

## 1. Purpose

The full body harness is a sub-system and designed to use together with SkyHawk **SK 01 / SK 02 / SK 01K / SK 02K / SK 01KA / SK 02KA** series of energy absorber lanyard to form a personal fall arrest system (PFAS) limited to single person use of a total mass not exceeding 100 kg.

**Note:** Users of fall-protection equipment whose total mass (including tools and equipment) exceeds 100 kg are to seek advice from the manufacturer regarding the suitability of this equipment.

The full body harness is to be used with energy absorber lanyard in PFAS where, due to installation, the arrest distance can be will be controlled and, if a fall takes place, the arresting force is limited to a maximum of 6kN.

## 2. Warning

PFAS incorporating lanyard without energy absorber or a means of energy dissipation are not allowed in accordance to ISO 10333-2 or SS 528 Part 2 because such systems are almost certain to cause an injury in an arrested fall.

The full body harness is to be used together with energy absorber lanyard which is to be employed in a personal fall arrest system. User is to consult the manufacturer for the use of combinations of components and/or sub-system in which the safe function of any components and/or sub-system may be affected.

Care should be taken to ensure that the full body harness when assembled into a PFAS performs correctly and complies in accordance to ISO 10333-1 or SS 528 Part 1.

The user shall not make any alterations or additions to the full body harness. Any repairs to the full body harness must be carried out by the manufacturer or by a competent person appropriately authorized by the manufacturer.

This equipment should only be used by a trained or competent person or the user shall be under the direct supervision of such a person.

During use, precautions shall be taken to protect the full body harness against damages or deteriorations in performance from the following:

- Temperature (especially adjacency to welding or oxy-cutting operations)
- Sharp edges, abrasion, cutting, UV degradation and chemical reagents.

In case of doubt, the user should consult the manufacturer for the suitability of application.

Any work positioning attachment elements mounted at the side waist positions shall not be used for connecting into a PFAS.

The full body harness that has withstood a fall or appears doubtful on visual examination must be immediately withdrawn from service.

## 3. Instructions for use

When using this full body harness, please ensure the following:

Before use of the PFAS, consideration should be given as to how any rescue of a user in post fall-arrest suspension can be safely and efficiently carried out.

A visual inspection of the full body harness shall be carried out before use. All parts and components shall be in serviceable condition and operates correctly.

## Donning procedures for full body harness:

Step 1: Locate back D-ring and hold the harness up by this D-ring. Ensure that the straps are not twisted.

Step 2: Hold the shoulder strap and put on the harness onto one arm. The D-ring will be on your back. Slip the other arm into harness and position shoulder straps.

Step 3: Chest strap will be positioned on front side when worn properly. Pass the male buckle through the female buckle.

Step 4: Reach between the legs and hold the leg strap on one side first and connect it to the appropriate buckle by passing the male buckle through the female buckle. Then repeat for the other leg strap.

Step 5: Adjust shoulder straps to a snug fit. Left and right sides of shoulder straps shall be adjusted to the same length. The chest strap shall be centered on the lower chest. Then center the back D-ring between the shoulder blades. Adjust leg straps to a snug fit.

For proper connection, the snap hook (SK 05 / SK 05K) at the end of lanyard must be connected to the anchorage point and the karabiner (SK 06 / SK 04K) / snap hook (SK 04) at the end of energy absorber shall be positively connected to the attachment element for fall arrest (Letter "A" indicated on the back webbing) on the full body harness and all self-closing and self locking connectors must be certified according to ISO 10333-5 or SSS526: Part 5.

## 4. Maintenance and storage

Proper maintenance, servicing and storage of your equipment is vital to ensure the integrity of the component parts and thereby the user's safety.

- a) Cleaning: Whenever necessary, cleaning should be carried out using mild detergent powders / ordinary soap and water. When the components become wet it should be allowed to dry naturally.
- b) Lubrication: Lubricate movable parts with a silicone based lubricant only. Avoid any oil contact with textile parts. This should be carried out after cleaning and drying.
- c) Storage: Store the full body harness in a cool, dry, clean environment and away from direct sunlight.
- d) Life span: The life span of the full body harness is 5 years. However poor storage, maintenance conditions and improper usage may reduce the expected life span drastically.

## 5. Inspection

The full body harness shall inspected periodically, taking account of the conditions of use be examined at least once a year by a competent person according to the manufacturer's instructions. Any full body harness showing any defect shall be withdrawn from service immediately.

During the examination, particular attention should be directed to the following items:

- a) Webbing: Inspect the webbing for cuts, cracks, tear or abrasions, undue stretching and damage due to deterioration.
- b) Buckles and attachment element D-ring: Examined for damaged or distortion.
- c) Stitching: Inspect for broken, cut or worn threads.