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## Instructions for Use Full Body Harnesses

**NOTE:** YOU MUST READ AND UNDERSTAND, OR HAVE THE FOLLOWING INSTRUCTIONS EXPLAINED TO YOU BEFORE USING THIS EQUIPMENT. FAILURE TO DO SO COULD RESULT IN INJURY OR DEATH.

These instructions are intended to meet the Manufacturer's Instructions as required by CSA Z259.10-06, ANSI Z359.1-2007 and OSHA 1926, and should be used as part of an employee training program as required by OSHA.

### WARNINGS

Only Capital Safety is authorized to make repairs or modifications to this equipment. Any attempt to modify or repair equipment by the user will void the warranty and could cause injury or death.

If a full body harness is subject to an impact load or has arrested a fall, it should be removed from service and destroyed by cutting the webbing into pieces. Even if the impact indicators on the harness do not appear to have deployed, the harness must be removed from service, destroyed, and replaced.

Users of this type of equipment should have a rescue plan in place (on file) and the means necessary to implement it immediately in the event of a fall or other emergency.

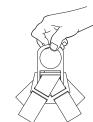
Any alteration, misuse, or abuse of this equipment will void the product warranty and could cause injury or death.

Do not use combinations of component, subsystems, or both which may affect or interfere with the safe function of one another. Be certain that connecting devices are compatible and that other elements of the PFAS are safe to use and compatible before use.

Do not expose this equipment to chemicals which may have a harmful effect on the materials used to construct it. Be especially aware of caustic environments, or those that contain high levels of organic acids or bases. If you are uncertain about the safe operation of this equipment in any environment, contact Protecta for instructions.

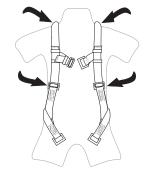
### DONNING THE HARNESS

To don the harness, proceed as follows:



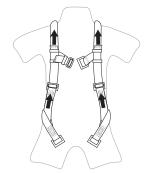
Grasp the harness by the dorsal D-ring (6) and shake until straps hang down from the harness body. Make sure that the buckles (4) are not fastened.

2)



Slip on the shoulder straps (1) one at a time as if you were putting on a jacket. Be careful not to twist the straps.

3)

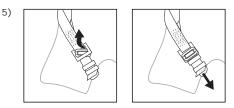


Individually adjust each shoulder strap (1) by pulling or releasing the slack end so that the sub-pelvic strap (8) is firmly in place under the buttocks.

4)

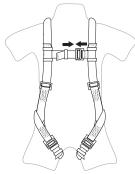


Pull each thigh strap (5) through the crotch and fasten the parachute buckles by passing the male buckle through the female. For tongue buckle insert the grommeted strap through the buckle. Fasten by inserting the tongue through the grommet. For quickconnect, insert male end into female end and apply pressure until the locking tabs snap into place. Ensure closure by checking tab positions in buckle window. Be careful not to cross or twist the straps.



Adjust the tension of the thigh straps (5) by pulling or releasing the slack end of the strap. Move the plastic keeper away from the buckle edge to ease adjustment. For tongue buckles select desired grommet and secure excess webbing under plastic keeper. Proper tension is a 2-finger space between strap and leg.

6)



Attach the chest strap (2) parachute buckle and adjust the length so that the shoulder straps (1) are centered on each shoulder.

7) Position the plastic strap keepers so that one is next to the parachute buckle and the other is at the far end of the excess strap. Be certain that the torso straps are adjusted so that the dorsal D-ring is in the center of the wearer's back.

### APPLICATIONS

PROTECTA Full Body Harnesses are designed to provide the wearer with maximum comfort while maintaining the highest degree of protection from falls. In order for the harness to be fully effective, it must be adjusted properly to fit the wearer, and attached to an appropriate Personal Fall Arrest System.

