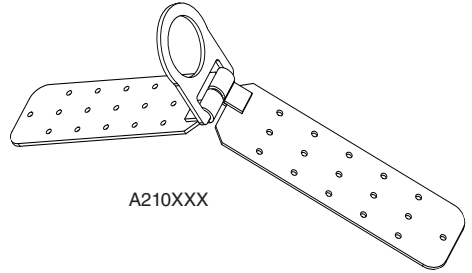
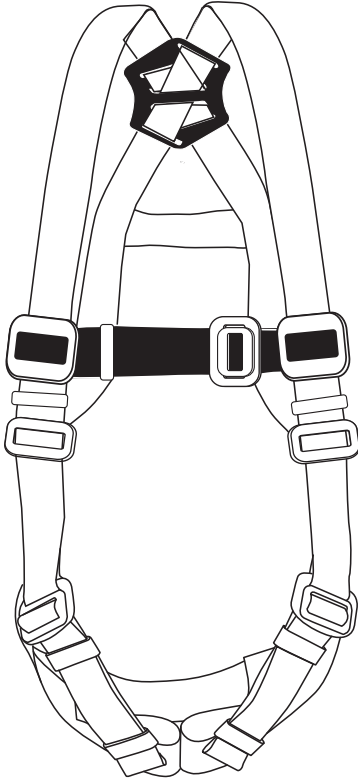




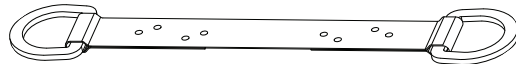
USER INSTRUCTIONS

ROOFING SAFETY SYSTEM

Complies with ANSI Z359 standards and OSHA 29 CFR 1910 and 1926 regulations.



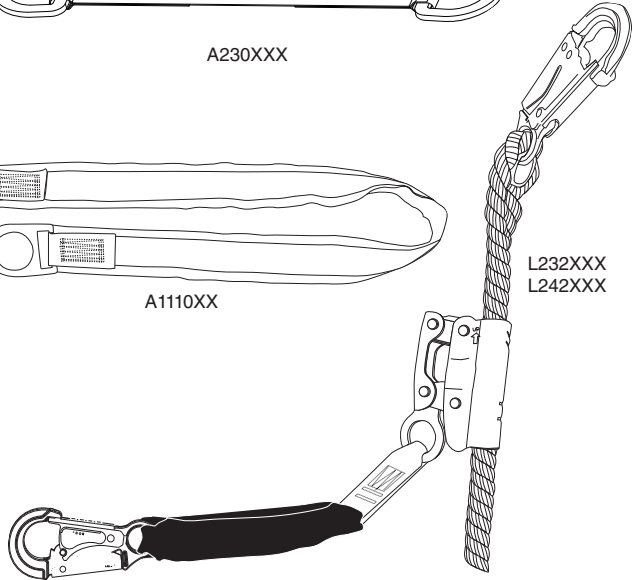
A210XXX



A230XXX



A1110XX



L232XXX
L242XXX

This manual applies to kits that includes products numbered: H1, H2, H3, H4, H5, A1110XX, A210XXX, A230XXX, L232XXX, and L242XXX.

⚠ WARNING!

Compliant fall protection equipment must only be used as it was designed. Users MUST read and follow all user instructions provided with the product. Before using a fall arrest system, users must be trained in the safe use of the system, as required by OSHA 29 CFR 1910.30 and 1926.503, or local safety regulations. Misuse or failure to heed these warnings and instructions may result in injury or even death.

WORK SAFE! WORK SMART!

IF YOU HAVE ANY QUESTIONS ABOUT THE PROPER USE OF THE EQUIPMENT, SEE YOUR SUPERVISOR, USER INSTRUCTIONS, OR CONTACT WERNERCO FOR MORE INFORMATION.

GENERAL SAFETY INFORMATION

These User Instructions are not to be removed except by the user of this equipment. Current User Instructions must always be available to the user.

WARNING!

1. *Failure to follow all instructions and limitations on the use of the Werner Co. Roofing Safety System may result in serious personal injury or death.*
2. *Minors, pregnant women and anyone with a history of either back or neck problems should not use this equipment.*
3. *Do not use or install equipment without proper training from a “competent person” as defined by OSHA 29 CFR 1926.32(f) and/or the local, state, governmental and provincial standard.*
4. *The Roofing Safety System is designed for a single user.*
5. *Caution must be taken when using the Roofing Safety System near moving machinery, electrical hazards, sharp edges, or abrasive surfaces. Contact with these elements may cause equipment failure, personal injury, or death.*
6. *Solutions containing acids, alkali, or other caustic chemicals, especially at elevated temperatures, may cause damage to the Roofing Safety System. When working with such chemicals, frequent inspection of this equipment must be performed. Contact Werner Co. with any questions concerning the use of the Roofing Safety System around chemical hazards.*
7. *Before using a personal fall arrest system, employees must be trained in accordance with the requirements of OSHA 29 CFR 1910.30 and 1926.503 and/or applicable local, state, governmental and jurisdictional agencies, in the safe use of the system and its components.*
8. *Personal fall protection systems, including the Roofing Safety System, must be inspected prior to each use for wear, damage and other deterioration. Defective components must be immediately removed from service in accordance with the requirements of OSHA 29 CFR 1910.140 and 1926.502.*
9. *The Roofing Safety System is designed to be used in temperatures ranging from -40°F to +130°F (-40°C to +54°C).*
10. *Protection should be provided for the Roofing Safety System when used near welding, metal cutting or similar activities. Contact Werner Co. with any questions concerning high temperature environments.*
11. *Do not install anchors on unsupported roof structures, such as eaves or gable overhangs. Do not install roof anchors on fascia boards.*
12. *Do not attach the Reusable Roof Anchor over the peak of a metal roof. The anchor must lie flat and flush with the metal roof.*
13. *Remove any surface contamination such as concrete, stucco, roofing material, etc., that could accelerate cutting or abrasion of attached components.*
14. *Striking objects horizontally due to swing fall may cause serious injury or death.*
15. *Failure to have the leg straps of a Full Body Harness properly adjusted in the event of a fall arrest may result in serious personal injury or death.*
16. *Never attach the unused leg of the lanyard back to the Full Body Harness at any location other than an approved lanyard parking attachment.*
17. *Do not remove the knot at the end of the vertical lifeline as it is to prevent the Manual Rope Adjuster from passing through the unspliced end.*
18. *If inspection reveals any defect, inadequate maintenance, or unsafe condition, remove from service until a “competent person,” as defined by OSHA 29 CFR 1910.140(b) and 1926.32(f), can determine the need for authorized repair or disposal.*
19. *Any equipment that has been subjected to the forces of arresting a fall, or that has a deployed load indicator, must be removed from service until a “competent person” can determine the need for authorized repair or disposal.*
20. *Only Werner Co., or persons or entities authorized in writing by Werner Co., may make repairs or alterations to the equipment.*
21. *Alterations or misuse may result in serious personal injury or death.*

CAUTION!

User may be exposed to a fall hazard during installation. Alternate safety equipment may be required during installation.

FALL ARREST SYSTEMS AND COMPONENTS

ROOFING SAFETY SYSTEM COMPONENTS

A complete fall arrest system consists of the following components: anchorage connector, full body harness, vertical lifeline and rope adjuster with energy absorbing lanyard.

Note: For continuous protection, more than one system may be needed.

ANCHORAGE CONNECTOR

The anchorage connector (A1110XX, A210XXX, A230XXX) is the component that functions as an interface between the anchorage and the personal fall protection system for the purpose of coupling the system to the anchorage.

BODY HOLDING DEVICE

The body holding device (H1, H2, H3, H4, H5) is the component of a personal fall protection system that is worn on or around the body.

