LIFE SAFETY DEVICES
SECURE YOUR STEPS, EMPOWER YOUR SAFETY

FULL BODY HARNESS

INSTRUCTION MANUAL

These instructions apply to the following model(s) manufactured after Jan 1st, 2025:

H301 , H302, H303, H304,
H500, H501, H502, H503, H504, H505, H506
HP501, HP502, HP503, HP504, HP505, HP506, HP507, HP508
HH501, HH502, HH503, HH504, HH505

FULL BODY HARNESS INSTRUCTIONS MANUAL

Do not skip this instruction manual. Read the instruction manual carefully before using the equipment. If failed in doing so it may cause serious injury or Death.

It is crucial to thoroughly read and comprehend this manual, incorporate it as part of a fall protection training program as required by OSHA or any state regularity agency. These instructions are designed to meet the manufacturer instructions as required by ANSI Z359.1-2020 and OSHA. The user must fully understand the proper equipment use and limitations entirely.

These instructions apply to the following model(s) manufactured after Jan 1st, 2025:

H301 , H302, H303, H304,

H500, H501, H502, H503, H504, H505, H506

HP501, HP502, HP503, HP504, HP505, HP506, HP507, HP508

HH501, HH502, HH503, HH504, HH505

1. Under Penalty of Law

This manual must be read and understood in its entirety and used as part of a fall protection training program, as required by OSHA or any state/local regulatory agencies. This manual is intended to meet industry standards required by ANSI Z359.1-2020 The Fall Protection Code. The user must read and fully understand the limitations and proper use of the equipment and be properly trained by the employer prior to use.

NOTE: This User Instruction Manual is not to be removed except by the equipment user. Current User Instruction Manuals must always be available to the user. Read and understand these instructions before using equipment. Do not discard these instructions.

2. Warning

» This User Instruction Manual is not to be removed except by the user of this equipment.

» Current User Instruction Manuals must always be available to the user.

- Read and understand these instructions before using equipment.
- Do not throw away these instructions.
- Equipment must not be altered in any way. Repairs must be performed only by the Manufacturer, or persons or entities authorized in writing by the manufacturer.
- Misusing the equipment may cause serious injury or death.
- Do not use the equipment near sharp edges and abrasive surfaces.
- Do not use the equipment around moving machinery or electrical hazards.
- **Do not expose the equipment to chemicals, heat, flames or other environmental conditions, which may produce a harmful effect and to consult Life Safety Devices in case of doubt.**
- Do not expose the PPE to UV light to avoid UV degradation.
- Life Safety Devices Full Body Harness should be used only with the combinations of components, subsystems or both which may not affect or interfere with the safe function of one another. Be certain that connecting devices are compatible and that other elements of the PFAS are safe to use and compatible before use.
- All authorized persons/users must refer to the regulations governing occupational safety, as well as applicable ANSI or CSA standards.
- Please refer to product labeling for information on specific OSHA regulations, and ANSI and CSA standards met by product. Any product exhibiting deformities, unusual wear, or deterioration must be immediately discarded. Any equipment subject to a fall must be removed from service.
- Include other factors such as D-ring/ connector length, setting of the user's body and all other contributing elements when calculating fall clearance.

3. Instructions For Use

- Failure to follow all instructions and limitations on the use of this equipment may result in serious personal injury or death.
- Prior to each use, inspect all personal fall arrest system equipment for wear, damage, and other deterioration. Defective components must be removed from service **immediately**.
- After a fall, the Life Safety Devices Full Body Harness must be removed from service and destroyed immediately.
- Thoroughly evaluate and plan all elements of your fall protection system(s) before using your equipment. Make sure that your system is appropriate for your needs and facility. Also be sure to calculate fall clearance and swing fall clearance.
- Users must have a rescue plan and the means to implement it. This plan must provide prompt employee rescue or assure that employees have the ability to rescue themselves in the event of a fall.

- Store this equipment in a cool, dry, and clean environment that is out of direct sunlight when not in use.
- After a fall occurs, this equipment must be removed from service and destroyed immediately.
- Failure to follow all instructions and limitations on the use of Personal Energy Absorbers and Energy Absorbing Lanyards may result in serious personal injury or death.
- Failure to have the leg straps of the Full Body Harness properly adjusted in the event of a fall arrest may result in serious personal injury or death.
- Never attach the unused leg of the lanyard back to the Full Body Harness anywhere other than an approved lanyard storage keeper.
- To minimize the potential for accidental disengagement, a Competent Person must ensure system compatibility.
- All equipment must be inspected before each use according to the instructions found in this User Instruction Manual. All equipment should be inspected by a qualified person on a regular basis.
- Never use fall protection equipment for purposes other than those for which it was designed.
- Environmental hazards should be considered when selecting fall protection equipment.
- Do not expose the equipment to any hazard which it is not designed to withstand. Consult Life Safety Devices in cases of doubt.
- Never remove product labels because they include important information for the Authorized Person/User.

