MANUAL
ROPE ACCESS HARNESSES

ELSF-H310, H330

CE 0082
EN 361:2002 EN 358:1999
EN 813:2008

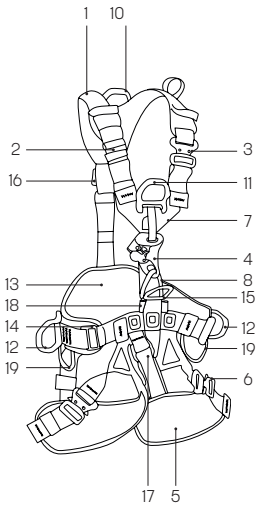
ELLER® SAFE

NOTIFIED BODY FOR EU TYPE EXAMINATION AND PRODUCTION CONTROL:
Apave Exploitation France SAS (0082) 6 Rue du General Audran - 92412 COURBEVOIE cedex - France.

CAREFULLY READ THESE INSTRUCTIONS BEFORE USING THIS HARNESS
This product is designed to provide protection against the danger of falling from heights.

DESCRIPTION
Safety harness is a body holding device which is a component of personal protective equipment described in EN 363 standard intended to protect the user against falls from a height. The harness is approved for a user, including tools and equipment, with a weight of up to 140 kg. Maximum rated load 140 kg for EN361 full body harness is permitted only when energy absorbing element compatible with 140 kg maximum rated load is used.

NOMENCLATURE OF PARTS



1. Shoulder strap.
2. Shoulder strap adjustment buckle.
3. Shoulder strap quick connect buckle (H330 only).
4. Ventral rope clamp (H330 only)
5. Leg strap.
6. Leg strap connecting/adjustment buckle.
7. Chest strap.
8. Chest strap connecting/adjustment buckle.
9. Identity label.
10. Fall arrest (A) back attachment D-ring EN361.
11. Fall arrest (A) front attachment EN 361.
12. Lateral belt work positioning D-rings EN 358.
13. Work positioning belt waist strap.
14. Work positioning belt adjustment buckle.
15. Front waist sit harness D-ring EN 813.
16. Dorsal strap adjustment buckle.
17. Rear leg straps adjustment buckle.
18. Bosun seat attachment loops
19. Tool loops – max. weight 2 kg.

ELLER® SAFE

FULL BODY HARNESS

Model	: ELSF-H3XX
Mfg. date	: 02/2024
Serial No.	: 2402
Material	: Polyester
Size	: M-XL

MAX. 140 KG
Max. user weight (including all tools)

CE 0082
EN361:2002

MARKING

1. The CE mark showing that the product meets the requirements of the Regulation 2016/425
2. Identification of the manufacturer
3. Type of product
4. Model number
5. Date of manufacture ([Month(MM)and (Year)YYYY])
6. Batch No
7. Serial No. of the Harness
8. Waist belt size range
9. Read user instruction

THE HARNESS IS CERTIFIED AND COMPLYING WITH THE STANDARD:

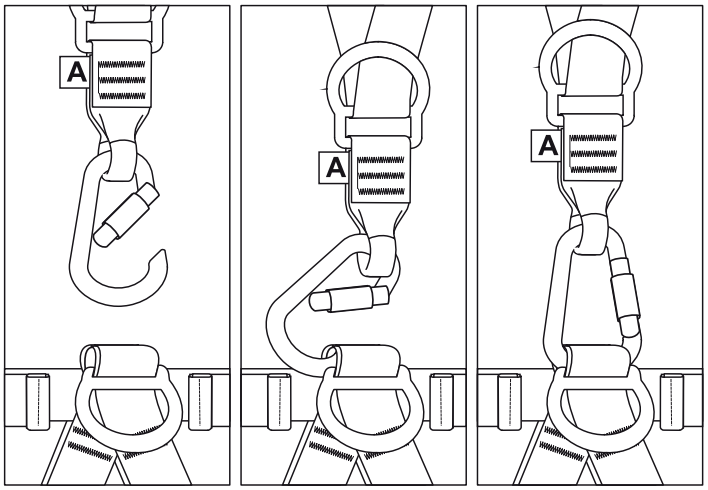
- EN 361:2002 as a full body harness intended to be used in fall arrest systems.
- EN 358:2018 as a work positioning belt to be used with work positioning equipment;
- EN 813:2008 as a sit harness for supporting a person in a sitting position with a physical support to the lower back of the user during work at height in suspension.
- Equipment loops must only be used for equipment. Never use equipment loops for belaying, rappelling, tying in, or anchoring a person.

