

A



**PROTEKT®**  
**CE 0082**  
 EN361:2002 EN358:2018  
 EN813:2008

GB  
 DE  
 IT  
 FR  
 ES  
 PT  
 NL

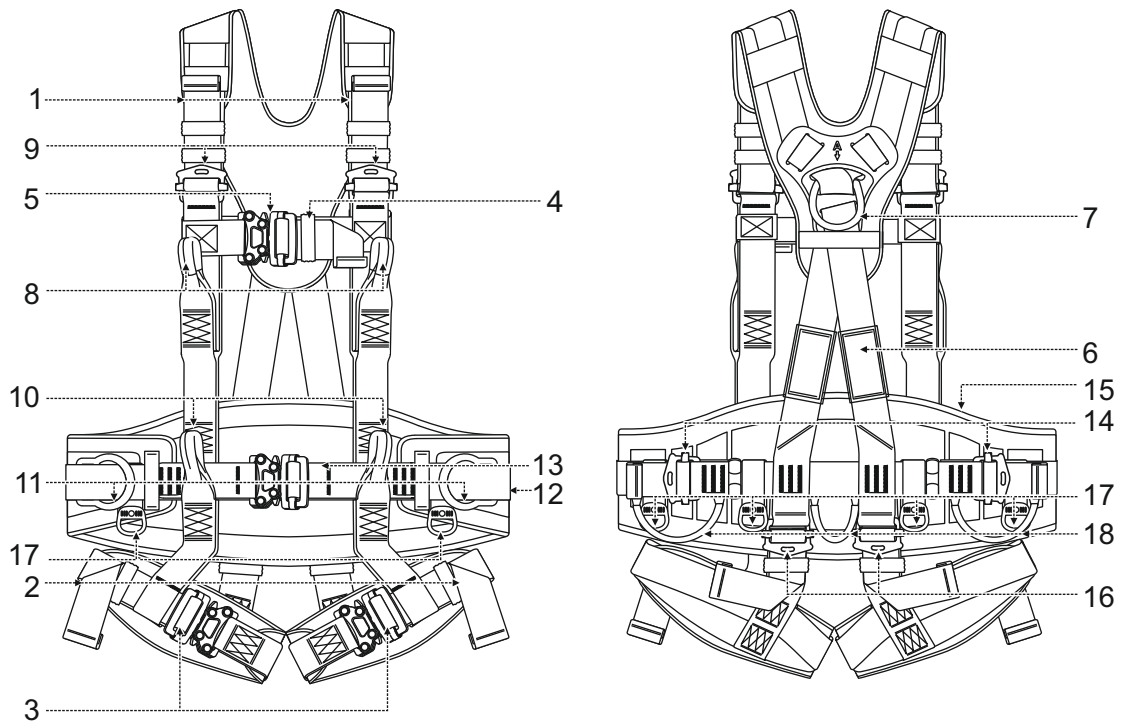
Safety harness  
 Auffanggurt  
 Imbracatura anti-caduta  
 Harnais antichute  
 Arnes de anticaida  
 Arnes antiqueda  
 Harnas valbeveiliging

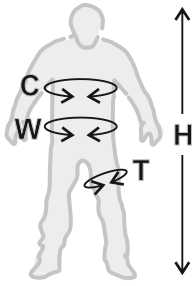
DK  
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Faldsikringsseletoj  
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 Helsele  
 Szelki bezpieczeństwa  
 Страхочная привязь