4. Limitations For Use

- This equipment is designed to be used in temperatures ranging from -40°F to +130°F (-40°C to +54°C).
- Do not expose this equipment to chemicals or harsh solutions that may have a harmful effect. Contact Life Safety Devices with any questions.
- Use caution when working with this product near moving machinery, electrical hazards, sharp edges, or abrasive surfaces, as contact may cause equipment failure, personal injury, or death.
- Minors, pregnant women, and anyone with a history of back and/or neck problems should not use this equipment.
- Do not use or install equipment without proper training from a “Competent Person”.
- Only Life Safety Devices, or entities authorized in writing by Life Safety Devices, shall make repairs or alterations to the equipment.
- Life Safety Devices Full Body Harnesses are designed for users with a maximum capacity up to 310 lb.* (141 kg.) including clothing, tools, etc.

**If the system is used by an employee having a combined tool and body weight between 310 lb. (140.6 kg.) and 400 lb. (181.4 kg.), then the employer must appropriately modify the criteria and protocols to provide proper protection for such heavier weights, or the system will not be deemed to be in compliance with the requirements of OSHA 1926.502(d) (16). [ANSI capacity range is 130 lb. – 310 lb. (59 kg. – 140.6 kg.).]*

- Personal Energy Absorbers and Energy Absorbing Lanyards marked with, "ANSI Z359.13," and "6 ft. Free Fall" are designed for up to 6 ft. free fall applications with a maximum capacity up to 310 lb. (141 kg) including clothing, tools, etc.
- Life Safety Device's Full Body Harnesses shall be used as part of a personal fall arrest system that limits the maximum free fall distance to 6 ft. (1.8 m). If used with an appropriate connecting system, Life Safety Device's Full Body Harnesses may be used with free falls exceeding 6 ft. (1.8 m).
- Full Body Harnesses shall only be used as part of a controlled descent or rescue system that eliminates free fall unless attached to the dorsal D-ring. When attached to the dorsal D-ring, the maximum free fall distance is 6 ft. (1.8 m).
- Full Body Harnesses shall only be used as part of a work positioning system that limits the maximum free fall distance to 2 ft. (0.6 m).
- Only use components rated for the same weight capacity. Not all fall protection components are rated for the same user weight capacity.
- Proper precautions should always be taken to remove any obstructions, debris, material, or other recognized hazards from the work area that could cause injuries or interfere with the effective operation of the system.
- Do not use fall protection equipment for towing or hoisting.
- Protect all synthetic material from slag, hot sparks, open flames, or other heat sources.
- Do not expose equipment to environmental hazards and chemicals which may produce a harmful effect. Polyester should be used in certain chemical or acidic environments.
- Do not allow equipment to come in contact with anything that will damage it including (but not limited to): sharp edges, abrasive surfaces, moving machinery, or high-temperature applications like welding, heat sources, and electrical areas.
- Evaluate space below work area to ensure potential fall path is clear of obstructions.
- Allow adequate fall clearance below the work surface.

5. PERFORMANCE

Each Life Safety Devices Full Body Harness has a minimum tensile breaking strength of 3,600 pounds (16 kN) when statically tested in accordance with the requirements of the ANSI Z359.11-2021 standard. Life Safety Devices Full Body Harnesses stretch is less than 18 inches. It is important to include the increase in fall distance created by FBH Stretch, as well as the FBH connector length,

the settling of the user's body in the FBH and all other contributing factors when calculating total clearance required for a particular fall arrest system.

WARNING	**To include other factors such as D-ring/ connector length, setting of the user's body and all other contributing elements when calculating fall clearance.**

6. Anchorage Requirements

All anchorages to which the Personal Energy Absorbers and Energy Absorbing Lanyards attach must meet the requirements of ANSI Z359.18-2017:

> *Anchorages to which personal fall arrest equipment is attached shall be capable of supporting at least 5,000 lb. (22.2 kN) per employee attached, or shall be designed, installed, and used as part of a complete personal fall arrest system which maintains a safety factor of at least two, under the supervision of a qualified person.*

ANSI Z359.18-2017 states that anchorages in a personal fall arrest system must have strength capable of sustaining static loads applied in all directions permitted by the system at least:

a). Two times the maximum arrest force permitted on the system with certification;
or
b). 5,000 lb. (22.2 kN) in the absence of certification

When more than one personal fall arrest system is attached to the anchorage, the strength in (a) and (b) must be multiplied by the number of personal fall arrest systems attached to the anchorage.