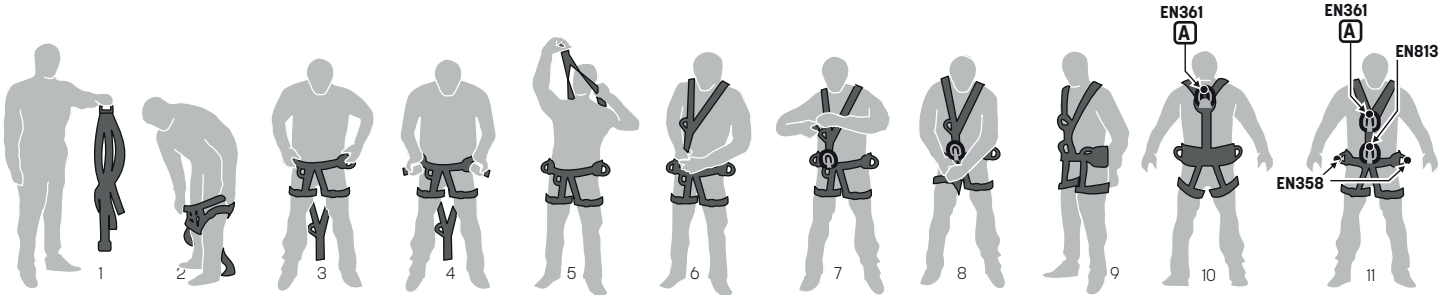
FITTING & SIZING:

1. Hold the harness by dorsal D-ring. Shake the harness to allow all straps to fall in place.
2. Unbuckle the front shoulder strap connector. Step into the leg loops putting one leg through each leg loop.
3. Pull the harness up.
4. Tighten the waist belt strap. The strap should fit tight around the waist.
5. Take the shoulder straps from the back and slide your head through it, taking care not to twist the straps.
6. Connect shoulder loop to the connector located on the waist strap behind the chest D-ring.
7. Adjust the shoulder straps so the harness fits the body, not too tight.
8. Adjust the leg straps. The straps should fit the legs.
9. Adjust the height of the leg straps by the rear adjustment straps.
10. Back attachment D-ring must be positioned between shoulder blades.
11. Front attachment D-ring or attachment linked loops must be centred on lower chest. Front sit harness D-ring must be centred on the waist.

ATTACHING FALL ARRESTS SYSTEMS – EN361
Fall arrest system can be attached only to the fall arrest attachment point of full body harness EN 361 marked with capital letter A:

- directly to the back D-ring (H.1.1)
- to the front attachment D-ring placed on the chest strap (H.1.2).



