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Personal Protection Equipment (PPE) against falls from a height : INSTRUCTIONS FOR USE AND MAINTENANCE

You have just purchased a Capital Safety PPE to secure against falls from a height and we would like to thank you for your trust. For this equipment to provide you with the safety and comfort you are entitled to receive, we must ask you to keep and follow TO THE LETTER the following instructions. All users should be required to refer to this manual.

Equipements de Protection Individuels (EPI) contre les chutes de hauteur : NOTICE GENERALE D'UTILISATION ET D'ENTRETIEN

Vous venez d'acquies un EPI contre les chutes de hauteur CAPITAL SAFETY et nous vous remercions de votre confiance. Afin que cet équipement vous apporte tout le confort et la sécurité que vous êtes en droit d'attendre, nous vous demandons de garder et de suivre SCRUPULEUSEMENT les instructions ci-dessous décrites. Cette notice doit être portée à la connaissance de tous les utilisateurs.

Persönliche Schutzausrüstungen (PSA) gegen Absturz : ALLGEMEINE GEBRAUCHS- UND WARTUNGSANWEISUNG

Sie haben eine Persönliche Schutzausrüstung (PSA) gegen Absturz von Capital Safety gekauft und wir danken Ihnen für Ihr Vertrauen. Damit diese Ausrüstung Ihnen den Komfort und die Sicherheit bietet, die Sie von ihr erwarten dürfen, bitten wir Sie die nachstehenden Anweisungen aufzubewahren und GEWISSENHAFT zu befolgen. Jeder Benutzer muss von dieser Gebrauchsweisung in Kenntnis gesetzt werden.

Dispositivi di protezione individuale (DPI) contro le cadute dall'alto : ISTRUZIONI GENERALI PER L'UTILIZIO E LA MANUTENZIONE

Avete appena acquistato un DPI contro le cadute dall'alto Capital Safety e vi ringraziamo per la fiducia accordata. Affinché questo dispositivo vi garantisca tutto il confort e la sicurezza di cui avete diritto, vi preghiamo di conservare e seguire SCRUPOLOSAMENTE le istruzioni riportate di seguito. Tutti gli utenti devono essere informati delle presenti istruzioni.

Equipos de protección individual (EPI) anticaidas : MANUAL GENERAL DE USO Y MANTENIMIENTO

Acaba de adquirir un equipo anticaidas EPI de CAPITAL SAFETY e deseamos dar-las gracias por su confianza. Para que este equipo le proporcione todo el confort y seguridad que usted tiene derecho a esperar, le rogamos conserve y respete SCRUPULOSAMENTE las instrucciones descritas a continuación. Este manual deberá entregarse a los usuarios para que lo lean por completo.

Equipamentos de Protecção Individual (EPI) contra quedas de altura : MANUAL GERAL DE UTILIZAÇÃO E MANUTENÇÃO

Acaba de adquirir um EPI contra quedas de altura CAPITAL SAFETY e agradecemos-lhe a confiança depositada. Para que este equipamento lhe proporcione todo o conforto e segurança com que legitimamente pode contar, pedimos-lhe que guarde e siga SCRUPULOSAMENTE as instruções que figuram adiante. Estas instruções devem ser dadas a conhecer a todos os utilizadores.

Personlige værnemiddel (PV) mod nedstyrtning : GENEREL BRUGER- OG VEDLIGEHOLDELSESVÆJLEDNING

De har netop købt et PV mod nedstyrtning fra CAPITAL SAFETY og vi takker Dem for Deres tillid. For at udstyret kan give Dem den komfort og sikkerhed, som De er berettiget til at forvente, skal vi anmode Dem om at opbevare og OMHYGGELIGT overholde nedenstående anvisninger. Samtlige brugere skal underrettes om denne vejledning.

