



User Instructions

of

Full Body Harness

Complied with ANSI Z359.11-2021

THIS INSTRUCTION APPLIES TO THE FOLLOWING MODELS:

SND03,SND04,SND06,SND07,SND08,SND09,SND10,SND16,SND17,
SND18,SND19,SND20,SND23,SND24,SND25,SND27,SND28,SND29,
SND30,SND31,SND32,SND33,SND34,SND35,SND36,SND37,SND38,
SND39,SND40,SND41,SND42,SND43,SND44.....

Warning

- Current User Instructions must always be available to the user.
- Read and understand this instructions before using this equipment.
- This User Instructions is not to be removed except by the user of this equipment.
- Do not throw away this instructions.
- Do not alter this equipment without manufacturer's authorization.
- Do not misuse this equipment.
- Failure to follow all instructions and limitations on the use of this equipment may result in serious 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.
- Thoroughly evaluate and plan all elements of your fall protection systems before using your equipment. Make sure that your systems are 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. Before each use, need inspection of load indicators.
- 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 Instructions. 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 chemicals, heat, flames or other environmental conditions, which may produce a harmful effect. Consult *PROTOOL* in cases of doubt.
- Never remove product labels because they include important information for the Authorized Person/User.
- Only the equipment manufacturer, or person authorized in writing by the manufacturer, make repairs to equipment.
- 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 using combinations of components or sub-systems, or both, which may affect or interfere with the safe function of each other.
- When use the harness please follow the user instructions and take the proper method of use, and follow the limitations of the equipment.
- 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 hazards.

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 **PROTOOL** 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 **PROTOOL**, or entities authorized in writing by **PROTOOL**, shall make repairs or alterations to the equipment.
- Full Body Harness is designed for users with a maximum capacity up to 310 lb. (140 kg) including clothing, tools, etc.
- Full Body Harness shall be used as part of personal fall arrest system that limits the maximum free fall distance to 6 ft. (1.8m). If used with appropriate connecting system, Full Body Harness may be used with free falls exceed 6 ft. (1.8m).
- Full Body Harness shall be used as part of 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 Harness shall be used as part of work positioning system that limits the max free fall distance to 2 ft.(0.6 m).
- If harness have a dorsal extender, it is just carrying SRL on working, and not use for fall arrest.
- Only use components rated for the same weight capacity or Higher. 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.
- Evaluate space below work area to ensure potential fall path is clear of obstructions.
- Allow adequate fall clearance below the work surface.

Anchorage Requirements

All anchorages to which the Personal Energy Absorbers and Energy Absorbing Lanyards attach must meet the requirements as following:

Anchorage 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.

The anchorages in a personal fall arrest system must have strength capable of sustaining static loads applied in all directions permitted by the system of 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.

Anchorage 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 Z359.4-2007.

Anchorage 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 Z359.2-2007.

Anchorage 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 Z359.2-2007.

Anchorage 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.

Connection Compatibility Limitations

All equipment must be coupled to compatible connectors. 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.
 - “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.



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

Fall Clearance/Clear Fall Charts

Clearance Requirements

Image 1 and 2 showing a energy 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 energy 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 energy absorbing lanyard, include the following distances in your calculations:

Image 1: Using the 6 Ft Energy Absorbing Lanyard will require a total fall clearance of approximately 20.5 ft (6.15m) as measured from the anchorage point of lanyard to the nearest obstruction below. The total fall clearance combines the sum of the length of the lanyard (6 ft/1.8m), the maximum elongation of the lanyard (4 ft/1.2m), the maximum harness stretch (1.5 ft/0.45m), the average distance between the worker’s dorsal D-ring (6 ft/1.8m), and the safety factor (3 ft/0.9m).

Note: Harness stretch needs to be less than 18 inches (457mm).

Image 1: Energy Absorbing Lanyard (6ft.)

