SECURE FIRST™

VIRAJ VSPL GROUP

# USER INSTRUCTIONS

CE

| | | |
|---|---|---|
| Applicable to Full Body Harness | : | SF-FBH-A-1024(OR) |
| Manufacturer | : | VIRAJ SYNTEX PVT. LTD., Factory / Office : C-36, UPSIDC Industrial Area, Rooma, Kanpur - 209402 (UP) INDIA |
| | | Ph.: +91 9839505969, 9839803488, 9839811500, 9839601191 Web : www.vsplgroup.com , E-mail : ruchi@vsplgroup.com |
| Certification Body | : | GEPTESZT Kft. - Budapest Gyenes u. 12. 1032, Hungary, Contact No:- +36 1250 3531 |
| | | IDENTIFICATION NO. CE |

The Full Body Harness SF-FBH-A-1024(OR) is classed as a Personal Protective Equipment (PPE) by the European Regulation 2016/425 and has been shown to comply with this Regulation through the Harmonized European Standard BS EN 361:2002.

## CAREFULLY READ THESE INSTRUCTIONS BEFORE USING THIS HARNESS

This Harness is designed to minimise the risk of/provide protection against the danger of falling from heights. However, always remember that no item of PPE can provide full protection and care must always be taken while carrying out the risk relation activity. EU declaration of conformity can be accessed on www.vsplgroup.com

## PERFORMANCE AND LIMITATIONS OF USE

This Harness has been tested in accordance with EN 361 : 2002 and has achieved the following performance levels :

| EN 361:2002 test | Result/Comment |
|---|---|
| Clause 4.1 Design and ergonomics | Considered to be sufficiently light and likely to remain in place during use without becoming incorrectly adjusted without the wearer's knowledge. (PASS) |
| Clause 4.2 Material | Material type specified on label as Polyester - application of naked flame to webbing and thread resulted in melting consistent with synthetic material (PASS)<br>Different Colour webbing used for differentiating shoulders and leg straps, stitched with white thread (PASS)<br>Straps present in pelvic and shoulder areas (PASS)<br>Primary straps : 44 mm. Secondary straps : 44 mm. (PASS)<br>The breaking tenacity of webbing and yarns, the requirement is at least 0.6 N/tex (PASS) |

## LIMITATIONS :

1. Harness should be the personal property of its user.
2. The strength of the anchor device should conform according to EN 795 Type B (Min strength 12 KN).
3. It should not be used in highly acid or basic environments.
4. Protect the harness from mechanical hazards like sharp edges, tools, exposure to sunlight, ultraviolet degradation both during usage, transportation and storage.
5. The user should carefully read the clearing on the energy absorber.

## FITTING & SIZING :

Follow Step 1 to Step 6 to wear the harness. Both leg straps as well as shoulder straps are adjustable to fit the size of the user. A harness either too loose or too tight will restrict movement and will not provide the optimum level of protection. The size of the harness is marked on a label attached to it and it is universal.

Visually inspect the harness before use to ensure that it is in a serviceable condition and operates correctly.

**Step 1 :** Hold the harness by the dorsal D-Ring as shown in figure 1, marked as 'A' on the label. Use this as an attachment element for connectors, lanyards, energy absorber etc.

**Step 2 :** Insert your arms into the shoulder straps (left arm into the left shoulder strap, right arm into the right shoulder strap) and close the metallic buckles on the chest strap as shown in Figure 2.

**Step 3 :** The harness is now on the body with two leg straps hanging down at the back. Pull the leg straps one by one around your thighs outwards to your front, as shown in figure 3.

**Step 4 :** Close the adjustable buckles of the leg strap one by one as shown in figure 5. (figure 4 shows how to close the adjustable buckles)

**Step 5 :** Tighten the leg straps by pulling the free ends of the straps as shown in figure 6 until the harness fits marked with A the body tightly without hindering free movement.

**Step 6 :** Now depending upon the condition of usage, use the front textile loops together, marked with A/2 or the dorsal metallic D-Ring marked with 'A' or both as point of attachment of Fall Arrest Systems.

