INSTRUCTION FOR USE

ANSI Z359.1-2007 and is approved by INSPEC International Ltd. The instructions for use conform to the American National Standard

SB-S119-AN Product Model No: SB-S102-AN, SB-S109-AN, SB-S115-AN,

EXAMONATION AND PRODUCTION CONTROL STAGE ARE PERFORMED BY:

56, Leslie Hough Way, Salford Greater Manchester, M6 6AJ, NSPEC International Ltd United Kingdom

WARNING

Without the other necessary components in such sub-systems the work positioning, personnel riding, climbing, or rescue system. used as part of as such a user safety-training program that is the user to be trained before using this product. This manual can be it before using this equipment. Manufacturer's instructions must be product and with those products intended for use in association with instructions, labels, markings and warnings supplied with this must read, product and retained for ready reference by the user. The user appropriate for the user's occupation. followed These instructions must be provided to the user before using this manufacturer's instructions for each component of the system. harness itself serves no useful purpose. The user must follow the National standards and state, provincial and federal laws require The Full Body Harness is one part of a personal fall arrest, restraint for proper use and maintenance of this equipment. understand (or have explained), and heed <u>a</u>

IMPORTANT: Alterations or misuse of this product or failure to your application, contact **Red Wood** for information. have questions on the use, care, or suitability of this equipment for follow instructions may result in serious injury or death. If you

APPLICATION:

are designed for use as part of a Personal Fall Arrest System leg loops, shoulder straps and chest strap. The Harnesses are in the event of a fall. The Fall Arrest Harnesses conform to and they designed to safely transfer and distribute the fall forces to the body All Harnesses used for fall arrest are full body holding devices with

PURPOSE:

attachments are present. Harnesses included in this manual meet the current ANSI Z359.1:2007. These instructions, and markings work positioning, or rescue systems when the appropriate fall arrest system (PFAS). They may also be utilized in restraint, The full body harnesses are used as one component in a personal

> borne by the harness, fulfill the instruction and marking requirements of those standards and regulations

1) DORSAL ATTACHMENT (Back D-ring)

the side, front, chest, or shoulder D-ring. arrest system. Never attach fall protection connecting devices to D-ring for connection to the other elements of a personal fall Present on all Harnesses. For fall arrest, use only the back

DORSAL D-RING LOCATOR

adjustment of back D-ring. This should never be adjusted below May be called D-ring attachment pad, and allows manual mid-point of shoulder blades.

SIDE D-RING (Only for SB-S119-AN)

arrest or for climbing protection. Always use both side D-rings system, then must be attached to the back D-ring positioning may occur a fall could occur a separate fall arrest together, for work positioning applications. When the work Used for the work positioning. Never use the side D-rings for fall

FRONT ATTACHMENT (Only for SB-S102-AN)

evacuation. Maximum free fall distance must be limited to 2 foot and MAF must not exceed 900lbs. (4kN). chest D-ring may also be used for rescue, retrieval, and front-mounted attachment element for fall arrestt attachment of fall distance is very short and footing can be easily gained). The For controlled descent, lifting and lowering (by hoisting), and for adder climbing protection systems (provided the potential free

LIMITATION:

Consider the following application limitations before using this equipment:

1) CAPACITY:

a combined weight (clothing, tools, etc.) of no more than 310 lbs disorders should consult a physician before using. Pregnant persons with heavier combined weights (May also affect the selection of other components of a PFAS). question about a users physical ability to safely use this product to arrest a fall or remain suspended. Models are available for prolonged suspension. Consult a physician if there is any person's ability to withstand shock loads during fall arrest or Increasing age and diminished physical fitness may reduce a women and children under 18 must never use the harness. (140 kg). Persons with muscular, skeletal, or other physical These full body harnesses are designed for use by persons with

2) FREE FALL:

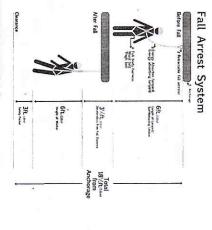
systems must be rigged so that free fall is limited to 18 inches or be rigged so that no vertical free fall is possible. Climbing fall is limited to two feet or less. Personnel riding systems must possible. Work positioning systems must be rigged so that free Restraint systems must be rigged so that no vertical free fall is Personal fall arrest systems used with this equipment must be rigged to limit the free fall to a minimum of 6 ft (ANSI Z359.1)

less. Rescue systems must be rigged so that no vertical free fall

3) FALL CLEARANCE:

diagram below for reference): clearance required is dependent on the following factors (see before the user strikes the ground or other obstruction. The There must be sufficient clearance below the user to arrest a fall

- Elevation of anchorage
- Connecting subsystem length
- Deceleration distance
- Free fall distance
- Worker height
- Movement of harness attachment element



4) SWING PENDULUM FALLS:

swing fall may cause serious injury or death. Minimize swing falls by working as close to the anchorage point as possible. the point where a fall occurs. The force of striking an object in a Swing falls occur when the anchorage point is not directly above

subsystem is used self-retracting lifeline significantly increase Do not permit a swing fall if injury could occur. Swing falls will or other the clearance variable required length connecting when

5) CHEMICAL HAZARDS:

your specific conditions. When working in the presence RED WOOD to determine which harness material is better for acids. If working in a chemically aggressive environment, consult neutral pH environments. Polyester is more resistant to attack by may damage the webbing and hardware elements of this Acidic, alkaline, or other environments with harsh substances chemicals, more frequent inspection of the harness is required harness. Nylon is more resistant to degradation by alkaline or 앜

6) HEAT:

Do not use harness in environments with temperatures greater than 185°F (85°C). Protect the harness when used near welding,

metal cutting, or other heat producing activities. Sparks may damage the harness webbing and reduce its strength. For high temperature applications (up to 700° F.).

IMPORTANT: When working with tools, materials, or in high temperature environments, ensure that associated fall protection equipment can withstand high temperatures, or provide protection for those items.

7) CORROSION:

Do not expose harness to corrosive environments for prolonged periods. Organic substances and salt water are particularly corrosive to metal parts. When working in a corrosive environment more frequent inspection, cleaning, and drying of the harness is required. See Care of the Harness and Inspection sections cleaning and inspection details

8) ELECTRICAL HAZARDS:

Use extreme caution when working near energized electrical sources. Metal hardware on the harness and on other components connected to it will conduct electric current. Maintain a safe working distance [preferably at least 10 feet (3 m)] from electrical hazards.

9) MOVING MACHINERY:

When working near moving machinery parts (e.g. conveyors, rotating shafts, presses, etc.), make sure that the strap collars secure the ends of harness straps. Maintain a safe working distance from machinery that could entangle clothing, the harness, or other components connected to it

10) SHARP EDGES AND ABRASIVE SURFACES:

Do not expose harness straps to sharp edges or abrasive surfaces that could cut, tear or abrade and weaken the fibers. If working around sharp edges and abrasive surfaces is unavoidable use heavy padding or other protective barriers to prevent direct contact.

11) WEAR AND DETERIORATION:

Any harness which shows signs of excessive wear, deterioration or aging, must be removed from use and marked "UNUSABLE" until destroyed. See detailed inspection procedures.

12) IMPACT FORCES:

Any harness that has been subjected to the forces of arresting a fall must be immediately removed from service and marked as "UNUSABLE" until destroyed. RED WOOD harnesses have integral load impact indicators sewn in to the webbing below the back D-ring to facilitate inspection for fall loading.