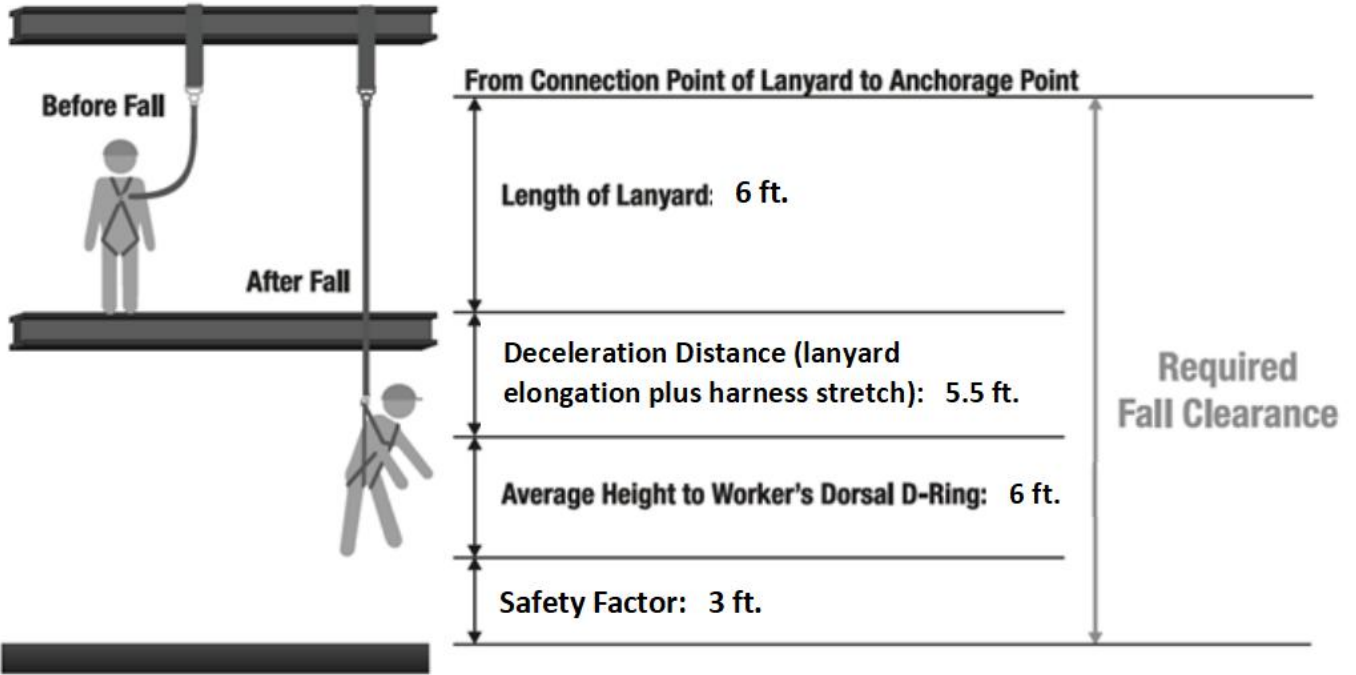
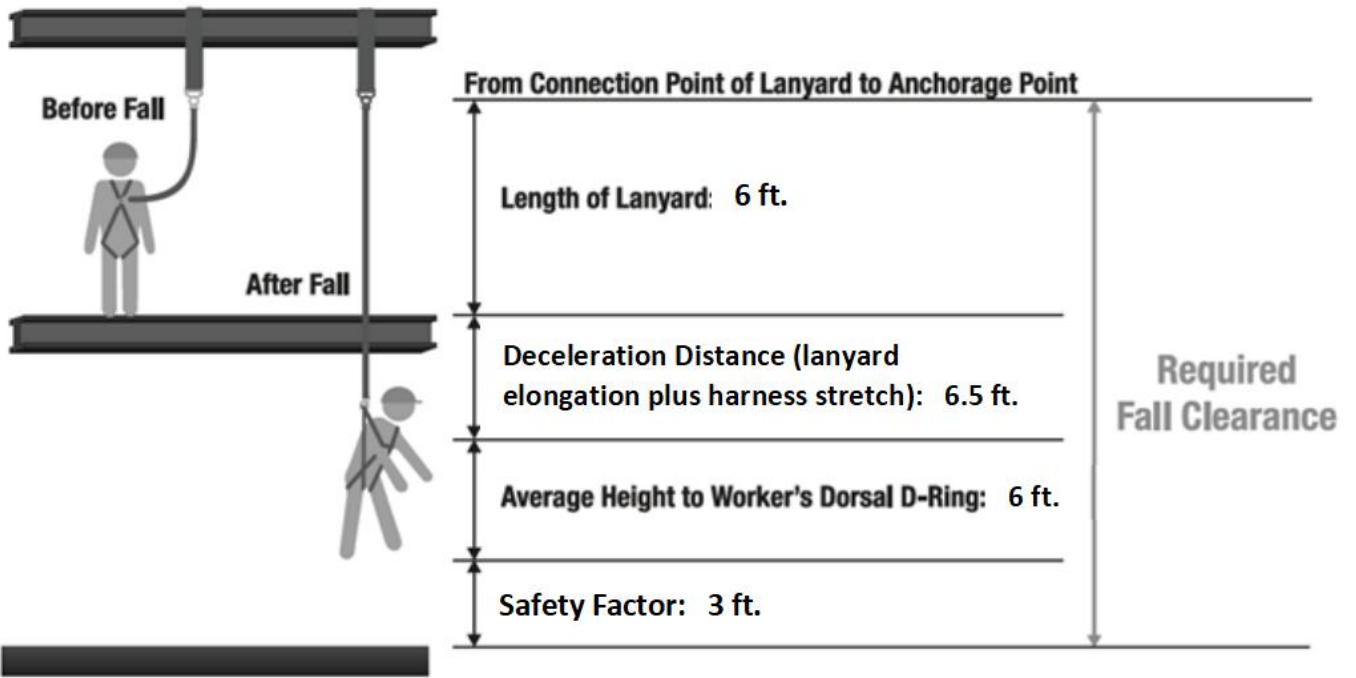