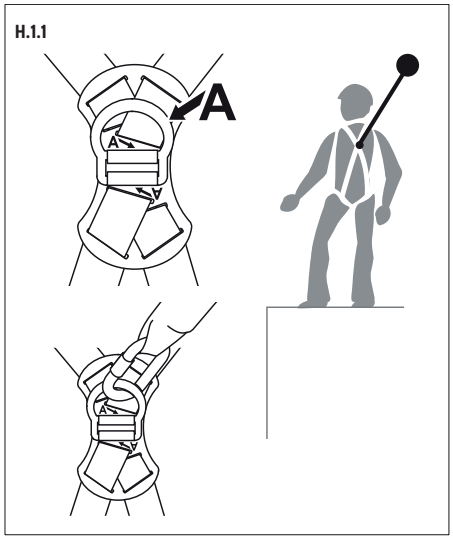


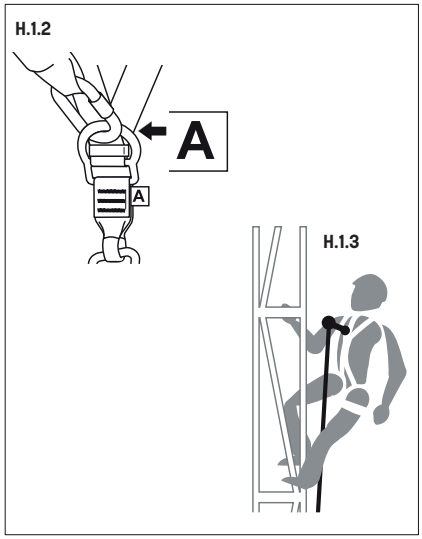
CONNECTING WORK POSITIONING SYSTEMS – EN358

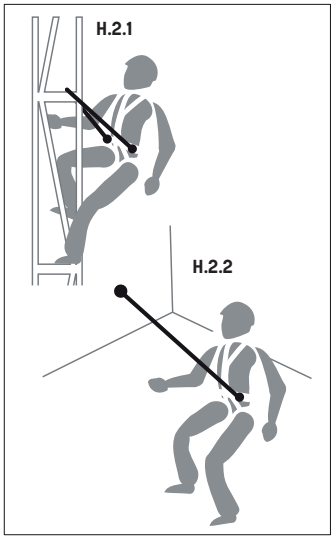
Work positioning or restraint system should be attached to the work positioning belt EN 358 D-rings . Work positioning lanyard can be connected to a structure by encircling it (H.2.1) or directly to an anchor point (H.2.2).Work positioning system must be connected to a structure or an anchor point that is positioned at waist level or above. Work positioning lanyard must be kept taut during use. It is strictly forbidden to use the work positioning belt EN358 D-rings or loops for fall arrest purposes. The belt shouldn't be used if there is a foreseeable risk of the user becoming suspended or being exposed to unintended tension by the waist belt. When using a work positioning system, the user normally relies on the equipment for support, therefore it is essential to consider the need of using a back-up, e.g. a fall arrest system.

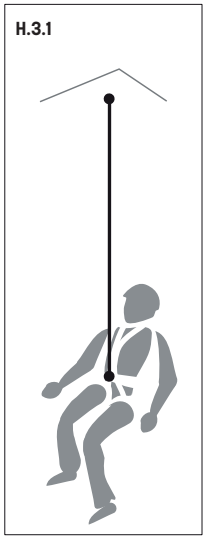
CONNECTING ROPE ACCESS SYSTEMS TO SIT HARNESS – EN813

Rope access system can be attached to the frontal waist D-ring of the sit harness EN813. The anchor point of the rope access system must be located above the user. Before using the sit harness the first time the user should carry out a suspension test in a safe place to ensure that the sit harness is the correct size, has sufficient adjustment and is of an acceptable comfort level for the intended use. It is strictly forbidden to use the harness EN813 D-ring fall arrest purpose.









FOR H330 HARNESS WITH BUILT IN VENTRAL ROPE CLAMP EN 12841: 2006

The XA200 must be used with a type A back-up device on the safety rope (e.g. with an XG300 mobile fall arrester for rope).

- The XA200 is not suitable for use in a fall-arrest system.
- To meet the requirements of the EN 12841: 2006 type B standard, use 10-13 mm EN 1891 type A low stretch kernmantle ropes.
- Use a connecting assembly of maximum length 1 meter (lanyard + connectors + devices).
- Do not allow slack in the rope between the rope adjustment device and the anchor, in order to reduce the risk of a fall.
- When your body weight is on the work rope, make sure that the safety rope is not loaded. A dynamic overload can damage the safety rope.

FUNCTION PRINCIPLE AND TEST

This rope clamp is a device for ascending rope. It slides along the rope in one direction and blocks in the other direction.
The cam's teeth initiate a clamping action that blocks the rope by pinching it between the cam and the frame.

