

A

PROTEKT®

EN Safety harness

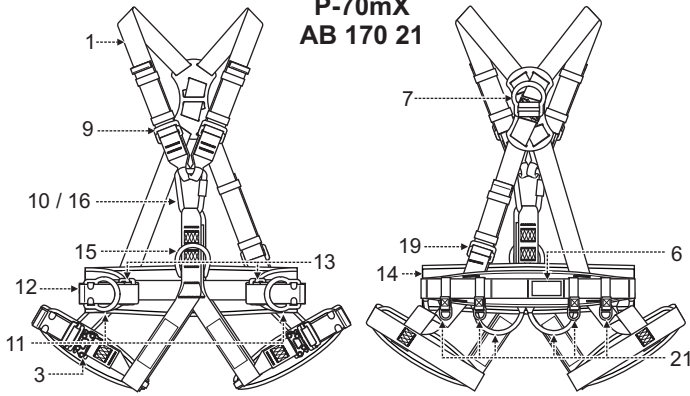


CE 0082

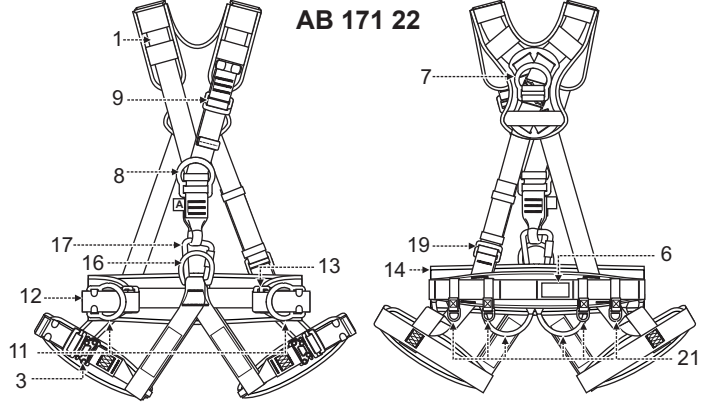
EN361:2002 EN358:2018 EN813:2008
EN1497:2007 (P-71mXR)