CONNECTING DEVICE

The connecting device (L232XXX and L242XXX) Vertical Lifeline (VLL) with manual rope adjuster and energy absorbing lanyard link the body support and the anchorage connector together.

USE INSTRUCTIONS AND LIMITATIONS

IMPORTANT

Before use, the user must read and understand these User Instructions. Keep these User Instructions for reference.

PURPOSE

The Roofing Safety System is designed as a personal fall protection system to help limit the fall arrest forces in the event of a fall.

USE INSTRUCTIONS

1. Failure to follow all instructions and limitations on the use of the Roofing Safety System may result in serious personal injury or death.
2. Before using a personal fall protection system, employees must be trained in accordance with the requirements of OSHA 29 CFR 1910.30 and 1926.503 in the safe use of the system and its components.
3. Personal fall protection systems, including the Roofing Safety System, must be inspected prior to each use for wear, damage and other deterioration. Defective components must be immediately removed from service in accordance with the requirements of OSHA 29 CFR 1910.140 and 1926.502.
4. The complete fall protection system must be planned (including all components, calculating fall clearance, and swing fall) before using.
5. Users must have a rescue plan, and the means at hand to implement it, that provides for the prompt rescue of the user in the event of a fall, or assures that the user is able to rescue themselves.
6. Store the Roofing Safety System in a cool, dry, clean environment, out of direct sunlight, when not in use.
7. After a fall occurs on the system, immediately remove all components from service until a "competent person" can make the determination for reuse or disposal.

USE LIMITATIONS

WARNING!

Not all fall protection components are rated for the same user weight capacity. Only use components rated for the same weight capacity.

ROOFING SAFETY SYSTEM

1. **NUMBER OF USERS:** The Roofing Safety System is designed for a single user.
2. **FALL ARREST CAPACITY:** The Roofing Safety System is designed for users with a capacity (including clothing, tools, etc.) up to 310 pounds (141 kg) total working weight.
3. **TRAVEL RESTRAINT CAPACITY:** When used for travel restraint, the maximum capacity of the Roofing Safety System is 425 pounds (193 kg). Refer to the specific harness label for it's capacity.
4. **FREE FALL:** Personal fall arrest systems must be rigged to limit the free fall to 6 ft. (1.83 m) (OSHA 1910.140 and 1926.502). Travel restraint systems must be assembled in such a manner that there is no free fall distance.
5. **FALL CLEARANCE:** Ensure that enough clearance exists in the fall path to prevent striking an object. The amount of clearance required is dependent upon the anchorage location and the amount of stretch in the rope.
6. **CORROSION:** Do not leave the Roofing Safety System in environments where corrosion of metal parts could take place as a result of vapors from organic materials. Use near seawater or other corrosive environments may require more frequent inspections to ensure corrosion damage is not affecting the performance of the product.
7. **CHEMICAL HAZARDS:** Solutions containing acids, alkali, or other caustic chemicals, especially at elevated temperatures, may cause damage to the Full Body Harness. When working with such chemicals, frequent inspection of this equipment must be performed. Contact Werner Co. with any questions concerning the use of the Full Body Harness around chemical hazards.
8. **EXTREME TEMPERATURE:** The Roofing Safety System is designed to be used in temperatures ranging from -40°F to +130°F (-40°C to +54°C). Protection should be provided when used near welding, metal cutting or similar activities. Contact Werner Co. with any questions concerning high temperature environments.
9. **ELECTRICAL HAZARDS:** Use extreme caution when working near high voltage power lines due to the possibility of electric current flowing through the Roofing Safety System or connecting components.

10. HEALTH: Minors, pregnant women and anyone with a history of either back or neck problems should not use this equipment.
11. TRAINING: Do not use the Roofing Safety System without proper training from a “competent person” as defined by OSHA 29 CFR 1910.140(b) and 1926.32(f).
12. REPAIRS: Only Werner Co., or persons or entities authorized in writing by Werner Co., may make repairs or alterations to the equipment.
13. RESCUE: A rescue plan must be in place. In the event of a fall over the edge, special rescue measures may be required.

A210XXX REUSABLE ROOF ANCHOR

The Reusable Roof Anchor has been tested in compliance with the requirements of ANSI/ASSE Z359.7. Compliance and testing covers only the hardware and does not extend to the anchorage and substrate to which the Reusable Roof Anchor is attached.

1. PLAN: Establish a plan as to where and when the anchor(s) will be installed during the construction process.
2. ROOF PITCH: The Reusable Roof Anchor can be mounted on surfaces ranging from flat to 12:12 pitch (45 degrees).
3. ANCHORAGE: The Reusable Roof Anchor must only be used on structures capable of supporting loads applied in all directions permitted by the fall arrest system of at least: A) no less than 5,000 pounds (22.2 kN) for non-certified anchorages; or B) at least two times the maximum arresting force for certified anchorages; C) according to ANSI Z359.6, *Specifications and Design Requirements for Active Fall Protection Systems*. When more than one personal fall arrest system is attached to the anchorage, the strength in (A) or (B) must be multiplied by the number of personal fall arrest systems attached to the anchorage.
4. SUBSTRATE: Roof substrates to which the anchor is attached must be in good condition and free of splits, cracks, large knots, corrosion, or defects that may weaken the member. Roof substrates (wood framing, sheathing, metal decking) must be secured to the building and be able to support anchorage requirements. Do not attach the anchor to rotted or deteriorated wood, corroded metal, unstable structure, partially constructed substrates, or structure that will not qualify as an anchorage. Only connect the anchor to wood roofs with a minimum strength equivalent to 2x4 framing with 7/16 inch OSB sheathing. For metal roofs, the roof must be a minimum thickness of 24 gauge.

WARNING!

Never attach the Reusable Roof Anchor with the legs still together (legs must be spread apart).

5. LOADING: Wood - 22.5° from center (45° total). Metal - 15° from center (30° total).
6. FASTENERS: Only use one of the following fastener options:
 - Wood Screws: 3 inch, #12 corrosion resistant steel wood screws. 12 screws, 6 in each side of the anchor, installed in the center row of holes in the anchor, through the sheathing and into the truss member.
 - Wood Nails: 3 inch, 16d nails, 12 nails, 6 in each side of the anchor, installed in the center row of holes in the anchor, through the sheathing and into the truss member. All nails must have a complete head. Do not use nails from a nail gun. New nails must be used for every installation.
 - Metal Screws: 1.25 inch, #12 metal screw. 32 screws, installed in all holes in the anchor, into minimum 24 gauge metal decking.

WARNING!

The Reusable Roof Anchor must be positioned on top of previously secured roof sheathing. Do not attach to unsheathed rafter or unsecured metal decking. All fasteners must be used as instructed for each substrate listed.

7. CONNECTION: Only one travel restraint, work positioning, fall arrest, or rescue system may be attached to the Reusable Roof Anchor.

A230XXX PERMANENT ROOF ANCHOR

The Permanent Roof Anchors have been tested in compliance with the requirements of ANSI/ASSE Z359.7. Compliance and testing covers only the hardware and does not extend to the anchorage and substrate to which the anchors are attached.

