

SPECIFIC ANSI/ASSP INSTRUCTIONS

This leaflet must be read in conjunction with the instruction booklet also supplied with the harness. Both leaflet and booklet must be provided to the end user. In addition to the instruction contained in the leaflet and the booklet, user shall also refer to applicable regulations governing occupational safety.

The attachment points of the harness must be used exclusively for the following scopes:

- **Dorsal attachment (A):** main fall-arrest point.
- **Sternal attachment (A):** secondary fall-arrest point (length of fall must be limited to 2 feet maximum).
- **Frontal attachment:** suspension, ladder climbing with guided type fall-arresters and work positioning.
- **Hip attachments** (used as a pair): work positioning.
- **Waist rear attachment:** restraint.

Strength of attachment points: 15 kN - 3600 lbs
Length of the full body harness stretch (H5 maximum: 1 ft) and other factors such as length of D-rings and connectors must be considered for the calculation of the minimum safe clearance distance.

Repairs to the harness can be done exclusively by the manufacturer or authorized persons or entities.
Remove equipment from service if it has been subjected to the forces of arresting a fall. Remove the harness from service in case of the activation of the fall indicators located in the dorsal and sternal attachment points (when the green load indicator deploys and becomes green).

Use this harness only in combination with compatible equipment and connected to anchor points known to be 5000 lbs (22.2 kN) strong or certified to be the double of the maximum force generated by the system during the fall.

The harness is equipped with two lanyard parking attachment that will break at a load of not more than 120 pounds (0.5 kN), working load limit 22 lbs (10 kg); do not use lanyard parking attachments for any other use.

Avoid exposure to chemicals, heat, flames, sharp edges, abrasive surfaces or other environmental conditions which may affect the safety and the performances of the product; prolonged exposure to light can produce UV degradation. Consult the manufacturer in case of any doubt about the safety of the product.
Additional safety measures shall be taken when working around moving machinery or electrical hazards.

Other information related to use, accessories, limitations, responsibility, warranty, lifetime, inspection procedures, criteria for discarding the equipment, maintenance, storage, transportation, rescue plan shall be read in the instruction booklet also supplied with the harness.

ANSI/ASSE Z359 REQUIREMENTS FOR PROPER USE AND MAINTENANCE OF FULL BODY HARNESSES

Note: The following information from the ANSI/ASSP Z359.11 standard is required to be included in the instruction manual for the end user.

The manufacturer of this equipment may impose more stringent restrictions on the use of the products they manufacture; see the manufacturer's instructions.

1. It is essential that the users of this type of equipment receive proper training and instruction including detailed instructions for the safe use of the equipment in their work application. ANSI/ASSP Z359.2, *Minimum Requirements for a Comprehensive Managed Fall Protection Program*, establishes guidelines and requirements for an employer's managed fall protection program including policies, duties and training; fall protection procedures; eliminating and controlling fall hazards; rescue procedures; incident investigations; and evaluating program effectiveness.

2. Correct fit of a full body harness (FBH) is essential to proper performance. Users must be trained to select the size and maintain the fit of their FBH.

3. Users must follow manufacturer's instructions for proper fit and sizing, paying particular attention to ensure that buckles are connected and aligned correctly, leg straps and shoulder straps are kept snug at all times, chest straps are located in the middle chest area and leg straps are positioned and snug to avoid contact with the genitalia should a fall occur.

4. FBHs which meet ANSI/ASSP Z359.11 are intended to be used with other components of a personal fall arrest system that limit maximum arrest forces to 1800 pounds (8kN) or less.

5. Suspension intolerance, also called suspension trauma or orthostatic intolerance, is a serious condition that can be controlled with good harness design, prompt rescue and post fall suspension relief devices. A conscious user may deploy a suspension relief device allowing the user to remove tension from around the legs, freeing blood flow, which can delay the onset of suspension intolerance. An attachment element extender is not intended to be attached directly to an anchorage or anchorage connector for fall arrest. An energy absorber must be used to limit maximum arrest forces to 1800 pounds (8kN). The length of the attachment element extender may affect free fall distances and free fall clearance calculations.

6. FBH stretch, the amount the FBH component of a personal fall arrest system will stretch and deform during a fall, can contribute to the overall elongation of the system in stopping a fall. It is important to include the increase in fall distance created by FBH stretch, as well as the FBH connector length, the settling of the user's body in the FBH and all other contributing factors when calculating total clearance required for a particular fall arrest system.

7. When not in use, unused lanyard legs that are still attached to a FBH

D-ring should not be attached to a work positioning element or any other structural element on the FBH unless deemed acceptable by the competent person and manufacturer of the lanyard. This is especially important when using some types of "Y" style lanyards, as some load may be transmitted to the user through the unused lanyard leg if it is not able to release from the harness. The lanyard parking attachment is generally located in the sternal area to help reduce tripping and entanglement hazards.

8. Loose ends of straps can get caught in machinery or cause accidental disengagement of an adjuster. All FBH shall include keepers or other components which serve to control the loose ends of straps.

9. Due to the nature of soft loop connections, it is recommended that soft loop attachments only be used to connect with other soft loops or carabiners. Snaphooks should not be used unless approved for the application by the manufacturer.