COMPATIBILITY OF SYSTEM PARTS

1) COMPATIBILITY OF COMPONENTS AND SUBSYSTEMS:

RED WOOD Harnesses are designed to be used with RED WOOD approved components and connecting subsystems. Use of the Harness with products made by others that are not approved in writing by RED WOOD may adversely affect the functional compatibility between system parts and the safety and reliability of the complete system. Connecting subsystems must be suitable for use in the application (e.g. fall arrest or restraint). RED WOOD produces a line of connecting subsystems for most applications. Contact RED WOOD for further information. Refer to the manufacturer's instructions supplied with the component or connecting subsystem to determine suitability. For fall arrest applications using the Harness, the maximum fall arrest force must not exceed 1,800 lbf. (8 kN). Contact RED WOOD with any questions regarding compatibility of equipment used with the

2) COMPATIBILITY OF CONNECTORS:

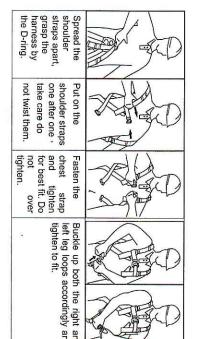
suitable for your application. compatible connection. Connecting subsystems (self retracting gate rather than along the backbone of the carabiner). Some Ensure the carabiner cannot cross-gate load (load against the loop connection points. Do not use snap hooks to connect to web carabiners with the harness. Some harness models have web is compatible. Use only self-closing, self-locking snap hooks and carabiner and the D-ring on the harness or anchorage connector engage. Always verify that the connecting snap hook or connectors may accidentally disengage ("rollout") or false must be compatible in size, shape, and strength. Non-compatible WOOD connectors meet this requirement. Connecting hardware Connectors, such as D-rings, snap hooks, and carabiners, must be rated at 5,000 lbf. (22 kN) minimum breaking strength. RED lifeline, lanyard, rope grab and lifeline, cable grab, etc.) must be lanyards are designed to choke onto a web loop to provide a loops. Use a self-locking carabiner to connect to a web loop.

3) ANCHORAGES AND ANCHORAGE CONNECTORS:

Anchorages and anchorage connector for PFAS shall have a strength capable of supporting 5000lbs per person. When more than one PFAS is attached to an anchorage, the anchorage strengths set forth in above shall be multiplied by the number of personal fall arrest systerms attached to the anchorage.

HOW TO CORRECTLY PUT THE FULL BODY HARNESS ON

Full body harness is to be adjusted using the straps and insert buckles to the individual figure of the user. If not, the straps and insert buckle have to be adjusted to the right position. The correct way to put the harness on shall be as per the step by step instruction below. After finished putting on the harness, it is necessary to check every strap and buckles to ensure they are fitted in the right position. Once the straps loosen, the user should adjust the strap with buckle immediately to prevent from falling.



INITIAL ADJUSTMENT OF THE DORSAL ATTACHMENT POINT

The adjustment should be done only once when putting on your harness for the first time. Have another person help you do it. Slide the strap retainer so that both layers of webbing are taut between the two buckles.

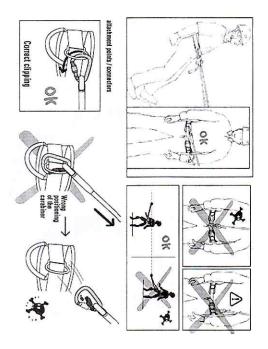
Be sure to neatly stow the excess webbing (flat-no loops or slack) in the strap retainer so that it does not interfere with your work. Adjust the position of the dorsal attachment point to suit your individual body shape and size. Position it at the level of the shoulder blades. If the dorsal ring is too low on the back, you will be handing too far forward when in suspension. If it is too high on the back, you will feel a squeezing sensation.

HOW TO CORRECTLY PUT THR WAIST BELT ON

- It is essential to try on and adjust the model SB-S119-AN before
 use remembering to anticipate the type of clothing you expect to
 be wearing. It is recommended that before using the Harness the
 user should carry out a suspension test in a safe place to ensure
 that the Harness is the correct size, has sufficient adjustment
 and is of an acceptable comfort level for the intended use.
- The waist belt should fit snugly around the waist.



- The lateral side positioning attachment points of the belt must be used solely for connecting to a work positioning system and never to a fall arrest system. Refer to diagram below for details.
- Correct way of attaching to the lateral attachment points on the belt by connectors.



