

ASTRO® BOD FAST



EN 361: 2002
EN 358: 1999
EN 813: 2008



Rope access harness with gated ventral point and integrated CROLL L rope clamp

Hamais d'accès sur corde avec point ventral ouvrable et bloqueur CROLL L intégré.

WARNING

Activities involving the use of this equipment are inherently dangerous. You are responsible for your own actions and decisions.

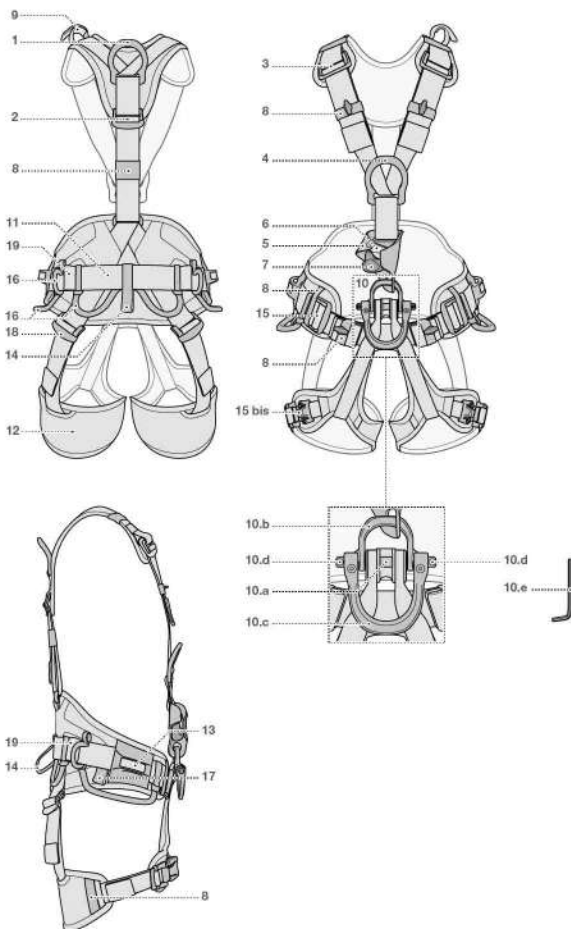
- Before using this equipment, you must:
- Read and understand all Instructions for Use.
 - Get specific training in its proper use.
 - Become acquainted with its capabilities and limitations.
 - Understand and accept the risks involved.



FAILURE TO HEED ANY OF THESE WARNINGS MAY RESULT IN SEVERE INJURY OR DEATH.

1. Field of application Champ d'application

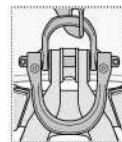
2. Nomenclature



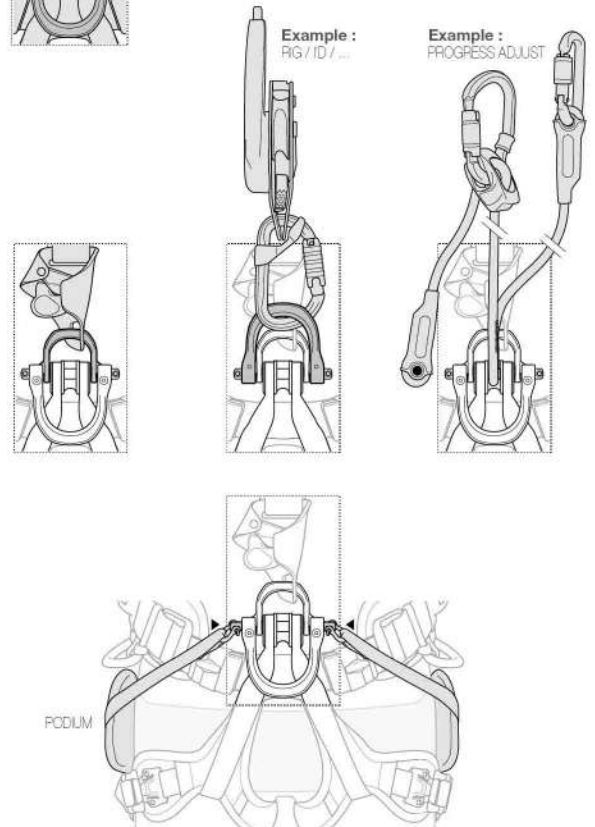
3. Inspection, points to verify Contrôle, points à vérifier



4. Compatibility (text part) Compatibilité (partie texte)



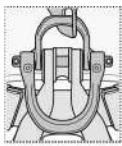
Gated ventral attachment point / Point d'attache ventral ouvrable



