

## PURPOSE

The Fall Arrest harness purpose is to be used with compatible PPE fall arrest products to completely remove the risk of falling. If it isn't possible to completely remove this risk, then the harness must be used with other fall arrest products to limit the impact force on the body of the user in the event of a fall.

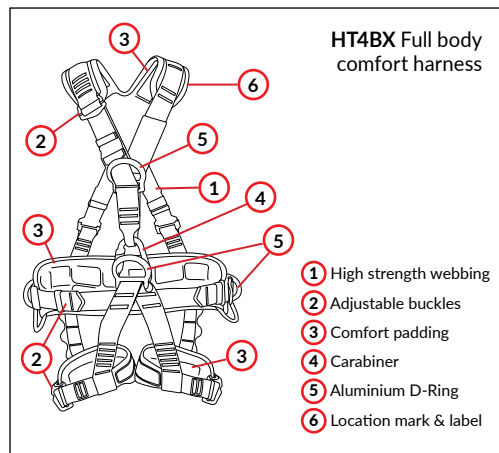
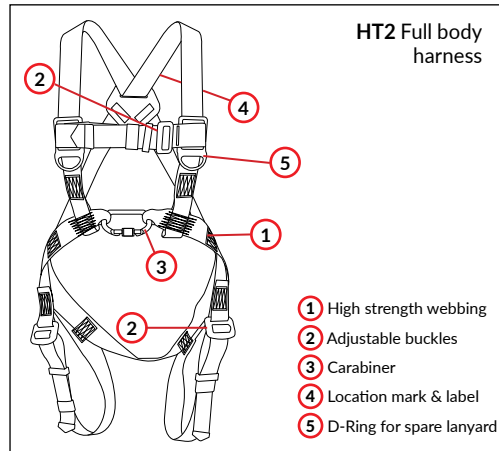
## APPLICATIONS

All Listed Harnesses are to be used as full body holding devices with adjustable shoulder straps, chest strap and leg straps. When fitted securely and correctly and used with other compatible PPE, the Harnesses are designed to distribute and limit the forces occurred in the event of a fall.

**BX1 - (EN358)** Work positioning belt designed as to be used for restraint and work positioning only.

**HT2 - (EN361)** Full body harness with rear dorsal attachment point and front chest attachment point.

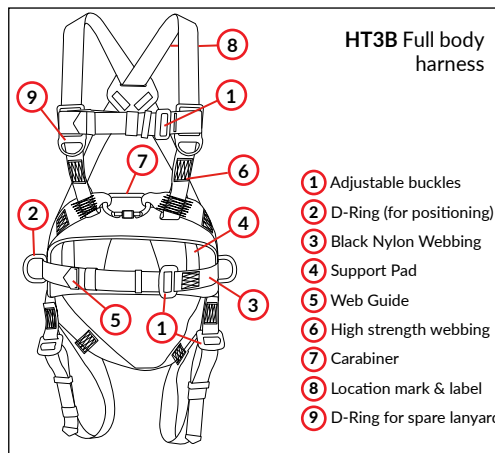
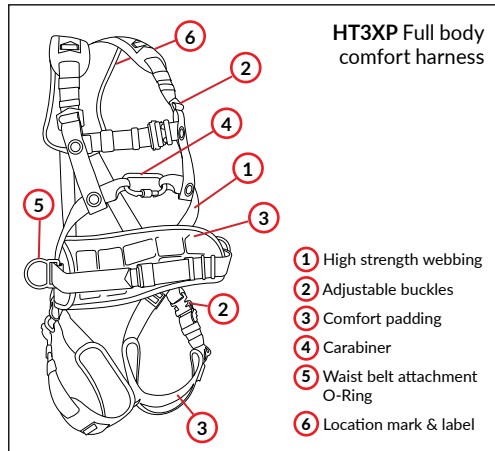
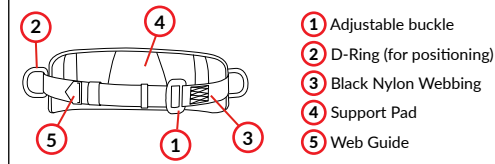
**HT3B - (EN361 and EN358)** Full body harness with rear dorsal attachment point, front chest attachment point and also positioning belt.