1. PLAN: Establish a plan as to where the Permanent Roof Anchors will be installed and when during the construction process.
2. ROOF PITCH: The Permanent Roof Anchors must only be mounted on roofs where the direction of loading is parallel with the roof slope and the anchor is not being lifted off the roof surface.
3. ANCHORAGE: The Permanent Roof Anchors must only be used on structures capable of supporting loads applied in all directions permitted by the fall arrest system of at least: A) no less than 5,000 pounds (22.2 kN) for non-certified anchorages; or B) at least two times the maximum arresting force for certified anchorages; C) according to ANSI Z359.6, *Specifications and Design Requirements for Active Fall Protection Systems* or when strength is unknown. When more than one personal fall arrest system is attached to the anchorage, the strength in (A) or (B) must be multiplied by the number of personal fall arrest systems attached to the anchorage.
4. SUBSTRATE: Roof substrates to which the Permanent Roof Anchors are attached must be in good condition and free of splits, cracks, large knots, corrosion, or defects that may weaken the member. Roof substrates (wood framing, sheathing) must be secured to the building and be able to support anchorage requirements. Only connect the Permanent Roof Anchors to wood roofs with minimum 2x4 framing and 7/16 inch OSB sheathing.
5. Do not attach Permanent Roof Anchors to rotted or deteriorated wood, unstable structure, partially constructed

substrates, or structure that will not qualify as an anchorage.

- FASTENERS: Only use 3.25 inch long, spiral nails, 8 nails, installed through the holes, through the sheathing and into the truss member. All nails must have a complete head. Do not use nails from a nail gun. New nails must be used for every reinstallation.

WARNING!

The Permanent Roof Anchors must be positioned on top of secured roof sheathing. Do not attach to an unshathed rafter, truss member, on top of shingles, tile, or any metal decking. All fasteners must be used.

- LOADING: Wood only - 22.5° from center (45° total). Metal - 15° from center (30° total).
- DIRECTION OF LOADING: Permanent Roof Anchors can only be loaded parallel to the slope of the roof within the ranges illustrated.
- CONNECTION: Only one travel restraint, work positioning, fall arrest, or rescue system may be attached to the Permanent Roof Anchors.

A110XX CROSS ARM STRAP

Cross Arm Straps have been tested in compliance with the requirements of ANSI/ASSE Z359.7. Compliance and testing covers only the hardware and does not extend to the anchorage and substrate to which Cross Arm Straps are attached.

- ANCHORAGE: Cross Arm Straps must only be used on structures capable of supporting loads applied in all directions permitted by the fall arrest system of at least: A) no less than 5,000 pounds (22.2 kN) for non-certified anchorages; or B) at least two times the maximum arresting force for certified anchorages; C) according to ANSI Z359.6, *Specifications and Design Requirements for Active Fall Protection Systems*. When more than one personal fall arrest system is attached to the anchorage, the strength in (A) or (B) must be multiplied by the number of personal fall arrest systems attached to the anchorage.
- LOADING: Cross Arm Straps are permitted to be loaded in all directions.
- CONNECTION: Only one travel restraint, work positioning, fall arrest, or rescue system may be attached to an individual connect point.
- EXTREME TEMPERATURE: Cross Arm Straps are designed to be used in temperatures ranging from -40°F to +130°F (-40°C to +54°C). Protection should be provided when used near welding, metal cutting or similar activities. Contact Werner Co. with any questions concerning high temperature environments.
- ELECTRICAL HAZARDS: Use extreme caution when working near high voltage power lines due to the possibility of electric current flowing through Cross Arm Straps or connecting components.
- RESCUE: In the event of a fall over the edge, special rescue measures may be required. A rescue plan must be in place.

H1, H2, H3, H4, H5 FULL BODY HARNESS

- FALL ARREST CAPACITY: Refer to the specific harness label for its capacity. The (H4) Full Body Harness is designed for users with a capacity (including clothing, tools, etc.) up to 310 pounds (141 kg) total working weight. All other Full Body Harness are designed for users with a capacity (including clothing, tools, etc.) up to 425 pounds (193 kg) total working weight. Any H1, H2, H3, H4, H5 Full Body Harness can be used with the Roofing Safety System. When used for fall arrest, the maximum capacity of the Roofing Safety System is 310 pounds (141 kg).
- TRAVEL RESTRAINT CAPACITY: When used for travel restraint, the maximum capacity of the Roofing Safety System is 425 pounds (193 kg). Refer to the specific harness label for its capacity.
- FREE FALL: Personal fall arrest systems must be rigged in such a way to limit the free fall to 6 ft. (1.83 m) (OSHA 1910.140 and 1926.502). Work positioning systems used on a vertical surface must be rigged so that free fall is limited to 2 ft. (0.6 m) or less. Climbing systems must be rigged so that free fall is limited to 1.5 ft. (0.46 m) or less. Restraint systems must be rigged such that there is no possible vertical free fall. See associated connecting subsystem manufacturer's instructions for further information.
- FALL CLEARANCE: Ensure that enough clearance exists in your fall path to prevent striking an object. The amount of clearance required is dependent upon the type of connecting subsystem used (energy absorbing lanyard, self retracting lifeline), the anchorage location and the amount of stretch in the harness.

L232XXX AND L242XXX VERTICAL LIFELINE

- FALL ARREST CAPACITY: The L232XXX and L242XXX Vertical Lifeline with manual rope adjuster and energy absorbing lanyard are designed for a single user with a capacity (including clothing, tools, etc.) up to 310 pounds (141 kg) total working weight.
- TRAVEL RESTRAINT CAPACITY: When used for travel restraint, the maximum capacity of the Roofing Safety System is 425 pounds (193 kg). Refer to the specific harness label for its capacity.
- ANCHORAGE: The L232XXX and L242XXX Vertical Lifeline must only be used on structures capable of supporting static loads applied in all directions permitted by the fall arrest system of at least 5,000 pounds (22.2 kN).
- KNOTS: Knots are approved for use as stop indicators along the length of the lifeline below the manual rope adjuster. Knots cannot be placed between the anchor and manual rope adjuster. Do not tie any knot in the lifeline that will be under tension after a fall.
- FREE FALL: The manual rope adjuster and energy absorbing lanyard on the L232XXX and L242XXX Vertical Lifeline must be positioned to limit free fall to less than 6 feet (1.8 m). Travel restraint systems must be assembled in such a manner that there is no free fall distance.

6. **FALL CLEARANCE:** Ensure that enough clearance exists in the fall path to prevent striking an object. The amount of clearance required is dependent upon the anchorage location and the amount of stretch in the rope. Travel restraint systems must be assembled in such a manner that there is no free fall distance. Therefore, there is no clearance required when the Roofing Safety System is correctly assembled and used as travel restraint system.

ANCHORAGE REQUIREMENTS

ANCHORAGES

All anchorages to which the Roofing Safety System attaches must meet the requirements of OSHA 29 CFR 1910 and 1926. OSHA states:

Anchorage must be capable of supporting at least 5,000 pounds (22.2 kN) for each employee attached; or designed, installed, and used, under the supervision of qualified person, as part of a complete personal fall protection system that maintains a safety factor of at least two.

ANSI Z359.2 states that anchorages selected for fall arrest systems must have a strength capable of sustaining static loads, applied in all permitted directions by the system:

- (a) no less than 5,000 pounds (22.2 kN) for non certified anchorages; or
- (b) at least two times the maximum arresting force for certified anchorages;

When more than one fall arrest system is attached to an anchorage, the strengths set forth in (a) and (b) above shall be multiplied by the number of systems attached to the anchorage.