Warning symbols
Panneaux d'alertes

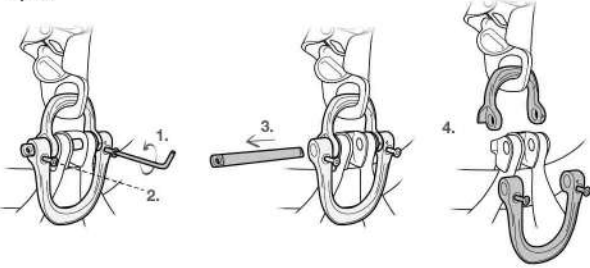


5. How to put the harness on
 Mise en place du harnais

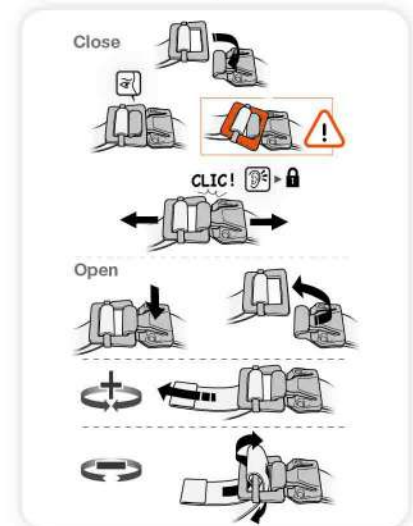
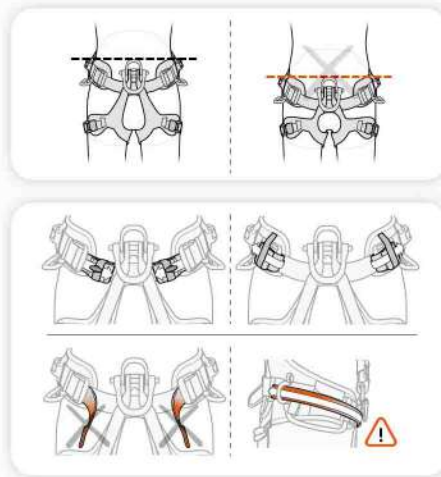
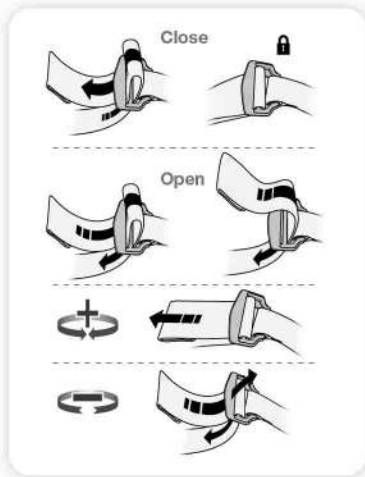
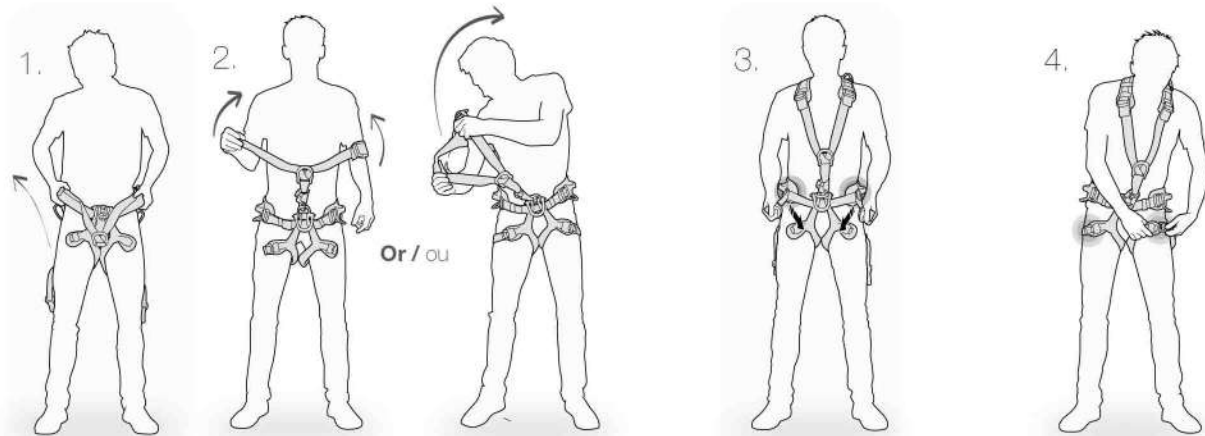
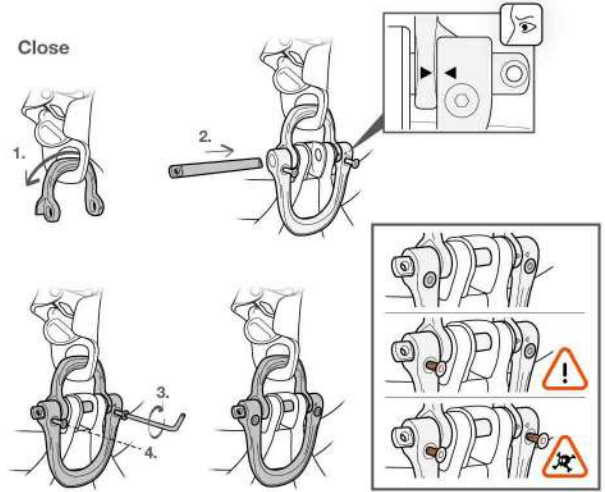