**HT3XP - (EN361 and EN358)** Full body comfort harness comes with padded shoulder and leg straps. One dorsal steel D ring & one front steel D ring for fall arrest according to EN361; two side steel D rings on the waist for work position. Chest strap, waist strap and leg straps equipped with quick release buckle for easy donning

**HT4BX - (EN361, EN358 and EN813)** Full body comfort harness with seven adjustment positions on belt and legs for superior fit. For greater visibility in dark and dangerous environments, reflective material is integrated on legs, shoulders and back. Breathable padding keeping the wearer comfortable. Five aluminium D rings equipped on the chest, ventral, dorsal & waist side.

### BX1 Work positioning belt



## WARNING

- Never use fall protection equipment for purposes other than those for which it was designed.
- All harnesses included in this User Information Sheet are tested in accordance with EN361 and all belts are tested to EN358.
- trägea® Full Body Harnesses are designed for users with a maximum capacity up to 100 kg including clothing, tools, etc. Only use components rated for the same weight capacity. Not all fall protection components are rated for the same user weight capacity.
- Full Body Harnesses shall only be used as part of a work positioning system that limits the maximum free fall distance to 2m.
- This full body harness/belt is only to be used by a person trained and competent in its safe use.
- Ensure there is sufficient clearance so that in the event of a fall, the user will not impact the ground or any other surface. A safety factor of 1 metre minimum should be enforced. 6.75 metres from the anchor to the ground is the suggested minimum distance.
- Any connection to an anchoring point must be with an EN 362 connector.
- Always use structural anchors provided as an anchoring point if possible. Ensure that any anchoring point used have a resistance of 12KN or more and is suitable under EN795.
- When using harnesses and belts suitable for EN358 for positioning (HT3B, HT3XP, HT4BX), the waist belt must be used for positioning only and never as a fall arrest system. The two lateral rings must always be used together.
- These products should not be used by anyone who has a health condition that may be affected by its use. Minors, pregnant women, and anyone with a history of back and/or neck problems should not use this equipment. If in doubt, please consult your doctor.
- Use of the listed PPE products should only be used by personnel who have undergone the correct training and who are competent and safe in its use, or under the direct supervision of a trained and competent instructor.
- Before using any fall protection PPE, a rescue plan must be in place and known to all applicable in the event of a fall or any other emergency. Users must have a rescue plan and the means to implement it. This plan must provide prompt employee rescue or assure that employees have the ability to rescue themselves in the event of a fall.
- Alternations or additions to the trägea® fall protection product must not be made under any circumstance. Only Ultimate Industrial or entities authorized in writing by Ultimate Industrial shall make repairs or alterations to the equipment. Any unauthorised alternations or additions made to the product without consent will not be the responsibility of Ultimate Industrial.
- Never use fall protection equipment for purposes other than those for which it was designed. The trägea® products listed in this user information sheet are tested separately for EN361, EN358 and EN813(HX4XB). They are fall protection products and must not be used outside of their limitations or for any purpose other than what they are intended for. Do not expose the equipment to any hazard which it is not designed to withstand.

• All of the trägea® height safety products listed in this User Information Sheet are personal items and should be assigned to one user throughout its lifetime. It is the user's responsibility to ensure the product remains safe and suitable for use.

• All of the trägea® height safety products listed in this User Information Sheet must be used as part of a fall protection system. All additional fall protection products used with these must conform to the relevant and accepted EN tests. For example; Positioning/restraint products must conform to EN354/EN358. Shock absorbing lanyards must conform to EN355. Connectors must conform to EN362. Only use components rated for the same weight capacity. Not all fall protection components are rated for the same user weight capacity.

• All of the trägea® height safety products listed must only be used with compatible products that will combine to offer a safe functional system. Do not use any products that may interfere with the safe function of any other product in the system. Only use components rated for the same weight capacity. Not all fall protection components are rated for the same user weight capacity.

