

A



PROTEKT[®]

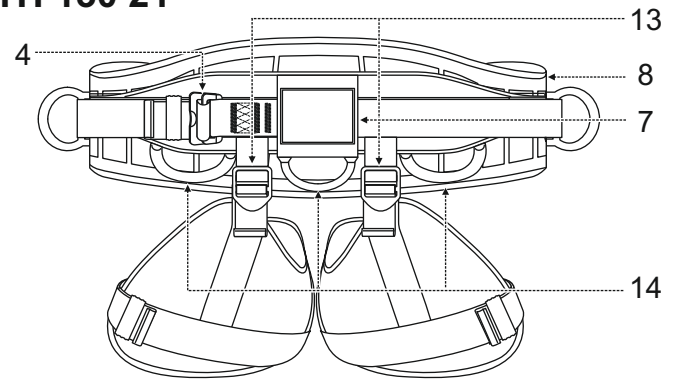
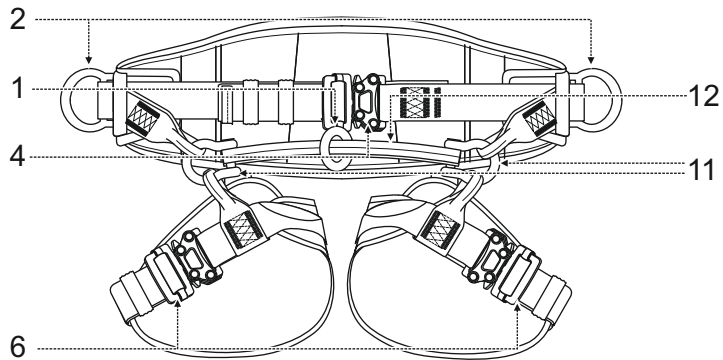
CE 0082

EN 358:2018
EN 813:2008

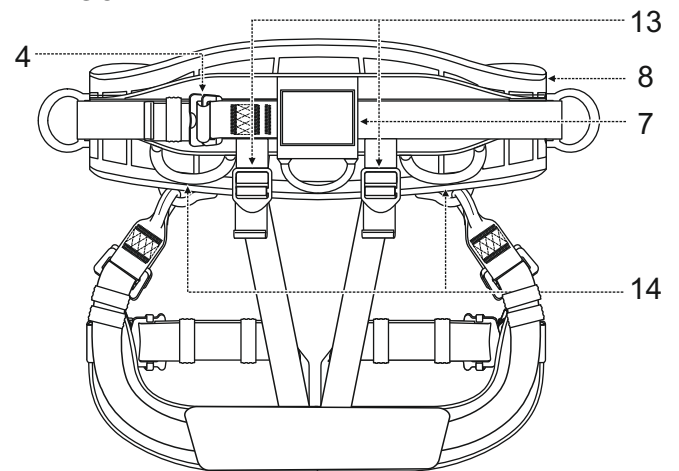
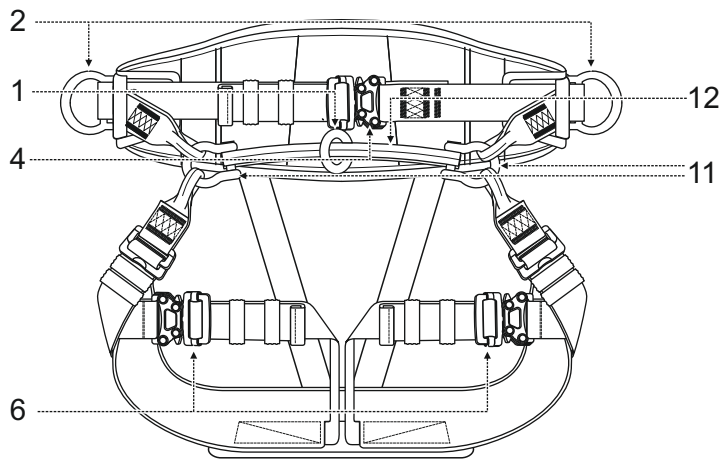
GB Work positioning belt/Sit harness

