



EN - ATTENTION! Read and understand this user manual before using this equipment. Work requiring the use of this equipment is dangerous. The user is obliged to follow this manual and is responsible for the correct use of the equipment. Misuse of the equipment can lead to injury or death. If you have any problems understanding this manual, please contact the equipment manufacturer.

OVERVIEW

The energy absorber with lanyard is a personal protective equipment against falls from height. The energy absorber with lanyard is a piece of fall arrest equipment used when working at height and provides protection for one person with a maximum weight of 137 kg. The energy absorber with lanyard complies with EN 355:2002 - "Personal protective

equipment against falls from a height - Energy absorbers".
The energy absorber is made of polyester/polyamide webbing.

- The energy absorber is integrated with a lanyard made of:
 polyester rope ø10.5 mm Cat. AW137/LB101, AW137/LB102
 polyester rope ø12 mm fitted with a steel adjustment clip Cat. AW137/LB100, AW137/2LB100

polyester rope with flexible core - Cat. AW137/LE111, AW137/2LE111

The total maximum permitted rope length with energy absorber and attachments shall not exceed 2 m.

- В. OVERVIEW OF COMPONENTS
- Energy absorber Equipment id label
- Absorber's attachment loop
- Safety lanyard
- 6. 7.
- Safety lanyard's attachment loop Adjustment buckle
- LABELLING
- the name of the equipment
- (a) (b) (c) (d)
 - part number total maximum permitted rope length with energy absorber and attachments
- equipment production month/year
- (e) (f) (g) the serial number
- number: year of the European standard
- CE marking and the registration number of the notified body responsible for the device production process

(h) note: read and understand the instructions manual before use

- contro
- the permissible mass of the user the manufacturer's identification

D. ATTACHING AN ENERGY ABSORBER WITH LANYARD TO THE FULL BODY HARNESS

The energy absorber must be connected by means of a connector to the rear (D.1) or front (D.2) attachment point of the full body harness. Only use the points (buckles, loops) marked with a capital A. The full body harness must comply with EN 361. Connectors used with an energy absorber with lanyard must comply with EN 362. An energy absorber with lanyard should be attached to the full body harness in such a way that in the event of a fall it does not injure the person being secured (D.3).

E. ATTACHING AN ENERGY ABSORBER WITH LANYARD TO AN ANCHOR POINT

E. AT IACHING AN ENERGY ABSORDER WITH LAWYARD TO AN ANCHOR POINT.
The energy absorber lanyard must be connected by means of certified EN 362 connectors to an EN 795 compliant anchorage point with a minimum strength of 12 kN (E.1, E.2). The anchor point shape and design shall ensure that PPE is permanently connected and cannot accidentally detach (E.3). Do not tie the lanyard by wrapping it around an anchor point (E.4) or by wrapping the lanyard in the form of a clamping loop (E.5). The lanyard must not be allowed to intertwine between the various components of the structure (E.6). Note the incorrect position of the lanyard inside the connector (E.7). On energy absorbers with a double lanyard, do not connect one lanyard to the user's harness and the other to the anchor point (E.8). Do not attach the free end of the double lanyard connected to the energy absorber back to the full body harness (È.9). Do not attach two energy absorbers to the harness in parallel with a lanyard (E.10) Moving horizontally in relation to the anchor point involves the risk of hitting obstacles during a swing fall (E.11), as well as the risk of falling over an edge (E.12).

MINIMUM NECESSARY DISTANCE BELOW THE FEET OF THE USER

When using an energy absorber with lanyard, the necessary minimum distance below the user's feet (CLR) must be ensured to avoid collision with the structure or the ground during fall arrest. The necessary minimum free distance depends on the position of the energy absorber anchor point with the rope and the associated free fall distance (FFD)

- during fall arrest and is respectively:

 F.1. Anchorage point located 0.90 m above harness attachment point free fall distance FFD=1.10 m required distance below user's feet CLR is 2.84 m.

 F.2. Anchor point located at the level of the harness anchor point free fall distance FFD=2.00m required
- distance below the user's feet CLR is 4.00m
- F.3 Anchor point located below the user's feet free fall distance FFD=4.00 m the necessary required distance below the user's feet CLR is 6.28 m.