B

**P-70mX
AB 170 21**

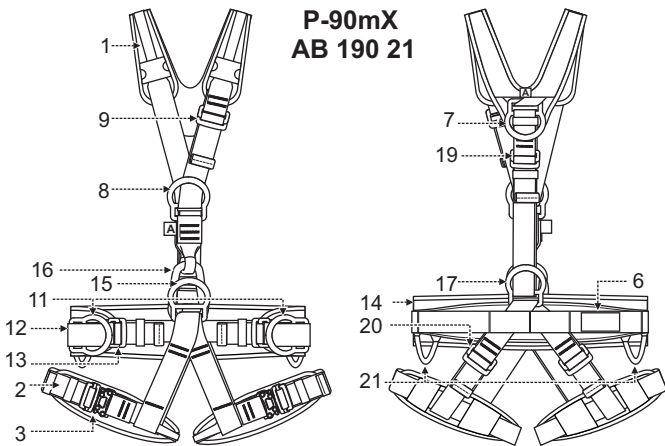


**P-71mX
AB 171 21**

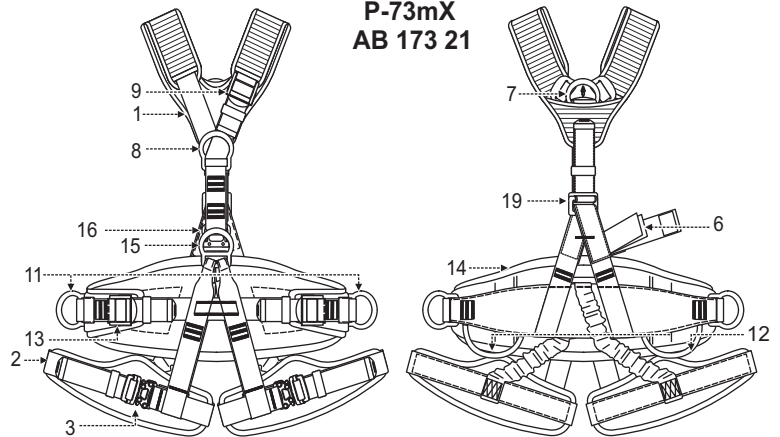


**P-71EmX
AB 171 22**

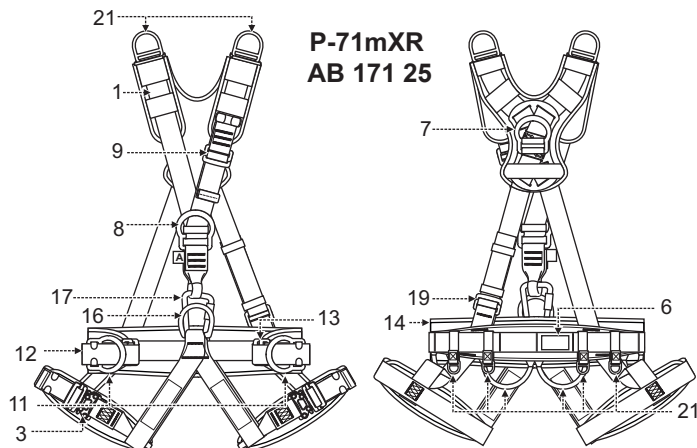
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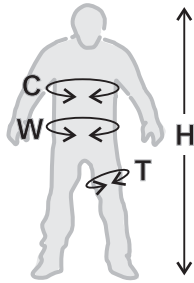


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AB 173 21**

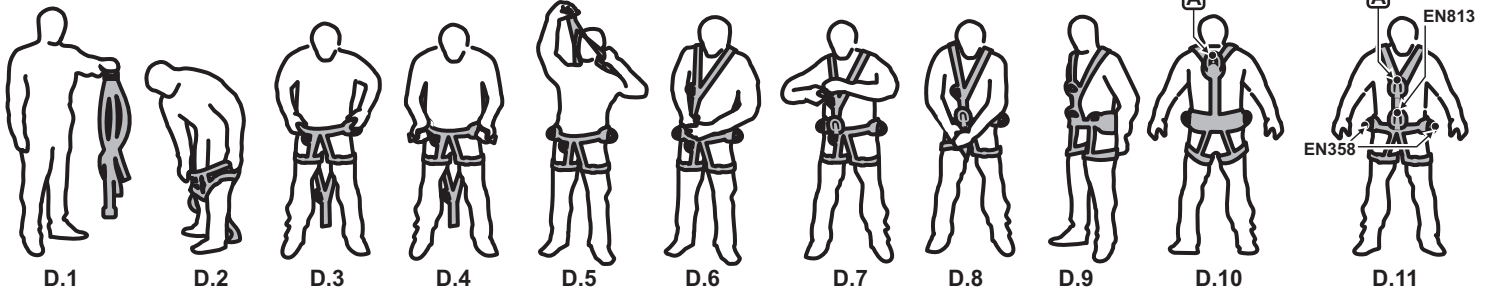
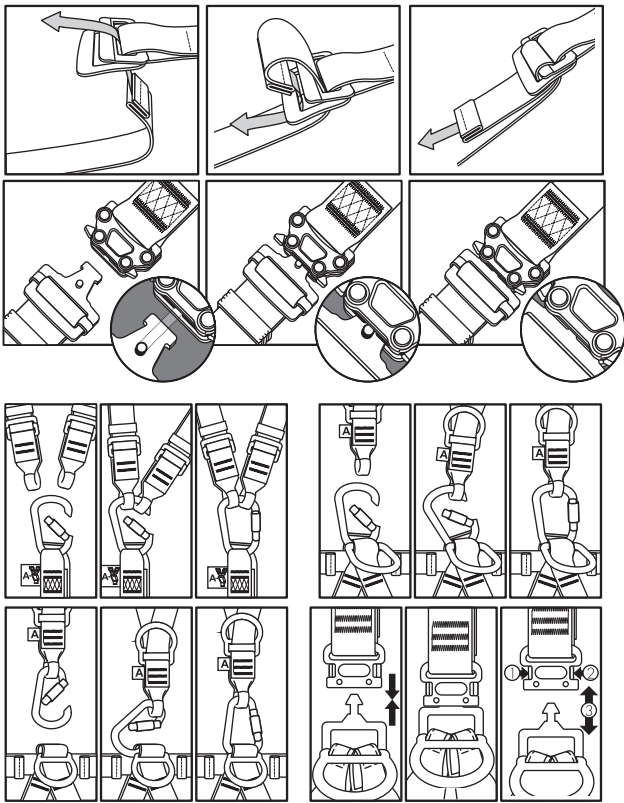
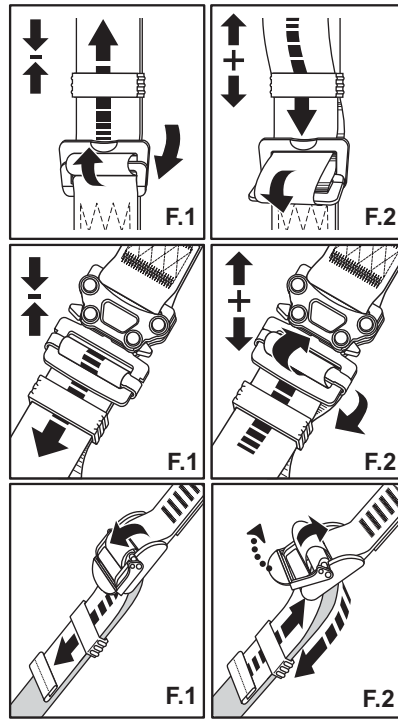