B

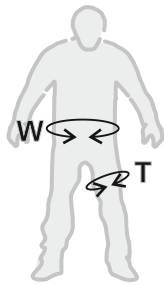
TH-030mX / TH 130 21



TH-050mX / TH 150 21

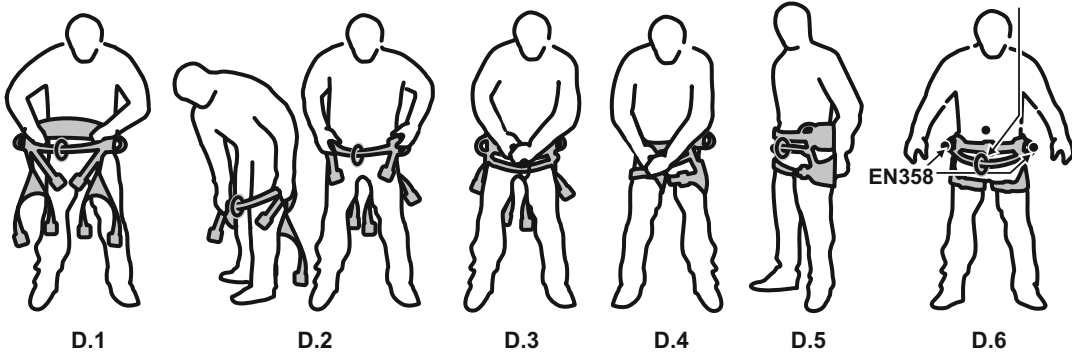


C

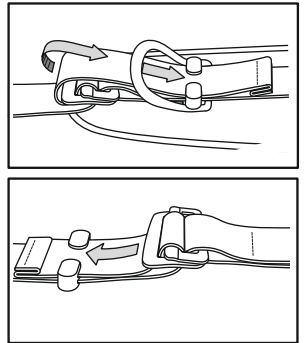


	S	M-XL	XXL	XXXL
W	75 cm - 110 cm	85 cm - 120 cm	90 cm - 140 cm	95 cm - 150 cm
T	40 cm - 60 cm	50 cm - 75 cm	60 cm - 85 cm	75 cm - 100 cm

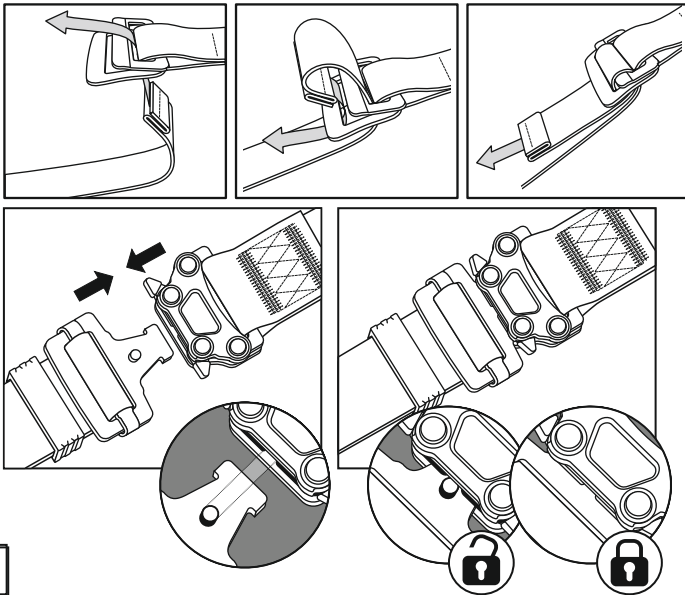
D



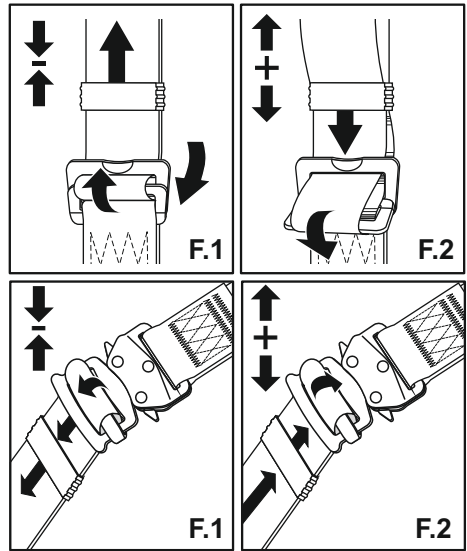
D.8



E



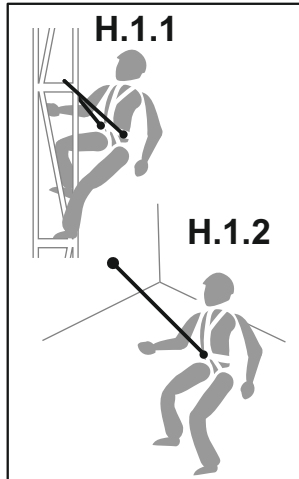
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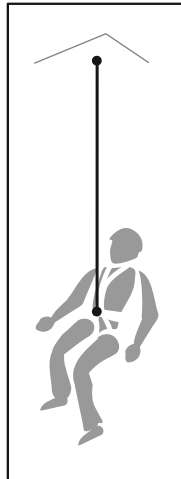
G