INSTALLING AND REMOVING THE ROPE

Pull the safety catch down and lock it on the frame of the device. The cam is thus held open. Put the rope in the device. Observe the Up/Down indicator. Release the safety catch so that the cam presses against the rope. In this position, the safety catch helps prevent involuntary opening of the cam. To remove the rope, slide the device upwards on the rope while operating the safety catch to disengage the cam.

ROPE ASCENT

Use the XA200 with another rope clamp (e.g. XA100) and a foot loop. Always attach yourself to the second rope clamp with an appropriate lanyard.

SHORT DESCENT

Slide the device slightly up the rope and simultaneously push the cam with your index finger. Do not manipulate the safety catch because there is a risk of accidentally opening the cam.

PERIODIC INSPECTIONS
Device must be inspected at least once every 12 months from the date of first use. Periodic inspections must only be carried out by a competent person who has the knowledge and training required for personal protective equipment periodic inspections. Depending upon the type and environment of work, inspections may be needed to be carried out more frequently than once every 12 months. Every periodic inspection must be recorded in the Identity Card of the equipment.

MAXIMUM LIFESPAN OF THE EQUIPMENT
The maximum lifespan of load bearing textile equipment is 10 years from the date of manufacture.
Metallic equipment can be used without time limit on the condition periodic inspections are carried out timely.
The equipment maximum lifetime depends on the intensity of usage and the environment of usage. Using the device in rough environment, marine environment, contact with sharp edges, exposure to extreme temperatures or aggressive substances, etc. can lead to the withdrawal from use even after one use.

WITHDRAWAL FROM USE
The device must be withdrawn from use immediately and destroyed when it has been used to arrest a fall or it fails to pass inspection or there are any doubt as to its reliability.