Personlijke beschermingsmiddelen (PBM) tegen vallen : ALGEMENE GEBRUIKSAANWIJZING EN ONDERHOUDSINSTRUCTIES

Hartelijk dank voor uw vertrouwen in Capital Safety en uw aankoop van een PBM tegen vallen. Wij verzekeren u onderstaande instructies nauwkeurig op te volgen en de bewaren, om er zeker van te zijn dat uw product u het comfort en de zekerheid biedt die u van ons kunt verwachten. Deze gebruiksaanwijzing moet door alle gebruikers worden gelezen.

Personlig vernetstyr (PVU) mot høye fall : BRUKS- OG VEDLIKEHOLDSVEILEDNING

Gratulerer med ditt nye personlige vernetstyr mot høye fall fra CAPITAL SAFETY. For at utstyret skal gi deg den komfort og sikkerhet du med rette forventer, er det viktig at du tar vare på denne veiledningen og følger instruksjonene nedenfor NOVE. Alle som bruker utstyret skal være godt kjent med denne veiledningen.

Putoamissuojaimet : YLEINEN KÄYTTÖ- JA HUOLTO-OHJE

Olet juuri ostanut CAPITAL SAFETY:n putoamissuojaimet ja kiitämme sinua luottamuksessasi. Nämä ohjeet laitteet vastaisivat kaikkia käyttökäyttöä ja -huollusta koskevia odotuksia, pyydämme sinua säilyttämään nämä ohjeet ja noudattamaan niitä TARKASTI. Kaikkien käyttäjien on luettava nämä käyttöohjeet.

Personlig skyddsutrustning (PSU) för skydd mot fall från höjd : ALLMÄN INFORMATION OM ANVÄNDNING OCH SKÖTSEL

Du har just köpt en PSU för skydd mot fall från höjd. Capital Safety och vi tackar för visat förtroende. För att utrustningens bekvämlighet och säkerhet ska motsvara dina rättsliga förväntningar, ber vi dig att spara och NOGRANT följa de anvisningar som står här nedan. Alla användare ska läsa del av denna instruktion.

Osobni ochrannná zařízení proti pádům : OBEČNÝ NÁVOD PRO POUŽITÍ A ÚDRŽBU

Právě jste si zakoupili osobní ochranné zařízení proti pádům od firmy CAPITAL SAFETY a my vám chleme poděkovat za projevenou důvěru. Aby vám toto zařízení poskytl pohodu a bezpečnost, které pravém očekáváte, žádáme vás, abyste si návod ponechali a PEČLIVĚ se řídili instrukcemi popsávanými níže. S tímto návodem by se měli seznámit všichni uživatelé.

Εξοπλισμός ατομικής προστασίας για ανακλιση πτώσεων : ΓΕΝΙΚΟ ΕΓΧΕΙΡΙΔΙΟ ΧΡΗΣΗΣ ΚΑΙ ΠΕΡΙΘΕΡΗΣΗΣ

Αγοράσατε ένα προϊόν ατομικής προστασίας για ανακλιση πτώσης της CAPITAL SAFETY. Σας ευχαριστούμε για την προτίμησή σας. Για να σας παρέχει ο εξοπλισμός την άνεση και την ασφάλεια που περιμένετε, πρέπει να τηρείτε και να ακολουθείτε ΠΙΣΤΑ τα οδηγίες που περιγράφονται παρακάτω. Αυτό το εγχειρίδιο πρέπει να ανανεωθεί από όλους τους χρήστες.

Egyéni védelesezerelek (EVF) magasból történő leesés ellen : ÁLTALÁNOS HASZNÁLTÉSI ÉS KARBANTARTÁSI UTASÍTÁS

On CAPITAL SAFETY magasból történő leesés elleni EVF-jét vásárolta meg. Köszönjük bizalmát. Annak érdekében, hogy ez a felszerelés teljes kényelmet és biztonságot nyújtson Önnek, amiről foglalt elvár, kérjük, hogy őrizz meg, és kövesse PONTOSAN az alábbi utasításokat. Jelen utasítását ismertetni kell minden felhasználónak.