Image 2: Using the 12 Ft Energy Absorbing Lanyard will require a total fall clearance of approximately 21.5 ft (6.45m) when anchored at foot level and measured from the anchorage point of lanyard to the nearest obstruction below. The total fall clearance combines the sum of the length of the lanyard (6 ft/1.8m), the maximum elongation of the lanyard (5 ft/1.5m), the maximum harness stretch (1.5 ft/0.45m), the average distance between the worker's dorsal D-ring (6 ft/1.8m), and the safety factor (3 ft/0.9m).

Note: Harness stretch needs to be less than 18 inches (457mm).

Image 2: Energy Absorbing Lanyard (12ft.)



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.



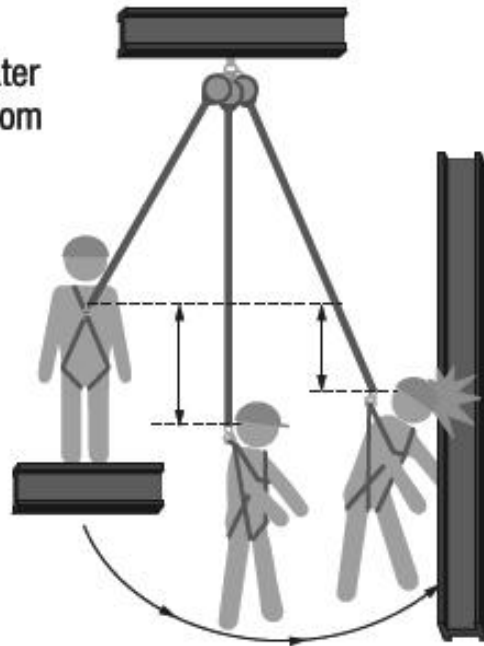
WARNING

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.