REMINDER

- The user is responsible to make sure they read, understand and follow all instructions in the care and use of this device as well as receive adequate training.
- The user could be a competent or responsible person, or who are working under the direct and visual control of a competent/proficient person.
- 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. Training should be repeated periodically and especially if any components in the system are changed. The training is to be done in a way that the trainee is not exposed to fall hazard.
- Before and during use, consideration should be given as to how any rescue could be safely and efficiently carried out.
- Training should be repeated periodically and especially if any components in the system are changed.
- The training is to be done in a way that the trainee is not exposed to fall hazard.
- Whenever possible, it is strongly advised to personally attribute the PFAS to an individual user.
- Disregarding the instructions describled in this booklet could give rise to some serious repercussions. User is thus advised to re-read these instructions from time to time.

WARNING

ANY MODIFICATION TO AN ADJUSTMENT WILL MAKE THE DEVICE DANGEROUS FOR USE.

- Do not use the Full Body Harness until you have read and fully understand the instructions.
- It is essential for the safety of the user that if the product is re-sold outside the original country of destination the reseller shall provide instructions for use, for maintenance, for periodic

examination in the language of the country in which the product is to be used.

- Before and during use, consideration should be given as to how any rescue could be safely and efficiently carried out.
- The equipment shall not be used outside its limitations, or for any purpose other than that for which it is intended.
- Any alterations or additions to the equipment without the Manufacture's prior written consent, any dangers caused by this condition during the equipment utilization process will not be the responsibility of the Manufacture.
- The Full Body Harness shall be used for personal purpose. If necessary, the user should mark his/her own name somewhere on full body harness for identification. The user also has responsibility to preserve full body harness well. It is not advisable to lend full body harness to someone else. If this condition happens and find any damage, full body harness should be abandoned immediately out of safety consideration.
- Be aware of the material width and thickness of Harness may affect the safe equipment utilization. If necessary, please seek for the professional equipment knowledge support or Manufacture's advice.
- The harnesses are intended to create an anchorage point on the operator to form a fall-arrest system to protect him against a fall when performing work at heights. A fall-arrest harness is the only device which can be worn on a body in a fall-arrest system.
- It is important for safety to verify the free space required beneath the user at the workplace before each occasion of use, so that, in the case of a fall, there will be no collision with the ground or other obstacle in the fall path.
- The user should ensure that he always work directly under the anchorage point. This will avoid the hazard of a swing fall. Always avoid any point whose strength may be subject to doubt. It is preferable to use the structural anchors provided for this purpose or anchorage points conforming to ANSI Z359.1 or anchorage points with a resistance exceeding 10KN.
- The connection of a fall arrest system to a full body harness must exclusively be carried out using the upper dorsal, sternal or pectoral attachment points.
- 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 and never to a fall arrest system.
- 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 metal parts of the system or components. Similarly check for cuts, burns, broken wires, extensive wear, and change of color or rigidity in the textile parts of the system or components.
- Store in a clean dry environment, avoiding direct sunlight corrosive fumes, chemical substances or undue vibration.
- Always verify the compatibility of the full body harness with the other components of the equipment. An incompatible connection between the attachment point and connectors can cause accidental disconnection, breakage, or affect the safety function of another piece of equipment.

- Any equipment attached to the full body harness (anchorage, locking connectors, absorber, etc) must conform to ANSI Z359.1-2007.
- In extreme cases, the lifetime of the product can be reduced to one single use through exposure to for example any of the following: chemicals, extreme temperatures, sharp edges, major fall or load, etc.
- fall or load, etc.

 The potential lifetime of this product is as follows: up to 3 years from the date of manufacture for plastic and textile products. It is indefinite for metallic products.
- The actual lifetime of a product ends when it meets one of the retirement criteria listed below, or when in its system use it is judged obsolete.
- The actual lifetime is influenced by a variety of factors such as: the intensity, frequency, and environment of use, the competence of the user, how well the product is stored and maintained, etc.
- This full body harness shall be examined every year by a competent person to ensure the safety and serviceable condition.
- Following any fall incident (even a high one), your Harness must be inspected by a qualified safety officer / engineer, who will decide if the Harness is safe for further use or if it should be destroyed.
- Full body harness must not be used after sustaining a fall or on which visual inspection leaves any doubt, must be withdrawn immediately from service. Défects, damage, excessive wear, malfunction, and aging are generally not repairable.