Yüksekten düşünelere karşı Kişisel Koruma Ekipmanları (EPI) : GENEL BAKIM VE KULLANMA KILAVUZU

Bir CAPITAL SAFETY yüksekten düşünelere karşı kişisel koruma ekipmanı aldınız, gülerimizin için teşekkür ederiz. Bu ekipmanınız size beklediğiniz tüm konforu ve güvenliği sağlaman için, aşağıda yazılı yönergelere titizlikle idemlemeniz ve muhafaza etmeniz rica ederiz. Bu kılavuz tüm kullanıcıların bilgisi sunulmalıdır.

Tagħmir ta' Protezzjoni Personali (PPP) kontra l-waqgħat mill-għoġi : AVVIŻ ĠENERALI DWAR L-UŻU U L-MANUTENZJONI

Isti għadaq ki' strażi TPP kontra l-waqgħat mill-għoġi CAPITAL SAFETY u aħna minn għadjużewk ta' fiduċja tiegħi. Sabex dan il-tagħmir jgħidk il-komfort u s-sigurtà kollha jgħidk, aħna nitubu li tares u tsegwi B'PREĠQA l-Istruzzjonijiet li jinsabu hawn isfel. Dan l-avviż għandu jgħidgħi għall-attezzjoni tal-persuni kollha li jgħadjużaw.

Equipement de protection personnelle (EPP) impotriva căderilor de la înălțime : INSTRUȚIUNI GENERALE DE UTILIZARE ȘI ÎNȚREȚINERE

Toamna ati achiziționat un echipament de protecție personală împotriva căderilor de la înălțime CAPITAL SAFETY și vă mulțumim pentru încrederea arătată. Pentru ca acest echipament să vă ofere tot confortul și siguranța la care aveți dreptul, vă rugăm să păstrați și să respectați CU STRICTEȚE instrucțiunile descrise mai jos. Acesta manual trebuie adus la cunoștința tuturor utilizatorilor.

Лични предпазни средства (ЛПС) срещу падане от височина : ОБЩА ИНСТРУКЦИЯ ЗА ПОЛЗВАНЕ И ПОДДЪРЪЖКА

Вие току-що сте добили и ЛПС срещу падане от височина CAPITAL SAFETY и ние ви благодарим за вашето доверие. За да може то да ви осигури необходимия комфорт и сигурност, които с право очаквате, ви молиме да запазите и да следвате СЪБЕСТНО описаните по-долу указания. Всички ползватели следва да са запознати с тази инструкция.

стройство индивидуальной защиты (ИЗ) от падения с высоты : ОБЩАЯ ИНСТРУКЦИЯ ПО ЭКСПЛУАТАЦИИ И ТЕХНИЧЕСКОМУ ОБСЛУЖИВАНИЮ

Вы только что приобрели ИЗ от падения с высоты производства компании CAPITAL SAFETY, и мы благодарим Вас за доверие. Для того чтобы данное устройство могло обеспечить уровень безопасности и комфорта, который Вы хотели бы получить, пожалуйста, сохраняйте и ДОСУПЛИВО выполняйте следующие инструкции. Все пользователи должны ознакомиться с настоящим руководством.

Szűkező dohrony individualnej (SOI) chróniajú przed upadkiem z wysokości : OGÓLNA INSTRUKCJA OBSŁUGI I KONSERWACJI

Zakupiłeś Państwo sprzęt firmy CAPITAL SAFETY do ochrony przed upadkiem z wysokości, dziękujemy za zaufanie. Sprzęt ten ma za zadanie zapewnić Państwu wygodę i bezpieczeństwo, jednak aby tak było, prosimy o zachowanie i SKRUPULATNE przestrzeganie zamieszczonych tu instrukcji. Z niniejszej instrukcji muszą się zapoznać wszyscy użytkownicy.

