Fitting

Step into harness through shoulder straps, belt and leg loops. Lift shoulder straps into place (or unfasten shoulder straps by releasing the screwlink connector at the front and passing the shoulder straps over the head). Position the belt section and adjust by pulling on the slack ends of both waist buckles at the same time, so belt is

Adjust leg loops, then shoulder straps, then leg loop retaining straps if necessary.

Check fit whilst suspended in a safe location – the harness should feel secure but not too tight. Check for twisted straps. Check buckles are secure by pulling on loaded webbing - correctly threaded buckles will lock. Check any screwlink connectors are fully closed with no thread visible, these connectors are extremely weak if not fully closed. Fastening and adjustment elements should also be checked regularly during use.

Quick release buckles

Push male part into female part to fasten. To release, squeeze both bronze side catches simultaneously.

Adjustment buckles

All other buckles are adjusted by sliding webbing through the buckle.

Where the end of the webbing hangs free, adjust fit by pulling on the slack end of the webbing to tighten, or loosen by lifting the buckle upwards and outwards while pulling slack webbing out of the buckle. Slack ends of webbing may be tucked into the elastic loops to keep them out of the way.

Where the end of the webbing is captive adjust fit by sliding the buckle along the strap.

Attachment points

The main attachment point for work positioning is the upper part of the central ring on the waist belt. Side D-rings, where fitted, are for use with a work positioning strop (pole belt). NEVER use a single side D-ring as an attachment point.

For fall arrest, only attachment points marked "A" may be used.

MAKE SURE YOU USE THE CORRECT ATTACHMENT POINT FOR THE CORRECT PURPOSE.

Ropes and rope lanyards may be tied directly to attachment points; otherwise, ensure that suitable locking connectors are used and correctly fastened. A screwlink connector is recommended. Check that connectors are securely closed during use. Incorrect combinations of connectors may accidentally detach from one other by a process known as "rollout".

The harness should be connected to an anchor point via an appropriate system which ideally should conform to the relevant standard. In fall arrest this system must limit the forces on the body in the event of a fall.

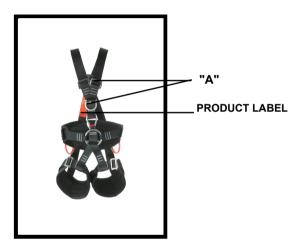
Harnesses are made from polyamide and polyester, with steel and aluminium alloy fittings.



MATRIX HARNESS

H21A Standard size

ANSI/ASSE Z359.1 (2007)



WARNING

Do not use this product outside its limitations, or for any purpose other than that for which it is intended. Do not alter or make additions to this product.

Rescue: refer to ANSI/ASSE Z359.1 and ANSI/ASSE Z359.4 and applicable regulations governing safe rescue operations.

All harnesses are suitable for a person weighing up to 125kg. Ensure that any other equipment is suitable for the weight of user.

Manufactured by The heightec Group Ltd Lake District Business Park, Mint Bridge Road, Kendal, Cumbria LA9 6NH, U.K. Tel +44 (0) 1539 728866 www.heightec.com

Anchor points:

The anchor device or anchor point should conform to the relevant standard, have a minimum tensile strength of 15 KN, and be positioned above the user, or in a comparable position to minimise potential for falls and the distance and consequences of a potential fall. Verify there is sufficient free space beneath the user to avoid collision with the ground or other obstacles and prevent sideways or pendulum falls. The connecting system instructions will give advice on the clearance required, but be aware that a fall arrest lanyard could extend by up to 1.75m.

Note, when using a front mounted attachment point for fall arrest, the personal fall arrest system used must limit the maximum free fall distance to 2 feet (0.6m) and limit the maximum arrest force to 900 pounds (4.0 kN).

Anchorages selected for rescue systems shall have a strength capable of sustaining static loads, applied in the directions permitted by the rescue system of at least 3100 pounds for connection of rescue system only or meet a Factor of Safety of 5:1 based on the static load placed on the system when the system is designed, installed and used under the supervision of a qualified person.

Persons engaged in rescue operations that are exposed to a fall hazard, must be provided an anchorage suitable for fall arrest in accordance with ANSI / ASSE Z359.1.

Anchorage connections shall be stabilised to prevent unwanted movement or disengagement of the rescue system from the anchorage. Verify system connections by pre-tensioning the system before applying the intended load.

Other components used in fall protection or work positioning systems must conform to the relevant standards, be compatible with each other and be used in accordance with instructions.

General useage:

Users should be suitably trained and competent to work in situations where a risk of falling may be present or under the direct supervision of such a person, fully trained in the use of this product and free of medical contra-indications for work at height or rescue. Do not use this product if you are unsure of any aspect of its use. No alterations or additions may be made to the product. The heightec Group takes no responsibility for injury or accident of any kind arising from the use of this product.