Gated ventral attachment point /
 Point d'attache ventral ouvrable

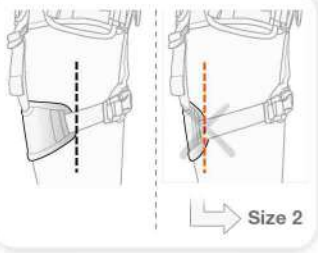
Open



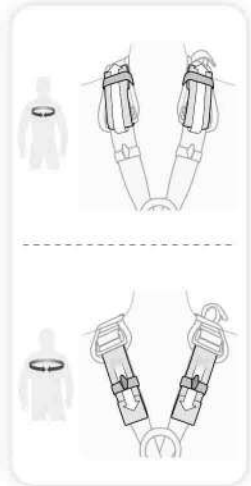
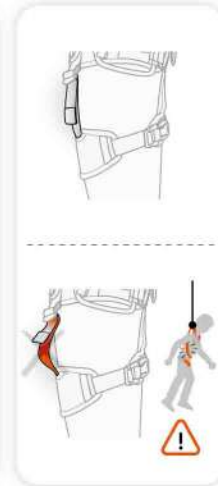
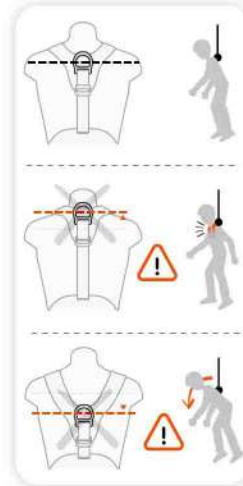
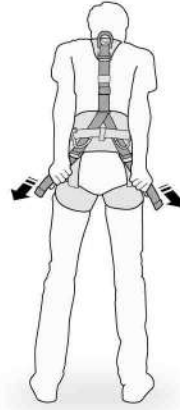
Close



5.



6.



A. Lifetime / Durée de vie

∞ unlimited / illimitée

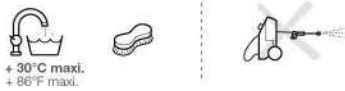
C. Acceptable T° / T° tolérées

+80°C / +176°F
-40°C / -40°F

D. Precautions for use / Précautions d'usage



E. Cleaning / Nettoyage



+30°C maxi.
+86°F maxi.

F. Drying / Séchage



+30°C maxi.
+86°F maxi.

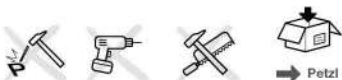
G. Storage - Transport / Stockage - transport



H. Maintenance / Entretien



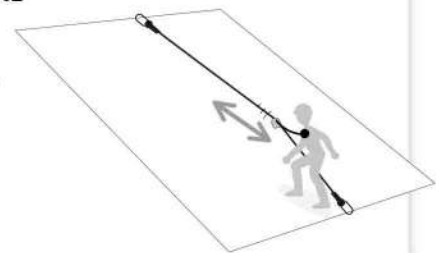
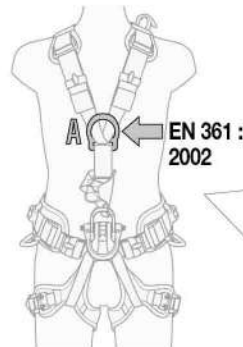
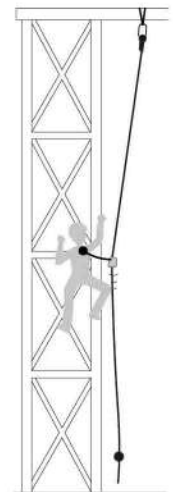
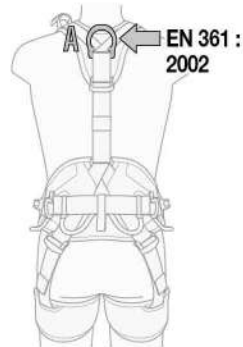
I. Modifications - Repairs / Modifications - Réparations