• It is essential that a qualified person carries out a pre-use check of all products to ensure they are in perfect working condition. The products must be checked for; product deterioration or deformation, imperfections in the webbing such as extensive wear, frays, burns or cuts. Also check for any corrosion, cracks or damage to the metal parts or anything that may prevent the product from working correctly and safely. If in doubt, please contact Ultimate Industrial. All equipment must be inspected before each use according to the instructions found in this User Information Sheet.

## PRECHECK

When instigating the pre-use check, all aspects of the equipment must be tested to ensure that it will perform correctly. Check all aspects of the harness for any signs of damage or any defects that may affect the performance of the product. If in any doubt, replace the product.

### How to inspect the product

- Bend a portion of the webbing 15-20 cm into an upside-down 'U' shape. Continue along all webbing inspecting for tears, cuts, fraying, abrasion, discolouration, burns, holes, mould, pulled or broken stitches, or other signs of wear and damage.
- Adjust all keepers, buckles, padding, and D-ring to inspect webbing hidden by these components.
- Sewn terminations must be secure, complete, and not visibly damaged.
- Check all buckles for damage, distortion, cracks, breaks, and rough or sharp edges. Inspect for any unusual wear, frayed or cut fibres, or broken stitching of the buckle attachments. Make sure buckles properly engage.
- Ensure that the Quick-Connect buckle's dual-tab release mechanism is free of debris and engages properly. Double-check the buckle locking mechanism by tugging on both halves of the buckle to make sure it is firmly connected and will not disengage.
- All markings must be legible and attached to the product.
- All hardware must be free of cracks, sharp edges, deformation, corrosion, or any evidence of defect.

Any of the trägea® height safety products listed in this User Information Sheet must be withdrawn from use and destroyed if;

- Under inspection it is found to be defective or have excessive wear, damage, deterioration or anything else that may prevent the product working correctly. If in doubt remove the product from use immediately.

- In the event of a fall, the trägea® Full Body Harness must be removed from service and destroyed immediately.

## ANCHORAGE REQUIREMENTS

All anchorages to which the Personal Energy Absorbers and Energy Absorbing Lanyards attach must meet the requirements of EN795:1996

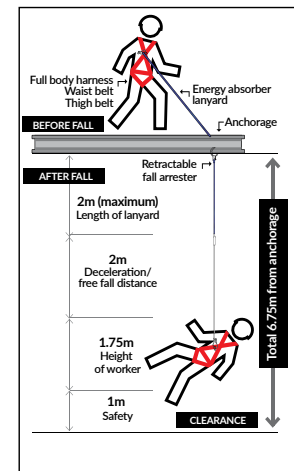
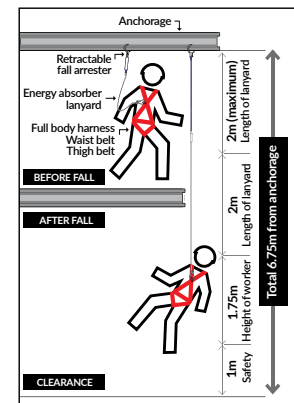
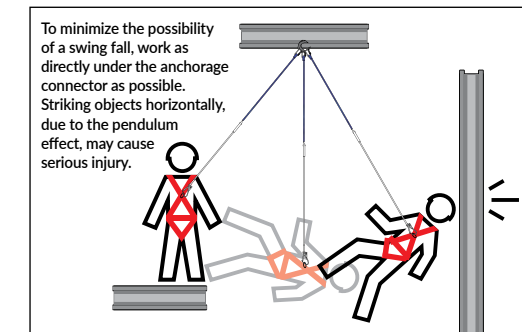
Connect the dorsal D-ring of the full body harness or a front attachment which can be considered as fall arrest attachment specified by the manufacturer's instruction. Attachment points are marked A or A/2 (if two points are used together) and these are the only attachments that should be used for fall arrest, to the end of a restraint lanyard or energy absorber lanyard. When using the front attachment point, both loops must be used together to create one attachment point.

