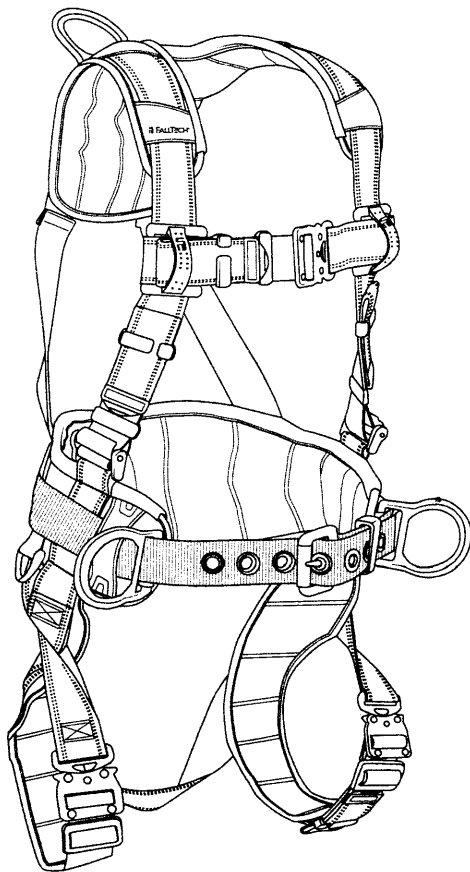


Full Body Harness

User Instruction Manual



This manual is intended to meet the Manufacturer's Instructions as required by the American National Standards Institute (ANSI) Z359 and Canadian Standards Association (CSA) Z259 and should be used as part of an employee training program as required by the Occupational Safety and Health Administration (OSHA).

1.0 Warnings and Important Information

WARNING

- Avoid moving machinery, thermal, electrical, and/or chemical hazards as contact may cause serious injury or death.
- Avoid swing falls.
- Follow the weight restrictions and recommendations in this manual.
- Remove from service any equipment subjected to fall arrest forces.
- Remove from service any equipment that fails inspection.
- Do not alter or intentionally misuse this equipment.
- Consult FallTech when using this equipment in combination with components or subsystems other than those described in this manual.
- Do not connect rebar hooks, large carabiners, or large snap hooks to the FBH dorsal D-rings as this may cause a roll-out condition and/or unintentional disengagement.
- Avoid sharp and/or abrasive surfaces and edges.
- Use caution when performing arc welding. Arc flash from arc welding operations, including accidental arcs from electrical equipment, can damage equipment and are potentially fatal.
- Examine the work area. Be aware of the surroundings and workplace hazards that may impact safety, security, and the functioning of fall arrest systems and components.
- Hazards may include but not be limited to cable or debris tripping hazards, equipment failures, personnel mistakes, moving equipment such as carts, barrows, fork lifts, cranes, or dollies. Do not allow materials, tools, or equipment in transit to contact any part of the fall arrest system.
- Do not work under suspended loads.

IMPORTANT

This product is part of a personal fall arrest, restraint, work positioning, suspension, or rescue system. A Personal Fall Arrest System (PFAS) is typically composed of an anchorage and a Full Body Harness (FBH), with a connecting device, i.e., an Energy Absorbing Lanyard (EAL), or a Self-Retracting Device (SRD), attached to the dorsal D-ring of the FBH.

These instructions must be provided to the worker using this equipment. The worker must read and understand the manufacturer's instructions for each component or part of the complete system. Manufacturer's instructions must be followed for proper use, care, and maintenance of this product. These instructions must be retained and be kept available for the worker's reference at all times. Alterations or misuse of this product, or failure to follow instructions, may result in serious injury or death.

A Fall Protection Plan must be on file and available for review by all workers. It is the responsibility of the worker and the purchaser of this equipment to assure that users of this equipment are properly trained in its use, maintenance, and storage. Training must be repeated at regular intervals. Training must not subject the trainee to fall hazards.

Consult a doctor if there is reason to doubt your fitness to safely absorb the shock of a fall event. Age and fitness seriously affect a worker's ability to withstand falls. Pregnant women or minors must not use this equipment.

ANSI limits the weight of fall protection equipment users to a maximum of 310 lbs (140kg). CSA limits the weight of fall protection equipment users to a maximum of 350 lbs (160 kg). Products in this manual may have a rated capacity exceeding ANSI and CSA capacity limits. Heavy users experience more risk of severe injury or death due to falls because of increased fall arrest forces placed on the user's body. Also, the onset of suspension trauma after a fall even may be accelerated for heavy users.

The user of the equipment discussed in this manual must read and understand the entire manual before beginning work.

NOTE: For more information consult the ANSI Z359/CSA Z259 body of standards.






2.0 Description

This Full Body Harness (FBH) comprises the Body Wear component of your Personal Fall Arrest System (PFAS). This manual will discuss the various connection points with their specific application. When properly worn and utilized, a FallTech® FBH will allow the user to work safely and comfortably. A FBH is part of a PFAS requiring a properly rated anchorage and anchorage connector that uses a compatible connecting device appropriate for the fall protection application.

2.1 Maximum Harness Rating: The FallTech® FBHs are ANSI Z359.11, CSA Z259.10, and OSHA compliant. ANSI user capacity is 310 lbs.(140.6 kg) including clothing, tools, etc., CSA user capacity is 350 lbs.(160 kg) including clothing, tools, etc., and OSHA rated capacity is 425lbs (192.8 kg) including clothing, tools, etc.

