

**EN**  
**OPERATING INSTRUCTIONS**  
**WORK SUPPORT BELT (ACCORDING TO EN 358 )**  
**OR RESTRAINT HARNESS WITH INTEGRATED LANYARD (ACCORDING TO EN 358 )**

**INSTRUCTIONS FOR USE**

This manual must be translated (according to regulations) by the dealer, in the language of the country where the equipment is used. This manual must be read and understood by the user before using the PPE.

The test methods described in the standards do not represent actual usage conditions. It is therefore important to study each work situation and that each user is fully trained in different techniques in order to know the limits of the various devices.

The use of this PPE is restricted to qualified persons properly trained or working under the direct responsibility of a competent superior. The user's safety depends on the continuing efficacy of the PPE, its strength and the proper understanding of the instructions in this manual.

The user is personally responsible for any use of this PPE which does not comply with the requirements of this manual and in the case of non-compliance with the security measures applicable to PPE specified by this manual.

The use of this PPE is restricted to persons in good health, certain medical conditions may affect the safety of the user, in case of doubt contact a physician.

Adhere strictly to the instructions for use, verification, maintenance and storage.

If the user is in a fall risk area, this product cannot be used alone, it becomes inseparable from a comprehensive fall protection system (EN363), whose function is to minimize the risk of injury from falls.

Before any use, refer to the recommendations for use for each component of the system. The documentation supplied with each product must be kept indefinitely by the user.

This belt (or belt with leg strap or work support belt, or work support lanyard and or restraint harness with integrated lanyard) is a work support and fall from height prevention system.

**WARNING:**

THE BELT IS NOT A GRIP BODY DEVICE, ONLY THE HARNESS IS RESERVED FOR THIS FUNCTION (EN361). THE BELT (OR THIGH BELT, OR SUPPORT BELT, OR SUPPORT LANYARD AND OR RESTRAINT HARNESS WITH INTEGRATED LANYARD) MUST NOT BE USED AS A FALL ARREST. In case of a fall risk, it is necessary to supplement this system with a collective or personal restraint or protection device against falls from a height (EN363).

**WARNING:**

When working in suspension, the user's weight concentrated on the thigh belts causes significant pressure on the femoral arteries that can cause injury. To guard against this: use a thigh belt (EN358 EN813) with a harness (EN361) designed for this use and follow the operating instructions of each component.

The belt (or thigh belt, or support belt, or support lanyard) can be incorporated into a harness (EN361). It can be equipped with connectors (EN362). It can be connected to a lanyard (EN354), a tensioner with a support lanyard (EN358).

In these cases, follow the instructions described in their own manual.

**MATERIALS:**

- straps: polyamide, polyester
- metal parts: light alloy, aluminium alloy, steel, galvanized steel,
- plastic parts: polypropylene, PVC, polyethylene
- back, thigh belts: towelling

**ESTABLISHMENT AND/ OR ADJUSTMENTS:**

It is recommended to assign each user a belt (or belt with leg strap, or support belt, or support lanyard ).

This PPE can only be used by one person at a time.

During all these operations, be careful not to twist the straps.

In the case of use of a belt incorporated on a harness: slip the straps of the lower part of the harness in the loops positioned on either side of the belt.

Position the belt on the back, close it with the ventral loops. Thigh belt: position the thigh belts on the back of the thighs, close with the loops.

Closing and opening of the different types of loops: see diagrams.

The belt should be adjusted to the size of the user: adjust the straps by sliding them into the loops and openings provided for this purpose. In order not to slip, it should be reasonably tight without compressing the abdomen.

The thigh belts should be adjusted to the size of the user: adjust the straps by sliding them into the loops and openings provided for this purpose. In order not to slip, they must be reasonably tight without compressing the thighs.

Test the comfort and settings in a safe place to ensure that the thigh belts are perfectly adjusted to the size of the user and comfortably accompanies his movements.

When the belt is used in a fall prevention device (retained), it must be connected to an anchor point (minimum resistance: 12 kN (EN795) and located at the user's waist or above the user, in order to reduce to the minimum the potential of fall.