PERIODIC INSPECTION

At least after every 12 months of operation - starting from the date of first use - a periodic inspection of the fall arrester shall be performed.

The periodic inspection shall only be carried out by a competent individual who is experienced and trained in the periodic inspection of PPE.

The operating conditions may affect the frequency of periodic maintenance, which can be carried out more frequently ation. Each periodic inspection shall be recorded in the fall arrester's service log.

MAXIMUM SHELF-LIFE

The operating life of the fall arrester is 10 years from the production date

CAUTION: The maximum service life depends on the duty and operating environment. Operation of the fall arrester in harsh conditions, with frequent exposure to water, sharp edges, extreme temperatures or corrosive chemicals may lead to premature mandatory removal from service, even after a single use only.

DECOMMISSIONING

The fall arrester shall be removed service immediately and disposed of (be irreversibly destroyed) if it has arrested a fall, failed to pass a periodic inspection, or its reliability raises any concerns

MAIN PRINCIPLES OF PERSONAL PROTECTIVE EQUIPMENT (PPE) INTENDED TO PREVENT FALLS FROM A HEIGHT

PPE shall only be used by personnel trained in its operation.

PPE shall not be used by individuals with any health condition that may affect their safety during regular use or in an emergency.

Prepare an emergency response plan that can be implemented at work when needed

While suspended using PPE (e.g. after arresting a fall), mind that there can be injury from suspension.

To avoid adverse effects of suspension, ensure that an appropriate emergency rescue plan is ready for use. The use of positioning straps is recommended.

Never attempt to modify the fall arrester without prior written consent from the manufacturer.

Any repair of the fall arrester shall only be carried out by its manufacturer or its authorised representative. PPE shall not be used in any way other than its intended use.

PPE stands for personal protective equipment and shall be operated by a single dedicated user only

Before using the fall arrester, verify that all components of the gear which forms the fall arrest system interact correctly. Periodically inspect the joints and fitting of PPE to avoid accidental release or detachment. Do not use PPE kits in which the performance of any component is inhibited by performance of any other component.

Before each use of PPE, do its thorough visual inspection to verify that the fall arrester is fit for service and its operating test is passed OK. During the pre-use visual inspection, verify all components of PPE with particular attention to all evidence of damage,

excessive wear, corrosion, abrasion, cuts, or malfunctions. Inspect these components with extreme care Safety harnesses, waist belts, and positioning belts: shackles, adjustment parts, anchor points

- (shackles/tethers), straps, stitching, and loops;
 - Fall arrest shock absorbers: tether loops, lanyards, stitching, casing, and fasteners; Textile fibre life lines and anchor lines: lines, loops, thimbles, fasteners, adjustment parts and knots;
- Steel cable life lines and anchor lines: cables, cable wires, end clamps, thimbles, fasteners, and adjustment parts;
- Cable/lanyard-operated fall arresters: proper performance of the winding and retarding gears, the casing, the energy absorber, and the fasteners
- Guided fall arresters: casing, proper running on the anchor line, locking gear performance, rollers, bolts, rivets, fasteners, and the energy absorber
- Metal hardware (fasteners, snap hooks, and shackles): load-carrying body, rivet fasteners, main latch, and the locking gear performance.
- At least once a year, every 12 months of operation, PPE requires removal from service for a thorough periodic inspection. The periodic inspection shall be carried out by a competent, experienced and qualified individual. The inspection can also be carried out by the PPE manufacturer or its authorised representative. In certain cases, if PPE has a complex and sophisticated design like guide fall arresters, periodic inspections shall only

be done out by the manufacturer or its authorised representative. Following the periodic inspection, the next periodic

Regular periodic inspections are critical to the condition of PPE and the safety of its user, which depends on uncompromised performance and durability of PPE

During the periodic inspection, check the legibility of all PPE markings and labels (which apply to the PPE unit in

question). Do not use PPE with illegible markings.
It is critical to the safety of the PPE user that if PPE is sold outside its country of origin, the PPE supplier shall provide it with the instructions for use and maintenance and the procedures of periodic inspection and repair in the official language of the country in which the PPE will be used.