Anchorages used in controlled descent and rescue systems must be capable of supporting loads of 3,100 ft-lb. (13.8 kN) for non-certified anchorages or a 5:1 safety factor for certified anchorages per ANSI Z359.4-2013.

Anchorages used in restraint systems must be capable of supporting loads of 1,000 ft-lb. (4.5 kN) for non-certified anchorages or two times the foreseeable force for certified anchorages per ANSI Z359.18-2017.

Anchorages used in work positioning systems must be capable of supporting loads of 3,000 ft-lb. (13.3 kN) for non-certified anchorages or two times the foreseeable force for certified anchorages per ANSI Z359.18-2017.

Anchorages should be located as vertically as possible above the user's head and be positioned as not to exceed the maximum allowable free fall for the system.

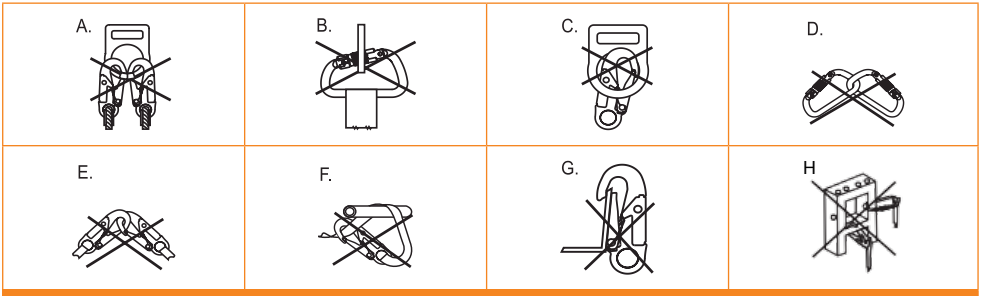
7. Connection Compatibility Limitations

All Life Safety Devices equipment must be coupled to compatible connectors. OSHA 29 CFR 1926.502 prohibits snap hooks from being engaged to certain objects unless two requirements are met:

1. It must be a locking type snap hook.
2. It must be "designed for" making such a connection.
   2.1. "Designed for" means that the manufacturer of the snap hook specifically created the snap hook to be used to connect to the equipment in question.

The following conditions can result in rollout* when a non-locking snap hook is used. Avoid the following connections:

- Direct connection of a snap hook to horizontal lifeline.
- Two (or more) snap hooks connected to one D-ring.
- Two snap hooks connected to each other.
- A snap hook connected back on its integral lanyard.
- A snap hook connected to a webbing loop or webbing lanyard.
- Improper dimensions of the D-ring, rebar, or other connection point in relation to the snap hook dimensions that would allow the snap hook keeper to be depressed by a turning motion of the snap hook.



A process Snap Hook or Carabiner Unintentionally Disengages

Rollout: A process by which a snap hook or carabiner unintentionally disengages from another connector or object to which it is coupled.

8. Fall Clearance/Clear Fall Charts

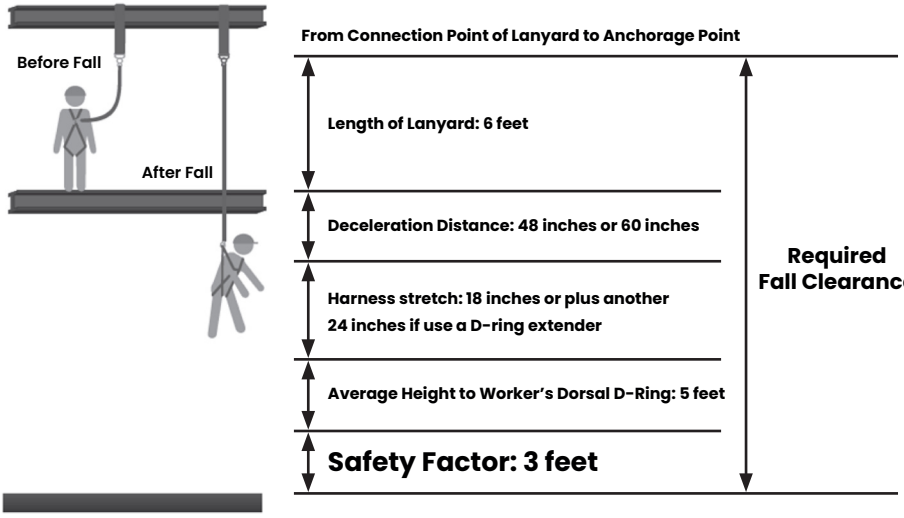
Clearance Requirements

The illustration shows a shock-absorbing lanyard anchored overhead with the other end connected to the dorsal D-ring of a full body harness. Note that the length of your shock-absorbing lanyard in relation to where it is attached is directly related to the amount of fall clearance that you will need.