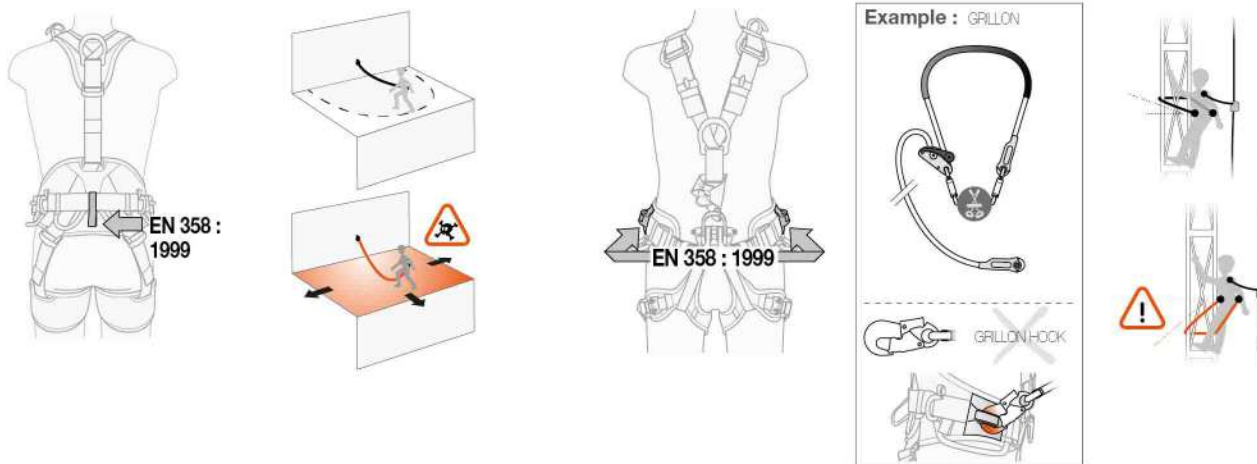
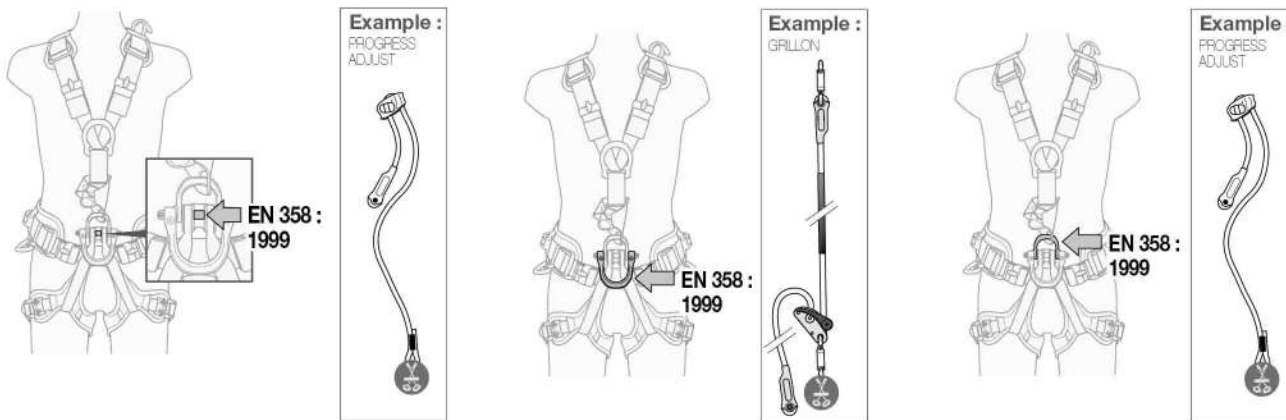
J. FAQ - Contact / Questions - Contact



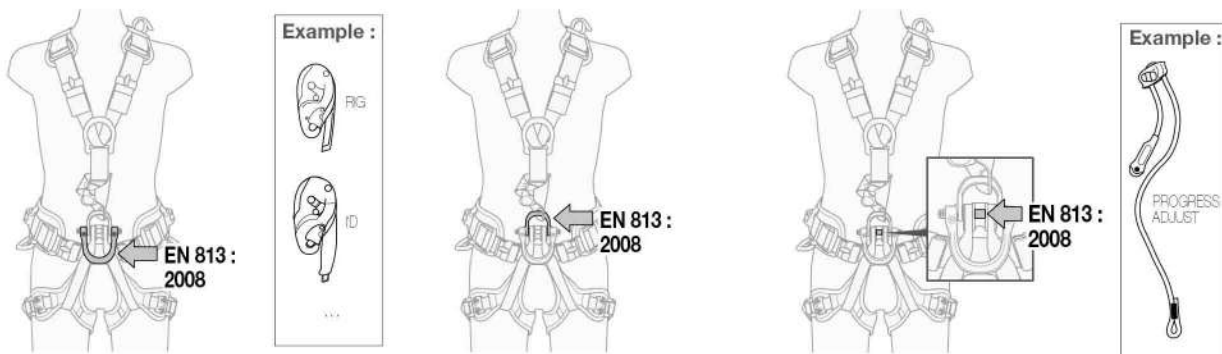
6. EN 361: 2002 fall arrest harness / Harnais d'antichute EN 361: 2002