CONNECTION REQUIREMENTS

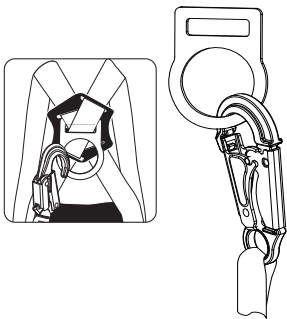
COMPATIBILITY LIMITATIONS

All connecting subsystems must only be coupled to compatible connectors. OSHA 29 CFR 1910.140 and 1926.502 prohibit snap hooks from being engaged to certain objects unless two requirements are met: snap hook must be a locking type and must be “designed for” making such a connection. Under OSHA “designed for” means that the manufacturer of the snap hook specifically designed the snap hook to be used to connect to the equipment in question. The following connections must be avoided because they can result in rollout* when a non-locking snap hook is used:

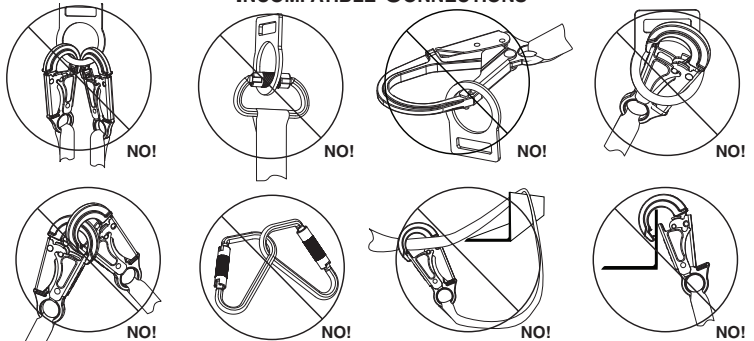
- Direct connection of a snap hook to horizontal lifeline.
- Two (or more) snap hooks connected to one D-ring.
- Two snap hooks connected to each other.
- A snap hook connected back on its integral lanyard.
- A snap hook connected to a webbing loop or webbing lanyard.
- Improper dimensions of the D-ring, rebar, or other connection point in relation to the snap hook dimensions that would allow the snap hook keeper to be depressed by a turning motion of the snap hook.

***Rollout:** A process by which a snap hook or carabiner unintentionally disengages from another connector or object to which it is coupled.

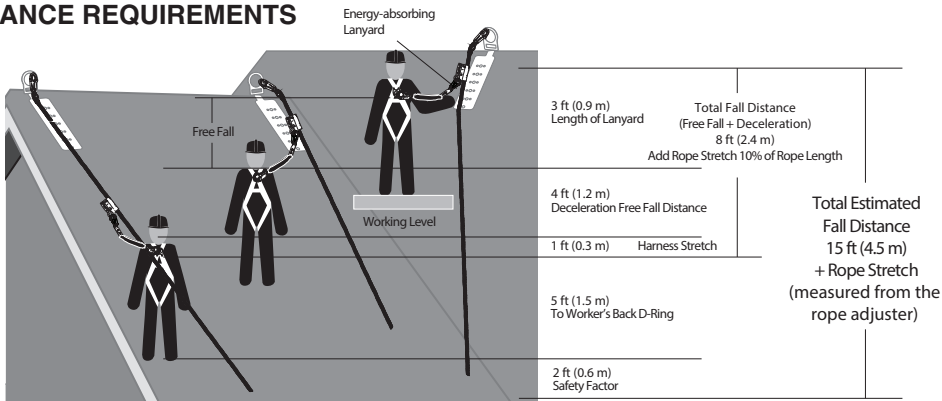
COMPATIBLE CONNECTIONS



INCOMPATIBLE CONNECTIONS



CLEARANCE REQUIREMENTS



The illustration above is an example of how to calculate the fall clearance requirements with the Vertical Lifeline with Manual Rope Adjuster and Energy Absorbing Lanyard connected to the dorsal D-ring of the Full Body Harness. Add the length of the Energy Absorbing Lanyard (3 feet) to the marked maximum elongation of the lanyard (4 feet), to the D-ring height of the user (average 5 feet). Add 1 foot for the slide of the D-ring and a safety factor of 2 feet to allow for the possibility of an improperly fit harness, a taller than average user and/or a miscalculation of distances. The total distance from the Manual Rope Adjuster is 15 feet for this example.

Ensure sufficient clearance exists in your fall path to prevent striking an object during a fall. The clearance required is dependent upon the subsystem (rope grab and lanyard, rope grab and carabiner) and lifeline properties. The chart to the right shows the approximate elongation for Werner lifelines in dry conditions. The elongation specified is for an applied static load of 1,800 lbs (8 kN). Wet ropes generally have more elongation than dry ropes. Allow for additional elongation in wet or humid conditions. Lifeline elongation must be considered when estimating fall clearance.

Lifeline Length	Stretch
10 ft (3 m)	1 ft (0.3 m)
20 ft (6.1 m)	2 ft (0.6 m)
30 ft (9.1 m)	3 ft (0.9 m)
40 ft (12.2 m)	4 ft (1.2 m)
50 ft (15.2 m)	5 ft (1.5 m)

WARNING!

The Full Body Harness Stretch (FBH Stretch) and additional length of a D-ring extender or Cross Arm Strap must be taken into consideration during the clearance calculation process.

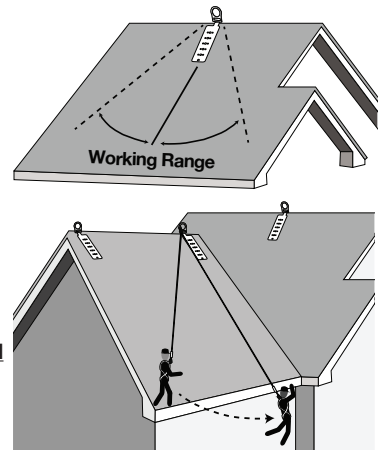
When the Roofing Safety Systems is correctly assembled and used for travel restraint, no clearance is required as a fall cannot occur.

See anchor INSTALLATION for detail

FREE FALL

To calculate the free fall distance when the Vertical Lifeline with Manual Rope Adjuster and Energy Absorbing Lanyard is connected to the dorsal D-ring of the Full Body Harness:

- With the Manual Rope Adjuster above the dorsal D-ring of the Full Body Harness, **subtract** the distance from the dorsal D-ring to the Manual Rope Adjuster from the length of the Energy Absorbing Lanyard.
- The free fall distance with the Rope Adjuster at the dorsal D-ring of the Full Body Harness is equal to the length of the lanyard. The free fall for the user is 3 feet.
- With the Rope Adjuster below the dorsal D-ring of the Full Body Harness, **add** the distance from D-ring on the Full Body Harness to the Rope Adjuster (3 feet), to the length of the Energy Absorbing Lanyard.



SHARP EDGES

Avoid working where the equipment will come into contact with sharp edges. Protect equipment from cutting and abrasion by using a wear pad or other abrasion protection and inspect the equipment frequently.

SWING FALLS

To minimize the possibility of a swing fall, work as directly under the anchorage connector as possible. Swing falls also increase the vertical fall distance of the user, compared to a fall directly below the anchorage connector.

WARNING!

Striking objects horizontally due to the pendulum effect of a swing fall may cause serious injury or death.

OPERATION

BEFORE EACH USE



WARNING!

Before using a personal fall arrest system, employees must be trained in accordance with the requirements of OSHA 29 CFR 1910.30 and 1926.503 and/or applicable local, state, governmental and jurisdictional agencies, in the safe use of the system and its components.

Personal fall arrest systems must be inspected prior to each use for wear, damage, and other deterioration, and defective components must be immediately removed from service in accordance with the requirements of OSHA 29 CFR 1910.140 and 1926.502 and/or applicable local governmental and jurisdictional standards.

Users of personal fall arrest systems must have a rescue plan in place, if the users cannot rescue themselves, as well as the means to carry out the rescue. The user must read and understand these User Instructions, as well as the User Instructions for every component and subsystem of the personal fall arrest system. The Roofing Safety System must be inspected prior to each use. See INSPECTION.

DONNING

Donning the Full Body Harness.

