Operating and Safety Guide

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DESCRIPTION	FRS Dual Purpose Harness	ITEM CODE (S)	HRR.H.1/11/15
POWER SUPPLY	N/A		
SERVICE INTERVAL	Pre User Checks and 6 Monthly Inspection		

It is the responsibility of the user to ensure they are familiar with this user guide, and are trained in the correct care and use of this equipment. User must also be aware of the operating characteristics, application limits, and the consequences of improper use of this equipment. If you require technical assistance or product training please call 0800 000 346.

Product Description

Two point, fall arrest harness, with additional overhead rescue attachment. With 3 bar slide and rectangular link, leg and chest connections. Adjustable length shoulder straps with a 3 bar buckle to ensure the chest strap is positioned over the sternum area. The chest strap on this harness is a full chest strap going all the way around the chest to provide an exceptionally secure configuration which increases the distribution of load when using the front "D" ring

Fitting the Fall Arrest Harness

Step 1

- Hold your harness by the "D" ring and shake out any kinks, ensure the straps are not tangled or twisted.

Step 2

- Hold the harness up by the shoulder straps and ensure leg straps hang free.

Step 3

- Pass your arms through shoulder straps.

Step 4

- Connect the chest buckle.

Step 5

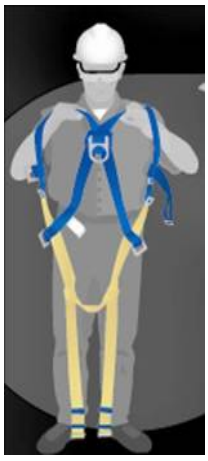
- Adjust the rear ‘D’ so that it is between the shoulder blades and within the users reach. A rear ‘D’ that is too high or too low will cause the body to take an undesirable position during a fall arrest situation.

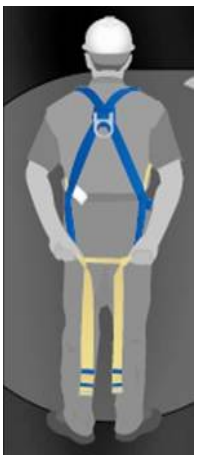
Step 6

- Pull the harness down at the back so the sub pelvic strap sits under the buttocks. DO NOT twist or cross the straps.

Step 7

- Connect the leg buckles and adjust all webbing so that the harness fits comfortably without restricting free movement or pinching.





Harness Inspection

Step 1 Harness Details

- Confirm that the "label" has an individual serial number
- Confirm that the "label" has a valid inspection date and there were no reported problems
- Confirm the manufacturing date is present and that the harness does not exceed the 5 year ESS Hire Fleet working life

Step 2 Hardware check - Check condition of rear "D" Ring for:

- Distortion
- Fatigue/Rust (Excess of 15% surface coverage: rule of thumb, if you can rub the rust off between thumb and forefinger then it is unacceptable)
- Cracking
- Burrs
- Nicks
- Excessive Wear

Check plastic back plate, Fasteners, Web tidies, Adjusters and Connectors for:

- Excessive wear
- Cracks
- Damage
- Discolouration

Step 3 Software check

- Hold the harness up by the shoulder straps and ensure that the webbing hangs evenly
- Connect buckles and ensure harness is not distorted and hangs correctly
- Check webbing for signs of UV (Colour fading is a good indication of UV damage and is easiest to identify when comparing to a new harness)
- Check webbing for signs of Chemical damage (Staining is a good indication of Chemical damage and can be identified if the harness appears brittle or hardened)
- Check Condition of webbing by running through thumb and forefinger, in all cases software, must be free from:
  Cuts
  Fraying
  Excessive Abrasion

If you encounter any problems or you are unsure that your harness fits to the standard defined above, please return to the ESS OnSite Safety Shop and seek further advice.

Care and Maintenance

Keep the Harness clean and dry. Remove excess moisture with a clean cloth then allow to dry naturally in a warm room away from direct heat.
You may clean this harness using water but avoid getting soap/detergent into buckles. First rinse in clean cold water – if still soiled; wash in clean warm water (40°C max) using a mild detergent if necessary. Thoroughly rinse in clean cold water and dry as described above.

SWL
136kg

Storage
After any necessary cleaning, dry completely then store in a cool dry place, which will protect it from extreme humidity and direct heat.

Chemical Attack
Avoid contact with any chemical, which might affect the performance of this harness, e.g these include all acids and strong caustic substances (vehicle battery acid, bleach etc)
If subject to chemical attack, you must remove it from service.

Transportation
Care should be taken to protect the harness against risks such as those detailed under Service Life. A simple effective way is to transport the harness in a suitable bag or container, which prevents abrasion.

Marking of PPE
Textile products including webbing and rope **must not** be marked using ink or paint. Marker pens and paint will contaminate textile fibres leading to potential damage from material stiffening or even chemical attack.
Plastic or Metal casings of components **must not** be marked by stamping, etching or engraving. These processes may weaken the material or damage protective coatings.