Kõrgelt kukkumise isikukaitsevahendid : ÜLDINE KASUTUS- JA HOOLDUSJUHEND

Olete just soetanud kõrgelt kukkumise isikukaitsevahendeid CAPITAL SAFETY ja me täname Teid usalduse eest. Selleks, et need vahendid annaksid Teile kõige mugavuse ja kindluse, mida Teil on õigus oodata, palume Teil altpoolt kirjeldatud juhised alies hoida ja neid HOOLIKALT järgida. Käesolevat juhiseid tuleb teavitada kõiki kasutajaid.

Asmenialni aparatus nos kritimo no kritimo is aukščio reikmenys : BENDRASIS NAUDOJIMO IR PRIEŽIŪROS AVIŠTAVIMAS

Jūs kas tik apsigūniet asmenialni aparatus nos kritimo is aukščio reikmenys CAPITAL SAFETY ir mes jums dėkome už pasitikėjimą. Norėdami, kad šie reikmenys jums suteiktų visokerpią patogumą ir saugumą, kurių jūs turite teisę tikėtis, mes išdėstome saugoti ir TIKSLIAI laikytis žemiau išdėstytų instrukcijų. Su šiuo aparatu turi būti supažindinti visi naudotojai.

Individualiās aizsardzības līdzekļi (IAL) pret kritieniem no augstuma : VISPĀRĒJĀ LIETOŠANAS UN APKOPES INSTRUKCIJA

Jūs esat iegādājies IAL CAPITAL SAFETY pret kritieniem no augstuma un mēs jums pateicamies par uzticēšanos. Lai šīs līdzekļi jums sniegtu visu iespējamo komfortu un drošību, mēs jās lūdzam saglabāt un PRECĪZI ievērot tālāk sniegtās instrukcijas. Ar šo lietošanas pamācību jāpazīstina visi aizsardzības līdzekļu lietotāji.

Prostriedky osobnej ochrany na zachytenie pádu z výšky : VŠEOBECNÝ NÁVOD NA POUŽITIE A ÚDRŽBU

Právě ste si zakúpili osobné ochranné vybavenie na zachytenie pádu z výšky od firmy CAPITAL SAFETY a my vám ďakujeme za prejavenu dôveru. Prosíme vás o prísne dodržiavanie nasledujúcich pokynov, aby vám toto ZARIADENIE poskyto pohodu a bezpečnosť, ktoré od neho právom očakávate. Každý užívateľ tohto zariadenia sa musí oboznámiť s nasledujúcim návodom.

Ozborne varovalna oprema (OVO) pred padci z višine : SPLOŠNO OBVESTILO ZA UPORABO IN VZDRŽEVANJE

Kupili ste osobno varovalno opremo (V nadaljevanju OVO) pred padci z višine CAPITAL SAFETY. Zahvaljujemo se vam za vaše zaupanje. Da bi vam ta oprema zagotovila popolno udobje in varnost, do katerih ste upravičeni, vas prosimo, da hranite in NATAJNO upošteva spodaj opisana navodila. S tem obvestilom morajo biti seznanjeni vsi uporabniki.

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1/ IMPORTANT RECOMMENDATIONS FOR ALL PERSONAL PROTECTION EQUIPMENT (PPE)

1.1 The safety equipment must only be used only by competent persons who have been given appropriate training (repeat as often as necessary) or who are working under the immediate responsibility of a proficient supervisor. The user must be trained in the use and be aware of the characteristics, the application limits and consequences of the incorrect use of the equipment.

Before each use, the user must examine the equipment visually to ensure it is in perfect operating condition. It is important to check for deformation, corrosion, sharp edges and abrasive areas on the worn parts of the system or component. The user must also check for cuts, burns, broken wires, extensive wear, and change of colour or rigidity in the textile parts of the system or component.

1.2 A system or a component that has sustained a fall or on which visual inspection leaves any doubt, must be removed immediately from service. Only competent and skilled persons may decide on the possibility of return to use, after written inspection.

