

- 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.

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ANY INFORMATION ABOUT THE EQUIPMENT LIKE PERIODIC INSPECTIONS, REPAIRS, REASONS OF EQUIPMENT'S WITHDRAWN FROM USE SHALL BE NOTED INTO THE IDENTITY CARD BY A COMPETENT PERSON.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.

ALL RECORDS IN THE IDENTITY CARD CAN BE FILLED IN ONLY BY A COMPETENT PERSON.

IDENTITY CARD

MODEL AND TYPE OF EQUIPMENT		
REF. NUMBER		
SERIAL NUMBER		DATE OF MANUF.
USER NAME		
DATE OF PURCHASE		DATE OF PUTTING INTO OPERATION

PERIODIC EXAMINATION AND REPAIR HISTORY

	DATE	REASON FOR 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					

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Notified body, at which the European certification was performed and which supervises the production of the equipment:
APAVE SUDEUROPE SAS - BP 193 - 13322 MARSEILLE CEDEX 16 - FRANCE



Instruction Manual

READ CAREFULLY BEFORE USE
THE EQUIPMENT

CE 0082 EN 361:2002 Ref.: AB 101 01

SAFETY HARNESS P-01

FORCE SAFETY AT HEIGHT PRODUCTS

Safety harness is basic of fall arrest equipment and complies with EN 361.

DESCRIPTION

Full body harness P-01 is made of polyamide 44mm wide webbing which is sewn and connected by metal buckles.

This configuration guarantees full safety and comfort work.

BASIC EQUIPMENT

- back attaching buckle - for attaching fall arrest systems;
- connecting and adjusting buckles - for comfort wearing and using of harness;

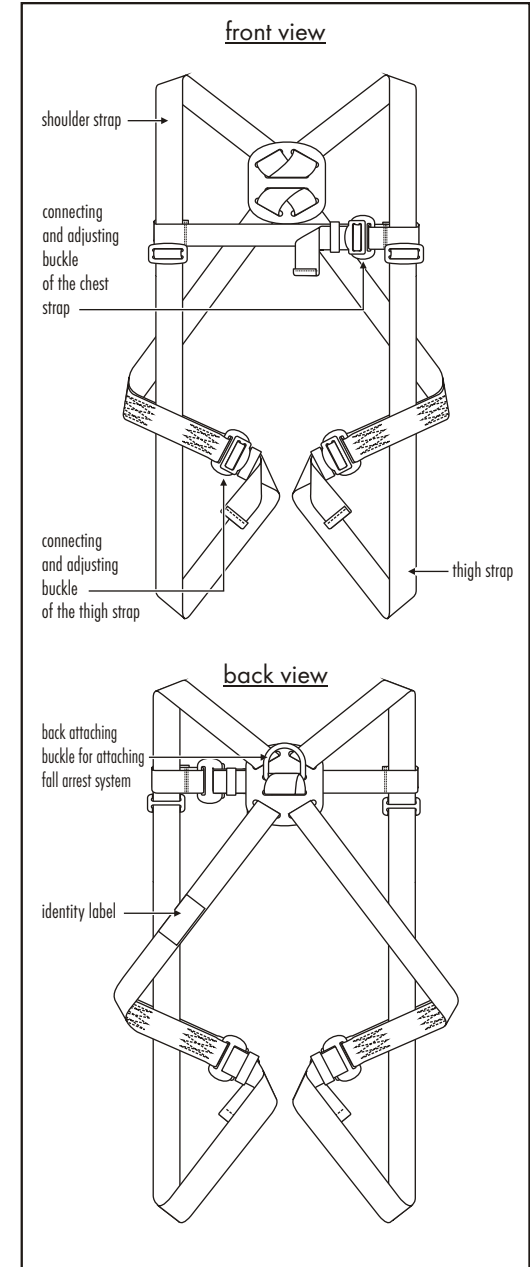
SIZES

The harness P-01 is manufactured in two sizes:

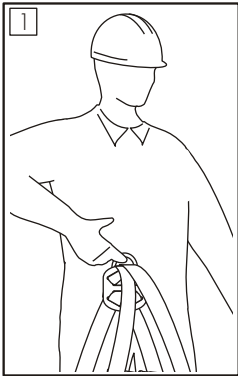
- universal: M-XL
- extra large: XXL

CONTENT OF HARNESS IDENTITY LABEL

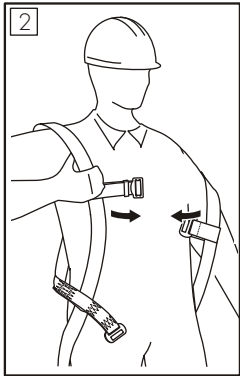
trade mark of the device	P-01
type of the device	SAFETY HARNESS
reference number	Ref. AB 101 01
size	Size: <input type="checkbox"/> M-XL <input type="checkbox"/> XXL
month/year of the device manufacture	Date of manufacture: 03/2017
number of the manufacturing series	Serial number: 0000001
number / year of the European standards the equipment conform	EN 361:2002
CE marking and number of a notified body controlling manufacturing of the equipment [art. 11]	CE 0082
caution: read the manual	
marking of the manufacturer or distributor	



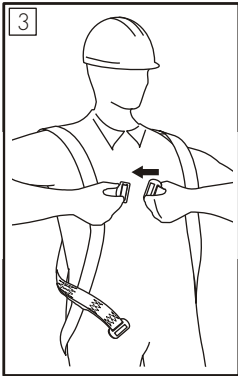
HOW TO PUT ON THE HARNESS



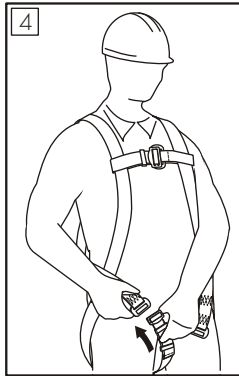
1 Take the harness by the back attaching buckle.