Sections 10-16 provide additional information concerning the location and use of various attachments that may be provided on this FBH.

10. Dorsal – The dorsal attachment element shall be used as the primary fall arrest attachment unless the application allows the use of an alternate attachment. The dorsal attachment may also be used for travel restraint or rescue. When supported by the dorsal attachment during a fall, the design of the FBH shall direct load through the shoulder straps supporting the user and around the thighs. Supporting the user, post fall, by the dorsal attachment will result in an upright body position with a slight lean to the front with some slight pressure to the lower chest. Considerations should be made when choosing a sliding versus fixed dorsal attachment element. Sliding dorsal attachments are generally easier to adjust to different user sizes, and allow a more vertical rest position post fall, but can increase FBH stretch.

11. Sternal – The sternal attachment may be used as an alternative fall arrest attachment in applications where the dorsal attachment is determined to be inappropriate by a competent person and where there is no chance to fall in a direction other than feet first. Accepted practical uses for a sternal attachment include, but are not limited to, ladder climbing with a guided type fall arrester; ladder climbing with an overhead self-retracting device for fall arrest, work positioning and rope access. The sternal attachment may also be used for travel restraint or rescue. When supported by the sternal attachment during a fall, the design of the FBH shall direct load through the shoulder straps supporting the user and around the thighs. Supporting the user, post fall, by the sternal attachment will result in roughly a sitting or cradled body position with weight concentrated on the thighs, buttocks and lower back. Supporting the user during work positioning by this sternal attachment will result in an approximate upright body position. If the sternal attachment is used for fall arrest, the competent person evaluating the application should take measures to ensure that a fall can only occur feet first. This may include limiting the allowable free fall distance. It may be possible for a sternal attachment incorporated into an adjustable style chest strap to close the chest strap to slide up and possibly choke the user during a fall, extraction, suspension, etc. The competent person should consider FBH models with a fixed sternal attachment for these applications.

12. Frontal – The frontal attachment serves as a ladder climbing connection for guided type fall arresters where there is no chance to fall in a direction other than feet first or may be used for work positioning. Supporting the user, post fall or during work positioning, by the frontal attachment will result in a sitting body position with the upper torso upright with weight concentrated on the thighs and buttocks. When supported by the frontal attachment the design of the FBH shall direct load directly around the thighs and under the buttocks by means of the sub-pelvic strap. If the frontal attachment is used for fall arrest, the competent person evaluating the application should take measures to ensure that a fall can only occur feet first. This may include limiting the allowable free fall distance.

13. Shoulder – The shoulder attachment elements shall be used as a pair and are an acceptable attachment for rescue and entry/retrieval. The shoulder attachment elements shall not be used for fall arrest. It is recommended that the shoulder attachment elements be used in conjunction with a yoke which incorporates a spreader element to keep the FBH shoulder straps separate.

14. Waist, Rear – The waist, rear attachment element shall be used for travel restraint. Under no circumstances is it acceptable to use the waist, rear attachment for purposes other than travel restraint. The waist, rear attachment shall only be subjected to minimal loading through the waist of the user and shall never be used to support the full weight of the user.

15. Hip – The hip attachment elements shall be used as a pair and shall be used solely for work positioning. The hip attachment elements shall not be used for fall arrest. Hip attachments are often used for work positioning by arborists, utility workers climbing poles and construction workers tying rebar and climbing on form walls. Users are cautioned against using the hip attachment elements (or any other rigid point on the FBH) to store the unused end of a fall arrest lanyard as this may cause a tripping hazard or, in the case of multiple leg lanyards, could cause adverse loading to the FBH and the wearer through the unused portion of the lanyard.

16. Suspension Seat – The suspension seat attachment elements shall be used as a pair and shall be used solely for work positioning. The suspension seat attachment elements shall not be used for fall arrest. Suspension seat attachments are often used for prolonged work activities where the user is suspended allowing the user to sit on the

suspension seat formed between the two attachment elements. An example of this use would be window washers on large buildings.

USER INSPECTION, MAINTENANCE AND STORAGE OF EQUIPMENT
Users of personal fall arrest systems shall, at a minimum, comply with all manufacturer instructions regarding the inspection, maintenance and storage of the equipment. The user's organization shall retain the manufacturer's instructions and make them readily available to all users. See ANSI/ASSP Z359.2, *Minimum Requirements for a Comprehensive Managed Fall Protection Program*, regarding user inspection, maintenance and storage of equipment.

1. In addition to the inspection requirements set forth in the manufacturer's instructions, the equipment shall be inspected by the user before each use and additionally by a competent person, other than the user, at interval of no more than one year for:

- Absence or illegibility of markings.
- Absence of any elements affecting the equipment form, fit or function.
- Evidence of defects in, or damage to, hardware elements including cracks, sharp edges,
- deformation, corrosion, chemical attack, excessive heating, alteration and excessive wear.
- Evidence of defects in, or damage to, strap or ropes including fraying, unsplicing,
- unlaying, kinking, knotting, roping, broken or pulled stitches, excessive elongation,
- chemical attack, excessive soiling, abrasion, alteration, needed or excessive lubrication,
- excessive aging and excessive wear.

