

#### Figure A Parts of the harness

- D ring on the back, for attaching PPE according to; EN355, EN 353-1/-2, EN360.  
Fixing points for these products are labelled "A" on the harness.
- Buckle (A1)  
Two textile loops on the chest for attaching PPE according to EN355, EN 353-1/-2.  
Fixing points for these products are labelled "A" on the harness. (A2 & A3)
- Strap with adjuster (A1)  
Buckle for shoulder adjustment (A2 & A3)
- Shoulder straps (A1)  
Buckle for leg support adjustment (A2 & A3)
- Leg support (A1)  
Upper chest plastic fix lock. (A2 & A3)
- Shoulder strap
- Leg support strap
- Two D-rings used together when using the support belt.
- Support belt buckle with adjustment.

#### Figure B

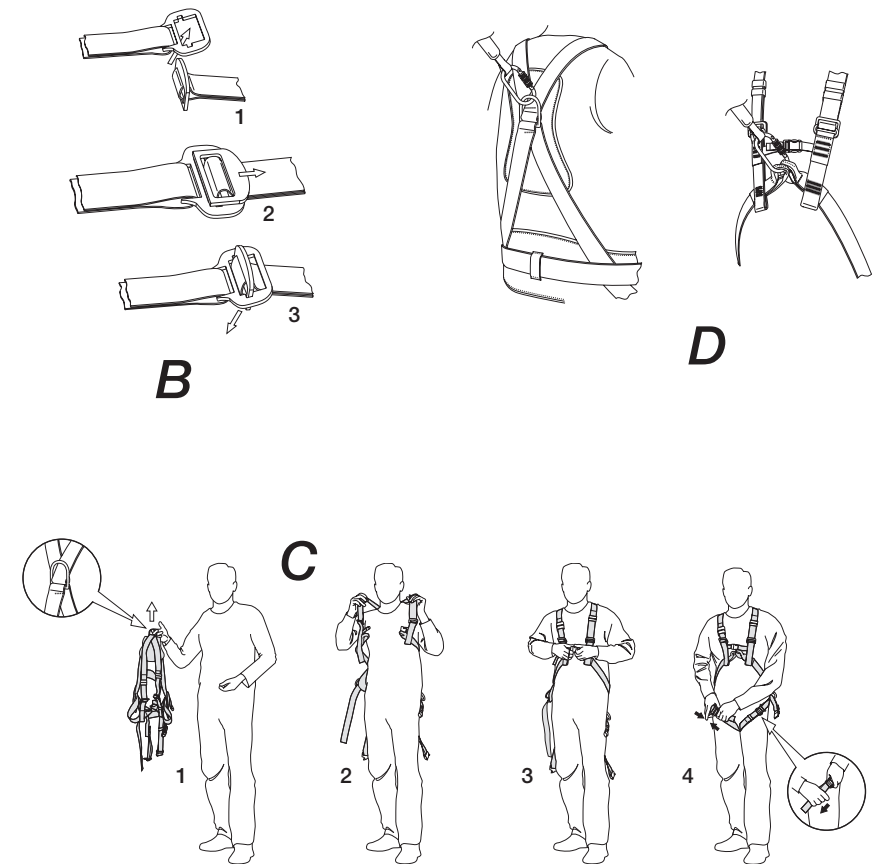
- Closing the clasp
- Locked position
- Opening the clasp

#### Figure C Putting on the harness

- Grip the D-ring on the back of the harness to untangle the harness's straps.  
If the leg, chest or belt buckles are closed, open these.
- Hold the harness's shoulder straps and put on the harness like a jacket.
- Close the chest strap buckle.
- Take hold of the leg straps between the legs and close using the appropriate buckles.  
Adjust the leg straps so that they fit tight around the legs. (It shall be possible to insert fingers but not the hand).
- If the harness is equipped with adjustable shoulder straps, adjust these so the harness sits snugly against the body, not too tight.
- Adjust the chest strap so that it holds the shoulder straps in a fixed position.
- If the harness is equipped with a belt this should be buckled with the help of the clasp as a final step after the harness has been adjusted correctly.

#### Figure D

Fixing points on harness that may be used for protection against falling (EN-361) are D ring on back or two textile loops on the chest.



Fall arrest harness EN-361, EN-358

#### USER INSTRUCTIONS

**NOTE!** Read and understand all the user instructions before using the equipment! The harness is tested and certified according to the EN standard EN-361 (protection against falling) and where relevant EN-358 (support belt). The harness is manufactured of 45 mm wide polyester webbing, metal clasps and some models have a quick-action catch of polyamide to hold the chest straps together. The harness may be attached to (read EN-363:2008): Safety lanyards, Shock absorber lanyards, Fall arrestors or Sliding locks/Runners for permanent installations. These fixing points are marked with a label "A" and may be used on system for protection against falling. These points are D ring on back or chest and, in relevant cases, the two belt eyelets (buckles) on the chest together. A full body harness (EN361) is the only type of harness that can hold the body in an upright position when used in a system for protection against falling. If the harness is equipped with support belt (EN-358) the two D rings of the belt on the side may only be used for support line. Attachment to belt only is not regarded as protection against falling. **Warning!** Work at high heights requires the user to be in good health (see EN-365), to be trained in the use of the equipment and to be aware of the risks. Planning for the evacuation of persons that have fallen and that may remain hanging from the harness must be done before starting work at high heights. If you are uncertain, contact the dealer or the manufacturer for more information. **Warning!** Before using the product for the first time it should be suitably adapted. The adaptation is to be made in a safe place to ensure the correct size, that there is adequate possibility for adjustment and that an acceptable level of comfort is achieved for the intended work.