### LIMITATIONS

Full body harnesses are designed to act in concert with other elements of a Personal Fall Arrest System and arrest a fall from height while minimizing impact load on the wearer. Users should not combine components or subsystems of the PFAS from manufacturers other than Capital Safety unless it is determined by a qualified person that they are compatible with one another. Incompatible components may interfere with the safe operation or function of the equipment.

Unless otherwise noted, max. allowable free fall shall not exceed 6' (1.8 m).

Maximum User Weight not to exceed:

ANSI Z359.1	310 lbs (141 kg)	
CSA Z259.10-06	352 lbs (160 kg)	
OSHA	420 lbs (191 kg)	

Environmental Hazards: Use of this equipment with environmental hazards may require additional precautions to prevent injury to the user or damage to the equipment. Hazards may include, but are not limited to: heat, chemicals, corrosive environments, high voltage power lines, gases, moving machinery, moving vehicles and sharp edges. Contact Protecta if you have questions about using this equipment where environmental hazards may exist.

Training: This equipment is intended to be used by persons trained in its correct application and use.

# **INSTALLATION & OPERATION**

The Personal Fall Arrest System (PFAS) attached to the Full Body Harness may ONLY be attached to the dorsal D-ring. Dorsal D-ring is for fall arrest ONLY. Side-hip D-rings (if harness is so equipped) are for positioning work. Chest loops, chest D-rings, or shoulder D-rings are for attachment of guided type fall arrest systems or for retrieval.

Before using this harness, check to ensure that all components of the Personal Fall Arrest System are compatible. Capital Safety recommends using only Capital Safety equipment to comprise other elements of the system used with a Capital Safety harness.

Capital Safety recommends that, when possible, harnesses be issued to individuals for personal use only. This ensures proper adjustment and fit for the wearer and provides tracking information.

Whenever possible, choose an anchorage point that is located directly overhead to reduce the possibility of injury due to swing-fall hazards.

Anchorages selected for use with a PFAS shall have a strength capable of sustaining static loads, applied in the directions permitted by the PFAS, of at least:

a) 3,600 lbs (16 kN) when certification exists, or b) 5,000 lbs (22.2 kN) in the absence of certification.

When more than one PFAS is attached to an anchorage, the anchorage strengths set forth in (a) and (b) above shall be multiplied by the number of Personal Fall Arrest Systems attached to the anchorage. (ANSI Z359.1-2007)

Users should take special precautions around moving machinery and around electrical hazards. Improperly adjusted harnesses and improperly placed PFAS elements can present a danger in these areas. In the event of a fall, the user must have a rescue plan in place and the means at hand to execute it immediately.

Stitched Impact Indicator: The Stitched Impact Indicator (11) is a section of webbing that is lapped back on itself and secured with a specific stitch pattern holding the lap. The stitch pattern is designed to release when the harness arrests a fall or has been subjected to an equivalent force If the impact indicator has been activated the harness must be removed from service and destroyed.

# **INSPECTION, CLEANING & STORAGE**

Record inspections in the Inspection and Maintenance log on the reverse of this sheet.

**Inspection:** Harnesses must be inspected on an annual basis by a Competent Person<sup>1</sup>. This person shall decide whether the harness is to be removed from service or not. During the course of work, all reasonable efforts should be made to ensure that the harness is protected from potential damage, i.e.: cuts, burns, caustic chemical exposure, abrasive elements, etc. If the harness is used in an environment where dangers such as this are prevalent, the harness should be inspected for damage both before and after use.

**Cleaning:** Harnesses may be cleaned with household grade soap and water. Do not use acid or basic solvents (caustic soda). Allow harnesses to dry in a ventilated room far from heat sources and away from direct sunlight.

**Storage:** Store the harness in a dry area away from direct sunlight. Avoid corrosive atmospheres and extreme temperatures.

