

**Designers, Manufacturers and Suppliers of  
Personal Protective Equipment**

# Users Manual

For use only in English speaking countries

***Quick Fit Range of  
Fall Arrest Harnesses to  
EN361 / EN358 / EN1497***



BS EN ISO 9001:2000  
Certificate No. FM 33387



Thank you for purchasing this P&P Harness. Please take the time to familiarise yourself with the correct fitting and adjustment procedure.

It is imperative that this harness is only used for its intended purpose and that it is regularly inspected for worthiness.

Before using this harness and to avoid personal injury, carefully read and understand these instructions BEFORE use or training others to use the harness. If there is anything you do not understand, DO NOT use the harness, contact the supplier or P&P for advice.

P&P can offer suitable training for you and your workforce. Contact P&P for further details.

Certain information in this manual is governed by law and is subject to change without prior notice. Great care has been taken to ensure that the information is correct at the time of publication. However, it is the user's sole responsibility to ensure that they fully comply with all legal requirements. P&P will not accept liability for any inaccuracy or incorrectly stated legal requirements.

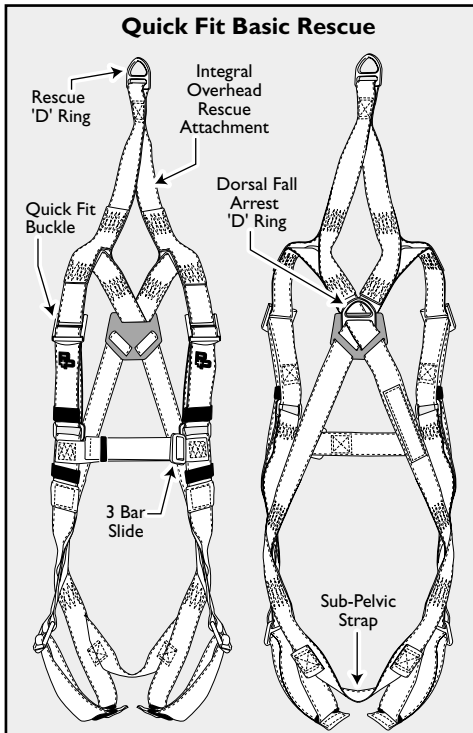
P&P operate a policy of continuous improvement and reserve the right to change specifications without notice. The Manufacturer and/or their recognised agents, directors, employees or insurers will not be held liable for consequential or other damages, losses or expenses in connection with or by reason of or the inability to use the harness for any purpose.

Note; training should only be delivered by a suitably qualified and competent person, i.e. a P&P product trainer.

## Description

### Quick Fit Basic

As the name suggests this harness is basic with adjustable shoulder, chest and leg straps. Fall arrest dorsal 'D' ring only.

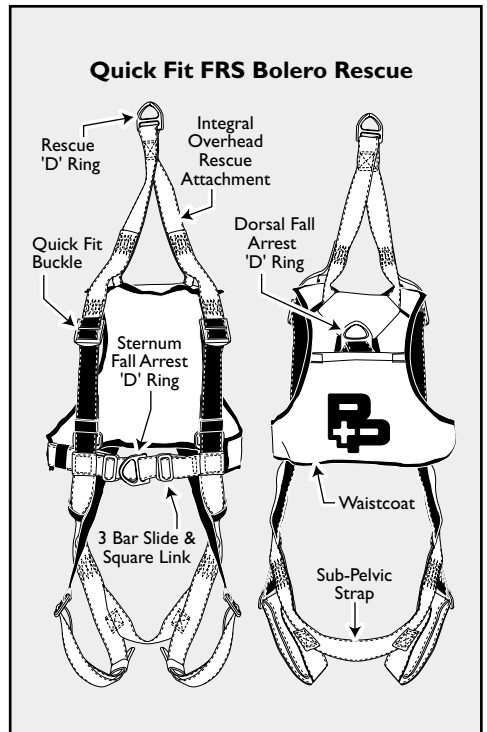


### Quick Fit Basic Rescue

With the same features as the Basic but with the addition of an Integral Overhead Rescue Attachment.

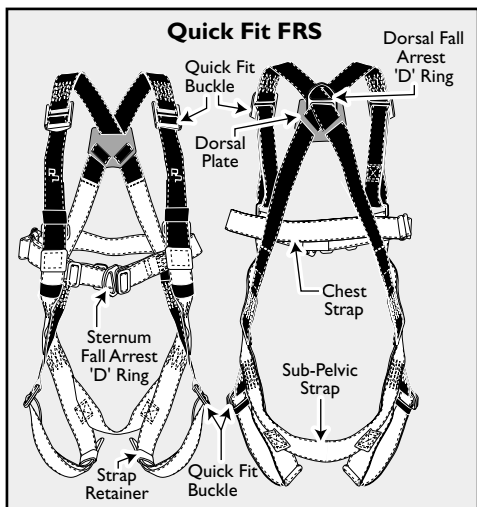
### Quick Fit FRS Bolero Rescue

With the same features as FRS Rescue, but with the addition of a waistcoat.