- (a) TH.....
- (b) WORK POSITIONING BELT
SIT HARNESS
- (c) Ref.
- (d) Size:
- (k) cm - cm
- (e) Date of manufacture: MM/YYYY
- (f) Serial number: XXX XXX
- (g) EN 358:2018
EN 813:2008
- (h) CE 0082
- (i) max. 140 kg
- (j)
- (l) **PROTEKT**

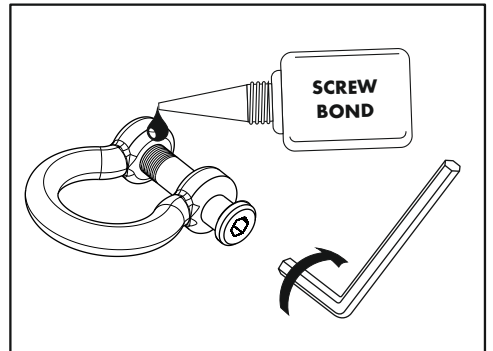
H.1



H.2



H.2.1



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

A. DESCRIPTION

Work positioning belt/sit harness is a body holding device intended to be used in fall protection systems described in EN 363 standard. The belt is intended to prevent a free fall of the user by connecting it by the work positioning lanyard to an anchor point (H.1.2) or to a structure by encircling the lanyard (H.1.1) and supporting the user in tension. The sit harness supports the user in sitting position. The device is certified and complying with the standard EN 358:2018 (work positioning belt) and EN 813:2008 (sit harness). The belt/harness is approved for a user, including tools and equipment, with a weight of up to 140 kg.

Basic materials:

- webbings - polyamide and polyester
- connecting buckles: steel
- adjustment buckles: aluminium
- attachment O/D rings: aluminium

B. NOMENCLATURE

1. Front waist attachment O ring - EN813.
2. Lateral work positioning attachment D-rings - EN358.
3. Work positioning belt waist strap.
4. Work positioning belt adjustment/connecting buckle.
5. Leg straps.
6. Leg strap adjustment/connecting buckle.
7. Identity label
8. Belt pad.
9. Tool D-rings - to be used with hand tools of max. weight 2 kg.
10. Tool loops - to be used with hand tools of max. weight 2 kg.
11. Connecting shackle.
12. Attachment strap (bridge).
13. Leg strap rear adjustment buckle
14. Heavy tools loops - max. weight 30 kg.

C. SIZES

Work positioning belt is manufactured in four sizes:

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

D. DONNING THE BELT/HARNESS:

- D.1 Hold the harness by the belt. Loosen the waist and leg straps.
- D.2 Step into the belt. Pull the belt/harness up.
- D.3 Connect and tighten the waist belt strap. The strap should fit tight around the waist.
- D.4 Connect and adjust the leg straps. The straps should fit the legs.
- D.5 Adjust the height of the leg straps by the rear adjustment straps.
- D.6 Lateral attachment D-rings (EN358) should be positioned symmetrically on both sides at the waist level. Front sit harness attachment O-ring (EN813) must be centred on the bridge.
- D.7 Free ends of the straps must be protected with the webbing keepers.

E. CONNECTING THE BUCKLES

F. ADJUSTING THE STRAP

- 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) Max. rated load for sit harness;
- k) Waist belt size range in cm;
- l) Identification of the harness manufacturer or distributor.

H. ATTACHING THE BELT/HARNESS

H.1. CONNECTING WORK POSITIONING SYSTEMS – EN358.

Work positioning or restraint system can be attached to the work positioning belt EN 358 D-rings (H.1.1) or to the frontal waist sit harness EN813 D-ring (H1.2). Work positioning system must be anchored to the point of construction that is situated 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. It's forbidden to use the shackles (11) or the bridge - attachment strap (12) as work positioning points (EN358)! 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. Work positioning belt is approved for a user, including tools and equipment, with a weight up to 150 kg.

H.2 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. Regularly check the sit harness for any damage. The attachment strap (bridge) and attachment ring in the belt/harness are the disposable parts and can be replaced by unscrewing the shackles. After exchanging the spare parts the shackles must be tighten and the screw bolts must be fixed by screw bond (H2.1). Use only the original manufacturer's spare parts.

I. PERIODIC INSPECTIONS

Work positioning belt/sit 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 belt/harness is 10 years from the date of manufacture.

ATTENTION: The belt/harness maximum lifetime depends on the intensity of usage and the environment of usage. Using the belt 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 belt/harness must be withdrawn from use immediately and destroyed when 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 during use check 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 strictly in accordance with manufacturer's periodic examination procedures.
- 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.

