



A CAPITAL SAFETY COMPANY

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### Instructions for Use AB Series Full Body Harnesses

**NOTE: YOU MUST READ AND UNDERSTAND, OR HAVE THE FOLLOWING INSTRUCTIONS EXPLAINED TO YOU BEFORE USING THIS EQUIPMENT. FAILURE TO DO SO COULD RESULT IN INJURY OR DEATH.**

These instructions are intended to meet the Manufacturer's Instructions as required by CSA Z259.10-06, ANSI Z359.1-2007 and OSHA 1926, and should be used as part of an employee training program as required by OSHA.

#### WARNINGS

Only Capital Safety is authorized to make repairs or modifications to this equipment. Any attempt to modify or repair equipment by the user will void the warranty and could cause injury or death.

If a full body harness is subject to an impact load or has arrested a fall, it should be removed from service and destroyed by cutting the webbing into pieces. Even if the impact indicators on the harness do not appear to have deployed, the harness must be removed from service, destroyed, and replaced.

Users of this type of equipment should have a rescue plan in place (on file) and the means necessary to implement it immediately in the event of a fall or other emergency.

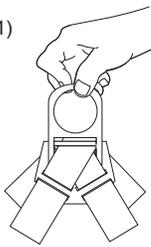
Any alteration, misuse, or abuse of this equipment will void the product warranty and could cause injury or death.

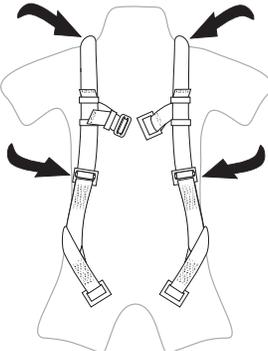
Do not use combinations of component, subsystems, or both which may affect or interfere with the safe function of one another. Be certain that connecting devices are compatible and that other elements of the PFAS are safe to use and compatible before use.

Do not expose this equipment to chemicals which may have a harmful effect on the materials used to construct it. Be especially aware of caustic environments, or those that contain high levels of organic acids or bases. If you are uncertain about the safe operation of this equipment in any environment, contact Protecta for instructions.

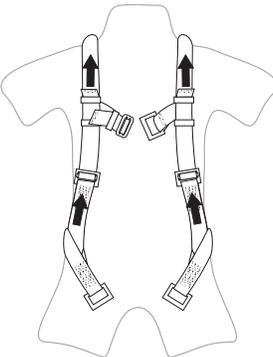
#### DONNING THE HARNESS

To don the harness, proceed as follows:

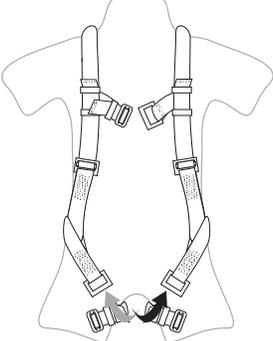
1)  Grasp the harness by the dorsal D-ring (6) and shake until straps hang down from the harness body. Make sure that the buckles (4) are not fastened.

2) 

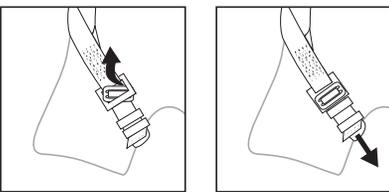
Slip on the shoulder straps (1) one at a time as if you were putting on a jacket. Be careful not to twist the straps.

3) 

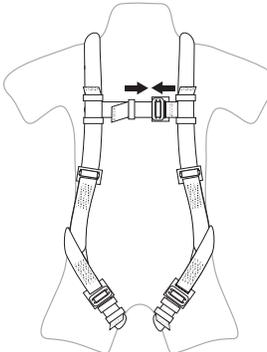
Individually adjust each shoulder strap (1) by pulling or releasing the slack end so that the sub-pelvic strap (8) is firmly in place under the buttocks.

4) 

Pull each thigh strap (5) through the crotch and fasten the parachute buckles by passing the male buckle through the female. For tongue buckle insert the grommated strap through the buckle. Fasten by inserting the tongue through the grommet. For quick-connect, insert male end into female end and apply pressure until the locking tabs snap into place. Ensure closure by checking tab positions in buckle window. Be careful not to cross or twist the straps.

5) 

Adjust the tension of the thigh straps (5) by pulling or releasing the slack end of the strap. Move the plastic keeper away from the buckle edge to ease adjustment. For tongue buckles select desired grommet and secure excess webbing under plastic keeper. Proper tension is a 2-finger space between strap and leg.

6) 

Attach the chest strap (2) parachute buckle and adjust the length so that the shoulder straps (1) are centered on each shoulder.

7) Position the plastic strap keepers so that one is next to the parachute buckle and the other is at the far end of the excess strap. Be certain that the torso straps are adjusted so that the dorsal D-ring is in the center of the wearer's back.

#### APPLICATIONS

PROTECTA Full Body Harnesses are designed to provide the wearer with maximum comfort while maintaining the highest degree of protection from falls. In order for the harness to be fully effective, it must be adjusted properly to fit the wearer, and attached to an appropriate Personal Fall Arrest System.

#### LIMITATIONS

Full body harnesses are designed to act in concert with other elements of a Personal Fall Arrest System and arrest a fall from height while minimizing impact load on the wearer. Users should not combine components or subsystems of the PFAS from manufacturers other than Capital Safety unless it is determined by a qualified person that they are com-

patible with one another. Incompatible components may interfere with the safe operation or function of the equipment.

Unless otherwise noted, max. allowable free fall shall not exceed 6' (1.8 m).

Maximum user weight not to exceed 310 lbs (141 Kg).

Environmental Hazards: Use of this equipment with environmental hazards may require additional precautions to prevent injury to the user or damage to the equipment. Hazards may include, but are not limited to: heat, chemicals, corrosive environments, high voltage power lines, gases, moving machinery, moving vehicles and sharp edges. Contact Protecta if you have questions about using this equipment where environmental hazards may exist.

Training: This equipment is intended to be used by persons trained in its correct application and use.

#### INSTALLATION & OPERATION

The Personal Fall Arrest System (PFAS) attached to the Full Body Harness may ONLY be attached to the dorsal D-ring. Dorsal D-ring is for fall arrest ONLY. Side-hip D-rings (if harness is so equipped) are for positioning work. Chest loops, chest D-rings, or shoulder D-rings are for attachment of guided type fall arrest systems or for retrieval.

Before using this harness, check to ensure that all components of the Personal Fall Arrest System are compatible. Capital Safety recommends using only Capital Safety equipment to comprise other elements of the system used with a Capital Safety harness.

Capital Safety recommends that, when possible, harnesses be issued to individuals for personal use only. This ensures proper adjustment and fit for the wearer and provides tracking information.

Whenever possible, choose an anchorage point that is located directly overhead to reduce the possibility of injury due to swing-fall hazards.

Anchorage selected for use with a PFAS shall have a strength capable of sustaining static loads, applied in the directions permitted by the PFAS, of at least:

a) 3,600 lbs (16 kN) when certification exists, or  
b) 5,000 lbs (22.2 kN) in the absence of certification.  
When more than one PFAS is attached to an anchorage, the anchorage strengths set forth in (a) and (b) above shall be multiplied by the number of Personal Fall Arrest Systems attached to the anchorage. (ANSI Z359.1-2007)

Users should take special precautions around moving machinery and around electrical hazards. Improperly adjusted harnesses and improperly placed PFAS elements can present a danger in these areas.

In the event of a fall, the user must have a rescue plan in place and the means at hand to execute it immediately.

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