7. EN 358: 1999 harness for work positioning and restraint
 Hamais de maintien au travail et retenue EN 358: 1999

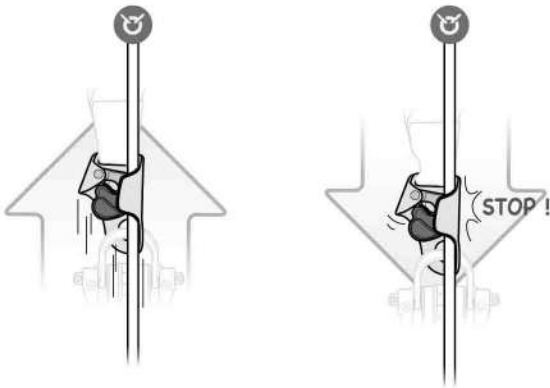


8. Seat harness EN 813: 2008
 Hamais cuissard EN 813: 2008

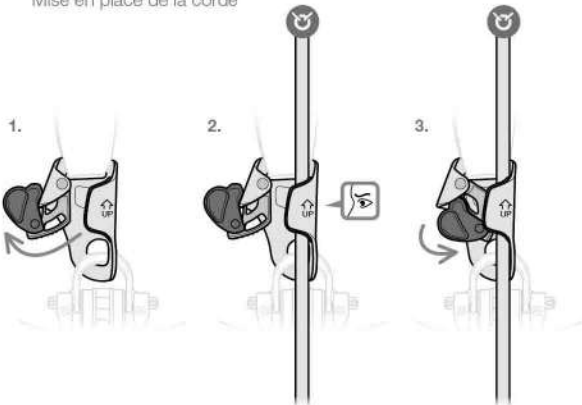


9. CROLL ventral rope clamp
 Bloqueur ventral: CROLL EN12841:2006

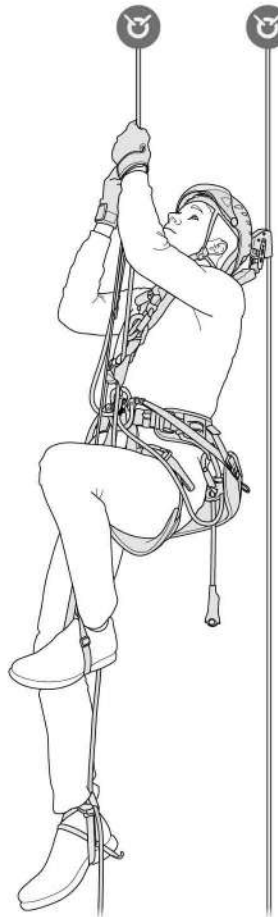
Function principle and test
 Principe et test de fonctionnement



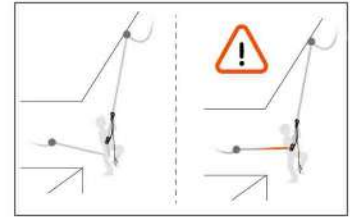
Installing and removing the rope
 Mise en place de la corde



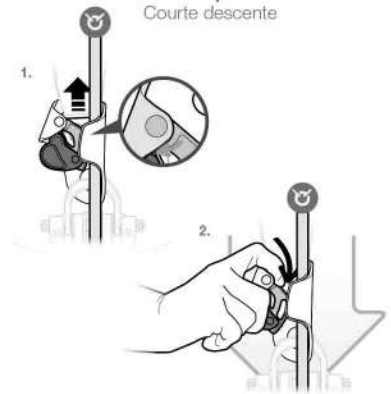
Rope ascending
 Remontée sur corde



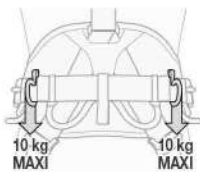
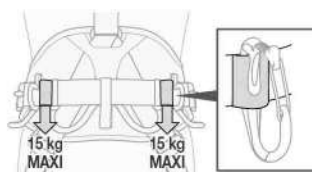
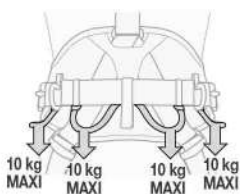
Angled traverse situation
 Cas de traversée en oblique