FallTech® Full Body Harnesses are available in a wide variety of configurations to address the specific needs in most workplaces. The suitability of a Full Body Harness for a specific application is determined primarily by the type and location of the D-ring or D-rings on the FBH. See Figure 1 for a summary of the approved applications for each D-ring located on a FBH.

If you have questions about whether this product is suitable for your application, please consult a competent person or contact FallTech® for further advice.

Figure 1. Harness Connection Points			
CSA Class	Application	Pictogram	Explanation
Class A	Fall Arrest		The dorsal D-ring is the attachment point is located on the back of your full body harness (FBH). It is to be used for fall arrest or restraint only, connecting devices for these applications include Energy Absorbing Lanyards, Self-Retracting Lifelines, and Restraint lanyards.
Class P	Work Positioning		Work positioning D-rings are located adjacent to each hip, the intended use is with a positioning lanyard when positioning on a vertical surface (e.g. tower applications, rebar tying, etc.). This system is a primary system and should always be used in conjunction with a fall arrest system.
Class E	Rescue		Located on each shoulder of the FBH, these D-rings are intended for confined space entry and retrieval. They can also be used in other rescue applications where limited access is an issue.
Class D	Decent		May be located at the sternal position of the harness or have one or two D-rings located below the waist (e.g. bosun's chair).
Class L	Ladder Climbing		Harnesses with a sternal D-ring can be attached to a vertical ladder climbing system. The sternum location can be used in conjunction with a ladder climbing device which allows for no more than a 9-inch (22.5 cm) connection.

3.0 Application

3.1 Purpose: The FallTech® FBH is designed for use as a component in a PFAS, to provide a combination of worker mobility and fall protection as required for inspection work, general construction, maintenance work, oil production, confined space work, or any application where fall protection is required.

3.2 Personal Fall Arrest System: A PFAS is typically composed of an anchorage and a FBH, with an energy absorbing connecting device, i.e., an EAL, an SRD, or a Fall Arrester Connecting Subsystem (FACSS), attached to the dorsal D-ring of properly fitted and adjusted FBH. All uses and applications of a FBH with this equipment requires the FBH to be properly fitted and adjusted to the user. Failure to properly fit the FBH to the user could result in serious injury or death.

NOTE: PFAS components used in conjunction with this FBH should comply with ANSI Z359/CSA Z259 and applicable OSHA regulations.

3.3 Application Limits: Take action to avoid moving machinery, sharp edges, abrasive surfaces, and thermal, electrical and chemical hazards as contact may cause damage to fall protection equipment, or serious injury, or death.

3.4 Approved Applications: Figure 1 is a summary of the approved applications for each D-ring location on the FBH. This list is not all-inclusive, but is intended to anticipate the most common applications in which this product may be used. If you have questions about whether this product is suitable for your particular application, please consult a competent person or contact FallTech®.

3.5 Restricted Applications: Not all Full Body Harnesses are built alike, and each product has different features. There are some applications for which our products may not be ideally suited. Below are a few restrictions to consider before using your FallTech® Full Body Harness:

3.5.1 Harsh Chemical Environments: Acids and other caustic chemicals may cause damage to this FBH, its components and other elements for your Personal Fall Arrest System (PFAS). Damage from chemical exposure can be difficult to detect and FallTech® recommends inspection before each use and frequent replacement. FallTech® does manufacture products which are suited to harsh environments. For additional details, please contact Customer Service or your local FallTech® sales representative.

3.5.2 Arborist Applications: This product should never be used in arborist applications or tree trimming applications.

3.5.3 Welding: FallTech® recommends the use of Aramid webbing FBH's (Kevlar® or Nomex®) for welding and other applications where the harness may be exposed to extremely high temperatures.

3.5.4 Heavyweight: Most FallTech® FBH's are rated for a maximum capacity of 425 lbs (user, clothing, tools, and equipment), provided they are used in conjunction with other FallTech® EALs or FallTech® SRLs rated for a heavyweight user. Be sure to check the product label for the capacity of your specific FallTech® product.

3.5.5 Extended Free Falls: FallTech® FBH's are rated for a maximum free fall of 6 feet. FallTech® FBH's may be used in applications where there may be exposure to free falls of up to 12 feet, provided that a properly rated FallTech® energy absorbing lanyard is used.

4.0 System Requirements

4.1 Capacity: To maintain ANSI Z359 compliance, limit user weight to a range of 130-310 lbs. (59-140 kg), including clothing, tools, etc. To maintain CSA Z259 compliance, limit user weight to a range of 120-350 lbs. (54-160 kg), including clothing, tools, etc.

4.2 Compatibility of Connectors: Connectors are considered to be compatible with connecting elements when they have been designed to work together in such a way that their sizes and shapes do not cause their gate mechanisms to open inadvertently regardless of how they become oriented. Connectors must be compatible with the anchorage or other system components. Do not use equipment that is not compatible. Non-compatible connectors may unintentionally disengage, see Figure 2 for some examples of incorrect connections.

Equipment is designed for use with approved components and subsystems only. Substitutions or replacements made with non-ANSI Z359 or CSA Z259 compliant components or subsystems may jeopardize compatibility of equipment and may affect the safety and reliability of the complete system. Ensure a competent persons assess the compatibility between the connectors if non-FallTech components are used for fall protection.

