Unitex RidgeGear

GB Instructions for use of RidgeGear Fall Arrest Safety Harnesses

Read and understand before use

complying (where applicable) with the requirements of EN358:1999, EN361:2002, EN 813:2008 & EN1497:2007.

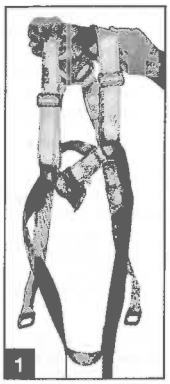
Issue G Sep 2017

Fitting Instructions

It is recommended that the user carries out a suspension test in a safe place before using the harness for the first time, to ensure correct size, sufficient adjustment and acceptable comfort.

STEP 1

Take harness by shoulder straps, ensure there are no twists in the straps and place over shoulders and arms.



STEP 2

Pass leg strap under legs without twisting and fasten buckles - types may vary (A-D). Repeat with other leg strap. **Ensure that the loose tails are face outermost otherwise the buckle will not lock.** Some models may be a 'step in' design whereby the buckles cannot be disassembled, therefore step into leg straps before placing over shoulders.

STEP 3

Fasten chest cross strap buckle same as legs. Some models have a front attachment point as shown (E). To ensure correct height position, adjust leg/shoulder straps as necessary. If an adjustable chest strap option is provided, pull on the webbing tail to adjust. Keep as short as possible to avoid excessive upward movement of front D in the event of a fall.

STEP 4

If the chest attachment point comprises 2 rings or loops (F,G), both must be connected as shown. **Never attach to only one of them. (H)**

STEP 5

The connector fitted to the front attachment can also be the safety lanyard as shown (J,K). When using the rear attachment point for lanyard connection, ensure an additional connector approved to EN362 is affixed to the front as shown in step 4 (preferably at least double action type).

STEP 6

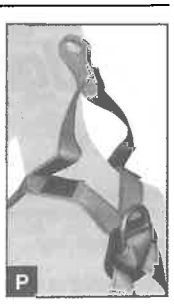
Tighten both leg straps by pulling on the loose tail. Ensure fitting is tight but not uncomfortable. Retain loose ends with the webbing retaining slides. Ensure final fit is both secure and comfortable. If in any doubt seek expert advice.

IMPORTANT

Where EN358 work-positioning belts are fitted, fasten the front waist strap and tighten. The work positioning rings should be located at hip level. **Never use work positioning side D rings for fall arrest. (M)**

The ideal position of the rear D is between the shoulder blades as shown. (N)

Some models are fitted with an additional strap with either a loop or ring for lanyard attachment (P). This strap is intended for rescue purposes only (EN1497). **However, only under special conditions it may also be used for EN361 fall arrest (see 16).**



GENERAL GUIDE

1. The intended purpose of this product is to use as a safety harness when working at height as either work positioning, fall arrest, sit suspension, or rescue. Do not use this product outside these recommendations.
2. Before use, a detailed risk assessment must be carried out by a competent person to establish that this is the correct product suitable for the type of work to be carried out in the event of a fall, taking into account anchor points, potential fall distance, obstructions, rescue system, etc.
3. A full body harness is the only acceptable device that may be used to arrest a fall.
4. Ensure that any harness and safety lines used with this equipment are suitably CE approved and compatible with each other. Also be aware of any possible dangers, which may arise through use of 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.
5. Selection of the correct and most suitable safety line is critical for optimum safety. If unsure, contact Ridgegear first to establish suitability of options.
6. Ensure that the anchor point for the safety line is of adequate strength of at least 12kN (e.g. EN795) and is always higher than the harness attachment point to reduce free fall distance and potential injury.
7. Either the rear or front D ring, or front chest attachment loops (as applicable) are acceptable attachment points. The safety lanyard shall be attached to either D ring / attachment loops, and the other end shall be attached to the anchor point. Never use work positioning D rings as fall arrest attachment points. These are for work positioning/restraint only.
8. Fall arrest attachment points are marked with letter A.
9. This equipment must only be used by suitably trained personnel and is recommended for personal issue only.
10. Users are warned that certain medical conditions such as heart disease, high blood pressure, vertigo, epilepsy, drug or alcohol dependence, could affect the safety of the user in normal and emergency use.
11. Ensure before use that there is a suitable rescue plan to enable the retrieval of the user to a place of safety in the event of a fall. Be aware of the dangers of suspension trauma.
12. Never attempt to modify or repair this product without our written consent.
13. Before every use, the user must be suitably qualified to carry out a pre-use check to ensure the harness is in a safe condition for use. It is essential to ensure the product is removed from service immediately if the equipment shows excessive wear or damage to any part, or has been involved in a fall. If in doubt, do not use and seek expert advice. Most harnesses are provided with rip stitch indicators. If these have deployed, the harness must not be used.
14. It is essential for safety that the equipment is withdrawn from use immediately should any doubt arise about its condition for safe use, and not used again until confirmed in writing by a competent person that it is acceptable to do so.
15. Ensure that there is sufficient free space below the user in the event of a fall. Check the instructions for the safety lines to determine the safe clearance distance. For example, a 2mtr energy absorber lanyard (EN354/355) can extend by up to 1.75mtrs therefore a safe clearance height for the anchor point needs to be a minimum of 6.75mtrs from the ground or nearest obstacle below. When working in restraint, the fall distance should be negligible provided the restraint line is taught.
16. The rescue strap (P) may only be used for fall arrest if the lanyard attachment point is above the user and the potential for free fall in minimal. For example using a self-retracting lanyard mounted overhead onto a tripod. **Never use this strap for fall arrest if there is a risk of a sideways or inverted fall.** Also, the length of the rescue strap must be taken into account when establishing the total lanyard length and potential fall distance (see 15)
17. Protect the Harness from sharp or abrasive objects and never expose the harness to extremes of temperature outside the range of –20°c to +50°c.
18. Avoid contact with strong chemicals, which may damage the equipment or internal mechanism. If in doubt seek advice.
19. The harness material and sewing thread is made from polyester.