When using a shock-absorbing lanyard, include the following distances in your calculations:

- Using the 6 Foot Life Safety Devices Shock-Absorbing Lanyard will require a total fall clearance of approximately 19.5 feet (5.95 meters) as measured from the anchorage point of lanyard to the nearest obstruction below or 21.5feet (6.56m) if use with a D-ring extender. The total fall clearance combines the sum of the length of the lanyard, the maximum elongation of the lanyard (4 feet or 1.2 meters), the average distance between the worker's dorsal D-ring (5 feet or 1.5 meters), the harness stretch (18inches or 0.45meter) and the safety factor (3 feet or 0.9 meters) or plus another 24inches (or 0.61m) if use with a D-ring extender.
- Using an extended free fall (12 foot) Life Safety Devices Shock Absorbing Lanyard will require a total fall clearance of approximately 20.5 feet (6.25 meters) when anchored at foot level and measured from the anchorage point of lanyard to the nearest obstruction below or 22.5feet (6.76m) if use with a D-ring extender. The total fall clearance combines the sum of the length of the lanyard, free fall distance, the maximum elongation of the lanyard (5 feet or 1.5 meters), the average distance between the worker's dorsal D-ring, (5 feet or 1.5 meters), the harness stretch (18inches or 0.45meter) and the safety factor (3 feet or 0.9 meters) or plus another 24inches (or 0.61m) if use with a D-ring extender.

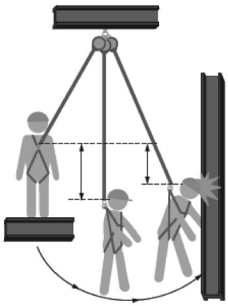
Shock-Absorbing Lanyard (SAL)



Swing Fall

To minimize the possibility of a swing fall, work as directly under the anchorage connector as possible. Striking objects horizontally, due to the pendulum effect, may cause serious injury.

Swing falls also increase the vertical fall distance of a worker, compared to a fall directly below the anchorage connector. Swing falls may be reduced by using overhead anchorage connectors that move with the worker.



WARNING

Workers accessing areas greater than 30° off-plumb from overhead anchorage are at a higher risk for severe injury.

Striking objects horizontally due to the pendulum effect of a swing fall may cause serious injury or death.

9. Attachment Points

The dorsal (back) D-ring affixed to all Life Safety Devices Full Body Harnesses is for fall arrest or restraint systems. The dorsal D-ring may also be used for rescue applications.

Hip D-rings are used for positioning and restraint systems. Always use both hip D-ring connections when securing work positioning devices. **Hip D-rings are not for fall arrest or climbing applications**. Chest D-ring are used for ladder climbing & rescue mainly and can also used for fall arrest if necessary.

10. Donning

⚠ **WARNING**	Not all fall protection components are rated for the same user weight capacity. Only use components rated for the same weight capacity. There must be a functional rescue plan if users of fall protection systems cannot rescue themselves.

NOTE: Sewn terminations should be secure, complete, and not visibly damaged. No load indicators shall be deployed. Damaged and other deteriorated and defective components must be immediately removed from service.

Fitting a Life Safety Devices Full Body Harness

- Hold the dorsal (back) D-ring of the harness and shake to allow all straps to fall into place. Straps must not be buckled or twisted.
- Slip shoulder strap over one shoulder, then pull the other shoulder strap around the back and over the second shoulder — much like putting on a jacket. The dorsal D-ring will be located on your back while the chest strap is located in the front. Straps must not be tangled as the harness hangs freely from shoulders.
- Pull one leg strap between your legs and connect it to the opposite end on the same side. Repeat with second leg strap. Ensure that the leg straps are not twisted or crossed. Leg straps must be comfortably snug to achieve proper adjustment.
- Fasten the chest strap just above the nipple line. Chest strap should be snug with excess strap-length secured through the web keepers.
- Adjust shoulder straps with the two adjusters located at the lower end of the shoulder strap. Adjust the left and right sides to the same length.
- After all straps have been tightened and harness fits snugly, secure all excess straps through the web keepers.

11. Training

Employers are responsible for providing training to any employee who may be exposed to fall hazards. Training will enable an employee to recognize and reduce fall hazards. Training must be conducted by a Competent or Qualified Person. Trainer and trainees must not be exposed to fall hazards during the training course.