Swing Fall

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

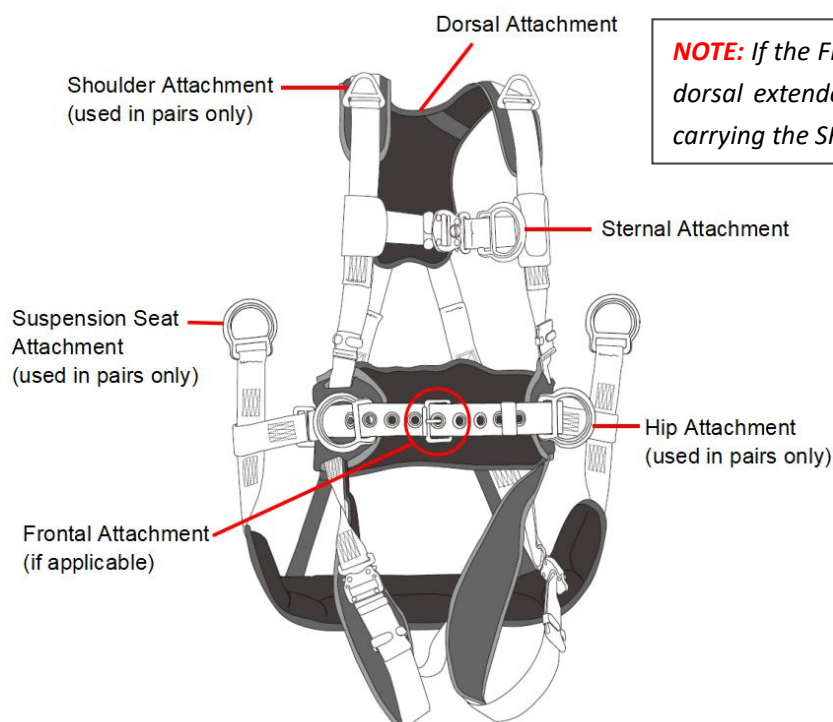


Attachment Elements

The Full Body Harnesses maybe have some attachment elements. These elements may be used for difference applications.

Model	Attachment Elements					
	Dorsal	Sternal	Hip	Front	Shoulder	Suspension Seat
SND17	✓					
SND18	✓					
SND21	✓				✓	
SND48	✓		✓			
SND19	✓		✓			
SND20	✓	✓	✓			
SND49	✓		✓			
SND50	✓	✓	✓			
SND51	✓		✓			
SND52	✓		✓			
SND24	✓	✓	✓			
SND25	✓					
SND53	✓	✓				
SND26	✓		✓			
SND27	✓	✓	✓			
SND40	✓	✓	✓			
SND42	✓	✓	✓	✓		
SND54	✓	✓	✓	✓		✓

Attachment Elements	Fall Arrest	Work Positioning	Travel Restraint	Rescue
Dorsal - Back D-Ring	✓		✓	✓
Sternal - Chest D-Ring	✓		✓	✓
Hip – Side D-Rings		✓	✓	
Front D-Ring		✓	✓	✓
Shoulder Loops/D-Rings				✓
Suspension Seat D-Rings		✓		



NOTE: If the FBH is equipped with a dorsal extender, it is only used for carrying the SRL, not for fall arrest.

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 an Full Body Harness

Follow step from 1 to 7 for wearing harness:

Step 1: Hold the harness by the dorsal D-ring and shake to allow any tangled straps to fall into place.

Step 2: Unbuckle chest and leg straps. If the harness has waist belt, unbuckle it too.

Step 3: Slip the straps over the shoulders, so the back D-ring is located in the middle of the back between shoulder blades.

Step 4: Connect the chest strap and position in the mid chest area, then 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.

Step 5: Pull the end of one leg strap between the legs and secure to the opposite end. Repeat this step with the other leg. If harness has waist belt, connect that after the leg straps.

Step 6: After all the buckles have been connected, adjust so that the harness fits snug, but allows full range of movement.

Step 7: Use the back D-ring or the front anchor point joined together by a connector as anchor point for fall arrest systems. To locate the anchor points on the harness, check for the "A" marking near them.