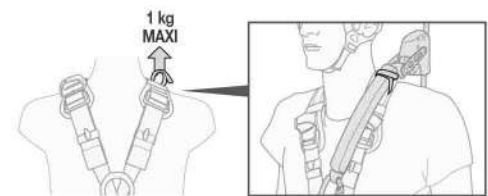
Short rope descent
 Courte descente



10. Equipment loops
 Porte-matériels



Velcro keeper /
 Passant Velcro



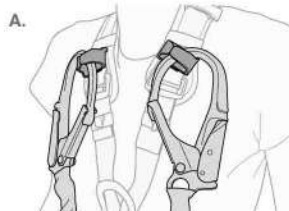
11. Accessories
 Accessoires

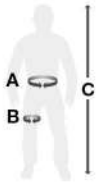


Shackles for PCDIUM seat
 Manilles pour selle PCDIUM



Fall arrest lanyard connector holder
 Porte-connecteurs de longe d'arrêt chute





Taille 0

A	B	C
65 - 80 cm 26 - 31 inch	44 - 59 cm 18 - 23 inch	160 - 180 cm 63 - 70 inch

Taille 1

A	B	C
70 - 93 cm 28 - 36 inch	47 - 62 cm 19 - 24 inch	165 - 185 cm 65 - 72 inch

Taille 2

A	B	C
83 - 120 cm 33 - 46 inch	50 - 65 cm 20 - 25 inch	175 - 200 cm 69 - 78 inch

12. Additional information Informations complémentaires



A. Lifetime / Durée de vie

Serial n°
0000 XX XXXX + 10 years
2015

B. Markings Marquage



C. Acceptable T° T° tolérées

+ 80°C / + 176°F
- 40°C / - 40°F

D. Precautions for use / Précautions d'usage



E. Cleaning - Disinfection / Nettoyage - Désinfection



F. Drying / Séchage



G. Storage - Transport Stockage - transport



I. Modifications - Repairs Modifications - Réparations



J. FAQ - Contact Questions - Contact



Traceability and markings / Traçabilité et marquage

CE 0082

a. Body controlling the manufacture of this PPE
b. Notified body that carried out the CE type inspection

Apave Sudeurope SAS
8 rue Jean-Jacques Vernazza
Z.A.C. Saumaty-Saon - CS 80193
13322 MARSEILLE CEDEX CEDEX 16
N°0082

c. Traceability: **datamatrix** = individual number

d. Size

e. Serial number
YY M 0000000 000

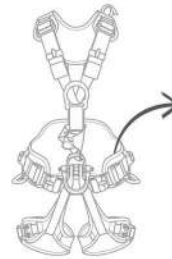
f. Year of manufacture
g. Month of manufacture
h. Batch number
i. Individual identifier

j. Standards

k. Carefully read the instructions for use

l. Model identification

m. Nominal maximum load



PETZL **i** **k.**

ASTRO BOD FAST **l.**

CE 0082 **EN 12891** **a. b.**

Caution: read the instructions for use

DO NOT REMOVE THIS LABEL

Made of polyester / polyester

PETZL
ZI Croix 105A
38820 Croties
France
www.petzl.com/contact
Tel: +33-(0)4 76 92 09 00

DoubleBack / DoubleBack Plus
Close

Fast
Close

j. m.

c. d. e.

These instructions explain how to correctly use your equipment. Only certain techniques and uses are described.

The warning symbols inform you of some potential dangers related to the use of your equipment, but it is impossible to describe them all. Check Petzl.com for updates and additional information.

You are responsible for heeding each warning and using your equipment correctly. Any misuse of this equipment will create additional dangers. Contact Petzl if you have any doubts or difficulty understanding these instructions.

1. Field of application

Personal protective equipment (PPE).

Rope access harness with gated ventral point and integrated CROLL L rope clamp. Nominal maximum load: 140 kg.

This product must not be pushed beyond its limits, nor be used for any purpose other than that for which it is designed.

Responsibility

WARNING

Activities involving the use of this equipment are inherently dangerous. You are responsible for your own actions, decisions and safety.

Before using this equipment, you must:

- Read and understand all instructions for Use.
- Get specific training in its proper use.
- Become acquainted with its capabilities and limitations.
- Understand and accept the risks involved.

Failure to heed any of these warnings may result in severe injury or death.

This product must only be used by competent and responsible persons, or those placed under the direct and visual control of a competent and responsible person. You are responsible for your actions, your decisions and your safety and you assume the consequences of same. If you are not able, or not in a position to assume this responsibility, or if you do not fully understand the instructions for Use, do not use this equipment.

2. Nomenclature

Chest harness:

- (1) Dorsal attachment point, (2) Rear dorsal point adjustment buckle, (3) Front shoulder strap adjustment buckles, (4) Sternal attachment point, (5) CROLL L ventral rope clamp, (6) Cam, (7) Safety catch, (8) Elastic keepers for straps, (9) Valero keeper for ASAP/SORBER.

Seat harness:

- (10) Gated ventral attachment point, (10a) Pin, (10b) Small metal D, (10c) Large metal D, (10d) Seat attachment point, (10e) Key, (11) Waistbelt straps, (12) Lag loops, (13) Side attachment points, (14) Rear restraint attachment point, (15) DoubleBack PLUS adjustment buckles for straps, (15 bis) FAST LT automatic buckles for lag loops, (16) Equipment loops, (17) Loops for TOOLBAG tool pouch, (18) DoubleBack adjustment buckles for leg loop-waistbelt linking straps, (19) Loops for CARITool tool holder.

Principal materials:

- Straps: polyester; adjustment buckles: steel; ventral attachment points: aluminum and stainless steel.
- CROLL L frame: aluminum alloy; cam: stainless steel.

3. Inspection, points to verify

Your safety is related to the integrity of your equipment.