### Quick Fit FRS

The FRS has a full chest strap with shoulder, chest and leg strap adjustments. Fall arrest dorsal 'D' ring and fall arrest sternum 'D' ring.



### Quick Fit Super

The Super has a full chest strap with shoulder, chest and leg strap adjustments. Fall arrest dorsal 'D' ring and fall arrest sternum 'D' ring. In addition, it has an adjustable work positioning waist belt with a fixed, cranked work positioning 'D' ring at each side.

## Harness Selection and Usage

All harnesses in the Quick Fit range are designed for fall arrest. Each harness is fitted with a dorsal (rear, between shoulders) 'D' ring attachment point marked by the letter 'A' stamped onto the webbing.

Where applicable, there will be a sternum (front, centre of breast bone) 'D' ring also marked with the letter 'A' stamped onto the webbing.

Fall arrest lanyards/equipment must only be attached to a 'D' ring which has the letter 'A' marked on the webbing.

The 'Super' should be worn when fall protection is needed and when you also require the facility to hold yourself in a position of work, i.e. when working on a pylon or other lattice steel structure.

When entering confined spaces or working below ground level, wear a model fitted with an integral overhead rescue attachment.

### Inspection

Each Harness is supplied with a Certificate of Conformity, which has a section for recording your periodic 'Detailed Inspections'. On the Certificate you will also find the product name, its unique serial number and date of manufacture. Keep it in a safe place for future reference.

The product name, unique serial number and date of manufacture will also be found on the product label stitched into the harness. Always make sure the product label is present showing both the serial number

and date of manufacture and that it matches your Certificate of Conformity. If the numbers are not legible on the Product Label or do not match the Certificate – Do Not Use the Harness!

The harness along with all your other Fall Protection PPE must be subjected to a pre-use check each time before use. Failure to inspect the harness correctly could cost you your life. You should be trained to carry out a pre-use check.

Detailed Recorded Inspections should only be carried out by a trained competent person, appointed by the employer. Additionally recorded interim inspections may be required where risks from transient arduous working environments exist. This should be identified through Risk Assessment.

The inspection must include (but is not limited to):

- Check all webbing for signs of cuts, abrasions, fraying, tears, burns, mould, discolouration or chemical attack. If the harness has been subject to paint overspray, it must not be used.
- Check all stitching for signs of loosening, pulling or cut thread. There must be no evidence of damaged stitching on either side of the stitch pattern.
- Buckles and 'D' rings MUST be free from rust, excessive wear, distortions or cracks

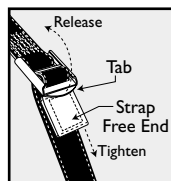
If during the inspection any part of the fall arrest system is found to be or believed to be faulty, DO NOT use it. Remove ALL components from site to ensure that they cannot be used by anyone.

### Modifications and Repairs

No repairs, modifications or alterations are to be carried out on this Harness.

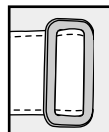
## Fittings and Adjustments

### Quick Fit Buckle



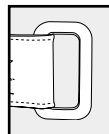
The Quick Fit buckle is permanently attached to enable speedy deployment. To tighten a fitting, pull the free end of the strap until the required fit is achieved. To release the fitting, raise the buckle's tab fully back and pull, the webbing will feed gently through.

### Three Bar Slide

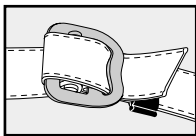


A simple metal 'buckle' shaped fitting which is either retained in place by webbing or fitted to the end loop of a webbing strap. It can be 'slid' along the webbing and will remain where positioned with minimal creep.

### Square Link

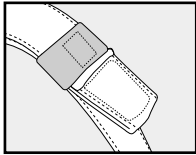


Fitted to the end of a webbing strap and designed to receive and retain a three bar slide. The three bar slide and square link allow easy connection, separation and adjustment of chest straps when fitting or removing the harness.



### Waist Belt Buckle

This buckle has to be threaded in a specific manner to ensure a secure fit. It is only fitted to harnesses that incorporate a Work Positioning Belt.

