

Instructions for use for full body harnesses, types AX 40 / AX 41 / AX 60 / AX 60 CSW

General information

The full body harness is used to secure persons working in fall hazard areas, and should be personally available to the user.

The user must have been instructed in its safe use, and there should be no physical impediments which could affect the safety of the user (e.g. circulation problems, use of medications, or similar).

Before use, a visual examination of the webbings, ropes, seams, clasps, and all other components should be undertaken in respect of damage by mechanical, chemical, or thermal agencies. If doubts exist as to the safe status of the equipment, the equipment must be examined by a specialist or by the manufacturer. Parts which are damaged or are stressed through fall should be taken out of use.

Modifications or repairs may be carried out only by the manufacturer.

During use, the equipment is to be protected from contact with oils, acids, alkalis, solvents, open flame, droplets of molten metal, and sharp edges.

The equipment may be used only for its intended purpose.

A rescue plan must be in place for possible emergencies arising during the use of the equipment; this must cover all possible emergencies. The anchor point to be used must be sufficiently strong, and must be able to sustain a minimum load of 10 kN as per DIN EN 795.

If the equipment is re-exported to another country, these instructions for use with all their details must be provided by the reseller in the appropriate country language.

Instructions for fall arrest systems

If additional pieces of personal safety equipment are used to prevent falling, it should be ensured that these are compatible. In this case, the instructions for use of the additional products must be observed. As per DIN EN 361, only a single full body harness may be used in a fall arrest system, and it must always include a shock absorbing component.

The safety rope must always be attached to one of the eyes on the full body harness. Attachment eyes present on a full body harness as per EN 358 must be used only for attachment purposes. A fall must be excluded in this case. If full body harnesses are provided with a guided type fall arrester eye at the front, this must be used exclusively in connection with a stationary climbing device with a fixed anchor line as per EN 353-1, and the possible length of fall must not be greater than 1.0 m.

The anchor point should be positioned above the relevant working position, and be chosen as high as possible to prevent oscillatory motions in the case of a fall, and to restrict the potential length of free fall to the minimum. The safety rope to the anchor point must be kept taut at all times. Rope slackness must be avoided.

You must ensure the necessary clearance at the workplace below the user in order to prevent impact with the ground or with another obstruction. In the worst case conditions, this means 6.75 m for lanyards, and for guided type fall arresters 4.0 m.

The length of a lanyard as per DIN EN 354 including energy absorber as per DIN EN 355 and connectors (carabiners) as per DIN EN 362 may amount to 2.0 m maximum.

Extension or combination with other lanyards is not permitted.

If full body harnesses are used with a fixed lanyard, it must be ensured that these are compatible when combined with other pieces of equipment, and that the maximum permitted lengths of the safety ropes are not exceeded.

Putting on the full body harness

1. Hold the full body harness by the rear attachment eye and open the closures.
2. Pull on the light-coloured webbing straps over the shoulders like a jacket, and avoid twisting the straps.
3. Close the front plastic friction clasp of the chest strap, and tighten the fit.
4. Now connect the metal closures of the body harness without twisting the webbing.
5. Pull the two dark thigh straps through the crotch without twisting them, and connect the friction clasps or the click closures of the thigh straps to the counterpieces on the full body harness.
6. Then adjust the belt to your body size by means of the adjustable shoulder, body, and thigh straps to your body size, starting from bottom to top with the thigh straps.

Note: The two front eyes on the chest of the AX 60 / AX 60 S / AX 6020 full body harness do **not** have to be connected with each other.

The harness fits correctly when

- All closures are correctly closed.
- All straps are correctly tightened (not too tight and not too loose).
- The attachment eye on the back is positioned at shoulder height,
- The front attachment eye / attachment loops are positioned at the same height in front of the chest.
- The sit harness is positioned under the buttocks.
- The chest strap is correctly positioned in the middle of the chest.
- The ends of all webbing anchorage lines have been passed through the corresponding plastic slides and are fixed.

Transport / storage / care

When transporting, the equipment should be placed in a suitable bag or case. The equipment should be kept in a dry, well ventilated, shaded, and cool area, at normal temperatures and free from direct solar radiation. As the equipment consists principally of polyester, it should not be exposed to temperatures above 60 C° or below -20 C°. It may be cleaned with hot water and a neutral cleaning agent. Cleaning agent residue must be completely rinsed out with clean water. Textile components must be allowed to dry out in a natural manner only. Under no circumstances dry them out close to fire or to sources of heat. Disinfection measures may be undertaken only after consultation with the manufacturer.

Storage and cleaning recommendations must be strictly complied with!

Examinations / period of use

The equipment must be examined **at least every 12 months** by a qualified individual or by the manufacturer.

During the examination, particular attention is to be paid to the following points:

- Product marking (legibility)
- Check that stitches (seams, closures) are in an appropriate state.
- Check webbings and fittings for damage (cuts, the effect of heat, wear, contamination, distortion, deformation, or breaks).
- Confirm the correct quantity and functioning of the metal and plastic closures.

The safety of the user depends on the effectiveness and durability of the equipment.

Belts (work positioning belts, full body harnesses, etc.) can be used under normal conditions for **max. 8 years** from the year of manufacture.

Ropes and tapes (lanyards, fall arresters on movable guides, tape slings, anchor tapes, etc.) should be replaced after a **maximum of 6 years**.

The German Trades' Association Guidelines BGR 198 and BGR 199 must be complied with.

Special model waistcoat AX 75 with full body harness type AX 60 CSW

The AX 75 full body harness waistcoat is made from cotton fabric into which a full body harness of type AX 60 CSW is integrated. The waistcoat is made in two layers, so that the full body harness can be completely examined as part of the prescribed annual inspection, and can be checked visually. By opening the front closures at chest level (beneath the two zips at the front), the harness can be removed from the waistcoat.

When replacing the harness into the waistcoat, it is essential to ensure that the webbings do not become twisted, and that the closures are correctly closed again. For this, the webbing is first led through the two knurled buckles, and then back through the buckle on top. The end of the webbing is then led through the black plastic slides again, and is fixed. It is essential to ensure that the length is correctly adjusted.