Anchorages to which personal fall arrest equipment is attached must be capable of supporting at least 12 kN per employee attached, or shall be designed, installed, and used as part of a complete personal fall arrest system which maintains a safety factor of at least two, under the supervision of a qualified person.

When more than one personal fall arrest system is attached to the anchorage, the strength must be multiplied by the number of personal fall arrest systems attached to the anchorage.

Connect the dorsal D-ring of the full body harness or a front attachment which can be considered as fall arrest attachment specified by the manufacturer's instruction, to the end of a restraint lanyard or energy absorber lanyard. When using the front attachment point, both loops must be used together to create one attachment point. The opposite end of the lanyard is to be connected to the anchorage connector. Always use structural anchors provided as an anchoring point if possible. Ensure that any anchoring point used have a resistance of 12KN or more and is suitable under EN795.

For equipment intended for use in fall arrest systems, anchorages should be located as vertically as possible above the user's head and be positioned as not to exceed the maximum allowable free fall for the system. The fall arrester should be used in vertical direction only. To minimize the possibility of a swing fall, work as directly under the anchorage connector as possible. Striking objects horizontally, due to the pendulum effect, may cause serious injury. Swing falls also increase the vertical fall distance of a worker, compared to a fall directly below the anchorage connector. Swing falls may be reduced by using overhead anchorage connectors that move. A CE certified full



body harness is the only acceptable body holding device that can be used in a fall arrest system.

When using equipment intended for use in a fall arrest system, before each occasion of use, it is essential that the free space required beneath the user is clear and free from obstructions. This is so in the event of a fall, there will be no collisions with the ground or any other obstacle in the fall path.

Environmental hazards should be considered when selecting fall protection equipment. Do not expose the equipment to any hazard which it is not designed to withstand. Do not allow equipment to come in contact with anything that will damage it including (but not limited to): sharp edges, abrasive surfaces, moving machinery, high heat sources, electrical areas, extremes of temperatures, chemical reagents, climatic exposure and temperature applications such as welding etc.

## STORAGE AND TRANSPORT

When being transported or stored, the trägea® Full Body Harnesses should be stored in a cool, dry, ventilated place out of direct sunlight. Do not store in areas where damage from environmental factors such as heat, light, excessive moisture, oil, chemicals and their vapours, or other degrading elements may be present. It must be kept away from any sharp edges that may damage the product in transit.

Do not store/transport damaged equipment or equipment in need of maintenance in the same area as product approved for use. Equipment must be cleaned and dried prior to storage.

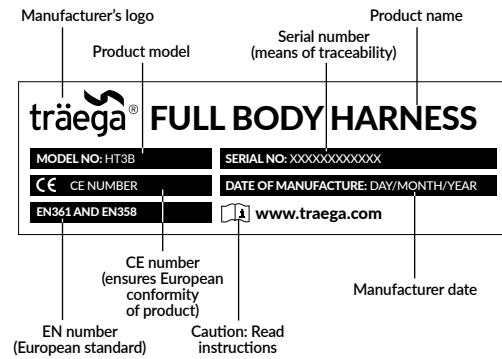
Equipment that has been stored for an extended period must be inspected as described in these User Instructions prior to use.

## CLEANING

trägea® Full Body Harnesses can be wiped down with a mild detergent and wiped with a clean cloth to remove detergent. The hardware can also be wiped down with a clean, dry cloth to remove grease or dirt. If wet, allow the product to air dry.

Bleach, solvents, corrosive chemicals or any other chemical that may damage/weaken the harness must not be used to clean the products as they can affect the product performance.

## EXPLANATION OF MARKINGS



Notified body involved with the design stage and involved in the production control phase.

SATRA Technology Centre Ltd, Wyndham Way Telford Way, Kettering NN16 8SD United Kingdom. Notified Body identification number - 0321.