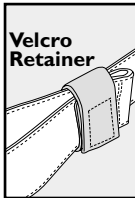


### Web Retaining Loop

A sewn webbing loop used to retain the end of a leg strap. When adjustment has been finalised, the loop should be moved as close to the loose end of the webbing strap as possible.



Elasticated Retainer



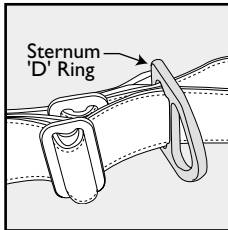
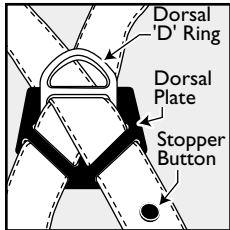
Velcro Retainer

### Strap Retainers

Adjustable Chest Straps, Shoulder Straps and Waist belts (when incorporated) are fitted with an elastic or Velcro secured retainer to retain the end of the strap.

### Fall Arrest 'D' Ring

All 'D' rings marked with an 'A' are specifically designed for attachment to the fall arrest equipment. Two positions are employed, either to the front (sternum 'D' ring) or to the rear (dorsal 'D' ring).



Fall arrest devices should only be attached to 'D' rings marked by the letter 'A' on the webbing.

### Dorsal Plate

Retains the dorsal 'D' ring and cross over shoulder straps. Most harnesses will have a stopper button fitted to the webbing, to reduce slippage of the rear 'D' ring and Dorsal Plate down the back of the harness.

### Rescue 'D' ring

This will only be fitted to the integral overhead rescue attachment and MUST NOT be used for or attached to a fall arrest system.

The attachment should be either folded and stored in the Velcro pocket on the waist coated versions or attached with the Velcro loop to the chest strap at the back. The attachment must always be behind the head, never in front.

## Fitting Your Harness

The following instructions cover all harnesses in the 'P&P Quick Fit Range' and all variations of fitting. Some parts such as adjustable chest straps, waist belts and integral overhead rescue attachments are only fitted to specific models.

The harness is normally worn outside of your clothing. Make sure that your clothing is correctly fitted and that you secure all zips and buttons. Remove ALL items from your pockets, hanging items such as key clips, mobile phone or radio.

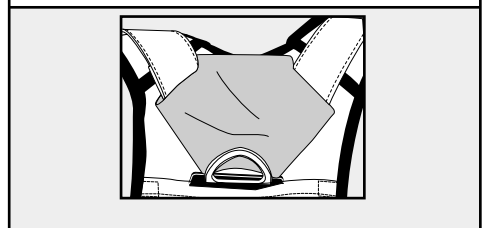
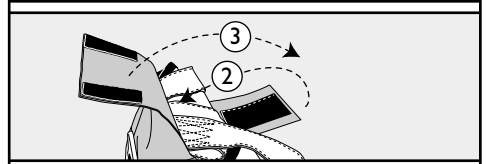
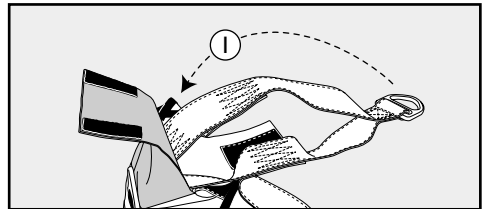
Double check that there are no items positioned between the webbing and your body. Such items could cause discomfort or injury in the case of a fall.

## WARNING

**This Harness must only be used by persons who are medically fit to do so. If you have any medical condition, are recovering from any medical condition or suffer from any physical or mental disability, you MUST seek professional medical advice before using this Harness.**

### Preparation

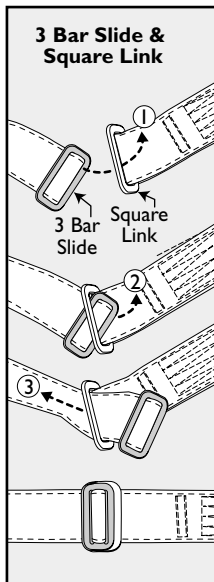
1. Carry out a pre-use check of the harness before proceeding. If any faults are found or you are not 100% sure of the harness's condition or suitability, STOP.
2. Remove any attached lanyard or similar connected to any 'D' ring.
3. Undo the three bar slide and square link fitted to the chest strap.
4. If an integral overhead rescue attachment is fitted, carefully fold it back and secure either with the Velcro loop or within the yellow pouch (Bolero model only).