2. Inspection criteria for the equipment shall be set by the user's organization. Such criteria for the equipment shall equal or exceed the criteria established by this standard or the manufacturer's instructions, whichever is greater.

3. When inspection reveals defects in, damage to, or inadequate maintenance of equipment, the equipment shall be permanently removed from service or undergo adequate corrective maintenance by the original equipment manufacturer or their designate before return to service.

MAINTENANCE AND STORAGE

1. Maintenance and storage of equipment shall be conducted by the user's organization in accordance with the manufacturer's instructions. Unique issues, which may arise due to conditions of use, shall be addressed with the manufacturer.

2. Equipment, which is in need of, or scheduled for, maintenance shall be tagged as unusable and removed from service.

3. Equipment shall be stored in a manner as to preclude damage from environmental factors such as temperature, light, UV, excessive moisture, oil, chemicals and their vapors or other degrading elements.

Third party that carried out the ANSI/ASSP Z359.11-2021 qualification testing

DOLOMITICERT s.c.a.r.l.
Zona Industriale Villanova 7/A, 32013, Longarone (BL) - Italy

- 1 Name and address of the manufacturer
- 2 Conformity marking according to European regulation (EU) 2016/425
- 3 No. of the notified body controlling the manufacturing of the product
- 4 Suitable norm and year of publication
- 5 Certified model according to ANSI standard (USA)
- 6 Name of the device
- 7 Reference number of the product
- 8 Month and year of manufacture
- 9 Serial number
- 10 Size
- 11 Belt size
- 12 Read the instructions for use
- 13 Maximum use weight
- 14 Main material
- 15 ANSI/ASSP Z359.11 weight limitations
- 16 Fall indicator labels placed on sternal and dorsal attachment points deploys and becomes red in case of major fall: remove the harness from service.
- 17 Attachment points for lanyard parking only, do not use lanyard parking attachments for any other use, working load limit 22 lbs (10 kg)
- 18 Sternal attachment point label
- 19 Dorsal attachment point label
- 20 Frontal attachment point label
- 21 Waist attachment point label
- 22 Rear waist attachment point label

Markings

1

6 FOCUS LIGHT XT Ref. 266 **7**

10 Size ← →

8 Batch # Serial # **9**

2 **3** 0123 **4** EN 361: 2002

5 ANSI Z359.11-2021 **ERC**

12 **15**

1 A.M.P. SpA 100% Polyester Metal Parts **14**
Via Roma, 23 - 23834 Made in China
Premana (LC) - Italy

2

6 FOCUS VEST XT Ref. 2664 **7**

10 Size ← →

8 Batch # Serial # **9**

2 **3** 0123 **4** EN 361: 2002

5 ANSI Z359.11-2021 **ERC**

12 **15**

1 A.M.P. SpA 100% Polyester Metal Parts **14**
Via Roma, 23 - 23834 Made in China
Premana (LC) - Italy

3

6 GT XT Ref. 266 **7**

10 Size S-L L-XXL

11 Belt size 80-120 cm 90-140 cm

8 Batch # Serial # **9**

2 **3** 0123 **4** EN 361:2002
4 EN 813:2008
4 EN 358:2018

5 ANSI Z359.11-2021 **ERC**

12 **15**

1 A.M.P. SpA 100% Polyester Metal Parts **14**
Via Roma, 23 - 23834 Made in China
Premana (LC) - Italy

4

6 ACCESS XT BLACK Ref. 26620 **7**

10 Size S-L L-XXL

11 Belt size 80-120 cm 90-135 cm

8 Batch # Serial # **9**

2 **3** 0123 **4** EN 361:2002
4 EN 813:2008
4 EN 358:2018

5 ANSI Z359.11-2021 **ERC**

12 **15**

1 A.M.P. SpA 100% Polyester Metal Parts **14**
Via Roma, 23 - 23834 Made in China
Premana (LC) - Italy

5

6 FREE ACCESS XT Ref. 312 **7**

10 Size S-L L-XXL

11 Belt size 80-120 cm 90-135 cm

8 Batch # **9** Serial # **10**

2 **3** 0123 **4** EN 361:2002

5 ANSI Z359.11-2021 **ERC**

12 **15**

1 A.M.P. SpA 100% Polyester Metal Parts **14**
Via Roma, 23 - 23834 Made in China
Premana (LC) - Italy

6 **15** ANSI Z359.11-2021
ANSI Z359 Recognizes the use of this harness only within the capacity range of: 130-310 lbs.

7

Retire from service
Mettere fuori servizio
Mettre au rebut

16 FALL INDICATOR

8 **17** LANYARD PARKING ONLY **18**

10 kg - 22 lbs Max



ANSI /ASSP HARNESSES

FULL BODY HARNESSES FOR SUSPENSION, FALL-ARREST, WORK POSITIONING, RESTRAINT.
ANSI/ASSP Z359.11-2021



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INSTRUCTION MANUAL
MANUALE ISTRUZIONI
NOTICE D'INFORMATION



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