Attach the lanyard (EN354) using the connectors (EN362) or the tensioner with lanyard (EN358) to the side attachment rings.

Adjust the length and tension of the rope with the tensioner so as to provide a stable working position and limit free movement up to a maximum of 0.6 m. The adjustment is completed, check that any fall is limited to 0.5 m.

During use, the overall system must not be in contact with:

cutting elements, sharp edges and structures of small diameter, oils, harsh chemicals, fire, hot metal, all types of electrical conductors...

During operation, regularly check the closing and adjustment and/ or fastening elements.

May provide a protective sheath.

For safety reasons and before each use, check:

- that the connectors (EN362) are closed and locked
- that the operating instructions described for each component of the system are met

- that the general disposition of the work situation reduces the fall risk, the drop height and the pendulum movement in the case of a fall.
  - The vertical clearance is sufficient (free space beneath the feet of the user) and no obstacles disrupt the normal functioning of the fall arrest system.
- The vertical clearance is the stopping distance H + additional safety distance of 1 m. The distance H measured from the initial position to the final position (user's balance after the fall arrest). (See reference table).
- Provide a safe distance from the ground and the power lines or areas with an electrical hazard.

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### **SPECIAL NOTE: ESTABLISHMENT AND/ OR ADJUSTMENTS: ELARA 130**

Special note for the harness equipped at the dorsal attachment point of an irremovable lanyard.  
The harness with dorsal attachment point to an irremovable restraint lanyard (EN358) should not be used as a fall arrest system, but as a restraint.

Unfold the harness to put it in the correct direction **(A)**.

Harness: Put the harness over the back, pass the head through the upper part **(B)**.

Close the Bavarian sternum strap **(C)**. Pass the lower part between the legs.

Assemble the lower and upper part through the loops **(D)**. see diagrams.

A harness should be adjusted to the size of the user: adjust the straps by sliding them in the loops and openings provided for this purpose, so that the seat strap is in place and the back plate is located between the shoulder blades, adjust the adjustable buckles. The harness must be strapped as close to the body as possible, without excess, to allow the user free movement. These settings must be made at once only and before the user is in the fall risk area.

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### **USAGE LIMITS:**

Before any PPE implementation operation, set up a rescue plan to deal with any emergency that may occur during the operation. Textile products or those containing textile elements (harnesses, belts, shock absorbers etc...): maximum life of 10 years in storage (from date of manufacture), 7 years after the first use.

The shelf life is given as an indication. The following factors can cause it to vary greatly:

- Non-compliance with the manufacturer's instructions for transport, storage and use
- "Aggressive" work environment: marine atmosphere, chemicals, extreme temperatures, sharp edges...
- Particularly intensive use
- Shock or significant constraint
- Disregard for the product item's history

Warning: these factors can cause damage invisible to the naked eye.

Warning: certain extreme conditions can shorten the shelf life by a few days.

If in doubt, always remove the product for it to undergo either: - a review - destruction

The shelf life is not a substitute for periodic verification (minimum annually) which will assess the condition of the product.

TO FIND YOUR LOCAL ANNUAL REVIEW CENTRE, VISIT [WWW.DELTAPLUS.EU](http://WWW.DELTAPLUS.EU).

No modification or addition or repair of the PPE may be made without prior written consent from the manufacturer nor without using their procedures.

Do not use beyond the area of use defined in the instructions for use.

The manufacturer cannot be held liable for any direct or indirect accident after a modification or use other than that provided in this manual.

Do not use this equipment beyond its limits.

To ensure its working condition and therefore the safety of the user, the product should be checked systematically:

#### **1 / visually inspect the following points:**

- State of the strap or rope: no fraying, no boot cut, no visible damage at seams, no burning and no unusual narrowing
- Condition of seams and fasteners: no visible damage
- Condition of the metal parts: no wear, no deformation, no corrosion or oxidation
- General condition: look for any possible damage due to ultraviolet radiation and other climatic conditions
- Correct operation and locking of connectors

Specific conditions such as humidity, snow, ice, mud, dirt, paint, oil, glue, corrosion, wear of the strap or rope, etc.. can significantly reduce the operation of the fall arrest device.