Petzl recommends a detailed inspection by a competent person at least once every 12 months (depending on current regulations in your country, and your conditions of usage). Follow the procedures described at Petzl.com. Record the results on your PPE inspection form: type, model, manufacturer contact info, serial number or individual number, date: manufacture, purchase, first use, next periodic inspection; problems, comments, inspector's name and signature.

Before each use

Harness

Check the webbing at the attachment points, at the adjustment buckles and at the safety stitching. Be particularly careful to check for cut or loose threads. Look for cuts, wear and damage due to use, to heat, to chemicals... Verify that the DoubleBack, DoubleBack PLUS and FAST LT buckles function properly.

Gated ventral attachment point

Verify the absence of any cracks, deformation, corrosion... Verify the screws are present and securely tightened.

CROLL L

On the product, verify the absence of any cracks, deformation, marks, wear, corrosion...

Check the condition of the frame, the attachment holes, the cam and safety catch, the springs and the cam axle.

Check the movement of the cam and the effectiveness of its spring.

Check the cam for fouled teeth.

During use

Regularly verify that the adjustment buckles are securely fastened. It is important to regularly monitor the condition of the product and its connections to the other equipment in the system. Make sure that all items of equipment are correctly positioned with respect to each other.

4. Compatibility

Verify that this product is compatible with the other elements of the system in your application (compatible = good functional interaction).

Equipment used with your harness must meet current standards in your country (e.g. EN 362 connectors).

Warning: verify that your connectors are compatible with the side attachment points: risk of incompatibility of shape, or positioning constraint (e.g. large diameter locking sleeves...).

Warning: lanyards having a sewn termination with plastic protector are not compatible with the pin of the gated ventral attachment point.

5. Harness setup

- Be sure to correctly stow the excess webbing (folded flat) in the elastic keepers.
- Beware of foreign objects that could impede the operation of the FAST LT automatic buckles (e.g. pebbles, sand, clothing...). Verify that they are correctly fastened [see drawings].

Gated ventral attachment point

This point allows multiple pieces of equipment to be attached: a textile lanyard without plastic protector and a PODIUM seat on the pin, a CROLL L rope clamp on the small D, a descender on the large D.

The two screws must be present and securely tightened.

Carefully follow the instructions for assembly and disassembly: see indicative arrows. It is not necessary to completely remove the screw to free the pin. If you lose a screw, contact Petzl after-sales service.

Initial adjustment of the dorsal attachment point

Adjust the position of the dorsal attachment point to suit your body shape and size: position it at the level of the shoulder blades.

Warning: adjustment of the rear leg loop-waistbelt linking straps is important if you use the dorsal point.

Adjustment and suspension test

Your harness must be adjusted to fit snugly in order to reduce the risk of injury in case of a fall.

You must move around and hang in the harness from each attachment point, with your equipment, to verify that the harness fits properly, provides adequate comfort for the intended use and that it is optimally adjusted.

6. Fall arrest harness EN 361: 2002

Full-body harness for fall protection, component of a fall arrest system in accordance with the EN 363 standard (personal fall protection systems).

6A. Sternal attachment point

6B. Dorsal attachment point

Only these points may be used to attach a fall arrest system, for example a mobile fall arrester, an energy absorber, or other system described in the EN 363 standard. For ease of identification, these points are marked with the letter 'A'.

Clearance: amount of free space below the user

The free space below the user must be sufficient to prevent the user from hitting an obstacle in case of a fall. Specific details on calculating clearance are found in the instructions for Use of the other components (energy absorbers, mobile fall arrester...).

7. Work positioning and restraint harness EN 358: 1999

These attachment points must only be used to attach to a work positioning system or a restraint system - maximum fall height: 0.6 m. See the instructions for Use of the lanyard used, for usage precautions. These attachment points are not designed for fall arrest usage. It may be necessary to supplement work positioning or travel restraint systems with collective or personal fall arrest systems.

7A. Gated ventral attachment point

7B. Waistbelt side attachment points

Always use the two side attachment points together, by linking them with a positioning lanyard, in order to be comfortably supported by the waistbelt.

7C. Rear restraint attachment point

This rear waistbelt attachment is designed only for attachment of a restraint system to prevent the user from entering an area where a fall is possible.

8. Seat harness EN 813: 2008

Gated ventral attachment point

Designed for progression on rope and work positioning.

Use the ventral point to attach a descender, positioning lanyards or progression lanyards.

This attachment point is not suitable for fall arrest.

9. CROLL L ventral rope clamp EN 12841: 2006

The CROLL L is a type B rope adjustment device used for upward progression on the work rope.

The CROLL L must be used with a type A backup device on the safety rope (e.g. with an ASAP mobile fall arrester for rope).

- The CROLL L is not suitable for use in a fall arrest system.

- To meet the requirements of the EN 12841: 2006 type B standard, use 10-13 mm EN 1891 type A low stretch kernmantel ropes. (Note: certification testing was performed using Petzl CLUB 10 mm and Taufelberger KM3 13 mm ropes.)