1. Hold the dorsal D-ring of the Full Body Harness and shake to allow all straps to fall into place. Ensure straps are not buckled or twisted.
2. Slip shoulder strap over one shoulder, then pull the other shoulder strap around the back and over the second shoulder, much like putting on a jacket. The dorsal D-ring will be located on your back, while the chest strap is located in the front. Straps must not be tangled as the harness hangs freely from shoulders.
3. Pull one leg strap between your legs and connect it to the opposite end on the same side. Ensure that the leg straps are not twisted and the loose end is on the outside. For pass-through buckles, pass the buckle with the center bar through the open buckle. The slot will assist. For quick-connect buckles, insert male connector into the receiving end of the buckle. You will hear a click when engaged correctly. Tug to ensure buckle is in place. Pull the webbing to tighten the strap so there is a snug fit. Slide plastic web keepers to the strap end to secure the excess webbing. Slide one of the web keepers against the buckle and the other to the end of the excess web. For tongue-buckle, put the open end of the leg strap with grommets through the buckle, pulling until it is snug on the leg and engage the tongue into a grommet. Webbing ends must be tucked into the web keepers to ensure this type of buckle stays connected while in use. Repeat with second leg strap for both styles of connection. Leg straps must be comfortably snug to achieve proper adjustment.



WARNING!

Failure to have the leg straps of the Full Body Harness properly adjusted in the event of a fall arrest may result in serious personal injury or death.

4. Fasten the chest strap across the lower chest just below the nipple line. Chest strap should be snug, with excess strap secured through the web keepers.

FITTING

Adjust shoulder straps with the two adjusters located at the lower end of the shoulder strap. Adjust the left and right sides to the same length. The chest strap must be centered on your lower chest. Adjustment of the shoulder straps may cause the dorsal D-ring to move and may need to be repositioned to achieve the correct position between the shoulder blades. After all straps have been tightened and Full Body Harness fits snugly, secure all excess straps through the web keepers.

Correct Full Body Harness adjustments will place the sub-pelvic strap snugly below the buttocks. Correct sub-pelvic position is the result of the correct combination of all the Full Body Harness adjustments.



QUICK CONNECT

Ensure that the leg straps are not twisted and the loose webbing end is on the outside. Insert male connector into the receiving end of the buckle. You will hear a click. Pull webbing through adjuster to loosen or tighten until snug. Slide plastic web keepers to the strap end to secure the excess webbing.



TONGUE BUCKLE

Ensure that the leg straps are not twisted. Put the open end of the leg strap with grommets through the buckle, pulling until it is snug on the leg and engage the tongue into a grommet. Webbing ends must be tucked into the web keepers to ensure this type of buckle stays connected while in use. Failure to properly secure the leg strap ends in the keepers could result in unintentional disengagement.



MATING/PASS-THROUGH BUCKLE

Ensure that the leg straps are not twisted and the loose end is on the outside. Pass the buckle with the center bar through the open buckle. The slot will assist. Tug to ensure buckle is in place. Pull the webbing to tighten the strap so there is a snug fit. Slide plastic web keepers to the strap end to secure the excess webbing.



TORSO LENGTH ADJUSTER

The torso adjuster ensures the overall fit of the Full Body Harness. Check to see that the sub-pelvic strap is situated below the buttocks. If the sub-pelvic strap is too high, the torso adjuster should be loosened to lower it. If the sub-pelvic strap is too low, the torso adjuster can be tightened to raise it.

To shorten or lengthen the torso webbing push the top of the torso adjuster down, so it is horizontal, allowing web to flow through the torso adjuster. Release when at the right length. Slide the lower plastic web keeper down near the torso adjuster and the upper plastic keeper up to secure the excess webbing.



WEB KEEPERS

All webbing ends are equipped with plastic web keepers to secure the excess webbing and aid in the safe use of the Full Body Harness. Sliding one keeper close to the buckles helps secure the buckle in position while in use. Sliding the other close to the end of the strap secures the excess webbing and helps prevent a possible snag hazard.

ATTACHMENT POINTS

The dorsal D-ring on the Full Body Harness is for fall arrest or restraint systems. The dorsal D-ring may also be used for rescue applications.

LOAD INDICATOR

Full Body Harnesses include a built-in fall arrest load indicator that activates to give a permanent, readily visible INSPECT!TM after the Full Body Harness has arrested a fall, or has been subjected to an equivalent force.

LANYARD PARKING ATTACHMENT

Lanyard parking attachments are located on all Full Body Harnesses where the shoulder strap meets the chest strap. Lanyard parking attachments are approved only for the connection of the unused lanyard leg to the Full Body Harness.

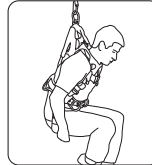
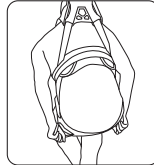
⚠ WARNING!

Never attach the unused leg of the lanyard back to the Full Body Harness at any location other than an approved lanyard parking attachment.

RELIEF HANDLES

Full Body Harness is equipped with Relief Handles. They are designed to help with the discomfort of suspension after a fall occurs. To use the Relief Handles:

1. Slide Chest strap down away from the throat, by grabbing the lanyard keeper and pulling down.
2. Grab the relief cord handles and pull out and forward, while lifting legs to a seated position.
3. Readjust chest strap down away from the throat. The outer layer shoulder pad can be pulled down for additional comfort



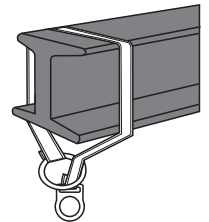
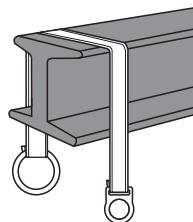
⚠ CAUTION!

User may be exposed to a fall hazard during installation. Alternate safety equipment may be required during installation.

INSTALLATION

CROSS ARM STRAPS

With labels on outward facing surface, pass Cross Arm Strap over structure with ends dangling on either side. Ensure abrasion pad is against the structure. Pass the small D-ring through the larger O-ring, or web loop on the other end. Pull small D-ring to tighten (cinch) on the structure. Continue to pass the extended web end around the structure until there is not enough length left to make another complete revolution. Cinch the anchor by passing the smaller D-ring through the larger O-ring or web loop. Only connect to the small D-ring of the Cross Arm Strap.



A210XXX REUSABLE ROOF ANCHOR

WOOD ROOF:

1. Remove any shingles, debris or foreign material before installing the Reusable Roof Anchor. The anchor must be installed directly to and flush with the sheathing.

WARNING!

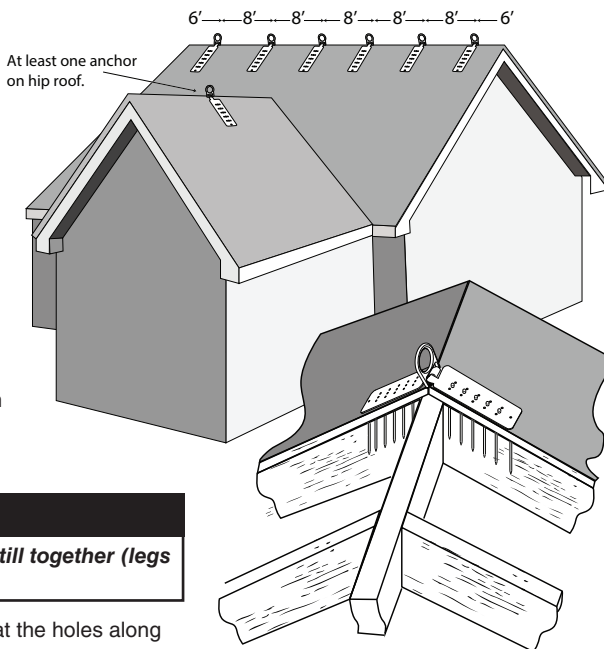
The Reusable Roof Anchor must be positioned on top of previously secured roof sheathing. Do not attach to unsheathed rafter or unsecured metal decking. All fasteners must be used as instructed for each substrate listed.