## SPECIFICATIONS

**Materials:** Protecta Full Body Harnesses may be constructed of one or a combination of the following materials:

- Web: Nylon, polyester, or Kevlar®
  Welders Models Modacrylic over Kevlar and
  Polyester
- Connectors: Forged or stamped steel

### **PRODUCT LABELING**

Labels must be present, attached to the harness, and fully legible.



$\sim$	Body Hamess/Hamais de sécuriti
PROMACTOR	Polyester Web/Sangle: Polyeste
	*Capacity/Capacité:
www.capitulaatety.com	OSHA: 420 lbs (190 kg
	CSA: 353 lbs (160 kg)
2259.10-06	Consta are user manual.Consta wir in notice distiliatio
MERO-HALINT LUCCE	ON' de modèle: SIZE/Grandeur: CLASS/Classe

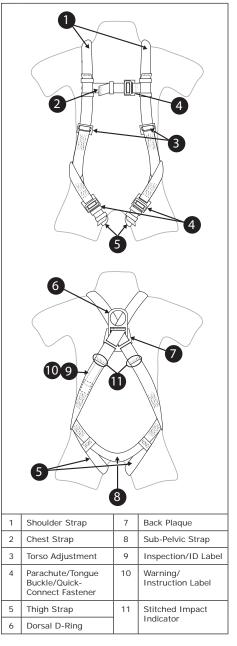
Welders Models



1 Competent Person: One who is capable of identifying existing and predictable hazards in surroundings or working conditions which are unsanitary, hazardous, or dangerous to employees, and who has authorization to take prompt corrective measures to eliminate them.



# HARNESS COMPONENTS



#### WARRANTY

Warranty to End User: D B Industries, Inc., dba CAPITAL SAFETY USA ("CAPITAL SAFETY") warrants to the original end user ("End User") that its products are free from defects in materials and workmanship under normal use and service. This warranty extends for the lifetime of the product from the date the product is purchased by the End User, in new and unused condition, from a CAPITAL SAFETY authorized distributor. CAPITAL SAFETY'S entire liability to End User and End User's exclusive remedy under this warranty is limited to the repair or replacement in kind of any defective product within its lifetime (as CAPITAL SAFETY in its sole discretion determines and deems appropriate). No oral or written information or advice given by CAPITAL SAFETY, its distributors, directors, officers, agents or employees shall create any different or additional warranties or in any way increase the scope of this warranty. CAPITAL SAFETY will not accept liability for defects that are the result of product abuse, misuse, alteration or modification, or for defects that are due to a failure to install, maintain, or use the product in accordance with the manufacturer's instructions.

CAPITAL SAFETY'S WARRANTY APPLIES ONLY TO THE END USER. THIS WARRANTY IS THE ONLY WARRANTY APPLICABLE TO OUR PRODUCTS AND IS IN LIEU OF ALL OTHER WARRANTIES AND LIABILITES, EXPRESSED OR IMPLIED. CAPITAL SAFETY EXPRESSIY EXCLUDES AND DISCLAIMS ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, AND SHALL NOT BE LIABLE FOR INCIDENTAL, PUNITIVE OR CONSEQUENTIAL DAMAGES OF ANY NATURE, INCLUDING WITHOUT LIMITATION, LOST PROFITS, REVENUES, OR PRODUCTIVITY, OR FOR BODILY INJURY OR DEATH OR LOSS OR DAMAGE TO PROPERTY, UNDER ANY THEORY OF LIABILITY, INCLUDING WITHOUT LIMITATION, CONTRACT, WARRANTY, STRICT LIABILITY, TORT (INCLUDING NEGLIGENCE) OR OTHER LEGAL OR EQUITABLE THEORY.

### MODELS

1191369C	1191380C	1191385C
1191370C	1191381C	1191386C
1191371C	1191382C	AB17510C-XL
1191372C	1191383C	
1191379C	1191384C	

### INSPECTION LOG

Inspec- tion Date	Item Inspected	Action Taken	Maintenance Performed
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AFFROVAL.			
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