#### **2 / in the following cases:**

- Before and during use - if in doubt
- In the case of contact with chemicals, solvents or fuels that could affect operation
- If it has been subjected to stress during a previous fall
- At least every twelve months by the manufacturer or a competent organization, mandated by them.

### **PERIODIC REVIEW OF PPE:**

An examination should be performed at least every twelve months by the manufacturer or a competent organization, mandated by them. This very important check is related to the maintenance and efficacy of the PPE and hence the user's safety. A written document authorising reuse should be obtained during this audit in order to reuse the PPE. This document will clarify that the user's safety is linked to maintaining the efficiency and resistance of the equipment.

Replace the PPE if necessary.

In accordance with European regulations, the identification form must be completed prior to the first use of the product and then updated and kept with the product as well as the manual by the user. The legibility of the product labelling should be checked periodically.

### **WARNING:**

THE BELT IS NOT A GRIP BODY DEVICE, ONLY THE HARNESS IS RESERVED FOR THIS FUNCTION (EN361).THE BELT (OR THIGH BELT, OR SUPPORT BELT, OR SUPPORT LANYARD AND OR RESTRAINT HARNESS WITH INTEGRATED

LANYARD) MUST NOT BE USED AS A FALL ARREST. In case of a fall risk, it is necessary to supplement this system with a collective or personal restraint or protection device against falls from a height (EN363).

**WARNING:**

The user's safety depends on the continuing efficacy of the PPE, its strength and the proper understanding of the instructions in this manual.

WARNING: Any static or dynamic overload may damage the PPE.

WARNING: The weight of the user, including his clothing and equipment must not exceed the maximum weight indicated on the fall arrest

Maximum nominal load for the belt with leg straps: 100 kg

It is dangerous to create your own fall arrest system as each safety function may interfere with another safety function.

No modification or addition or repair of the PPE may be made without prior written consent from the manufacturer without using their procedures. Do not use beyond the scope of use defined in the usage instructions, nor beyond its limits.

The manufacturer cannot be held liable for any direct or indirect accident after a modification or use other than that provided in this manual.

This equipment should be used in work environments with minimum temperatures of -20°C / maximum of +50°C. (See reference table).

**FEATURE OUTSIDE OF STANDARD:**

Some of these PPE have been tested with a mass constraint 40% / 50% higher than the standard requirements (at 140 kg / 150 kg), see product marking.

**STORAGE INSTRUCTIONS:**

During transport and storage:

- keep the product in its packaging
  - keep the product away from any sharp, abrasive, objects etc...
  - keep the product away from direct sunlight, heat and chemicals (acids or bases).
- After use, store the product in its packaging in a cool, dry, ventilated area.

**INSTRUCTIONS FOR CLEANING / MAINTENANCE:**

Clean with soap and water, wipe with a cloth and hang in a ventilated area to dry naturally away from any direct fire or source of heat, even for items that got wet during use.

The metal parts are wiped with a cloth soaked in vaseline oil. Bleach and detergents are strictly prohibited.

**MARKING:**

- Manufacturer identification: DELTAPLUS®
- date (month / year) of manufacture, e.g. 02/2016
- the product reference EX... / ELARA... (See reference table).
- the batch number, e.g. 16.9999
- the indication of compliance with Directive 89/686/EEC (CE symbol)
- the number of the notified body involved in the regulation of equipment (0082 or 0333)
- the number of the standard to which the product is compliant and its year: EN...
- 2 free zones to indicating the user's name and that of his company
- Sizes: TM = XS, XXS, GT = S, M, L and XX = XL, XXL, XXXL, « single size adjustable »

As well as the pictograms: ⓘ Read the instruction manual before use

**PERFORMANCE / COMPLIANCE:**

Compliance with the essential requirements of Directive 89/686/EEC, in particular in terms of design, ergonomics and safety.

Meets with requirements and test standards EN363, EN364, EN365, EN358.

Some products have been tested at 140 kg / 150 kg according to EN358, see product marking.

Other detachable components:

Connector or harness or lanyard:

Follow the instructions described in their own manual.