2. Place the Reusable Roof Anchor at least 6 feet from any roof edge.
3. On larger roofs, place Reusable Roof Anchor at 8-foot intervals along the roof ridge.
4. Hip roofs require at least one Reusable Roof Anchor on each hip face.
5. Spread the Reusable Roof Anchor legs apart to match the surface it will be mounted on.

WARNING!

Never attach the Reusable Roof Anchor with the legs still together (legs must be spread apart).

6. Position the Reusable Roof Anchor on the roof such that the holes along the center of the legs are over the framing member.
7. Push down to minimize any gap between the Reusable Roof Anchor and the sheathing. Fasten the Reusable Roof Anchor to the roof using approved fasteners. Use all 12 fasteners required for attaching to wood roofs.
8. Connect to the Reusable Roof Anchor using a compatible self locking snap hook or carabiner. Do not use a knot to connect to the Reusable Roof Anchor.
9. Remove the Reusable Roof Anchor by removing all the fasteners. Do not damage the Reusable Roof Anchor during removal.

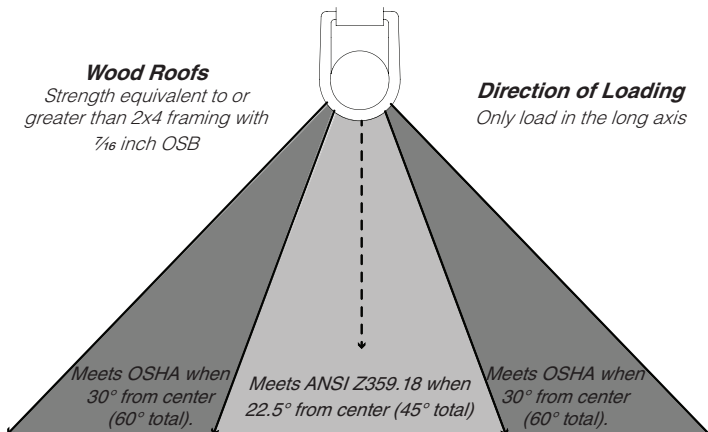


Wood Roofs

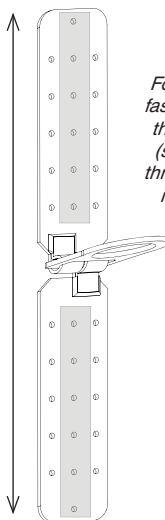
Strength equivalent to or greater than 2x4 framing with 7/16 inch OSB

Direction of Loading

Only load in the long axis



For wood roofs, install all fasteners (screws or nails) through the center holes (shaded area indicated) through the sheathing and into the truss member.



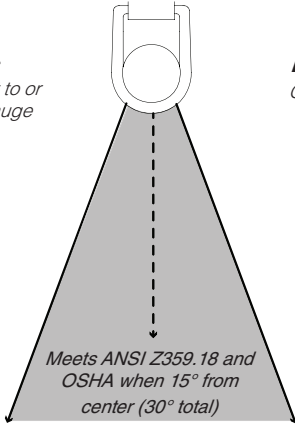
METAL ROOF:

1. Remove debris or foreign material before installing the Reusable Roof Anchor. The Reusable Roof Anchor must be installed directly to and flush with the roof material.
2. Place the Reusable Roof Anchor at least 6 feet from any roof edge.
3. On larger roofs, place Reusable Roof Anchor at 8-foot intervals along the roof ridge.
4. Hip roofs require at least one Reusable Roof Anchor on each hip face. Spread the Reusable Roof Anchor legs apart to match the surface it will be mounted on.
5. Push down to minimize any gap between the Reusable Roof Anchor and the metal roof. Fasten the Reusable Roof Anchor to the roof using approved fasteners. Use all 32 screws required for attaching to metal roofs.
6. Connect to the Reusable Roof Anchor using a compatible self locking snap hook or carabiner. Do not use a knot to

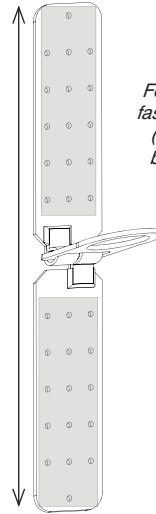
connect to the Reusable Roof Anchor.

- Remove the Reusable Roof Anchor by removing all the fasteners. Do not damage the Reusable Roof Anchor during removal.

Metal Roofs
Strength equivalent to or greater than 24 gauge



Direction of Loading
Only load in the long axis



For metal roofs, install all fasteners through all holes (shaded area indicated below) through the roof material.

A230XXX PERMANENT ROOF ANCHOR

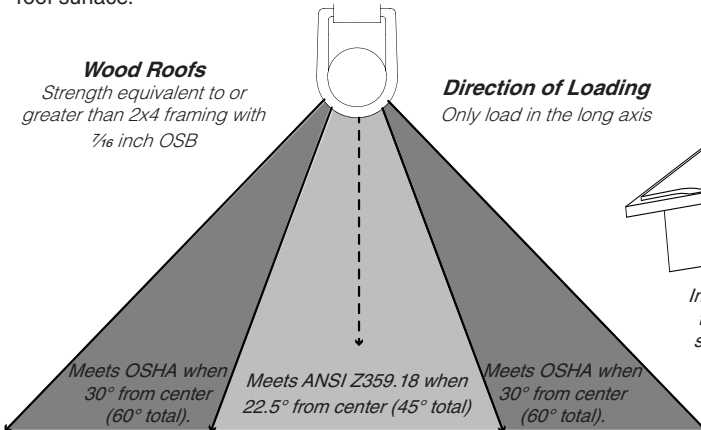
- Place the Permanent Roof Anchors at least 6 feet from any exposed roof edge.
- On larger roofs, place Permanent Roof Anchors at 8-foot intervals along the roof ridge.
- Hip roofs require at least one Permanent Roof Anchor on each hip face.
- Position the Permanent Roof Anchors on the roof such that the holes along the center of the legs are over the framing member.
- Remove any ridge cap or existing shingles so the Permanent Roof Anchor is flush with and in direct contact with the sheathing. Remove any surface contamination that will affect the installation.

WARNING!

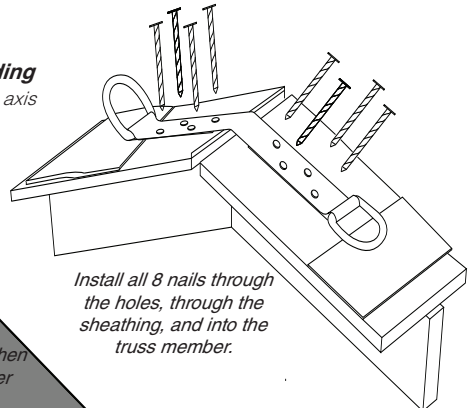
The Permanent Roof Anchors must be positioned on top of secured roof sheathing. Do not attach to an unsheathed rafter, truss member, on top of shingles, tile, or any metal decking. All fasteners must be used.

- Push down to minimize any gap between the Permanent Roof Anchors and the sheathing.
- Fasten the Permanent Roof Anchors to the roof using 8, 3.25 inch spiral nails.
- Connect to the Permanent Roof Anchors using a compatible self locking snap hook or carabiner. Do not use a knot to connect to the Permanent Roof Anchors.
- Only load the Permanent Roof Anchors parallel to the roof slope, where the Permanent Roof Anchors do not lift from the roof surface.

Wood Roofs
Strength equivalent to or greater than 2x4 framing with 7/16 inch OSB



Direction of Loading
Only load in the long axis



Install all 8 nails through the holes, through the sheathing, and into the truss member.