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.

Inspection

Frequency

Full Body Harnesses must be inspected prior to each use and annually by a “Competent Person” other than the user.

To Inspect Webbing

Bend a portion of the webbing 6-8 inches 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.

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.

Cleaning, Maintenance and Storage

Cleaning

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 a clean, dry cloth to remove grease or dirt.

Maintenance

Any Full Body Harness requiring maintenance must be tagged “unusable” and removed from service.

Storage

- When not in use, 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 this *User Instructions* prior to use.

Material

Webbing: High tenacity polyester, Minimum breaking strength >5000 lbs.

Pad and Label Cover: Nylon and polyester blend

Connector: Alloy Steel

Labeling

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

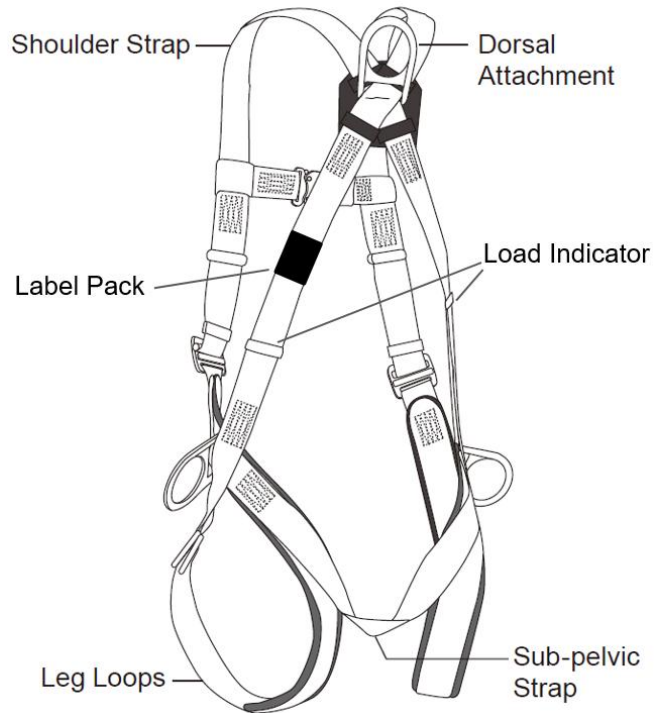
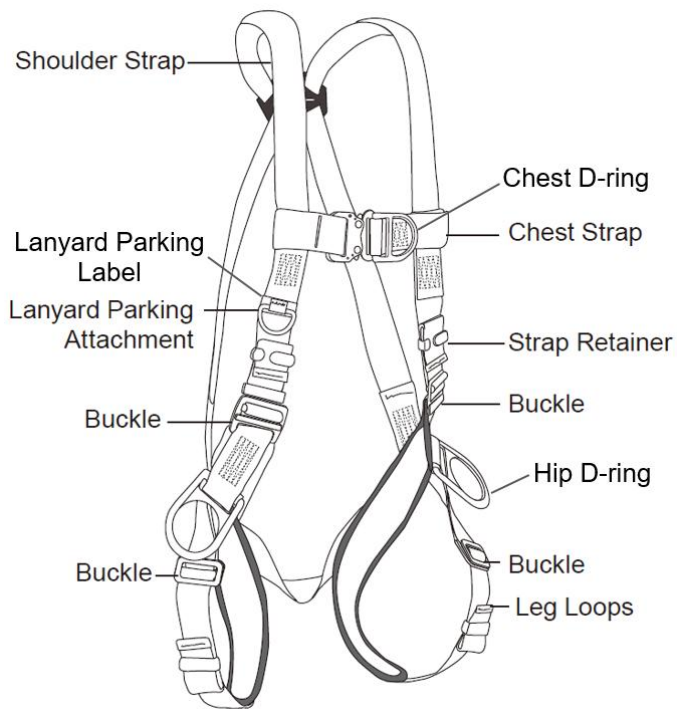
ANSI Z359.11-2021
ANSI Z359 Recognizes the use of this
harness only within the capacity range of:
130-310 lbs.