MAINTENANCE AND STORAGE:

CARE

Do not expose the Full Body Harness to corrosive environments for prolonged periods. Organic substances and salt water are particularly corrosive to metal parts. When working in corrosive environments, more frequent inspection, cleaning and drying of the Full Body Harness is required.

- The equipment would be pack with polystyrene plastic materia to prevent any item damage during transportation.
- The item may be cleaned with a mild detergent solution or disinfected with a mild sterile disinfectant.
- Store in a clean dry environment avoiding corrosive fumes or chemical substances.
- The Full Body Harness'is difficult to give a precise lifetime because it depends on factors such as the environment where it is used (for instance in a marine environment, in contact with chemicals, sand etc.) and frequency of use. If maintained and cleaned regularly and used correctly the product will give many years of service.
- The equipment become wet, either from being in use or when due to cleaning, it shall be allowed to dry natually, and shall be kept away from direct heat.

- Modifications and repairs outside of Red Wood facilities are
- during the periodic examination. The requirement to check the legibility of the equipment marking
- The regular periodic examination is necessary for the equipment maintenance and when the equipment purchasing
- manufacturer's periodic examination procedure. The personal protective equipment shall be examined every competent person and strictly in accordance with the year. The periodic examination are only to be conducted by a

STORAGE

- Store the Harness in a ventilated place away from humidity.
- Harness should be hung up by the rear D-ring, or placed loosely in a container.
- Keep the Harness in its original packaging when no in use, or when transporting
- from any cuts, moisture or ultraviolet light. Avoid corrosive, overheated or refrigerated atmospheres (freezing Transport the component or system in a package to protect it temperatures)

PERIODIC EXAMINATION:

of the device. These should be identified through risk assessment. competent person, appointed by the employer. Additionally, harsh working environments exist which may affect safety functions recorded interim examinations may be required where risks from Detailed recorded examinations should only be carried out by a

equipment. However, it is enable periodic examinations to be carried out by a competent person: The Full Body Harness does not require any special tools and

- Ensure that the periodic examination instructions for other recommended taking account of such factors as legislation, equipment type, frequency of use, and environmental European standards. These recorded examinations must be components used in conjunction with any item are complied with Z359.1. However, the frequency of periodic examination is carried out at least every 12 months as a requirement of ANSI
- Periodic examination is essential for the safety of the user. This preserve carefully the descriptive sheet, making a note of any examination competent person for periodic examination. periodic checks, and periodic check shall be performed by operation of the system or component. Be sure to fill in and guarantees the efficiency and trouble-free
- ω Inspect each component and subsystem of the complete system in accordance with the associated manufacturer's instructions. No spare parts can be in place of.
- 4 Always make sure the product marking is present showing the the label is not legible on the product body or do not match the user instructions DO NOT USE date of manufacture and that it matches your user instructions. I

The potential lifetime of this product is up to 3 years from the

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- 9 retirement criteria listed below, or when its system use is judged The actual lifetime of a product ends when it meets one of the
- Defects, damage, excessive wear, malfunction, and aging
- corrosion, deep pitting, sharp edges, cuts, deep nicks and The hardware elements for deformations, fractures, cracks evidence of excessive heat or chemical exposures.
- Inspect the Harness for wear, abrasion, cuts, frayed, missing or loose stitches, burns or signs of chemical attack
- You do not know its full usage history
- It is at least 3 years old and made of plastics or textiles
- 7. If during the periodic examination any part is found not safe or You have any doubt as to its integrity.
- 8 each piece of equipment to a unique user so that he will know its To keep better track of the equipment, it is preferable to assign malfunction, and aging are generally not repairable. faulty, please DO NOT use it. Defects, damage, excessive wear,
- 9 following details: name, department and use date. The results of inspections should be documented in "inspection record". This document must allow recording of the an

The above periodic inspection shall be strictly follow.