**Warning!** The harness must not be modified or supplemented using accessories other than those supplied by the manufacturer. Repairs or replacement of parts may only be carried out by the manufacturer.

**Warning!** The harness is only designed for personal protection, all other usage is forbidden. If possible, the user should have his own personal harness (see EN-365). It is important that the user makes an ocular inspection of the equipment before use.

**Warning!** When connecting the system in accordance with EN-363, the user shall be fully conversant with the function and use of other components. In the event of uncertainty contact your dealer or the manufacturer.

**Before each use:** Carefully make an ocular inspection of the material and function and ensure that the equipment works. Pay attention to the possibility of webbing breakage, damaged seams, cuts, discoloration, damaged D-rings and clasps, the function of adjuster and buckles.

**Warning!** The product must be replaced immediately if faults are discovered on the equipment that are considered to reduce safety. In the event of uncertainty contact the dealer or the manufacturer for an inspection.

**Warning!** The product must be discarded and replaced immediately if a fall has occurred when using the equipment.

**Warning!** With the connection of the fall protection system, the anchor point must be approved according to EN-795 or the equivalent to withstand a load of 15 kN. The anchor point should, where possible, be directly above the user. Work is to be carried out in such a manner that the fall distance and the risk of falling are kept to a minimum. Avoid sideways movements that cause swinging where you can be thrown against an object or a wall!

**Warning!** Lowest ultimate load on the equipment is 15 kN.

**Warning!** Observe the need of sufficient space beneath the workplace, in some cases at least 6 m, below the person subjected to possible fall with the shock absorber. Observe length of the shock absorber in extended mode, height of the worker, position of the anchor point and length of the shock absorber line.

**Warning!** When working with the harness the greatest caution must be observed when suspended in the system. Should the user

become unconscious in a suspended mode it will be extremely urgent to relieve the person of mechanical tension (knowledge of how to take down a person in an emergency is therefore essential). The situation, referred to as "suspension trauma", could be fatal. Make sure that you never work alone. Make sure that you are alert, are sufficiently in motion while working, have consumed sufficient fluids, and are suitably dressed for the prevailing conditions. NB Make a habit of regularly checking the buckles and their correct adjustment while in use (EN 358).

**NOTE!** The fall protection's material or its function may be affected if subjected to: extremely high temperatures, chemicals, electrical current, grinding, cutting, wear against sharp objects and the affects of the weather.

**NOTE!** The equipment must be stored in a dry, dark and well-ventilated space. Lanyards are to be hung in gentle bights. Appropriate bags and/or transport boxes are to be used when transporting the equipment.

**NOTE!** All of Cresto's products for protection against falling are marked with labels. The label carries the manufacturer's name, product name, model designation, unique serial number, date of manufacture, EN standard and the Certification institute's number.

**NOTE!** The maximum service life of the product is 10 years from the date of manufacture. Incorrect handling and wear can reduce the length of useful life. The product must be discarded if it has: corrosive damage, numerous broken threads, cut edges, discoloured webbing, heavily worn, corroded metal parts or if it is not capable of functioning and has missing markings. **Warning!** If the product is exported, the dealer shall supply the translation of this user, maintenance and inspection instruction to the language of the country where the product is to be used.

#### MAINTENANCE

**NOTE!** The equipment must be stored in a dry, dark and well-ventilated space protected against steam, sharp edges, vibrations and UV-light. The equipment shall be kept clean for the best function and durability. Metal parts can be blown clean with compressed air. Avoid lubricating oil! Slightly soiled equipment can be washed in tepid water with a soft brush. A mild soap solution can be used. Heavily soiled equipment can be machine washed in a wash bag with a phosphate-free washing detergent using a 40° programme. Wet equipment should be hung up to dry. The equipment shall dry by itself without being exposed to open flames or other heat sources.

#### INSPECTION

**Warning!** For the user's safety the product must be inspected at least once every twelve months to ensure its function and durability (read EN-365).

**NOTE!** Inspections are to be made more often with frequent usage of the equipment or use in aggressive environments.

**Warning!** The inspection must be performed by a qualified person that has an inspection certificate and in accordance with the manufacturer's inspection procedures.

**NOTE!** The product label must be legible!

#### LOG

Each component of a system for protection against falling (EN363:2008) shall be entered in a log. The log is to be filled in at least every twelve months by a "duly qualified person". (See equipment log on the last page).

#### REPAIR

Product repairs may only be carried out by the manufacturer.

EEC type inspection made by:

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