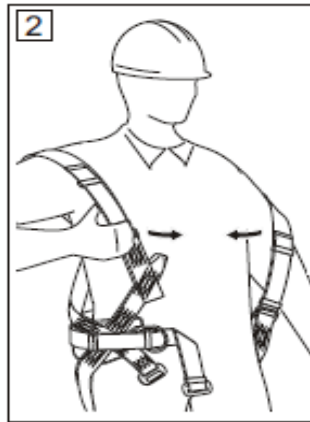


### 3. Donning instructions

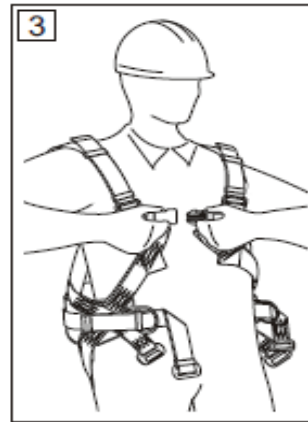
#### HOW TO PUT ON THE HARNESS



1 Take the harness by the back attaching buckle.



2 Put on the shoulder straps one after one, take care do not twist them.

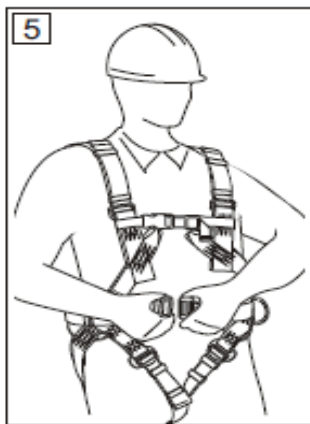


3 Connect front plastic clip and adjust the tension the chest strap.

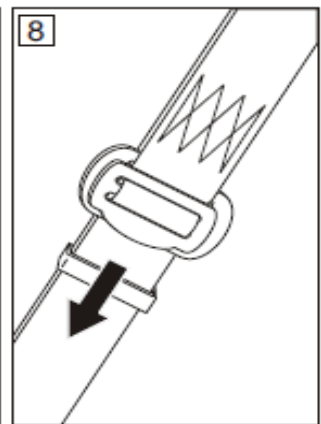
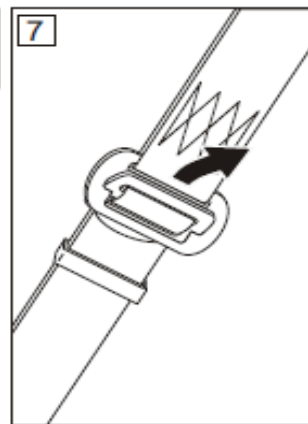
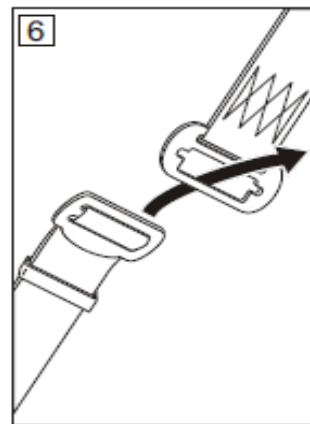


4 Pull one and then other thigh straps through crotch, take care do not twist them.

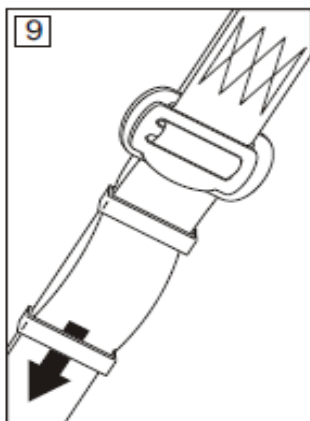
#### Connecting of the steel buckles of the thigh straps and work positioning belt



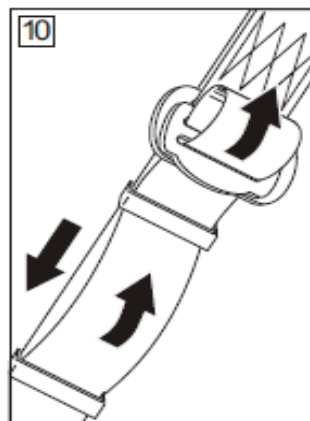
Adjusting the thigh straps and work positioning belt