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

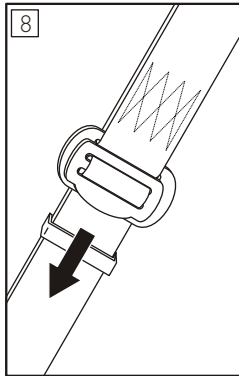
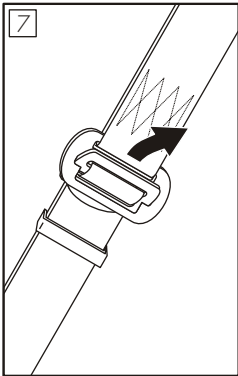
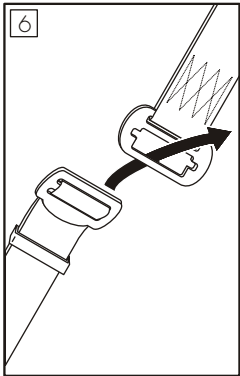
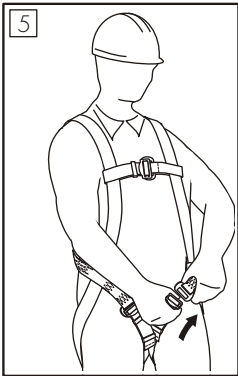


3 Connect front plastic clip and adjust the tension the chest strap.

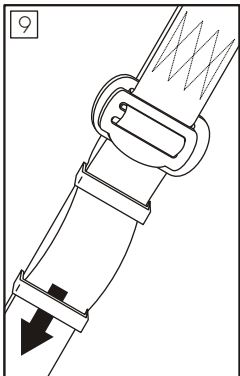


4 Pull one and then other thigh straps through crotch, take care do not twist them.

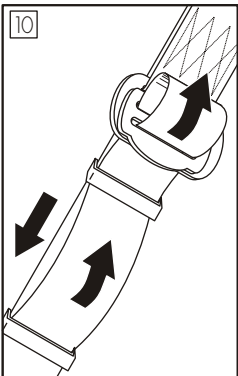
Connecting of the steel buckles of the thigh straps and chest strap



Regulation of the thigh straps and chest strap



Shortening



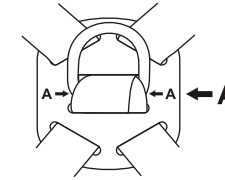
Lengthening

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 all the straps must be kept by plastic loops.

BASIC RULES OF USING THE HARNESS

- the harness must only be used by a person previously trained for working at heights.
- the harness should be personal equipment and should be used by one worker.
- before each use, a close visual examination of the straps, seams and buckles must be carried out in respect of mechanical, chemical and thermal defects. The examination must be carried out by a person who is going to use the harness. In the case of any defect or doubt of correct condition of the harness do not use the harness.
- during use the harness must be protected from a contact with oils, acids, solvents, basics, fire, hot metal drops and sharp edges.
- during use all fastenings and adjusting elements of the harness must be regularly checked.
- 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 the back attaching buckle. The back attaching buckle is marked by a capital letter A - marked on the crossing plate with arrows indicating back attaching buckle. See drawing below.



- structural anchor point for connecting fall arrest system should be situated above the working position and should have static resistance min. 15 kN. The shape of the structural anchor point should not let self-acting disconnection of fall arrest system. It is recommended to use certified and marked structural anchor point complied with EN 795.
- using the harness in connection with fall arrest system must be compatible with manual instructions of the fall arrest systems and obligatory standards:
 - EN353-1, EN353-2, EN355, EN354, EN360, EN362 - for the fall arrest systems;
 - EN341 - for the rescue equipment.
- the harness must be taken out of service and destroyed by a competent person after being used to arrest a fall.
- it is strictly forbidden to make any modifications to the harness yourself.

GENERAL CONDITIONS OF HARNESS UTILIZATION

- IDENTITY CARD** - should be filled in by competent person and kept during whole period of harness using.
- FIRST USE** - fill in the Identity Card.
- PERIOD INSPECTIONS** - annual inspection of harness must be carried out by a competent person. The result of inspection must be recorded in the Identity Card.
- OUT OF SERVICE** - the harness must be taken out of service and destroyed after being used to arrest a fall. The harness must be taken out of service and sent to the manufacturer or their representation when any defects appear during annual or every day use inspection.
- STORAGE** - the harness must be stored in a dry, ventilated, room temperature and free of sun places.
- CLEANING** - clean the harness in a warm water and household soap. Do not use any acid or basic solvents. After cleaning the harness must be natural dry far away from any fire and heat.
- REPAIRS** - it is strictly forbidden to make any repairs and modifications to the harness by yourself.