1.3 The user must be in good health in order to use the equipment.

1.4 This product must not be used other than for the purpose recommended by the manufacturer and must not be diverted from its initial and designed purpose.

1.5 When a fall arrest system is being used, for safety, it is essential to check the clearance under the user's working zone to prevent a collision with an obstacle or the ground in case of a fall.

1.6 Before use, ensure a rescue plan that is adapted to the situation in which the system is to be used, has been set up.

1.7 The maximum load of this PPE is limited to a single person (unless the product specifically indicates otherwise).

1.8 Before each use, ensure that the recommendations for use of each of the components is complied with as stated in the user manual. It is strongly recommended that components used on the system come from the same manufacturer, reliability and performance consistency.

1.9 Whenever possible, it is highly advisable to assign the system or component personally to the user.

1.10 This system or component must necessarily be attached to an anchorage point. Whenever possible, to attach a fall arrest system, choose an anchorage point located ABOVE the position of the user, avoiding any point whose strength may be subject to doubt. It is preferable to use the structural elements provided for this purpose and to ensure that the current standards when the anchorage point strength exceeds the strength levels provided for in the corresponding standards. (compliant with EN795) or anchorage points with a resistance exceeding 1000 daN. The user will ensure to limit the chances of potential failure (prefer the use of the following points):

1.11 In the course of use, take all necessary steps to protect the system or component from hazards related to the operation (blows, cuts, sharp edges, abrasion, chemical attack, tangling or twisting of the cable, webbing or rope, electrical conductivity, weather conditions, pendulum effect due to fall, etc.).

1.12 Persons working at height must never remain alone at the place of work, including after a fall.

1.13 No modifications are to be made to the system or components without the written consent of the manufacturer.

1.14 The replacement or substitution using components or subsystems that are not approved could compromise compatibility between equipment and could affect the integrity and safety of the system as well as warranty. All repairs are to be made according to the procedures detailed by the manufacturer.

1.15 Beliefs of reliability on the part of all arrest equipment will ensure that a user manual is supplied, in the language of the country of sale.

1.16 Refer to national consensus standards, applicable local, state, and federal (OSHA) requirements governing this equipment for more information on personal fall arrest and restraint systems and associated system components.

1.17 A few examples of incorrect uses are described in these instructions and in the specific instructions relating to your device. In addition, it must be taken into consideration that other incorrect uses are possible and if any doubts persist, you should contact CAPITAL SAFETY.

1.18 This product is guaranteed for 1 year for material or manufacturing defects. Excluded from the warranty are: normal wear, oxidation, corrosion, damage due to misuse, including after a fall, faulty maintenance, damage due to accidents or negligence and uses unrelated to the purpose of the product.

1.19 CAPITAL SAFETY is not responsible for the direct, indirect and accidental consequences or for any other type of damage occurring or resulting from the use of its products.

1.20 If you do not understand these instructions or the specific instructions do not use this product, contact CAPITAL SAFETY.

2/ CONNECTION TO A FALL ARREST HARNESS

2.1 The connection of a fall arrest system to a harness (EN353-1, EN353-2, EN356 or EN360) MUST EXCLUSIVELY be made to the upper dorsal, signal or peitoral anchorage points; these points may also be used for connecting a descender (EN341) or an elevation rescue system (EN1496). These points are identified with a capital "A" when they are independent or "AZ" or "Z" when 2 points form a loop.

2.2 The lower side positioning anchorage points of a belt or a harness with a belt must be used SOLELY for connecting to a work positioning system (EN358) and NEVER to a fall arrest system.

2.3 The anchorage point of a sit belt or a harness with a sit belt is to be used EXCLUSIVELY for connection to a work positioning system (EN358), a descender (EN341) or an elevation rescue system (EN1496) and NEVER to a fall arrest system.

2.4 If you use a belt on its own, the work positioning system may require an additional protection system against falls from heights.