5. Lift the harness by the dorsal 'D' ring and make sure all straps hang straight. Untangle any which are not.

## Fitting Stage One (shoulder and chest)

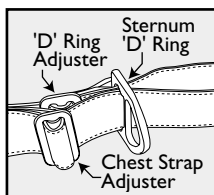
1. Place the harness on the floor and 'step into' both leg strap loops. Raise the harness and check that the dorsal 'D' is ring behind you. Raise the harness over both shoulders and place your arms through the shoulder straps. The harness is 'in side out' if the P&P logo on the webbing is not outermost.



2. (Rescue version without a waistcoat) make sure that the integral overhead attachment is attached with the Velcro loop to the chest strap, on the outside of the harness, behind your head and NOT between you and the harness itself.

3. Adjust both shoulder straps by pulling down on the tabs to bring the chest strap squarely in line with your sternum (breast bone). Make sure both shoulder straps are adjusted to an equal length.

4. Connect the chest strap by passing the three bar slide through the square link. Then turn the three bar slide and align it with the square link ensuring that the straps are not twisted or twisted.



5. Adjust the chest strap as necessary to bring the strap to a snug fit, then secure excess strap under the elasticated or Velcro strap retainer. Realign the sternum 'D' ring to bring it central to the chest.

Note; try to achieve a snug fit without creating discomfort or restricting natural movement.

## Fitting Stage Two (legs)

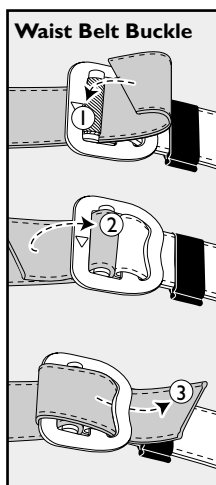
1. Stand upright and straight then check that both leg straps are not twisted.

2. CAUTION; Positioning of these straps is of the utmost importance. Failure to ensure that both leg straps pass between your legs, are not twisted and are adjusted so they sit into your groin, may cause serious injury during an arrested fall.

3. Care should be taken to ensure that the sub-pelvic strap is correctly positioned at the top of your thigh muscle. It should NOT be at the base of your spine.

4. Adjust the straps to make a snug fit ensuring that both straps are positioned as high as possible, between the inside leg and groin.

## Fitting Stage Three (Quick Fit Super only)



1. Only when the harness has been fitted and adjusted should you secure the waist belt buckle.

2. Pass the free webbing strap behind the buckle's knurled bar (to the left as viewed) and pull it through the buckle. Move the strap over the knurled bar and feed back through the front of the buckle.

3. Hold the free end webbing strap and pull until a snug fit is achieved. To secure in place, move the free end over the buckle and pass it through the tail of the buckle.

4. Secure excess strap under the elasticated retainer.

## FIT Checklist

Make it a habit to follow this check list every 2 hours of use, IT MAY SAVE YOUR LIFE.

- Shoulder straps evenly adjusted.
- Leg and chest three bar slide and square links joined correctly.
- Chest strap adjusted and positioned squarely over sternum.
- Dorsal 'D' ring positioned centrally.
- Leg straps evenly adjusted and CORRECTLY POSITIONED.
- Waist belt secure.
- Integral overhead rescue attachment retained or positioned behind shoulders.
- All excess strapping secured behind plastic sliders, elasticated or Velcro retainers.

## Attaching to the harness

You must only use P&P approved and recommended lanyards, connectors, fall arresters and ancillary equipment.

Any lanyards, connectors, fall arresters or ancillary equipment MUST be accompanied by a certificate of conformity and a valid inspection record.

## Dorsal 'D' ring and Sternum 'D' ring

The two fall arrest attachment points, marked on the webbing with the letter 'A', are the only ones to be used to connect you in the harness to a fall arrest system. Although you may have fall arrest lanyards and other fall arrest attachment devices attached to both of your fall arrest 'D' rings, only one means of attachment should be connected to your anchorage point at any one time.

If attaching to the Dorsal 'D' ring of a 'rescue' model, make sure that the integral overhead rescue attachment is either retained or moved to the side of the 'D' ring.

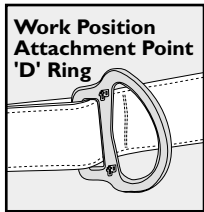
## Integral Overhead Rescue Attachment 'D' ring

When required, you should attach the retrieval systems connector to the 'D' ring. If practicable, keep any fall arrest system connected.

### RESCUE PLAN

**As part of your risk assessment, you MUST have in place a rescue plan to deal with any emergency which may occur during use. Access to the user, directly or indirectly, and their safe retrieval is of paramount importance, including preparations for dealing with potential Post Fall Suspension Trauma.**

## Work Positioning Attachment Point 'D' ring



Use only with an approved work positioning lanyard to support the user when working at height when needing a hands free environment. NEVER detach yourself from the fall arrest equipment when using the work position attachment point 'D' rings.