**P-71mXR
AB 171 25**

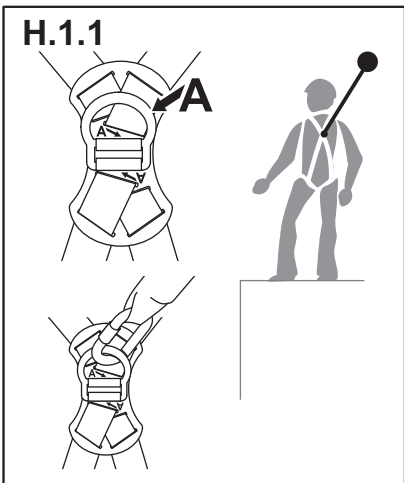
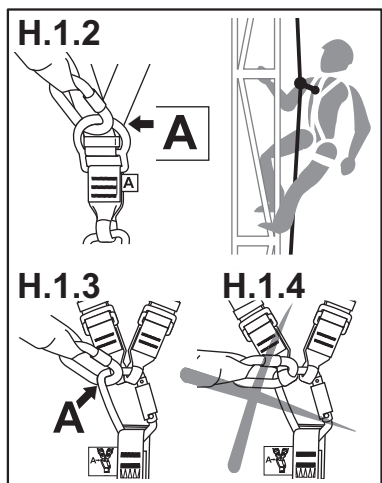
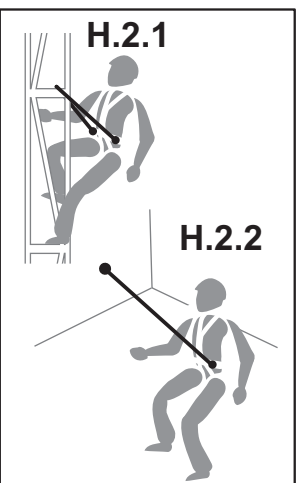
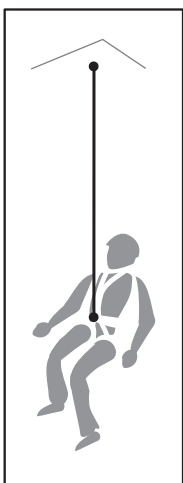
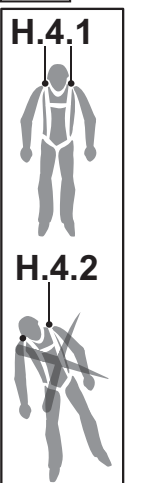