CLEANING & DISINFECTION

maintenance. The Full Body Harness does not require any particular

However, it is good practice to:

- Regularly clean the Harness with plain water and let dry in the
- Do not use bleach, solvents, petrol, or dye as they will affect the performance of the Lanyard.
- for 100% kill of vegetative organisms by sponge, mop, cloth Apply disinfectant product and allow to remain for 10 minutes pressure sprayer, fogging device, portable sprayer.

The above cleaning instruction shall be strictly adhere to.

Markings and marking locations:

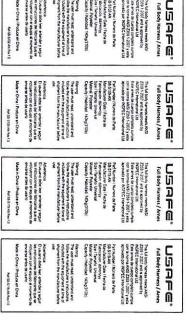
actual labels that appear on Red Wood A-Series harnesses The illustrations on the following pages are representations of the

the user to know in order to assure safe use of the harness constructed, the date the harness was manufactured, and the number, the size of the harness, the material of which it is specific to the particular harness. It will identify the Red Wood part harness' unique serial number. All this information is necessary for The Harness Specifications Label contains information that is

for the safe use of this product, so the user should ensure that the All the information on the Harness Specifications Label is importan label has not been removed and that the descriptions it contains

match the task and environment in which the product is intended to

On the back side of the Harness Specifications Label is the often in the case of heavy use label will be verified by a Competent Person at least annually, more harness' Inspection / Visitación, which can be marked with an indelible marker or punched on the occasion of inspections. This



Date / Fecha de

Harness Warnings Label (Located on side of back strap)

Š	Dop.	Se		=	12	13	I	7
2	ğ	Date	-					
E C	Name / Nombre: Department / Sección:	Department / Sección: Use Date / Fecha de Usario:	2					
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Harness Specifications Label (Located on side of back strap)

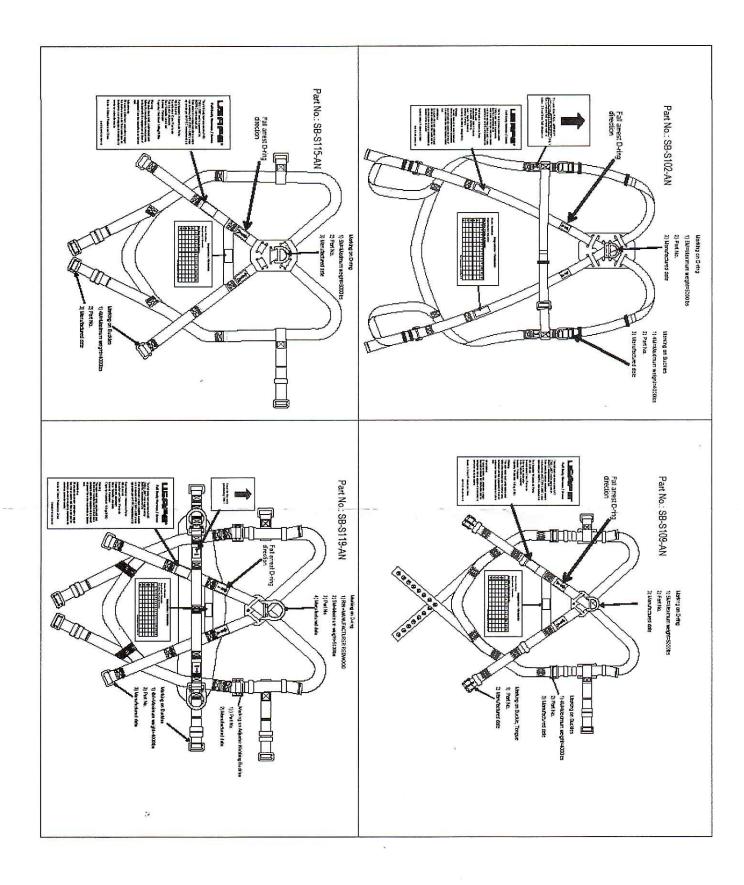
Haspection-AN Rev.1.0

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