12. Inspection

Before each use, proceed with thorough visual examination to ensure that the PPE is intact (the same applies for the equipment used with the harness (connectors, lanyard…) and take all necessary steps concerning the implementation of rescue in total safety. In the event of your product being contaminated, consult the manufacturer or his agent. If you have any doubts regarding the safe state of the product or if the product has been used to arrest a fall, for your personal safety, it is essential to withdraw the PPE from service and send it back to the manufacturer or a qualified repair center for checking or destruction. Check for Fall Indicator provided on back shoulder straps of Harness for deployment. If found deployed, then should be taken out from the use with immediate effect. Following the inspection, the center will provide written authorization or refusal for the use of the PPE. Never attempt to modify or repair PPE.

Frequency

Life Safety Devices Full Body Harnesses must be inspected prior to each use and annually by an "Competent Person" other than the user.

To Inspect Webbing

Bend a portion of the webbing 15-20 cm into an upside-down 'U' shape. Continue along all webbing inspecting for tears, cuts, fraying, abrasion, discoloration, burns, holes, mold, pulled or broken stitches, or other signs of wear and damage.

Adjust all keepers, buckles, padding, and D-ring to inspect webbing hidden by these components. The sewn terminations must be secure, complete, and not visibly damaged.

Check all buckles for damage, distortion, cracks, breaks, and rough or sharp edges. Inspect for any unusual wear, frayed or cut fibers, or broken stitching of the buckle attachments. Make sure buckles properly engage.

Ensure that the Quick-Connect buckle's dual-tab release mechanism is free of debris and engages properly. Double-check the buckle locking mechanism by tugging on both halves of the buckle to make sure it is firmly connected and will not disengage.

All markings must be legible and attached to the product.

All hardware must be free of cracks, sharp edges, deformation, corrosion, or any evidence of defect.

13. Cleaning, Maintenance, and Storage

Cleaning

Life Safety Devices Full Body Harnesses can be wiped down with a mild detergent and missed with a clean cloth to remove detergent. The hardware can also be wiped down with clean, dry cloth to remove grease or dirt.

Maintenance

Any Life Safety Devices Full Body Harness requiring maintenance must be tagged "unusable" and removed from service.

Storage

- When not in use, Life Safety Devices Full Body Harnesses should be stored in a cool, dry place out of direct sunlight.
- Do not store in areas where damage from environmental factors such as heat, light, excessive moisture, oil, chemicals and their vapors, or other degrading elements may be present.
- Do not store damaged equipment or equipment in need of maintenance in the same area as product approved for use. Equipment must be cleaned and dried prior to storage.
- Equipment that has been stored for an extended period must be inspected as described in these User Instructions prior to use.

14. Annex A – Normative

Note: This information from the Z359.11 standard is required to be included in the instruction manual for the end user: ANSI/ASSE Z359 Requirements for Proper Use and Maintenance of Full Body Harnesses (Note: These are general requirements and information provided by ANSI/ASSE Z359, the Manufacturer of this equipment may impose more stringent restrictions on the use of the products they manufacture,see the Manufacturer's instructions.)

1. It is essential that the users of this type of equipment receive proper training and instruction, including detailed procedures for the safe use of such equipment in their work application. ANSI/ASSE Z359.2, *Minimum Requirements for a Comprehensive Managed Fall Protection Program*, establishes guidelines and requirements for an employer's managed fall protection program, including policies, duties and training; fall protection procedures; eliminating and controlling fall hazards; rescue procedures; incident investigations; and evaluating program effectiveness.
2. Correct fit of a Full Body Harness is essential to proper performance. Users must be trained to select the size and maintain the fit of their Full Body Harness.
3. Users must follow manufacturer's instructions for proper fit and sizing, paying particular attention to ensure that buckles are connected and aligned correctly, leg straps and shoulder straps are kept snug at all times, chest straps are located in the middle chest area and leg straps are positioned and snug to avoid contact with the genitalia should a fall occur.
4. Full Body Harnesses which meet ANSI/ASSE Z359.11 are intended to be used with other components of a Personal Fall Arrest system that limit maximum arrest forces to 1800 pounds (8 kN) or less.
5. Suspension intolerance, also called suspension trauma or orthostatic intolerance, is a serious condition that can be controlled with good harness design, prompt rescue and post fall

suspension relief devices. A conscious user may deploy a suspension relief device allowing the user to remove tension from around the legs, freeing blood flow, which can delay the onset of suspension intolerance. An attachment element extender is not intended to be attached directly to an anchorage or anchorage connector for fall arrest. An energy absorber must be used to limit maximum arrest forces to 1800 pounds (8 kN). The length of the attachment element extender may affect free fall distances and free fall clearance calculations.

6. Full Body Harness (FBH) Stretch, the amount the FBH component of a personal fall arrest system will stretch and deform during a fall, can contribute to the overall elongation of the system in stopping a fall. It is important to include the increase in fall distance created by FBH Stretch, as well as the FBH connector length, the settling of the user's body in the FBH and all other contributing factors when calculating total clearance required for a particular fall arrest system.