C

	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 —
- e — Date of manufacture: MM/YYYY
- f — Serial number: XXX XXX
- g — EN 361:2002
EN 358:2018
EN 813:2008
EN 1497:2007
- h — CE 0082
- i — max. 140 kg
- j —
- l — **PROTEKT®**

H.1**H.1.2****H.2****H.3****H.4**

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 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.
- EN 1497:2007 as a rescue harness for supporting the full body of the user in right position during rescue operation. Intended to be used during normal working activities.

Basic materials:

P-70mX, P-71mX, P-90mX

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

P-73mX

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

P-71mXR

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

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) front attachment D-ring EN 361.
9. Shoulder strap adjustment buckle.
10. Fall arrest (A) connector EN361.
11. Lateral belt work positioning D-rings EN 358.
12. Work positioning belt waist strap.
13. Work positioning belt adjustment buckle.
14. Belt pad.
15. Front waist sit harness D-ring EN 813.
16. Shoulder strap connector.
17. Back waist work positioning/restraint D-ring EN358.
18. Shoulder strap rescue harness D-rings EN1497.
19. Dorsal strap adjustment buckle.
20. Rear leg straps adjustment buckle.
21. 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 Unbuckle the front shoulder strap connector. Step into the leg loops putting one leg through each leg loop.
- D.3 Pull the harness up.
- D.4 Tighten the waist belt strap. The strap should fit tight around the waist.
- D.5 Take the shoulder straps from the back and slide your head through it, taking care not to twist the straps.
- D.6 Connect shoulder loop to the connector located on the waist strap behind the chest D-ring.
- D.7 Adjust the shoulder straps so the harness fits the body, not too tight.
- D.8 Adjust the leg straps. The straps should fit the legs.

D.9 Adjust the height of the leg straps by the rear adjustment straps.

D.10 Back attachment D-ring must be positioned between shoulder blades.

D.11 Front attachment D-ring or attachment linked loops must be centred on lower chest.

Front sit harness D-ring must be centred on the waist.

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:

- directly to the back D-ring (H.1.1)

- to the front attachment D-ring placed on the chest strap (H.1.2).

- to the front strap connector (P-70 and P-70C) - H.1.3. The connector has to work on major axis with gate closed and locked. It's forbidden to use connecting loops of the harness as the attachment point - H.1.4.

H.2. CONNECTING WORK POSITIONING SYSTEMS – EN358

Work positioning or restraint system should be attached to the work positioning belt EN 358 D-rings or to the frontal waist sit harness EN813 D-ring. 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 D-ring of the sit harness EN813. The anchor point of the rope access system must be located above the user. 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. It is strictly forbidden to use the sit harness EN813 D-ring for fall arrest purpose.

H.4 CONNECTING RESCUE SYSTEMS – EN1497

Double rescue harness loops or D-rings placed on the shoulder straps can be used linked together only for rescue purposes (H.4.1). Don't use the single loop to link with 1 connector or lanyard, because the risk is to strangle (H.4.2). Before use the rescue harness for the first time the user should carry out a suspension test in a safe place to ensure that the rescue harness is the correct size, has sufficient adjustment and is of an acceptable comfort level for the intended use. EN1497 D-rings or loops are for rescue purpose only. It's not allowed to use rescue harness D-rings or 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.