PART#: XXXXXXXX

Etiqueta No. 1/3	ProTool	DO NOT REMOVE THIS LABEL/NO QUITTE ESTA ETIQUETA	
		Model/Modelo: SND20 Material/Materiales: Polyester/ Poliéster Size/Tamaño: L/XL Date Made/Fecha Fabricación: 11/2023 Batch No.: 生产订单号 Serial No./Número Serie: 000001 Meets/Cumple: ANSI/ASSE Z359.11-2021 Tests Carried By/Puebas Realizadas por: Made In/Hecho en: China.	Capacity/Capacidad: (Included worker weight, clothing and tools) (Incluye ropa, herramienta y peso del usuario.) 130-310 Lbs. Free Fall Limit/Distancia Máxima de Caída Libre: (6 ft./1.8 m)/(6 pies/1.8mst) For Fall Arrest/Para La Detención de Caídas. Back D Ring/Argolla Espalda Side D Rings/Argollas Laterales For Positioning Only/Para Posicionamiento solamente. Chest D Ring/Argollas pecho For rescue & ladder climbing only / Para rescatar y Escala que sube sólo

Etiqueta No. 2/3	ProTool	DO NOT REMOVE THIS LABEL/NO QUITTE ESTA ETIQUETA	
		WARNING/PRECAUCION:	
		Read & heed all instructions in user manual supplied with harness. Remove from service if subjected to fall arrest. Failure to follow warnings and instructions can result in serious injury or death.	
		Lea y siga todas las instrucciones del manual del usuario que acompaña al arnés. Retire de uso si ha sido sometido a la detención de una caída. El no seguir las advertencias e instrucciones puede producir lesiones graves o la muerte.	

Etiqueta No. 3/3	ProTool	DO NOT REMOVE THIS LABEL/NO QUITTE ESTA ETIQUETA																																																																													
		Mark/Punch On Grip-Marque/Perfore en la Red. 1- Initial In Service Date/Fecha Inicio Servicio. 2- Date Of Passed Inspection/Fecha de Inspección Aprobada. 3- Competent Person To Inspect Every Six Months. 4- Inspect Before Each Use / Inspeccione Antes De Cada Uso. Option/Opciones. Punch/Perfore. 1 2 3	<table border="1"> <thead> <tr> <th></th> <th>J</th> <th>F</th> <th>M</th> <th>A</th> <th>M</th> <th>J</th> <th>J</th> <th>A</th> <th>S</th> <th>O</th> <th>N</th> <th>D</th> </tr> </thead> <tbody> <tr> <td>2023</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>2024</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>2025</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>2026</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>2027</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </tbody> </table>		J	F	M	A	M	J	J	A	S	O	N	D	2023													2024													2025													2026													2027										
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Fall Indicator



Lanyard Storage Keeper



PARK LANYARD HERE. SEE INSTRUCTIONS.

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. Snap hooks should not be used unless approved for the application by the manufacturer.

Sections 10-16 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 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, 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.

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, unsplicing, 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.

Checking Card

Notes

If equipment fails inspection **IMMEDIATELY REMOVE FROM SERVICE.**

User must inspect prior to **EACH** use.

Competent Person must do complete formal inspection at least 1 time per 12 month period.

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

Product lifetime is 10 years as long as it passes pre-use and Competent Person inspections. **REMOVE FROM SERVICE** 10 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.

Checking Card				
Reference				
Serial number				
Year of manufacture				
Date of purchase				
Date of first put into operation				
User name				
Comments				
Inspection Record				
Date	Reason for entry (periodic examination or repair)	Defects noted, repairs carried out and other relevant information	Competent person name + signature	Next Due date for periodic examination
/ / 20__				
/ / 20__				
/ / 20__				
/ / 20__				
/ / 20__				
/ / 20__				
/ / 20__				
/ / 20__				
/ / 20__				
/ / 20__				

***To secure the workers
at height is our duty
and passion.***

ProTool 