3/ MAINTENANCE AND STORAGE

3.1 The maintenance and storage of your PPE or components are essential operations to protect them and therefore the safety of the user. Be sure to comply with the following recommendations:

3.2 Use a dry cloth to clean the plastic and metal parts. Clean textile component with mild soap and water. Never use acid or alkali solutions (caustic soda).

3.3 Lay components to dry in a ventilated place away from any direct flame or any other source of fire. This provision also applies to textile components that are more or less impregnated.

3.4 Store the system or component in a room and under conditions complying with its integrity, away from damp and ultraviolet light, in an atmosphere that is not corrosive, overheated or refrigerated, protected from any possible cuts or vibration.

3.5 Transport the complete system in a package to protect it from any cuts, moisture or ultraviolet light. Avoid corrosive, overheated or refrigerated atmospheres.

4/ INSPECTION FREQUENCY

4.1 Periodic examination is essential for the safety of the user. This examination guarantees the efficiency and trouble-free operation of the system or component. Be sure to fill in and preserve carefully the descriptive sheet, making a note of any periodic checks.

4.2 Life duration: The frequency of the periodic examinations must allow for factors such as legislation, type of equipment, frequency of use and environmental conditions. In any case, the system or component must be examined at least once each year by a competent person cleared by the company manager (or appointed by the current legislation of the country) to decide on possible return to or removal from service or scrapping. This person will contact CAPITAL SAFETY in order to find out the useful life of the system or component.

4.3 Any competent person qualified by the company manager having doubts about returning a system or component to service (excessively complex system, concealed mechanism, etc) must contact the manufacturer who will advise on the correct use of the system.

4.4 During these examinations, it is important to check that the markings are legible on the system or component.

5/ CONNECTORS EN362

5.1 A connector is a connection system between components that can be opened providing users a means of assembling a system directly or indirectly on an anchorage point.

5.2 When connecting the carabiner, check that the locking system is in the proper place.

5.3 The connector must always operate following the large axis without using the external structure for support.

5.4 Connectors fitted with a manual locking system must never be used if opened and closed by the user several times a day.

5.5 Never load a carabiner at the level of its clasp.

5.6 Connectors called "rapid links" (class Q) may only be used for infrequent connections.

5.7 The "rapid links" connectors (class Q) are only safe when the mobile ring is fully fastened. No thread must be seen.

5.8 Material: see connector

5.9 Opening: see connector

5.10 The length of the connector must be taken into account when used in a fall arrest system, as it will have an influence on the height of the anchorage point.

5.11 Certain situations may limit the strength of the connector, especially if connected to wide straps or rigid anchorages are passed through the carabiner above their opening point.

6/ DESCENDERS EN341

6.1 Descenders are devices used to rescue personnel. They must therefore be considered as SA- FETY EQUIPMENT and its use, therefore, must be reserved for rescue transport persons or loads and must never be used for a purpose for which they were not designed.

6.2 The choice of an anchorage point must be studied carefully and take into account that:

6.2.1 Its position must ensure the arrest strap to be grasped with ease WITHOUT ALLOWING ANY FREE FALL. It must therefore be positioned above the user.

6.2.2 The access must be sufficiently clear and remain permanently unobstructed.

6.2.3 The evacuation well must never be cluttered with any obstacles that might hinder the descent or injure the user.

6.3 In addition, it is also recommended that the rescue area should be signposted and storing equip-

ment at this site must also be provided.

6.4 If the descender is likely to be used by several people, care should be taken to ensure its position is suitable for each person.

6.5 If it is permanently installed outside or in a humid atmosphere, adequate protection must be provided: cover, shelter, etc.

7/ MOBILE FALL ARREST DEVICES ON A RIGID EN353-1 OR FLEXIBLE EN353-2 BELAY SUP- PORT

7.1 A mobile fall arrest device travels along the belay support and accompanies the user, without requiring any manual intervention when the position changes upwards or downwards, and automatically blocks itself on the belay support in the event of a fall.