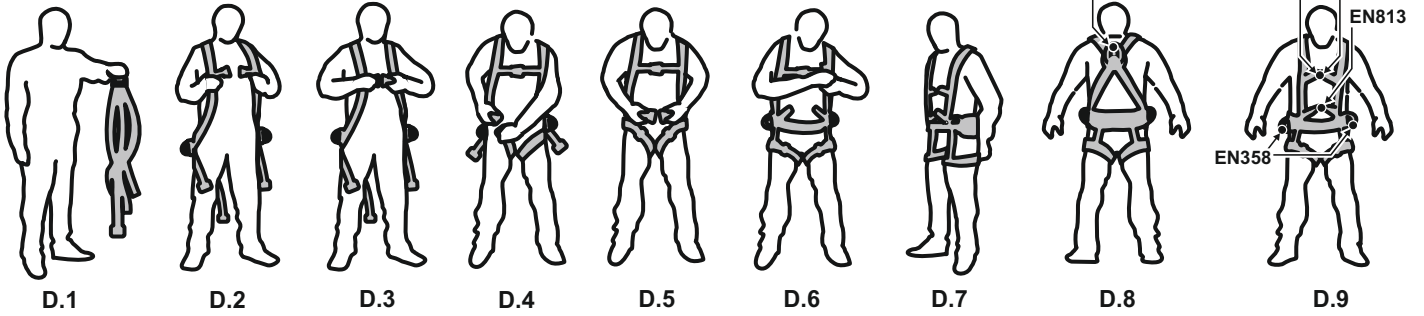
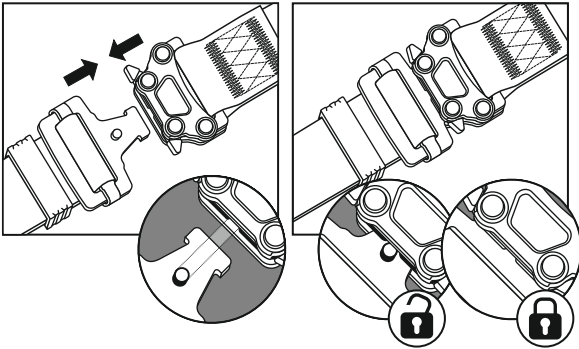
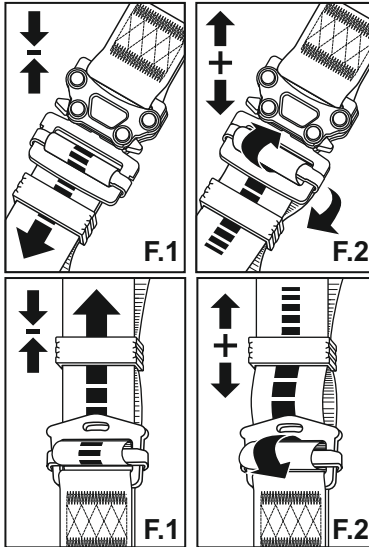
B

**P-81mX1 / AB 181 20**

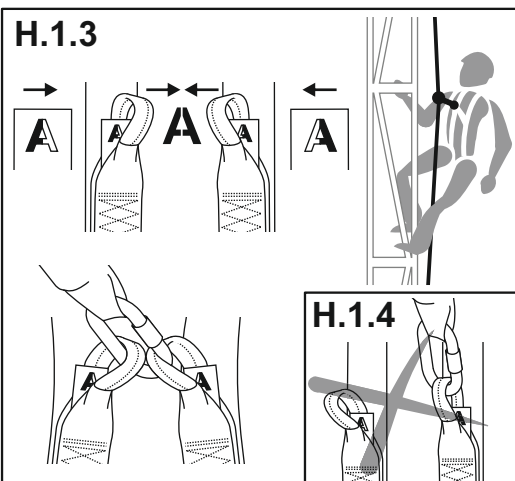
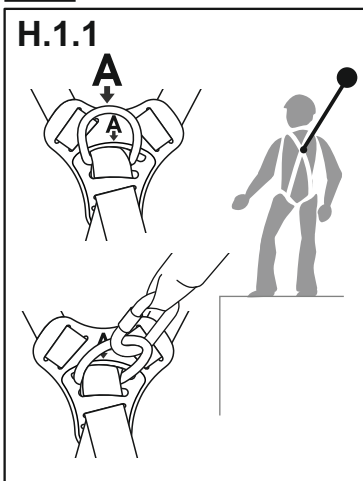
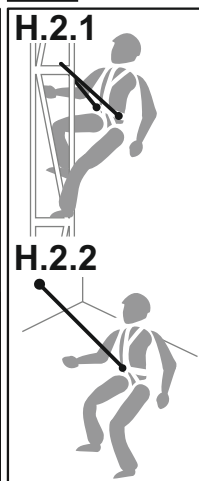
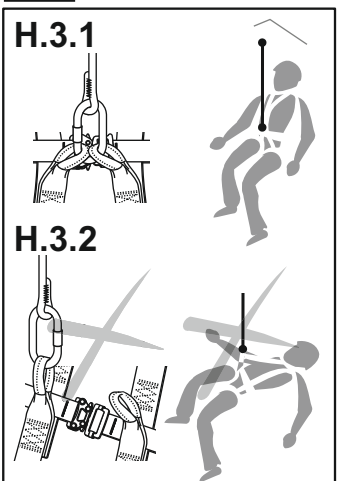