7. When not in use, unused lanyard legs that are still attached to a Full Body Harness D-ring should not be attached to a work positioning element or any other structural element on the Full Body Harness unless deemed acceptable by the competent person and manufacturer of the lanyard. This is especially important when using some types of "Y" style lanyards, as some load may be transmitted to the user through the unused lanyard leg if it is not able to release from the harness. The lanyard parking attachment is generally located in the sternal area to help reduce tripping and entanglement hazards.

8. Loose ends of straps can get caught in machinery or cause accidental disengagement of an adjuster. All Full Body Harnesses shall include keepers or other components which serve to control the loose ends of straps.

9. Due to the nature of soft loop connections, it is recommended that soft loop attachments only be used to connect with other soft loops or carabiners. Snaphooks should not be used unless approved for the application by the manufacturer.
Sections 11-17 provide additional information concerning the location and use of various attachments that may be provided on this FBH.

10. **Dorsal** – The dorsal attachment element shall be used as the primary fall arrest attachment, unless the application allows the use of an alternate attachment. The dorsal attachment may also be used for travel restraint or rescue. When supported by the dorsal attachment during a fall, the design of the Full Body Harness shall direct load through the shoulder straps supporting the user, and around the thighs. Supporting the user, post fall, by the dorsal attachment will result in an upright body position with a slight lean to the front with some slight pressure to the lower chest. Considerations should be made when choosing a sliding versus fixed dorsal attachment element. Sliding dorsal attachments are generally easier to adjust to different user sizes, and allow a more vertical rest position post fall, but can increase FBH Stretch.

11. **Sternal** – The sternal attachment may be used as an alternative fall arrest attachment in applications where the dorsal attachment is determined to be inappropriate by a competent person, and where there is no chance to fall in a direction other than feet first. Accepted practical uses for a sternal attachment include, but are not limited to, ladder climbing with a guided type fall arrester, ladder climbing with an overhead self-retracting lifeline for fall arrest, work positioning and rope access. The sternal attachment may also be used for travel restraint or rescue. When supported by the sternal attachment during a fall, the design of the Full Body Harness shall direct load through the shoulder straps supporting the user, and around the thighs. Supporting the user, post fall, by the sternal attachment will result in roughly

a sitting or cradled body position with weight concentrated on the thighs, buttocks and lower back. Supporting the user during work positioning by this sternal attachment will result in an approximate upright body position. If the sternal attachment is used for fall arrest, the competent person evaluating the application should take measures to ensure that a fall can only occur feet first. This may include limiting the allowable free fall distance. It may be possible for a sternal attachment to be incorporated into an adjustable style chest strap to cause the chest strap to slide up and possibly choke the user during a fall, extraction, suspension, etc. The competent person should consider Full Body Harness models with a fixed sternal attachment for these applications.

12. **Frontal** – The frontal attachment serves as a ladder climbing connection for guided type fall arresters where there is no chance to fall in a direction other than feet first or may be used for work positioning. Supporting the user, post fall or during work positioning, by the frontal attachment will result in a sitting body position, with the upper torso upright, with weight concentrated on the thighs and buttocks. When supported by the frontal attachment the design of the Full Body Harness shall direct load directly around the thighs and under the buttocks by means of the sub-pelvic strap. If the frontal attachment is used for fall arrest, the competent person evaluating the application should take measures to ensure that a fall can only occur feet first. This may include limiting the allowable free fall distance.

13. **Shoulder** – The shoulder attachment elements shall be used as a pair and are an acceptable attachment for rescue and entry/retrieval. The shoulder attachment elements shall not be used for fall arrest. It is recommended that the shoulder attachment elements be used in conjunction with a yoke which incorporates a spreader element to keep the Full Body Harness shoulder straps separate.

14. **Waist, Rear** – The waist, rear attachment shall be used solely for travel restraint. The waist, rear attachment element shall not be used for fall arrest. Under no circumstances is it acceptable to use the waist, rear attachment for purposes other than travel restraint. The waist and rear attachment shall only be subjected to minimal loading through the waist of the user and shall never be used to support the full weight of the user.

15. **Hip** – The hip attachment elements shall be used as a pair and shall be used solely for work positioning. The hip attachment elements shall not be used for fall arrest. Hip attachments are often used for work positioning by arborists, utility workers climbing poles and construction workers tying rebar and climbing on form walls. Users are cautioned against using the hip attachment elements (or any other rigid point on the Full Body Harness) to store the unused end of a fall arrest lanyard, as this may cause a tripping hazard, or, in the case multiple leg lanyards, could cause adverse loading to the Full Body Harness and the wearer through the unused portion of the lanyard.