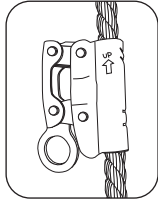
CONNECTION

VERTICAL LIFELINE WITH MANUAL ROPE ADJUSTER AND ENERGY ABSORBING LANYARD

Connect the snap hook of the Vertical Lifeline to the D-ring of the Roof Anchor. The Vertical Lifeline must be installed as vertically as possible over the intended work area to help reduce the possibility of dangerous swing falls.

WARNING!

Do not remove the knot at the end of the Vertical Lifeline as it is to prevent the Manual Rope Adjuster from passing through the unspliced end.



Ensure the Vertical Lifeline is positioned from anchorage without twists or knots in the lifeline.

Ensure that the arrow on the Manual Rope Adjuster points upwards towards the Roof Anchor.

The Energy Absorbing Lanyards must only be connected to the dorsal D-ring of the Full Body Harness.

To adjust the Manual Rope Adjuster position on the rope, compress the Manual Rope Adjuster up. Releasing compression of the Manual Rope Adjuster will keep it positioned on the rope. The Manual Rope Adjuster must be positioned on the rope above the height of the dorsal D-Ring on the Full Body Harness.

WARNING!

The Manual Rope Adjuster must be positioned on the rope before work begins. Only hold the Manual Rope Adjuster when moving its location. Do not work while holding the Manual Rope Adjuster.

PERFORMANCE

A1110XX CROSS ARM STRAP, A210XXX REUSABLE ROOF ANCHOR & A230XXX PERMANENT ROOF ANCHOR

The A1110XX Cross Arm Strap, A210XXX Reusable Roof Anchor and A230XXX Permanent Roof Anchor have a Minimum Breaking Strength of 5,000 pounds (22.2 kN) and have been tested according to the requirements of ANSI Z359.18-2017 Type A and tested in the loading direction limitations meeting OSHA 1910 and 1926 strength requirements.

H1, H2, H3, H4, H5 FULL BODY HARNESS

The Full Body Harnesses have been statically and dynamically tested to 3,600 lbs in accordance with the requirements of the ANSI Z359.11-2021 standard.

L232XXX & L242XXX VERTICAL LIFELINE WITH ROPE ADJUSTER AND ENERGY ABSORBING LANYARD

The Vertical Lifeline with Rope Adjuster and Energy Absorbing Lanyard has a minimum breaking strength of 5,000 pounds (22.2 kN) when statically tested in accordance with the requirements of the ANSI Z359.1-07 standard. The Energy Absorbing Lanyard is marked ANSI Z359.1-07 and has an average arrest force of 900 pounds (4 kN), and a maximum deployment distance of 42 inches (1067 mm) when dynamically tested in accordance with the requirements of the ANSI Z359.1-07 standard.

MATERIALS

- The Full Body Harnesses use a polyester webbing.
- The Vertical Lifeline incorporates a 3 strand poly-dac rope.
- Snap hooks used on the Vertical Lifeline are zinc coated steel, marked with the ANSI Z359.12 standard, and are self-locking with a minimal tensile break strength of 5,000 (22.2 kN) pounds and a 3,600 (16 kN) pound gate rating.
- The manual Rope Adjuster is constructed with high tensile steel.
- The A1110XX uses a high strength polyester with a nylon wear pad.
- The A210XXX is designed with 1/8 inch plate steel.
- The A230XXX is designed with 20 gauge 304 stainless steel and forged steel D-rings.

ANNEX A

Note: This information from the Z359.11 standard is required to be included in the instruction manual for the end user:

ANSI/ASSE Z359 REQUIREMENTS FOR PROPER USE AND MAINTENANCE OF FULL BODY HARNESSES

(Note: These are general requirements and information provided by ANSI/ASSE Z359, the Manufacturer of this equipment may impose more stringent restrictions on the use of the products they manufacture, see the Manufacturer's instructions.)

1. It is essential that the users of this type of equipment receive proper training and instruction, including detailed procedures for the safe use of such equipment in their work application. ANSI/ASSE Z359.2, Minimum Requirements for a Comprehensive Managed Fall Protection Program, establishes guidelines and requirements for an employer's managed fall protection program, including policies, duties and training; fall protection procedures; eliminating and controlling fall hazards; rescue procedures; incident investigations; and evaluating program effectiveness.

2. Correct fit of a Full Body Harness is essential to proper performance. Users must be trained to select the size and maintain the fit of their Full Body Harness.

3. Users must follow manufacturer's instructions for proper fit and sizing, paying particular attention to ensure that buckles are connected and aligned correctly, leg straps and shoulder straps are kept snug at all times, chest straps are located in the middle chest area and leg straps are positioned and snug to avoid contact with the genitalia should a fall occur.

4. Full Body Harnesses which meet ANSI/ASSE Z359.11 are intended to be used with other components of a Personal Fall Arrest system that limit maximum arrest forces to 1800 pounds (8 kN) or less.

5. Suspension intolerance, also called suspension trauma or orthostatic intolerance, is a serious condition that can be controlled with good harness design, prompt rescue and post fall suspension relief devices. A conscious user may deploy a suspension relief device allowing the user to remove tension from around the legs, freeing blood flow, which can delay the onset of suspension intolerance. An attachment element extender is not intended to be attached directly to an anchorage or anchorage connector for fall arrest. An energy absorber must be used to limit maximum arrest forces to 1800 pounds (8 kN). The length of the attachment element extender may affect free fall distances and free fall clearance calculations.

6. Full Body Harness (FBH) Stretch, the amount the FBH component of a personal fall arrest system will stretch and deform during a fall, can contribute to the overall elongation of the system in stopping a fall. It is important to include the increase in fall distance created by FBH Stretch, as well as the FBH connector length, the settling of the user's body in the FBH and all other contributing factors when calculating total clearance required for a particular fall arrest system.

7. When not in use, unused lanyard legs that are still attached to a Full Body Harness D-ring should not be attached to a work positioning element or any other structural element on the Full Body Harness unless deemed acceptable by the competent person and manufacturer of the lanyard. This is especially important when using some types of "Y" style lanyards, as some load may be transmitted to the user through the unused lanyard leg if it is not able to release from the harness. The lanyard parking attachment is generally located in the sternal area to help reduce tripping and entanglement hazards.

8. Loose ends of straps can get caught in machinery or cause accidental disengagement of an adjuster. All Full Body Harnesses shall include keepers or other components which serve to control the loose ends of straps.

9. Due to the nature of soft loop connections, it is recommended that soft loop attachments only be used to connect with other soft loops or carabiners. Snap hooks should not be used unless approved for the application by the manufacturer.

Sections 11-17 provide additional information concerning the location and use of various attachments that may be provided on this FBH.

10. **DORSAL (Class A)** – The dorsal attachment element shall be used as the primary fall arrest attachment, unless the application allows the use of an alternate attachment. The dorsal attachment may also be used for travel restraint or rescue. When supported by the dorsal attachment during a fall, the design of the Full Body Harness shall direct load through the shoulder straps supporting the user, and around the thighs. Supporting the user, post fall, by the dorsal attachment will result in an upright body position with a slight lean to the front with some slight pressure to the lower chest. Considerations should be made when choosing a sliding versus fixed dorsal attachment element. Sliding dorsal attachments are generally easier to adjust to different user sizes, and allow a more vertical rest position post fall, but can increase FBH Stretch.