**C**

	S	M-XL	XXL	XXXL
H	155 cm - 170 cm	164 cm - 180 cm	180 cm - 195 cm	190 cm - 210 cm
W	75 cm - 110 cm	85 cm - 120 cm	90 cm - 140 cm	95 cm - 150 cm
C	70 cm - 90 cm	85 cm - 100 cm	100 cm - 130 cm	110 cm - 140 cm
T	40 cm - 60 cm	50 cm - 75 cm	60 cm - 85 cm	75 cm - 100 cm

**D****E****F****G**

- a — P-.....
- b — SAFETY HARNESS
- c — Ref. ....
- d — Size: .....
- k — ..... cm - ..... cm
- e — Date of manufacture: MM/YYYY
- f — Serial number: XXX XXX
- g — EN 361:2002  
EN 358:2018  
EN 813:2008
- h — 0082
- i — max. 140 kg
- j —
- l — **PROTEKT**

**H.1****H.2****H.3**

GB - NOTICE: Read and fully understand these instructions before using this equipment.

#### A. DESCRIPTION

Safety harness is a body holding device which is a component of personal protective equipment described in EN 363 standard intended to protect the user against falls from a height. The harness with the belt and sit harness is approved for a user, including tools and equipment, with a weight of up to 140 kg. Maximum rated load 140 kg for EN361 full body harness is permitted only when energy absorbing element compatible with 140 kg maximum rated load is used. Energy absorbing element must be tested according to Rfu 11.062 or relevant EN standard.

The harness is certified and complying with the standard:

- EN 361:2002 as a full body harness intended to be used in fall arrest systems.
- EN 358:2018 as a work positioning belt to be used with work positioning equipment;
- EN 813:2008 as a sit harness for supporting a person in a sitting position with a physical support to the lower back of the user during work at height in suspension.

Basic materials:

- webbings - polyester
- adjustment buckles: steel
- connecting buckles: steel
- attachment D-rings: aluminium

#### B. NOMENCLATURE

1. Shoulder strap.
2. Leg strap.
3. Leg strap connecting/adjustment buckle.
4. Chest strap.
5. Chest strap connecting/adjustment buckle.
6. Identity label.
7. Fall arrest (A) back attachment D-ring EN361.
8. Fall arrest (A) frontal attachment loops EN 361.
9. Shoulder strap adjustment buckle.
10. Sit harness attachment loops EN 813.
11. Lateral belt work positioning D-rings EN 358.
12. Work positioning belt waist strap.
13. Work positioning belt connecting buckle.
14. Work positioning belt adjustment buckle
15. Belt pad.
16. Rear leg straps adjustment buckle.
17. Tool rings - to be used with hand tools of max. weight 2 kg.
18. Tool loops - to be used with hand tools of max. weight 2 kg.