7.2 The horizontal distance between the rigid belay support and the harness connection point is limited by the connectors supplied with the mobile fall arrest device. NEVER add additional connectors or modify the existing connectors.

7.3 Only the recommended rigid type of belay support can be used.

7.4 If a complete system is supplied, the components cannot be replaced or modified.

7.5 It is recommended that the frontal anchorage point be used.

7.6 Before the ascent, check that the fall arrest device blocks automatically by manually simulating a fall. It is important to ensure the upper and lower stops are present on the belay support.

7.7 Specific to EN353-1: In the event of a fall, a number two fall factor situation the worst case scenario, the minimum distance required under the user's feet is 2m. Therefore, for the first 2 metres, the user may not be protected from falling to the ground; additional safety measures should therefore be taken when ascending or descending.

7.8 Specific to EN353-2: The rigid belay support must be assembled by a competent person.

7.9 Specific to EN353-2: In the event of a fall, the clearance, that is the distance between the feet of the user and the first obstacle, must not be less than the H in metres indicated on the specific instructions.

8/ LANYARDS EN354 AND POSITIONING LANYARDS EN358

8.1 The total length of a subsystem with a lanyard comprising an energy absorber, manufactured extenders and connectors must not exceed 2m (connectors EN362 plus lathers EN354 plus energy absorber EN355 plus connector EN362).

8.2 A single lanyard cannot be used as an energy absorber should not be used as a fall arrest system.

8.3 A single lanyard can be used as a restraint on condition that its length prevents the person from reaching the zones presenting a risk of falling from heights.

9/ ENERGY ABSORBER EN355

9.1 The total length of a subsystem with an energy absorber comprising a lanyard, manufactured extenders and connectors must not exceed 2m (connectors EN362 plus lathers EN354 plus energy absorber EN355 plus connector EN362).

9.2 Any opening - even partial opening - of the energy absorber means it should be immediately discarded.

9.3 In the event of a fall, the clearance, that is the distance between the feet of the user and the first obstacle, must not be less than the H in metres indicated on the specific instructions.

10/ SELF RETRACTING LIFELINE EN360

10.1 Fall arrest device with an automatic blocking function and a self-tightening and self-retracting system for the retractable lanyard.

10.2 BEFORE SECURING THE FALL ARREST DEVICE TO ITS ANCHORAGE POINT, CAREFULLY CHECK THE FOLLOWING:

10.2.1 That the retractable lanyard unfolds and rewinds normally over its entire length.

10.2.2 That the blocking function is operational by firmly pulling on the retractable lanyard; it must block immediately.

10.2.3 That the entire device is in a perfect state and that all the fastening screws and rivets are present and appropriately secured.

10.2.4 That your device has a fall indicator light and if it has been triggered, this indicates that the device has prevented a fall or has been subject to a major traction force. In such cases, the device must be returned to the manufacturer or an approved repairer for refitting.

10.3 USA CE RESTRICTIONS

10.3.1 Reference should be made to the pictogram in these instructions and those on the device.

10.3.2 Cannot prevent smoking (dusty or muddy products).

10.3.3 In the event of a fall, the self-retracting lifeline system is used from an angle of over 40 degrees in relation to a horizontal point, it may be necessary to add a lanyard (see the specific instructions) between the end of the retractable lanyard and the fall arrest anchorage point of the harness.

10.3.4 In the event of a fall, the distance between the feet of the user and the first obstacle, must not be less than the H in metres indicated on the specific instructions.

10.3.5 If your fall arrest device with a self-retracting lifeline system includes a rescue winch, refer to the specific instructions for the use of the winch.

10.4 To improve the longevity of your device, refer to paragraph 4 and 5, and it is also recommended:

10.4.1 That the cable SHOULD NOT be released when it is completely unwound but should be guided into the fall arrest device.