## Cleaning and Storage

You may clean the harness of light soiling, using warm water (40°C max) with pure soap or mild detergent. Heavy deposits of creosote or grease may be removed with a diluted solution of heavy detergent and water.

Avoid getting soap/detergent into adjuster buckles. After cleaning, rinse thoroughly with fresh clean water then remove excess water with a dry cloth. Finally, allow the harness to dry naturally then give it a full inspection before storing.

Store in a cool dry place, which will protect the harness from extreme humidity, direct heat and sunlight. Allocate a storage area specifically for your harness. If the harness is wet, allow it to dry naturally BEFORE storing.

### Chemical Attack

If the harness comes in contact with any chemicals, you MUST immediately remove it from service and check with P&P for the potential of degradation.

If you have any doubts as to the safe condition of the harness remove it from service and have it destroyed.

## Service Life

Each P&P harness has a maximum working life of 5 years from date of first use, provided it is correctly stored and maintained. However, if the harness fails any inspection it MUST be destroyed.

A new harness may be stored for a maximum of 2 years and still give its potential 5 year working life, provided it remains in its original packaging. Once the harness is taken from its original packaging for the first time, date first used should be recorded on the certificate of conformity and the 5 year working life starts.

### IMPORTANT NOTE

**Each P&P harness is designed to arrest a fall from height ONCE ONLY.**

**If subjected to an arrested fall the harness must be withdrawn from service and destroyed to ensure that it is not used again.**

P&P harnesses are tested and certified to the following:

Fall Arrest Harness to EN361

Fall Arrest Harness incorporating a Waist Belt to EN358

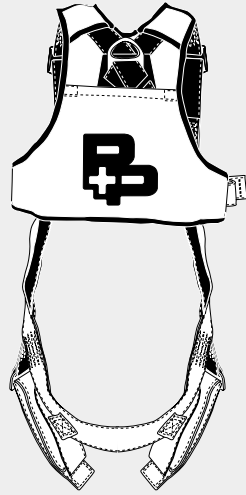
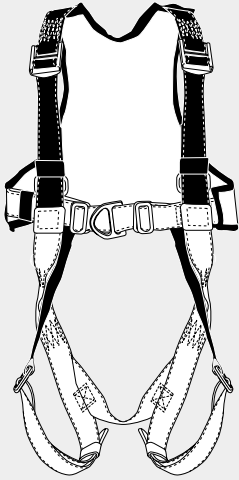
Fall Arrest Harness incorporating an Integral Overhead Rescue Attachment to EN1497

Note; to comply with the above standard, the harness is subjected to testing with a 100Kg solid rigid dummy, which does not have the capability of absorbing any energy. P&P recommend that the users' body weight, including clothing and tools, does not exceed the weights shown in the table below.

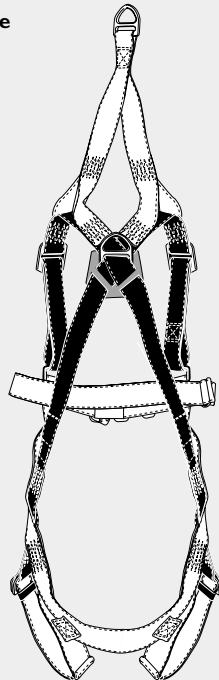
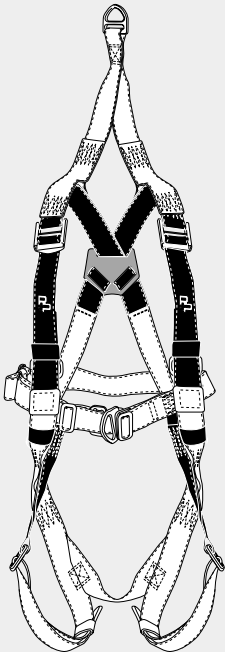
However, what must also be considered by the user or specifier when having concerns about body weights of 100Kg + is the fall factor and energy absorbing capabilities of the attachment device i.e; Energy Absorbing Lanyard or Retractable Type Fall Arrestor.

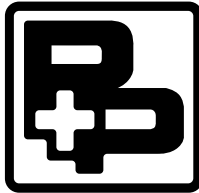
Dorsal 'D' ring (fall arrest)	130kg
Sternum 'D' ring (fall arrest) with full chest strap	130kg
Overhead rescue attachment 'D' ring	130kg
Work Positioning Waist Belt	130kg

**Quick Fit FRS Bolero**



**Quick Fit FRS Rescue**





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