STORAGE AND CLEANING

1. Ensure that when the harness is not in use or during transportation, it is suitably stored in a clean, dry area and away from direct source of heat or sunlight, or any potentially sharp or abrasive objects such as knives or tools. Do not write on the webbing.
2. If the harness gets wet in use or after cleaning allow it to dry naturally.
3. The harness may be cleaned with a mild detergent, but must be rinsed afterwards in clean warm water. To ensure all mechanical fittings operate smoothly, rinse and/or wipe off any build up of dirt and grit.

PERIODIC EXAMINATIONS AND SERVICE

1. Before every use, the user shall inspect the equipment following the inspection guidelines below;-
2. The safety of the user depends upon the continued efficiency and durability of the equipment, therefore an additional thorough periodic inspection is required by an independent competent person familiar with inspecting this type of equipment.
3. The frequency of examination and inspection must take into account legislation, equipment type, frequency of use and environmental conditions, but must be at least every 12 months and the results and date of the inspection must be recorded.
4. The equipment must be totally replaced after a maximum of 10 years from the date of manufacture.

INSPECTION

Webbing – check for cuts, tears, abrasion, scorch marks, burns, chemical attack or severely discoloured patches. Local abrasion, distinct from general wear is often caused by passage of the webbing over sharp and/or abrasive edges, and may cause serious loss of strength. Slight damage to outer fibres may be considered safe, however serious reduction in width or thickness or serious distortion to the weave pattern should lead to immediate rejection.

Stitching – check for broken, loose worn or abraded stitches or severely discoloured patches to the stitching. Most harnesses are fitted with ripstitch indicators at a warning label. Check this is still intact.

Metal – check for cracks, corrosion, distortion, irregular wear and ensure all moving mechanisms operate correctly.

Product marking – check that the product markings including the serial number are legible.

Reject the equipment immediately if any of the above defects are found or if in any doubt.

REPAIR

1. This harness must not be modified or repaired unless advised by us in writing. Only competent persons authorised by us may carry out any repairs. If in doubt contact Ridgegear for further advice.

RECORDS

1. When using the harness for the first time, ensure that the first part of the product record card is completed and the date of first use is recorded.
2. Ensure that the harness is inspected at regular intervals dependent upon frequency of use. Details of all inspections must be recorded in the spaces provided on the record card.
3. It is essential for the safety of the user that if the product is resold outside the original Country of destination that the reseller shall provide instructions for use, for maintenance, for periodic examination and for repair in the language of the Country in which the product is to be used.

LIFESPAN

The lifespan of the harness is a maximum of 10 years from the date of manufacture.

NOTIFIED BODIES

1. Article 10 of PPE Directive. Satra Technology Centre, Telford Way, Kettering, NN16 8SD. ID number 0321.
2. Article 11b of PPE Directive. British Standards Institution, 389 Chiswick High Road, London W4 4AL. ID number 0086.
3. Article 11b of PPE Directive. Dekra Exam GmbH 44809, Bochum, Germany. ID number 0158.

Explanation of Product Marking