#### C. SIZES

The harness is manufactured in four sizes:

- small: S
- universal: M-XL
- extra-large: XXL
- extra, extra-large: XXXL

#### D. DONNING THE HARNESS:

- D.1 Hold the harness by dorsal D-ring. Shake the harness to allow all straps to fall in place.
- D.2 Put on the shoulder straps one after one, take care do not twist them.
- D.3 Connect and tighten the chest strap.
- D.4 Connect and tighten the leg straps. The straps should fit tight around the legs.
- D.5 Connect and tighten the waist strap. The strap should fit tight around the waist.
- D.6 Adjust the shoulder straps so the harness fits the body, not too tight. Free ends of the straps must be kept by the plastic keepers.
- D.7 Adjust the height of the leg straps by the rear adjustment straps.
- D.8 Back attachment D-ring must be positioned between shoulder blades.
- D.9 Front attachment attachment linked loops must be centred on lower chest. Front sit harness linked loops must be centred on the waist level. Lateral D-rings of the belt should be placed symmetrically on both sides on waist level.

#### E. CONNECTING THE BUCKLES

#### F. ADJUSTING THE STRAPS

- F.1 Tightening
- F.2 Loosening

#### G. MEANING OF THE MARKING

- a) Model symbol;
- b) Device type;
- c) Reference number;
- d) Harness size;
- e) Month and year of manufacture;
- f) Serial number of the harness;
- g) number/year of European standards;
- h) CE mark and number of the notified body controlling manufacturing of the equipment;
- i) Caution: read and understand the instruction manual before use;
- j) Maximum rated load - 140 kg;
- k) Waist belt size in cm;
- l) Identification of the harness manufacturer or distributor.

#### H. ATTACHING THE HARNESS

##### H.1 ATTACHING FALL ARRESTS SYSTEMS – EN361

Fall arrest system can be attached only to the fall arrest attachment point of full body harness EN 361 marked with capital letter A:

- to the back D-ring (H.1.1)
- to the front attachment loops. The loops marked with a half of letter must be linked together when attached to the fall arrest system (H.1.3). It is strictly forbidden to attach a fall arrest system to a single loop with a half of letter A (H.1.4).

##### H.2. CONNECTING WORK POSITIONING SYSTEMS – EN358

Work positioning or restraint system should be attached to the work positioning belt EN358 D-rings or to the frontal sit harness waist loops EN813. Work positioning lanyard can be connected to a structure by encircling it (H.2.1) or directly to an anchor point (H.2.2). Work positioning system must be connected to a structure or an anchor point that is positioned at waist level or above. Work positioning lanyard must be kept taut during use. It is strictly forbidden to use the work positioning belt EN358 D-

rings or loops for fall arrest purposes. The belt shouldn't be used if there is a foreseeable risk of the user becoming suspended or being exposed to unintended tension by the waist belt. When using a work positioning system, the user normally relies on the equipment for support, therefore it is essential to consider the need of using a back-up, e.g. a fall arrest system.

##### H.3 CONNECTING ROPE ACCESS SYSTEMS TO SIT HARNESS – EN813

Rope access system can be attached to the frontal waist loops of the sit harness EN813. Both loops must be linked together during use. The anchor point of the rope access system must be located above the user (H.3.1). Before use the sit harness the first time the user should carry out a suspension test in a safe place to ensure that the sit harness is the correct size, has sufficient adjustment and is of an acceptable comfort level for the intended use. Don't attach the rope to the single loop (H.3.2). It is strictly forbidden to use the sit harness EN813 loops for fall arrest purpose.

#### I. PERIODIC INSPECTIONS

Safety harness must be inspected at least once every 12 months from the date of first use. Periodic inspections must only be carried out by a competent person who has the knowledge and training required for personal protective equipment periodic inspections. Depending upon the type and environment of work, inspections may be needed to be carried out more frequently than once every 12 months. Every periodic inspection must be recorded in the Identity Card of the equipment.

#### J. MAXIMUM LIFESPAN OF THE EQUIPMENT

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

ATTENTION: The harness maximum lifetime depends on the intensity of usage and the environment of usage. Using the harness in rough environment, marine environment, contact with sharp edges, exposure to extreme temperatures or aggressive substances, etc. can lead to the withdrawal from use even after one use.