- Use a connecting assembly of maximum length 1 meter (lanyard + connectors + devices).

- Do not allow slack in the rope between the rope clamp and the anchor, to reduce the risk of a fall.

When your body weight is on the work rope, make sure that the safety rope is not loaded.

A dynamic overload can damage the safety rope.

Function principle and test

This rope clamp is a device for ascending rope. It slides along the rope in one direction and locks in the other direction.

The cam's teeth initiate a clamping action that pinches the rope between the cam and the frame. The slot in the cam allows mud to be evacuated.

Installing and removing the rope

Pull the safety catch down and lock it on the frame of the device. The cam is thus held open.

Put the rope in the device. Observe the Up/Down indicator. Release the safety catch so that the cam presses against the rope. In this position the safety catch helps prevent involuntary opening of the cam.

To remove the rope, slide the device upwards on the rope and simultaneously pull the cam back by operating the safety catch.

Ascending the rope

Use the CROLL L with another rope clamp (e.g. BASIC) and a foot-loop. Always attach yourself to the second rope clamp with an appropriate lanyard.

Angled traverse situation

Starting on an angled rope: put a leg over the rope to make its angle parallel to the CROLL L's rope channel.

Short descent

Slide the device slightly up the rope and simultaneously push down on the cam with your index finger. Do not manipulate the safety catch because there is a risk of accidentally opening the cam.

WARNING: for workers weighing over 100 kg, see the information on Solutions for workers over 100 kg at Petzl.com.

10. Equipment loops

Equipment loops must only be used for equipment.

WARNING - DANGER: never use equipment loops for belaying, rappelling, tying-in, or anchoring a person.

The Valero keeper may be used to hold your mobile fall arrester's energy absorber in a high position.

11. Accessories

A. Fall arrest lanyard connector-holder: to be used only as a connector holder for unused lanyard ends.

B. In case of a fall, the connector holder releases the lanyard end connector so as to avoid impeding deployment of the energy absorber.

PODIUM seat and the shackles for PODIUM seat.

Warning: this attachment point is not a fall arrest attachment point.

12. Additional information

- You must have a rescue plan and the means to rapidly implement it in case of difficulties encountered while using this equipment.

- The anchor point for the system should preferably be located above the user's position and should meet the requirements of the EN 796 standard (12 kN minimum strength).

- In a fall arrest system, it is essential to check the required clearance below the user before each use, in order to avoid any impact with the ground or with an obstacle in case of a fall.

- Make sure that the anchor point is correctly positioned, in order to limit the risk and the length of a fall.

- A fall arrest harness is the only device allowable for supporting the body in a fall arrest system.

- When using multiple items of equipment, a dangerous situation can arise in which the safety function of an item of equipment can be affected by the safety function of another item of equipment.

- WARNING: ensure that your products do not rub against abrasive or sharp surfaces.

- Users must be medically fit for activities at height. WARNING: inert suspension in a harness can result in serious injury or death.

- The instructions for Use for each item of equipment used in conjunction with this product must be followed.

- The instructions for Use must be provided to the user of this equipment, in the language of the country where the equipment is used.

- Make sure the markings on the product are legible.

When to retire your equipment:

WARNING: an exceptional event can lead you to retire a product after only one use, depending on the type and intensity of usage and the environment of usage (harsh environments, marine environments, sharp edges, extreme temperatures, chemicals...).

A product must be retired when:

- It is over 10 years old and made of plastic or textiles.
- It has been subjected to a major fall (or load).
- It fails to pass inspection. You have any doubt as to its reliability.
- You do not know its full usage history.
- When it becomes obsolete due to changes in legislation, standards, technique or incompatibility with other equipment...

Destroy these products to prevent further use.

Icons:

A. Lifetime: 10 years - **B. Marking** - **C. Acceptable temperatures** - **D. Usage precautions** - **E. Cleaning/disinfection** - **F. Drying** - **G. Storage/transport** - **H. Maintenance** - **I. Modifications/repairs** (prohibited outside of Petzl facilities, except replacement parts) - **J. Questions/contact**

3-year guarantee

Against any material or manufacturing defect. Exclusions: normal wear and tear, oxidation, modifications or alterations, incorrect storage, poor maintenance, negligence, uses for which this product is not designed.

Warning symbols

1. Situation presenting an imminent risk of serious injury or death. 2. Exposure to a potential risk of accident or injury. 3. Important information on the functioning or performance of your product. 4. Equipment incompatibility.

Traceability and markings

a. Body controlling the manufacture of this PPE - b. Notified body performing the CE type exam - c. Traceability: datamatrix - d. Sizing - e. Serial number - f. Year of manufacture - g. Month of manufacture - h. Batch number - i. Individual identifier - j. Standards - k. Read the instructions for Use carefully - l. Model identification - m. Nominal maximum load