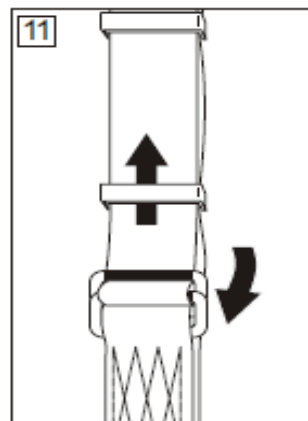
Adjusting the shoulder straps



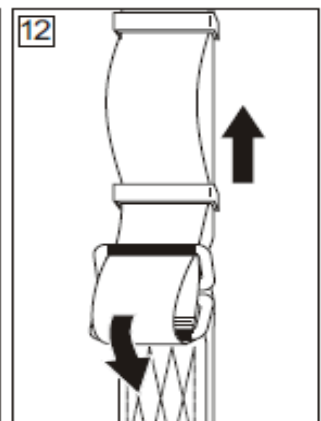
Shortening



Lengthening



Shortening



Lengthening

#### Harness is put on correctly if:

- all straps are correctly adjusted (neither too loose nor too tight).
- back attaching buckle is correctly positioned at the level of the shoulder blades.
- front chest strap is correctly positioned at the middle of the chest.
- the ends of the all straps must be kept by plastic loops.



## 4. Attaching fall arrestor system

### ATTACHING FALL ARREST SYSTEM

- the fall arrest system must be connected only to the attaching elements of the harness marked by capital letter A.

The fall arrest system must be connected only to:

- straight to the back attaching buckle.

or

- to the lengthening element of attaching buckle

or

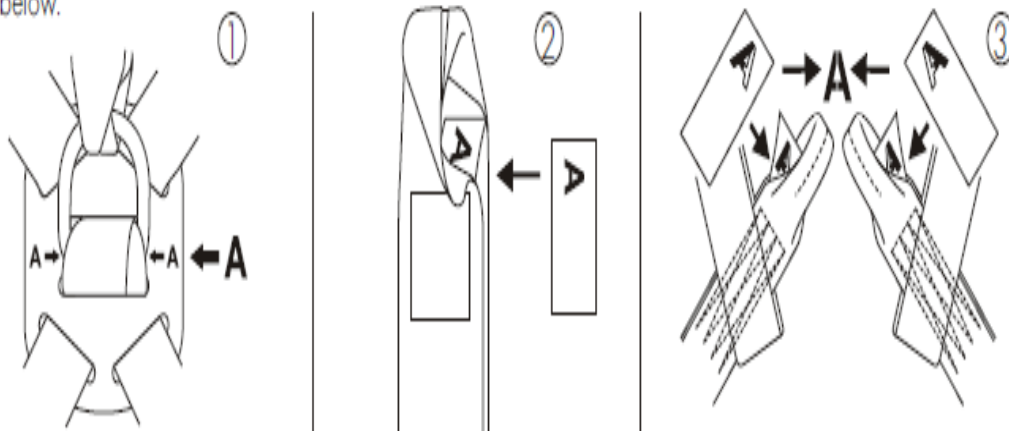
- to both front attaching loops of the harness. It is strictly forbidden to attach a fall arrest system to a single loop.

The back attaching buckle is marked by a capital letter A - marked on the crossing plate with arrows indicating back attaching buckle (1).

Lengthening element is marked by a capital letter A placed on the label inside element loop (2).

Front attaching loops are marked by a capital letter A (one half of letter is black and another half is marked by outline) placed on the label inside each loop (3).

See drawings below.



- work positioning system could be attached only to the lateral buckles of the work positioning belt, and according EN 358 - work positioning lanyard must be anchored to the point of construction that is situated at waist level or above. Work positioning lanyard must be kept taut to restrict free movement to a maximum 0,5 m.

#### WARNING:

- 1) It is strictly forbidden to attach any fall arrest system to side buckle of work positioning belt.
- 2) It is strictly forbidden to attach any work positioning system to front attaching loops or back attaching buckle.



## **5. Safety precautions**

- Harness shall only be used by a person trained and competent in its safe use.
- Harness 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.
- Harness shall not be used outside its limitations, or for any purpose other than that for which it is intended.
- 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 harness 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 - 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.
- A full body harness is the only acceptable body holding device that can be used, in 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 minimize 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 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 full path.





- 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.

## **6. Care and maintenance**

- Any repair shall only be carried out by equipment manufacturer or his certified representative.
- It is forbidden to make any alterations or additions to the equipment.
- Periodical detailed inspection should be carried out **every 12 months**. 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.
- Harness must be withdrawn from use immediately when any doubt arise about its condition for safe use
- 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.
- Harness 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.

## **7. Period of validity of safety harness**

**Safety harness , lanyard , shock absorber , fall arrestor should be used only for 3 years from date of putting into operation.**

**Note: The harness must be withdrawn from use immediately and destroyed when it has been used to arrest a fall**