THE ESSENTIAL PRINCIPLES FOR USERS OF PERSONAL PROTECTIVE EQUIPMENT AGAINST FALLS FROM A HEIGHT
- personal protective equipment shall only be used by a person trained and competent in its safe use.
- personal protective equipment must not be used by a person with medical condition that could affect the safety of the equipment user in normal and emergency use.
- a rescue plan shall be in place to deal with any emergencies that could arise during the work.
- being suspended in PPE (e.g. arresting a fall), beware of suspension trauma symptoms. To avoid symptoms of suspension trauma, be sure that the proper rescue plan is ready for use. It is recommended to use trauma straps.
- it is forbidden to make any alterations or additions to the equipment without the manufacturer's prior written consent.
- any repair shall only be carried out by equipment manufacturer or his certified representative.
- personal protective equipment shall not be used outside its limitations, or for any purpose other than that for which it is intended.
- personal protective equipment should be a personal issue item.
- before use ensure about the compatibility of items of equipment assembled into a fall arrest system.
- Periodically check connecting and adjusting of the equipment components to avoid accidental loosening or disconnecting of the components.
- it is forbidden to use combinations of items of equipment in which the safe function of any one item is affected by or interferes with the safe function of another.
- before each use of personal protective equipment it is obligatory to carry out a pre-use check of the equipment, to ensure that it is in a serviceable condition and operates correctly before it is used.
- during pre-use check it is necessary to inspect all elements of the equipment in respect of any damages, excessive wear, corrosion, abrasion, cutting or incorrect acting, especially take into consideration: in full body harnesses and belts buckles, adjusting elements, attaching points, webbings, seams, loops;
  - in energy absorbers - attaching loops, webbing, seams, casing, connectors;
  - in textile lanyards or lifelines or guidelines - rope, loops, thimbles, connectors, adjusting element, splices;
  - in steel lanyards or lifelines or guidelines - cable, wires, clips, ferrules, loops, thimbles, connectors, adjusting elements;
  - in retractable fall arresters - cable or webbing, retractor and brake proper acting, casing, energy absorber, connector;
  - in guided type fall arresters - body of the fall arrester, sliding function, locking gear acting, rivets and screws, connector, energy absorber;
  - in metallic components (connectors, hooks, anchors)
  - main body, rivets, gate, locking gear acting.
- after every 12 months of utilization, personal protective equipment must be withdrawn from use to carry out periodical detailed inspection. The periodic inspection must be carried out by a competent person for periodic inspection. The periodic inspection can be carried out also by the manufacturer or his authorized representative.
- in case of some types of the complex equipment e.g. some types of retractable fall arresters the annual inspection can be carried out only by the manufacturer or his authorized representative.
- regular periodic inspections are the essential for equipment maintenance and the safety of the users which depends upon the continued efficiency and durability of the equipment.
- during periodic inspection it is necessary to check the legibility of the equipment marking. Don't use the equipment with illegible marking.
- 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 and for repair in language of the country in which the product is to be used.
- personal protective equipment must be withdrawn from use immediately when any doubt arise about its condition for safe use and not used again until confirmed in writing by equipment manufacturer or his representative after carried out the detailed inspection.
- personal protective equipment must be withdrawn from use immediately and destroyed (or another procedures shall be introduced according detailed instruction from equipment manual) when it have been used to arrest a fall.
- a full body harness (conforming to EN 361) is the only acceptable body holding device that can be used, in a fall arrest system.
- in full body harness use only attachment points marked with a capital letter "A" to attach a fall arrest system.
- the anchor device or anchor point for the fall arrest system should always be positioned, and the work carried out in such a way, as to minimise both the potential for falls and potential fall distance. The anchor device/point should be placed above the position of the user . The shape and construction of the anchor device/point shall not allowed to self-acting disconnection of the equipment. Minimal static strength of the anchor device/point is 12 kN. It is recommended to use certified and marked structural anchor point complied with EN795.
- it is obligatory to verify the free space required beneath the user at the workplace before each occasion of use the fall arrest system, so that, in the case of a fall, there will be no collision with the ground or other obstacle in the fall path. The required value of the free space should be taken from instruction manual of used equipment.
- there are many hazards that may affect the performance of the equipment and corresponding safety precautions that have to be observed during equipment utilization, especially: - trailing or looping of lanyards or lifelines over sharp edges, - any defects like cutting, abrasion, corrosion, - climatic exposure, - pendulum falls, - extremes of temperature, - chemical reagents, - electrical conductivity.
- personal protective equipment must be transported in the package (e.g.: bag made of moisture-proof textile or foil bag or cases made of steel or plastic) to protect it against damage or moisture.
- the equipment can be cleaned without causing adverse effect on the materials in the manufacture of the equipment. For textile products use mild detergents for delicate fabrics, wash by hand or in a machine and rinse in water. For energy absorbers use only a damp cloth to wipe away dirt. It's forbidden to immerse energy absorbers into the water. Plastic parts can be cleaned only with water. When the equipment becomes wet, either from being in use or when due cleaning, it shall be allowed to dry naturally, and shall be kept away from direct heat. In metallic products some mechanic parts (spring, pin, hinge, etc.) can be regularly slightly lubricated to ensure better operation.
- personal protective equipment should be stored loosely packed, in a well-ventilated place, protected from direct light, ultraviolet degradation, damp environment, sharp edges, extreme temperatures and corrosive or aggressive substances.
- Using the harness in connection with personal protective equipment against falls from a height must be compatible with manual instructions of this equipment and obligatory standards:
  - EN353-1, EN353-2, EN355, EN354, EN360
  - for the fall arrest systems;
  - EN362 - for the connectors;
  - EN1496, EN341 - for rescue devices;
  - EN795 - for anchor devices.

MANUFACTURER
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CHECK CARD
It is the responsibility of the user to provide the identity card and to fill in the details required. The identity card should be filled in before the first use by a competent person, responsible in the user organization for protective equipment. Any information about the equipment like periodic inspections, repairs, reasons of equipment's withdrawal from use shall be noted into the identity card. The identity card should be stored during a whole period of equipment utilization. Do not use the equipment without the identity card.

Model and type of equipment	
Serial/batch number	
Reference number	
Date of manufacture	
Date of Purchase	
Date of First use	
User name	

PERIODIC INSPECTION AND HISTORY CARD

Date of inspection	Reason for inspection/repair	Comments	Name and signature of competent person	Next inspection date