All of the träega® height safety products listed in this user information sheet have a limited life. Product lifetime of these products is potentially up to 3 years from date of manufacture. However, this may be shorter and the product should be removed from use if the product matches any of the following criteria;

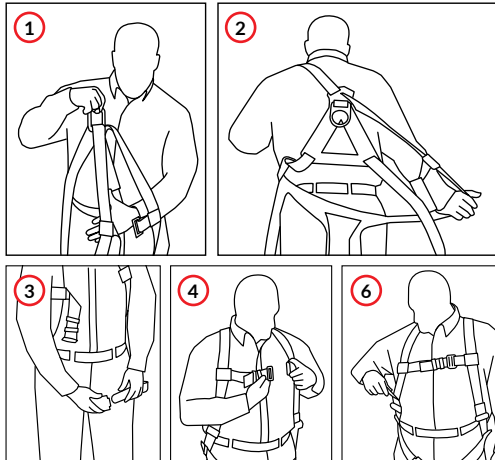
- The product is damaged, defective, has experienced excessive wear or isn't working correctly etc (please see Pre-use check section).
- The product has come into contact with harmful/corrosive chemicals.
- Any of the product labels are missing or illegible.
- You don't have the full history of the harness usage.
- You have any doubt to the integrity of the product.

Product lifetime is 3 years as long as it passes pre-use and Competent Person inspections. **REMOVE FROM SERVICE** 3 years after date of first use, or, if not recorded, from date of manufacture. This inspection log must be specific to one product. Separate inspection logs must be used for each additional fall protection product. All inspection records must be made visible and available to all users at all times.

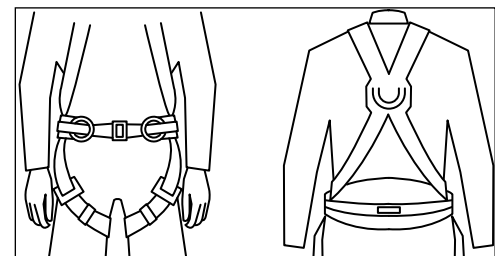
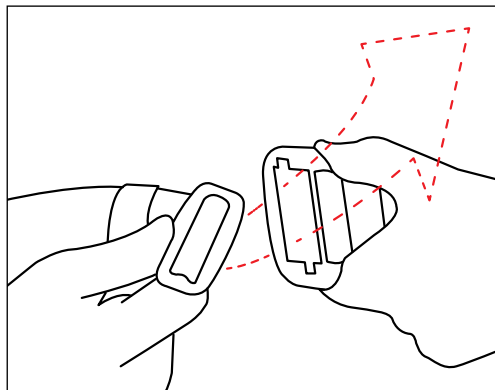
## HOW TO PUT ON HARNESS/BELT

1. Hold the dorsal (back) D-ring of the harness and shake to allow all straps to fall into place. Straps must not be buckled or twisted.
2. Slip shoulder strap over one shoulder, then pull the other shoulder strap around the back and over the second shoulder – much like putting on a jacket. The dorsal D-ring will be located on your back while the chest strap is located in the front. Straps must not be tangled as the harness hangs freely from shoulders.
3. Pull one leg strap between your legs and connect it to the opposite end on the same side. Repeat with second leg strap. Ensure that the leg straps are not twisted or crossed. Leg straps must be comfortably snug to achieve proper adjustment.

4. Fasten the chest strap just above the nipple line. Chest strap should be snug with excess strap-length secured through the web keepers.
5. Adjust shoulder straps with the two adjusters located at the lower end of the shoulder strap. Adjust the left and right sides to the same length.
6. After all straps have been tightened and harness fits snugly, secure all excess straps through the web keepers.



When using the BX1 belt or any harness that includes a belt, they must be tried and adjusted before use. The belt should have a close and snug fit around the user's waist and provide an acceptable level of comfort for the application it is to be used on.



## EQUIPMENT RECORD

### PRODUCT

Model & type/identification	Trade name	Serial number
Manufacturer	Address	Tel, fax, email and website
Year of manufacture/ life expiry date	Purchase date	Date first put into use
Comments		User name
Other relevant information (e.g. European Standard number)		
Other components suitable for use together in the fall arrest system are.....		

### PERIODIC


träega®

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träega® | HEIGHT SAFETY SYSTEMS

enhanced performance



INSTRUCTIONS FOR USE  
 STYLES: HT2, HT3B, HT3XP, HT4XB & BX1