PPE shall be removed from service immediately and disposed of (or other procedures in the instructions for use shall be

followed) if it has arrested a fall.

EN 361 compliant safety full body harnesses are the only acceptable body support equipment for PPE

PPE shall only be connected to the safety full body harness tether points (buckles or loops) market with an upper-case

The PPE anchor point shall be of a stable construction and in a location which minimises the risk of fall and the length of free fall. The PPE anchor point shall be above the PPE user's workstation. The anchor point shape and design sha ensure that PPE is permanently connected and cannot accidentally detach. The minimum load capacity of the PPE anchor point shall be 12 kN. Operation of certified and marked PPE anchor points that comply with EN 795 is recommended.

It is mandatory to verify the clearance underneath the workstation where PPE will be used to avoid hitting obstacles or a surface below while a fall is being arrested.

The size of the required clearance under the workstation shall be verified with reference to the instructions for use of the

When operating PPE, inspect it regularly, paying special attention to all hazardous events and damage affecting the PPE performance and the safety of the PPE user, in particular: the snagging or sliding of life and anchor lines over sharp edges, pendulum-effect falls, live voltage conduction, all types of damage – cuts, wearing, corrosion, etc. – effects of extreme temperatures, adverse effect of climate conditions, and effects of chemicals

Carry/transport PPE in a packaging which protects it from damage and moisture, e.g. Water-proofed bags or in steel or plastic cases.

- personal protective equipment must be cleaned so as not to damage the material (raw material) from which the equipment is made. For textile fibre materials (lanyards, belts, straps, and ropes), use gentle detergents intended for textiles. Cleaning can be done by hand or by machine washing. Rinse thoroughly afterwards. Fall arrest energy absorbers shall only be cleaned with a cloth damp with water. Do not immerse the energy absorber in water. Plastic parts shall be cleaned with water only. The PPE soaked or wet from cleaning or use shall be thoroughly dried in open air and away from sources of heat. Metal parts and gear (springs, hinges, latches, etc.) can be lubricated periodically with a light film of the lubricant to improve their performance.
- store PPE loosely packed, in well-ventilated, dry areas, and away from sunlight, UV radiation, dust, sharp objects, extreme temperatures and corrosive chemicals.
- cojects, extreme temperatures and corrosive chemicals.

 all PPE components shall conform to their instructions for use and the prevailing standards: EN 353-1, EN 353-2, EN 354, EN 355, EN 360 for fall arrest systems; EN 362 for fasteners; EN341, EN1496, EN1497, EN1498 for emergency rescue/recovery equipment; EN 361 for safety harnesses; EN 813 for waist belts; EN 358 for work positioning systems; EN 795 for anchor point equipment.

Manufacturer

PROTEKT - Starorudzka 9 - 93-403 Łódź - Poland tel.: +4842 6802083 - fax: +4842 6802093 Declaration of conformity is available at www.protekt.pl

Notified body of the EU type testing certificate issuer per Regulation (UE) 2016/425: PRS - No. 1463, Polski Rejestr Statków S.A. al. gen. Józefa Hallera 126 80-416 Gdańsk, Poland Production control notified body

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IDENTITY CARD - It is the responsibility of the user organisation to provide the identity card and to fill in the details required. The identity card should be filled in before the first use by a competent person, responsible in the user organization for protective equipment. Any information about the equipment like periodic inspections, repairs, reasons of equipment's withdrawal from use shall be noted into the identity card by a competent person in the user organization. The identity card should be stored during a whole period of equipment utilization. Do not use the equipment without the identity card.

MODEL AND TYPE OF EQUIPMENT										
SERIAL/BATCH NUMBER					REFERENCE NUMBER					
DATE OF MANUFACURE	Œ		DATE OF PURCHASE				DATE OF FIRST USE			
NAME OF USER										
PERIODIC INSPECTION AND REPAIR HISTORY CARD										
DATE OF INSPECTION	REASON FOR INSPECTION OR REPAIR			DEFECTS, CON REPAIRS CARR	DITION NOTED IED OUT	N NOTED NAME AND S UT OF COMPET				XT INSPECTION TE