16. **Suspension seat** – The suspension seat attachment elements shall be used as a pair and shall be used solely for work positioning. The suspension seat attachment elements shall not be used for fall arrest. Suspension seat attachments are often used for prolonged work activities where the user is suspended, allowing the user to sit on the suspension seat formed between the two attachment elements. An example of this use would be window washers on large buildings.

15. User Inspection, Maintenance and Storage of Equipment

Users of personal fall arrest systems shall, at a minimum, comply with all manufacturer instructions regarding the inspection, maintenance and storage of the equipment. The user's organization shall retain the manufacturer's instructions and make them readily available to all users. See ANSI/ASSE Z359.2, *Minimum Requirements for a Comprehensive Managed Fall Protection Program*, regarding user inspection, maintenance and storage of equipment.

1. In addition to the inspection requirements set forth in the manufacturer's instructions, the equipment shall be inspected by the user before each use and, additionally, by a competent person, other than the user, at interval of no more than one year for:

    - **Absence** or illegibility of markings.
    - **Absence** of any elements affecting the equipment form, fit or function.
    - **Evidence** of defects in, or damage to, hardware elements including cracks, sharp edges, deformation, corrosion, chemical attack, excessive heating, alteration and excessive wear.
    - **Evidence** of defects in or damage to strap or ropes including fraying, un-splicing, unlaying, kinking, knotting, roping, broken or pulled stitches, excessive elongation, chemical attack, excessive soiling, abrasion, alteration, needed or excessive lubrication, excessive aging and excessive wear.

2. Inspection criteria for the equipment shall be set by the user's organization. Such criteria for the equipment shall equal or exceed the criteria established by this standard or the manufacturer's instructions, whichever is greater.

3. When inspection reveals defects in, damage to, or inadequate maintenance of equipment, the equipment shall be permanently removed from service or undergo adequate corrective maintenance, by the original equipment manufacturer or their designate, before return to service.

Maintenance and Storage

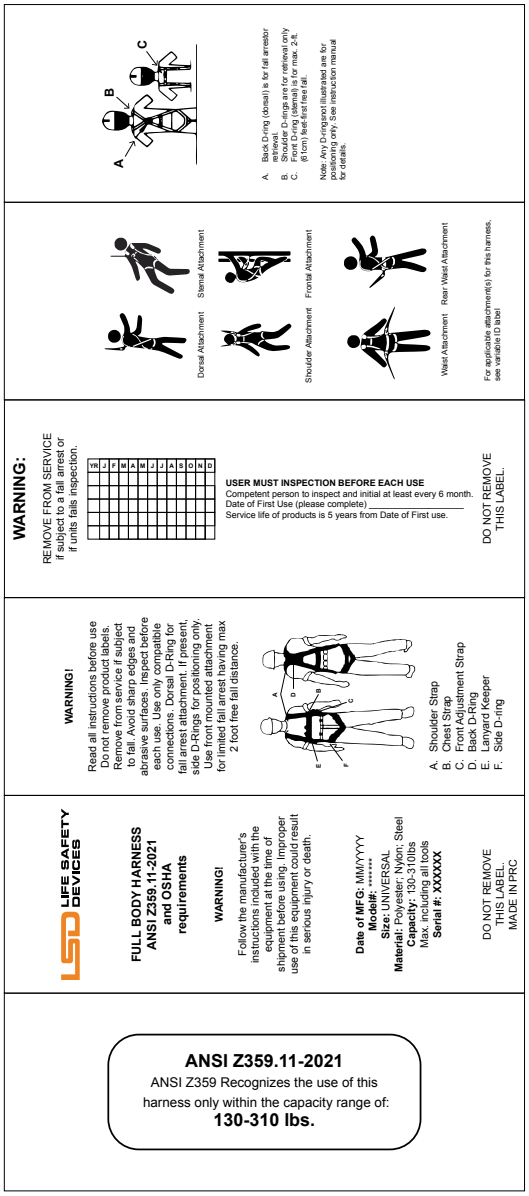
1. Maintenance and storage of equipment shall be conducted by the user's organization in accordance with the manufacturer's instructions. Unique issues, which may arise due to conditions of use, shall be addressed with the manufacturer.

2. Equipment which is in need of, or scheduled for, maintenance shall be tagged as unusable and removed from service.

3. Equipment shall be stored in a manner as to preclude damage from environmental factors such as temperature, light, UV, excessive moisture, oil, chemicals and their vapors or other degrading elements.