#### K. WITHDRAWAL FROM USE

The harness must be withdrawn from use immediately and destroyed when it has been used to arrest a fall or it fails to pass inspection or there are any doubt as to its reliability.

#### L. THE ESSENTIAL PRINCIPLES FOR USERS OF PERSONAL PROTECTIVE EQUIPMENT AGAINST FALLS FROM A HEIGHT:

- personal protective equipment shall only be used by a person trained and competent in its safe use.
- personal protective equipment must not be used by a person with medical condition that could affect the safety of the equipment user in normal and emergency use.
- a rescue plan shall be in place to deal with any emergencies that could arise during the work.
- being suspended in PPE (e.g. arresting a fall), beware of suspension trauma symptoms.
- to avoid symptoms of suspension trauma, be sure that the proper rescue plan is ready for use. It is recommended to use foot straps.
- it is forbidden to make any alterations or additions to the equipment without the manufacturer's prior written consent.
- any repair shall only be carried out by equipment manufacturer or his certified representative.
- personal protective equipment shall not be used outside its limitations, or for any purpose other than that for which it is intended.
- personal protective equipment should be a personal issue item.
- before use ensure about the compatibility of items of equipment assembled into a fall arrest system. Regularly check during use connecting and adjusting of the equipment components to avoid accidental loosening or disconnecting of the components.
- it is forbidden to use 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.
- before each use of personal protective equipment it is obligatory to carry out a pre-use check of the equipment, to ensure that it is in a serviceable condition and operates correctly before it is used.
- during pre-use check it is necessary to inspect all elements of the equipment in respect of any damages, excessive wear, corrosion, abrasion, cutting or incorrect acting, especially take into consideration:
  - in full body harnesses and belts - buckles, adjusting elements, attaching points, webbings, seams, loops;
  - in energy absorbers - attaching loops, webbing, seams, casing, connectors;
  - in textile lanyards or lifelines or guidelines - rope, loops, thimbles, connectors, adjusting element, splices;
  - in steel lanyards or lifelines or guidelines - cable, wires, clips, ferrules, loops, thimbles, connectors, adjusting elements;
  - in retractable fall arresters - cable or webbing, retractor and brake proper acting, casing, energy absorber, connector;
  - in guided type fall arresters - body of the fall arrester, sliding function, locking gear acting, rivets and screws, connector, energy absorber;
  - in metallic components (connectors, hooks, anchors) - main body, rivets, gate, locking gear acting.
- after every 12 months of utilization, personal protective equipment must be withdrawn from use to carry out periodical detailed inspection. The periodic inspection must be carried out by a competent person for periodic inspection. The periodic inspection can be carried out also by the manufacturer or his authorized representative.
- in case of some types of the complex equipment e.g. some types of retractable fall arresters the annual inspection can be carried out only by the manufacturer or his authorized representative.
- regular periodic inspections are the essential for equipment maintenance and the safety of the users which depends upon the continued efficiency and durability of the equipment.
- during periodic inspection it is necessary to check the legibility of the equipment marking. Don't use the equipment with the illegible marking.
- it is essential for the safety of the 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 language of the country in which the product is to be used.
- personal protective equipment must be withdrawn from use immediately when any doubt arise about its condition for safe use and not used again until confirmed in writing by equipment manufacturer or his representative after carried out the detailed inspection.
- personal protective equipment must be withdrawn from use immediately and destroyed (or another procedures shall be introduced according detailed instruction from equipment manual) when it have been used to arrest a fall.
- a full body harness (conforming to EN 361) is the only acceptable body holding device that can be used, in a fall arrest system.
- in full body harness use only attachment points marked with a capital letter "A" to attach a fall arrest system.
- the anchor device or anchor point for the fall arrest system should always be positioned, and the work carried out in such a way, as to minimise both the potential for falls and potential fall distance. The anchor device/point should be placed above the position of the user. The shape and construction of the anchor device/point shall not allowed to self-acting disconnection of the equipment. Minimal static strength of the anchor device/point is 12 kN. It is recommended to use certified and marked structural anchor point complied with EN795