Fig. 1

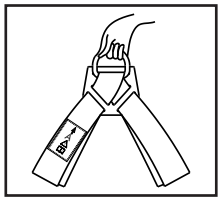


Fig. 2

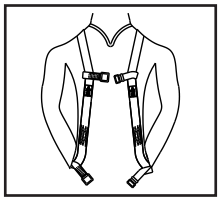


Fig. 3

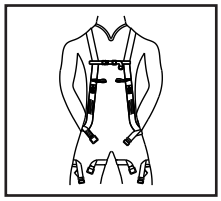


Fig. 4

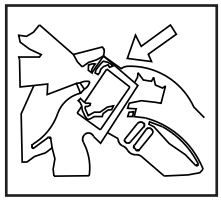


Fig. 5

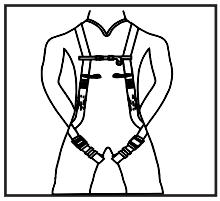
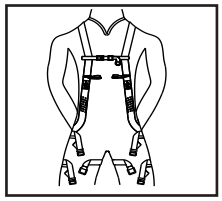


Fig. 6



In case of any doubt arising about the condition of any component or system, replace it immediately. If the item has arrested a fall, withdraw it from service & return to the manufacturer or to a competent repair center.
While using the harness, ensure that there is a minimum clearance distance (depending of the fall arrester), below the user's feet, to avoid him hitting the ground in case of a fall. Apart from Fall Arrest this harness can be used in specific situations in conjunction with Fall Arrester where front attachment is needed. A rescue plan has to be set up before use, for carrying out a rescue operation in case of emergency.
MATERIAL USED : The entire webbing used in these harnesses is made up of polyester and breaking tenacity of webbing & yarns is at least 0.6 N/tex.
WARNING : Ensure that the user instructions are complied with for all other components in the fall arrest system like lanyards, karabiners, etc. The product should be used by a trained and/or otherwise competent person or the user should be under direct supervision of a person. It is also advised that the equipment shall not be used outside its limitations, or for any purpose other than that for which it is intended. It should also be taken care that danger may arise by the use of combinations of items of equipments in which the safe function of any one item is affected by or interface with the safe function of other (It is also essential for the safety of the user, that the anchor device or anchor point should always be positioned, and the work carried out in such a way, so as to minimize both the potential fall distance. The anchor device/point has to be placed above the position of user). Also the user should always check the legibility of the product marking.

A : It is important for the user the pre check the instrument to ensure that it is in serviceable condition and operates perfectly.
B : It is important for user to understand that all the parts of the equipment in use should be checked as per the instructions for use.. For example the Textile components like the seams , straps etc should be checked for cuts and the metallic parts should be checked for rust, sharp edges etc.
C : The user should use the anchor device confirming to EN 795 with a minimum strength of 12KN and should know how to connect the anchor point.
D : Wearing of a Full Body Harness is required in any area where there is a risk of falling, as it is the only acceptable body holding device that can be used in fall arrest system. The front and back fall arrest point of the harness should be clearly marked with letter “A” or upper case “Half A” for connecting.
E : It is important to note that for the safety of the user when using a fall arrest system, that there is sufficient free space beneath the work place of the user, before each occasion of use, so that , in case of fall, there is no collision with the ground or any other obstacle in the fall path.
F : If the instruction for use of the PPE allows to use an energy absorber according to EN 355, indicating that the use has to refer to the markings and instruction for the energy absorber to know its pulling air. Also take into account all elongation of any PPE that consist the fall arrest system.
G : It is important to provide information on the hazards that may affect the performance of the equipments and also provide the corresponding safety precautions that have to be observed.. For example extremes in temperature, trailing or looping of lanyards or lifelines over sharp edges, chemical agents, electrical conductivity, cutting, abrasion, climatic exposure, pendulum falls.
H : Please ensure that the user perfectly healthy and has no medical condition that could effect his safety.