10.4.2 That the cable SHOULD NOT be left in an external position when not being used.

11/ FALL ARREST HARNESS EN361, RESTRAINT BELT EN358 and THIGH BELT EN813

11.1 A fall arrest harness is a system that grasps the body and arrests a fall.

11.2 Before using a thigh belt or harness, the user must test it to ensure the size is adjusted and that the components provides an acceptable level of comfort for the intended use.

11.3 The adjustment and fastening elements must be regularly checked before and during use.

11.4 If you use a belt or if your harness includes a belt, an anchorage point must be selected at the level of the user's feet, or at a point providing a working position lanyard, the stretched work-positioning lanyard must be adjusted to restrict vertical movements to a maximum of 0.60m.

12/ ANCHORAGE POINTS EN795

12.1 There are 5 classes of anchorage points as defined in standard EN795, which one way or another are connected to a structure.

12.2 Class A1: this class comprises structural anchors designed to be fixed onto vertical, horizontal and inclined surfaces, such as walls, columns and lintels.

Class A2: this class comprises structural anchors designed to be fixed onto sloping roofs.

Class B: this class comprises transportable temporary anchorage systems

Class C: this class comprises mobile anchorage points on a flexible horizontal belay support (must not exceed 15m in relation to the horizontal point)

Class D: this class comprises mobile anchorage points on a rigid horizontal belay support.

Class E: this class comprises mooring anchorages for horizontal surfaces (must not exceed 15m in relation to the horizontal point)

12.3 For fixed systems, the competent installer is responsible for ensuring that the loading structure is compatible with the system engineered and that the fastening method does not alter either the performance, or the characteristics of each of the components.

12.4 For transportable devices, the person responsible for the installation must ensure:

12.4.1 The device is correctly placed in relation to the working point.

12.4.2 The strength of the load bearing structure and its stability (Tipod)

12.4.3 The compatibility between the shape of the structure and the anchorage device

12.5 CAPITAL SAFETY GROUP attests that the anchorage points tested in accordance with European standard EN795 and has successfully passed the tests outlined therein.

13/ ELEVATION RESCUE SYSTEM EN1496

13.1 Systems compliant with EN1496 are designed for rescue operations and should never be used to transport persons or loads.

13.2 The systems should only be used if the lifting or lowering actions can be performed without any hindrances; they should not be used if obstacles prevent a draiger.

14/ RESCUE HARNESS EN1497 and RESCUE STRAP EN1498

14.1 A rescue harness or a strap should only be used for evacuations (in combination with a system compliant with EN341) or rescues (in combination with a system compliant with EN1496) and never as a component of a fall arrest system.

15/ CLIMBING AND SCALING EQUIPMENT, HARNESS EN1277

15.1 Before using a climbing or scaling fit with a webbing, the user must carry out suspension tests in a secure place to ensure that the size is correct and any adjustments provide acceptable levels of comfort for the intended use.

15.2 For specific recommendations associated with your PPE, read the specific instructions provided.

17/ GLOSSARY

1: Marking 2: Size 3: European Standard 4: Year of manufacture 5: Month of manufacture 6: Serial number 7: Batch number 8: EC test performed by 9: Number of body checking the manufacture of this product 10: Note: read the instructions 11: Length 12: Sliding 13: Fastening 14: Cable 15: Strap 17: Rope 18: Material 19: Polyamide 20: Polyester 21: Polymer 22: Elastomer 23: Kevlar 24: Aramid fibres 25: Galvanised steel 26: Stainless steel 27: Steel covered with zinc 28: Aluminium alloy 29: Resistance 30: Maximum recommended normal maintenance 31: Maximum recommended use on this product 32: Installation and adjustment 33: Use 34: Pull 35: Push 36: Turn 37: Open 38: Close 39: Up 40: Down 41: Right 42: Left 43: Press 44: Release 45: Insert 46: Maximum 47: Minimum 48: Specific instructions 49: Please read the general instructions 50: Class