It is essential a rescue plan is in place to deal with emergencies and in particular to consider treatment and recovery of a fallen or suspended person. Rescue equipment must be present, and personnel should be competent its use. Suspension trauma can occur when a person is suspended motionless in a harness, and is potentially fatal. Ensure that the rescue of a suspended person is carried out promotify.

This product is personal protective equipment and should be individually issued to the person who will be using it. The product should remain traceable to the original certificate of conformity and a permanent record should be kept of its use. This user instruction forms part of the permanent product record. All users must receive and read a copy of these instructions and should understand what the instructions mean and be familiar with them, including, but not limited to function, suitability, compatibility of the product and inspection for defects arising from damage. A copy of this user instruction should be kept with the harness, and referred to before and after each use. In the event of a rescue, these instructions must be provided to the rescuer.

Failure to follow these user instructions could have serious consequences.

Inspection and care:

The strength of this product can be affected by cuts, nicks, deep scratches, wear, abrasion, deformation, chemical contamination, UV degradation, exposure to flame and high temperatures, and other factors. Keep the product away from these sources of damage. Beware of using this product near moving machinery, electrical hazards, sharp edges and abrasive surfaces. Always inspect it before and after use to ensure the product is in a suitable condition and operates correctly. If there is any doubt about condition of the product, or it has been subjected to a fall or substantial shock load, withdraw from use until confirmed to be safe in writing by a qualified inspection person reacher. Repairs may only be carried out by heightec. If you are unsure, contact us.

The safety of users depends upon the continued efficiency and durability of this equipment, which must subjected to detailed visual and tactile examination by a competent person at intervals no greater than year, or at lesser intervals, taking into account relevant legislation, equipment type, frequency of use and environmental conditions. These examinations should be carried out strictly in accordance with the manufacturer's periodic examination procedures. Detailed examinations should include confirmation of the legibility of product markings. The results of examinations should be recorded. Intermittent inspections of components which may be subject to excessive wear may also be appropriate. The results of these need not be recorded.

Inspection criteria:

Textile products or elements: check material and stitching for damage including cuts, nicks, abrasion, fraying, discolouration, heat or chemical damage etc. Ensure stoppers present on ends of adjustment webbing. Metal devices or components: check for damage, corrosion, excessive tightness, sharp edges, excessive play, deformation, cracking or anything that might affect strength. Check security and correct operation of any moving parts e.g. side plates, return action of springs, cams, operating handles, bearings. Check function of closure mechanisms, where present (e.o. screwlink thread, connector gates).

Lifespan

Textile products: a combination of storage and active use may not exceed 10 years. Periods of active use may be intermittent but should be cumulative. Metal products do not have a finite lifespan. The lifespan of all products will be reduced by normal wear and tear, particularly when used in abrasive or corrosive environments. In extreme circumstances, the life of an item may be reduced to a single use. The life of all products will be reduced if proper cleaning and maintenance is not carried out.

This product is guaranteed for three years against faults arising from manufacturing errors or materials defects. This guarantee does not include normal wear and tear, faults arising from uses for which the product was not designed and accidental damage.

Cleaning, maintenance and storage:

Wash by hand with non-detergent soap at approx 25 deg Celsius (cool). Rinse and dry naturally, away from direct sources of heat and sunlight. If necessary use a disinfectant compatible with polyamide and polyester. Use diluted and rinse thoroughly in clean water. Dry as previously stated. These cleaning procedures must be strictly adhered to.

Mechanical metal products with moving parts should be occasionally oiled, at bearings or pivot points, with excess oil removed. Store and transport in a dry, clean condition, away from sources of severe vibration, humidity, direct heat, sunlight and any physical or chemical contaminants.

Markings:

Date of manufacture is marked on the product in the form: DAY MONTH YEAR, eg.120500. The 'ID no.' is unique to this item. The book symbol indicates that these instructions should be read before use.

Please note: if this product is re-sold outside the original country of destination the reseller shall provide these instructions in the language of the country in which the product is to be used.

PPE Inspection Record

The safety of the user depends on the condition of this equipment. Records of inspection should be kept for each component. Inspect before and after every use. In addition, a detailed inspection should be carried out by a competent person** at intervals no greater than six months. The results of the examination may be recorded below.

**A competent person may be defined as someone who: " ...has appropriate theoretical and practical knowledge and experience..."

Product:	Model/type:	
P.O / certificate no:	Purchase / Issue date:	
Manufacture date:	Date of first use:	I.D. No:

DATE	COMMENTS	ACTION	INSPECTOR	NEXT DUE
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