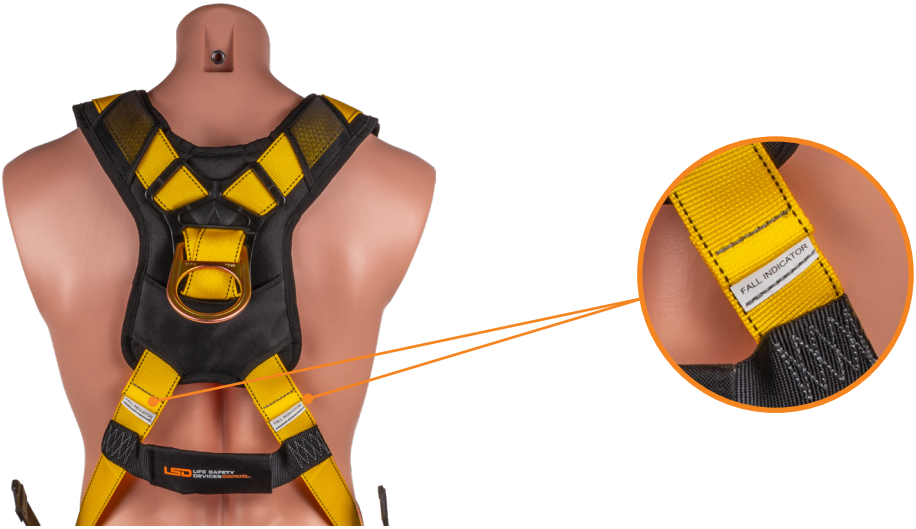
16. Product Labeling

All labeling must be legible and attached to the full body harness.



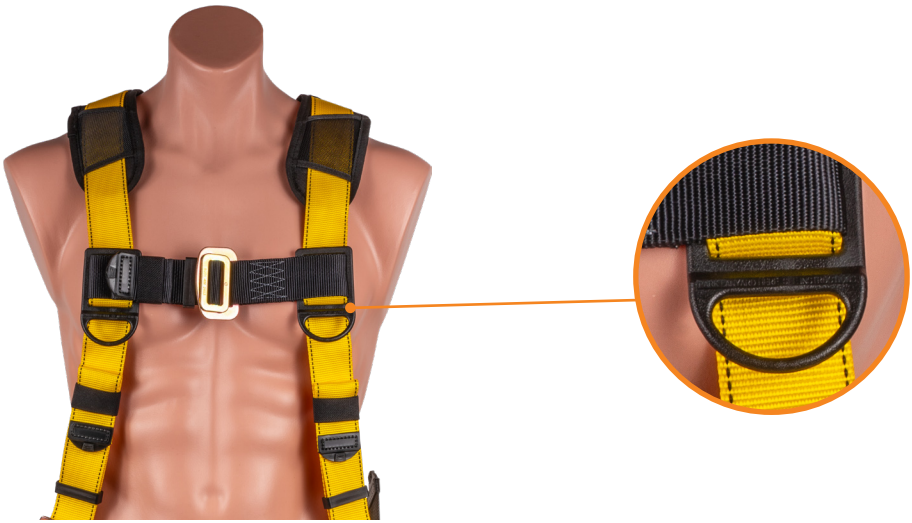
17. Product Guide

Fall Indicator



Label

Park Lanyard Instructions



Notes

If equipment fails inspection IMMEDIATELY REMOVE FROM SERVICE.

User must inspect prior to EACH use.

Competent Person other than user must complete formal inspection at least every 12 months.

Competent Person to inspect and initial. Date of first use: _____.

Product lifetime is 5 years as long as it passes pre-use and Competent Person inspections. REMOVE FROM SERVICE 5 years after date of first use, or, if not recorded, from date of manufacture.

This inspection log must be specific to one Internal Shock Lanyard. Separate inspection logs must be used for each Internal Shock Lanyard. All inspection records must be made visible and available to all users at all times.

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CHECK CARD

It is recommended that the lanyard be inspected and examined by a competent person for any damages or failures if the need arises, but at least once a year. The observations should be recorded in the table below. In case such damages are observed, the lanyard should be replaced immediately. The lanyard shall only be used within a work positioning system according to EN 358:1999. The instructions for use for the individual components are to be observed.

SERVICE and INSPECTION RECORD

SERIAL NUMBER:			
MODEL NUMBER:			
DATE PURCHASED:		**DATE OF FIRST USE:**	

INSPECTION DATE	INSPECTIONS ITEMS NOTED	CORRECTIVE ACTION	MAINTENANCE PERFORMED
Approved by:			
Approved by:			
Approved by:			
Approved by:			
Approved by:			
Approved by:			
Approved by:			
Approved by:			
Approved by:			
Approved by:			
Approved by:			
Approved by:			

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