SPECIFIC FALL PROTECTION SYSTEM COMPONENT PRECAUTIONS

Body Harnesses:.

- Harnesses must be worn so the fall arrest D-ring is centered in the back near shoulder level. All straps must be connected and adjusted to provide a snug fit.
- Total maximum capacity is 310 lbs. This weight includes all clothing and items carried.
- All fall arrest devices should be connected to the D-ring located on the back of the harness. The side, front and chest D-rings are for positioning only. Shoulder D-rings are for retrieval only.
- Always visually check that all buckles are properly closed before each use.
- Use of locking hooks is recommended. NEVER attach multiple snap hooks to a D-ring.

Connecting Devices (Lanyards & Lifelines):

- Always tie-off in a manner that limits free fall to the shortest distance possible (6' maximum), and that the potential free-fall path is not obstructed. Shock absorbers can extend up to 3 ½ feet, which should be considered when choosing a tie-off point. Make sure free-fall path is clear.
- Never attach a connecting device onto itself or attach multiple connecting devices together. Never tie knots in connecting devices. To do so will cause loss of rated strength.
- Never attach or wrap a connecting device around a beam or sharp structural member.
- Never allow connecting devices to come into contact with high temperatures.
- Connecting devices are for personal use only, **NOT towing or hoisting.**
- Never use natural materials (cotton, etc.) as part of a fall protection system.
- Always attach a snap hook to a properly designated anchor point. Make sure that each snap hook and carabiner freely engages the D-ring or anchor point, and that the keeper is completely closed and locked. Make sure the snap hook is positioned so that its keeper is never load bearing.
- Never disable or restrict locking keeper or alter connecting device in any way.
- Never attach multiple snap hooks onto a D-ring.
- Never use lanyards equipped with non-locking snap hooks or carabiners.

Anchor Points:

- Always use an anchor point which is compatible with the snap hook or carabiner. Never use an anchor point which will not allow the snap hook keeper to close.
- Make sure the anchorage point is strong enough to withstand the forces generated by a fall. For the tie-off to be legal it must support 5,000 lbs per worker.
- Never attach multiple connecting devices to a single anchor point.
- Always attempt to tie off directly above your head at a height that limits potential free-fall to a distance of 6' or less. (A 6' man who ties off at his feet could fall as much as 12'.) This will avoid the pendulum effect, reducing a potential swing-fall injury.
- Look out for sharp beams. Wrapping lanyards around beams could cut them during the tremendous forces generated during a fall. Use a cross arm strap or a carabiner.

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WARNING!

MAINTAIN A SAFE WORK ENVIRONMENT.

Proper use of fall arrest systems can save lives and reduce the potential of serious injuries from a fall. Please read and follow all instructions. Failure to follow precautions could result in serious injury or death. Consult a physician if there is any question about the user's ability to use this product. Pregnant women and minors must not use this product. If you have any questions, call SafeWaze® at 1-800-560-1094.

FALL PROTECTION GENERAL WARNINGS AND PRECAUTIONS

SYSTEM COMPONENTS AND TERMS

SafeWaze manufactures a wide variety of fall protection equipment which can be used to arrest the fall of an employee from a working level in any given work environment. For any work environment where an employee will operate at a height of at least six feet (6'), it is necessary for a competent person to development a fall protection safety program. A competent person must be capable of assessing the various components needed to protect the workers from existing and predictable hazards within such environments, as well as eliminating any hazards that exist, providing proper user training, and overseeing ongoing maintenance and inspection of equipment. Three primary components are necessary in any situation: body harnesses, connecting devices and anchor points or connectors.

Body Harnesses: The main component used in personal fall protection safety is the protective gear worn by the workers. These can include full body harnesses, body belts and positioning belts. Of these, the full body harness is the primary product used for fall protection. A body harness consists of a system of straps which may be secured about the employee in a manner that will distribute the fall arrest forces over at least the thighs, pelvis, waist, chest and shoulders with means for attaching it to other components of a personal fall arrest system.

Connecting Devices: Connecting devices are the secondary component in fall protection. Shock-absorbing lanyards and retractable lifelines are the most commonly used, as well as standard lanyards or other deceleration devices. Their function is to significantly reduce fall arresting forces.

- **Deceleration Device**—Any mechanism, such as a rope grab, rip-stitch lanyard, specially-woven lanyard, tearing or deforming lanyards, automatic self-retracting lifelines/lanyards, etc. which serves to dissipate a substantial amount of energy during a fall arrest, or otherwise limit the energy imposed on an employee during fall arrest.
- **Lanyard**—A flexible line of rope, wire rope, or strap which generally has a connector at each end for connecting the body harness to a deceleration device, lifeline or anchorage.
- **Lifeline**—A flexible line for connection to an anchorage at one end (vertically) or anchorages at both ends (horizontally) and which serves as a means for connecting other components of the personal fall arrest system to the anchorage.

Anchor Points & Connections: The final component of a fall protection system is the anchor or tie-off point. Anchor points provide a secure location for the attachment for lifelines, lanyards or deceleration devices. Anchorage connectors may be necessary between the connecting device and the anchor point. In any situation, the anchor point must be able to support 5,000 lbs per worker.