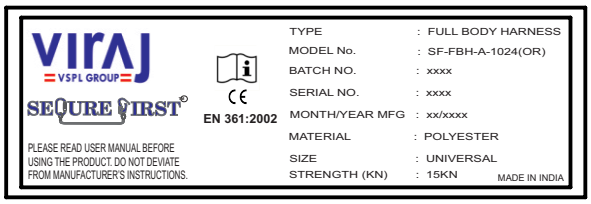
COMPATIBILITY : To optimize protection, in some instances it may be necessary to use the harness with suitable boots/gloves/helmet/ ear defenders. In this case, before carrying out the risk-related activity, consult your supplier to ensure that all your protective products are compatible and suitable for your application. Also ensure that the product is used by a trained and/or competent person. Please note that the full body harness is the only acceptable body holding device that can be used in fall arrest system.

STORAGE AND TRANSPORT : When not in use, store the harness in a well-ventilated area away from extremes of temperature. Never place heavy items on top of it. If possible, avoid excessive folding and preferably store it hanging vertically. If the product is wet, allow it to dry fully before placing it into storage.

REPAIR : If the product becomes damaged, it will NOT provide the optimum level of protection, and therefore should be immediately either replaced or repaired. Never use the damaged product. Repairing is permitted, provided that it is either done by the manufacturer or a competent repair center or individual approved by the manufacturer.

CLEANING : In case of minor soiling, wipe the full body harness with cotton cloth or a soft brush. Do not use any abrasive material. For intensive cleaning wash the harness in water at a temperature between 30ºC to 60ºC by using a neutral detergent (pH±7). The washing temperature should not exceed 60ºC. Do not use acid or basic detergents. Follow the washing instructions absolutely without any deviations.

## MARKING




The harness is marked with :

**1-**(i) The CE mark showing that the product meets the requirements of the Regulation 2016/425
(ii) Identification of the Manufacturer
(iii) Type or Product Code
(iv) Batch/Lot No.
(v) Month/Year of Manufacture
(vi) Material
(vii) Size
(viii) Serial No. of the Harness

**2-** Standard & Year
**3-** The user should read and understand the information before using Harness
**4-** Notification body involved in the . production control phase CE
GEPTESZT Kft. - Budapest Gyenes u.12.1032, Hungary,
Contact No:- +36 1250 3531
**5-** Static strength of the harness -15 KN

It is recommended that the harness should be inspected and examined by a competent person for any damage or failures if the need arises, but at least once a year. The observation should be recorded in the table below. Incase such damages are observed, the full body harness is to be replaced immediately. The safest useable life of the product is minimum 2 years. The full body harness shall only be used within a fall arrest system according to EN 363:2018 in combination with a guided-type fall arrester on a flexible anchor line according to EN 353-2:2002 or lanyard with energy absorber according to EN 354:2010 and EN 355:2002, or a retractable type fall arrester according to EN 360:2002. The instructions for use for the individual components are to be observed.

**NOTE : Emergency & Medical Information :**
Is it appropriate to request medical and other information to assist an individual / harness user with a disability in an emergency?
Employer is permitted to ask employees to self-identify and to indicate if assistance will be needed during an emergency under the following circumstances: 1) After making a job offer but before work begins 2) By means of periodic surveys of all current employees/ user, as long as employer makes it clear that self-identification is voluntary and explains the purpose for requesting the medical information 3) By asking employees with known disabilities whether they will require assistance in an emergency. Employer will inform all people who are asked about their possible need for emergency assistance that the information they provide will be kept confidential and shared only with people who have responsibilities under the emergency preparedness plan.

**NOTE : Official language of the country**
It is essential and responsibility of the reseller, for the safety of the harness user that if the product is re-sold outside the original country of destination the reseller shall provide instructions for use, for maintenance, for periodic examination and for repair in the official / local language of the country in which the product is to be sold and finally used.

## SERVICE and INSPECTION RECORD

| Date | Damage observed | Repair | Comments | Next Due Date | Name & Date of The Competent person |
|---|---|---|---|---|---|
| | | | | | |

## IDENTIFICATION

1. Type
2. Identification Mark
3. Batch No.
4. Month/Year of Manufacture
5. Date of Purchase
6. Date of first Use
7. Name of User & Signature
8. Comments