11. **STERNAL (Class L)** – The ProForm™ F3 sternal attachment elements must be used as a pair. The sternal attachment may be used as an alternative fall arrest attachment in applications where the dorsal attachment is determined to be inappropriate by a competent person, and where there is no chance to fall in a direction other than feet first. Accepted practical uses for a sternal attachment include, but are not limited to, ladder climbing with a guided type fall arrester, ladder climbing with an overhead self-retracting lifeline for fall arrest, work positioning and rope access. The sternal attachment may also be used for travel restraint or rescue. When supported by the sternal attachment during a fall, the design of the Full Body Harness shall direct load through the shoulder straps supporting the user, and around the thighs. Supporting the user, post fall, by the sternal attachment will result in roughly a sitting or cradled body position with weight concentrated on the thighs, buttocks and lower back. Supporting the user during work positioning by this sternal attachment will result in an approximate upright body position.



If the sternal attachment is used for fall arrest, the competent person evaluating the application should take measures to ensure that a fall can only occur feet first. This may include limiting the allowable free fall distance. It may be possible for a sternal attachment incorporated into an adjustable style chest strap to cause the chest strap to slide up and possibly choke the user during a fall, extraction, suspension, etc. The competent person should consider Full Body Harness models with a fixed sternal attachment for these applications.

12. **FRONTAL** – The frontal attachment serves as a ladder climbing connection for guided type fall arresters where there is no chance to fall in a direction other than feet first, or may be used for work positioning. Supporting the user, post fall or during work positioning, by the frontal attachment will result in a sitting body position, with the upper torso upright, with weight concentrated on the thighs and buttocks. When supported by the frontal attachment the design of the Full Body Harness shall direct load directly around the thighs and under the buttocks by means of the sub-pelvic strap.

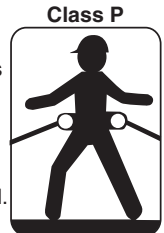
If the frontal attachment is used for fall arrest, the competent person evaluating the application should take measures to ensure that a fall can only occur feet first. This may include limiting the allowable free fall distance.

13. **SHOULDER (Class E)**– The shoulder attachment elements shall be used as a pair, and are an acceptable attachment for rescue and entry/retrieval. The shoulder attachment elements shall not be used for fall arrest. It is recommended that the shoulder attachment elements be used in conjunction with a yoke which incorporates a spreader element to keep the Full Body Harness shoulder straps separate.



14. **WAIST, REAR** – The waist, rear attachment shall be used solely for travel restraint. The waist, rear attachment element shall not be used for fall arrest. Under no circumstances is it acceptable to use the waist, rear attachment for purposes other than travel restraint. The waist, rear attachment shall only be subjected to minimal loading through the waist of the user, and shall never be used to support the full weight of the user.

15. **Hip (Class P)** – The hip attachment elements shall be used as a pair, and shall be used solely for work positioning. The hip attachment elements shall not be used for fall arrest. Hip attachments are often used for work positioning by arborists, utility workers climbing poles and construction workers tying rebar and climbing on form walls. Users are cautioned against using the hip attachment elements (or any other rigid point on the Full Body Harness) to store the unused end of a fall arrest lanyard, as this may cause a tripping hazard, or, in the case multiple leg lanyards, could cause adverse loading to the FBH and the wearer through the unused portion of the lanyard.



16. **SUSPENSION SEAT** – The suspension seat attachment elements shall be used as a pair, and shall be used solely for work positioning. The suspension seat attachment elements shall not be used for fall arrest. Suspension seat attachments are often used for prolonged work activities where the user is suspended, allowing the user to sit on the suspension seat formed between the two attachment elements. An example of this use would be window washers on large buildings.

USER INSPECTION, MAINTENANCE AND STORAGE OF EQUIPMENT

WARNING!

If inspection reveals any defect, inadequate maintenance, or unsafe condition, remove from service until a “competent person”, as defined by OSHA 29 CFR 1910.140(b) and 1926.32(f), can determine the need for authorized repair or disposal.

WARNING!

Any equipment that has been subjected to the forces of arresting a fall, or that has a deployed load indicator, must be removed from service until a “competent person” can determine the need for authorized repair or disposal.

FREQUENCY

All components of the Roofing Safety System must be inspected prior to each use, and annually by an OSHA defined “competent person” other than the user. Local, state, governmental and jurisdictional agencies governing occupational safety may require the user to conduct more frequent or mandatory inspections.

CRITERIA

All components of the Roofing Safety System must be inspected.

- All markings must be legible and attached to the product.
- All equipment must be free of corrosion, chemical attack, alteration, excessive heating or wear.
- All snap hooks must be able to self-close and lock. All hardware must be free of cracks, sharp edges, deformation, corrosion, or any evidence of defect.
- To inspect webbing and rope, bend a 6–8 inch portion into an upside down ‘U’ shape. Continue along all webbing and rope inspecting for tears, cuts, fraying, abrasion, discoloration, burns, holes, mold, unsplicing, pulled or broken stitches, or other signs of wear and damage. Sewn terminations should be secure, complete, and not visibly damaged. All rope splices should be secure.

Users of personal fall arrest systems shall, at a minimum, comply with all manufacturer instructions regarding the inspection, maintenance and storage of the equipment. The user's organization shall retain the manufacturer's instructions and make them readily available to all users. See ANSI/ASSE Z359.2, Minimum Requirements for a Comprehensive Managed Fall Protection Program, regarding user inspection, maintenance and storage of equipment.

1. In addition to the inspection requirements set forth in the manufacturer's instructions, the equipment shall be inspected by the user before each use and, additionally, by a competent person, other than the user, at interval of no more than one year for:

- Absence or illegibility of markings.
- Absence of any elements affecting the equipment form, fit or function.
- Evidence of defects in, or damage to, hardware elements including cracks, sharp edges, deformation, corrosion, chemical attack, excessive heating, alteration and excessive wear.
- Evidence of defects in or damage to strap or ropes including fraying, unsplicing, unlaying, kinking, knotting, roping, broken or pulled stitches, excessive elongation, chemical attack, excessive soiling, abrasion, alteration, needed or excessive lubrication, excessive aging and excessive wear.

2. Inspection criteria for the equipment shall be set by the user's organization. Such criteria for the equipment shall equal or exceed the criteria established by this standard or the manufacturer's instructions, whichever is greater.

3. When inspection reveals defects in, damage to, or inadequate maintenance of equipment, the equipment shall be permanently removed from service or undergo adequate corrective maintenance, by the original equipment manufacturer or their designate, before returning to service.

CLEANING

Components of the Roofing Safety System can be wiped down with a mild detergent and rinsed with a clean cloth to remove detergent. The hardware can also be wiped down with a clean dry cloth to remove grease or dirt.

MAINTENANCE AND STORAGE

1. Maintenance and storage of equipment shall be conducted by the user's organization in accordance with the manufacturer's instructions. Unique issues, which may arise due to conditions of use, shall be addressed with the manufacturer.

2. Equipment which is in need of, or scheduled for, maintenance shall be tagged as unusable and removed from service.

3. Equipment shall be stored in a manner as to preclude damage from environmental factors such as temperature, light, UV, excessive moisture, oil, chemicals and their vapors or other degrading elements.

MAINTENANCE

WARNING!

Only Werner Co., or persons or entities authorized in writing by Werner Co., shall make repairs or alterations to the equipment. Substitution of non-approved components may affect the safety of the system.

Do not use any component of the Roofing Safety System that requires maintenance. Cleaning and maintenance may be performed by the user. Snap hooks may require periodic lubrication. Do not apply oil, grease, or other contaminants on the webbing. Use a dry lubricant that has proper resistance to temperature extremes, moisture, and corrosion. Do not over-lubricate.


STORAGE

WARNING!

Store Roofing Safety System in a cool, dry, clean environment, out of direct sunlight, to help avoid UV degradation when not in use.

When not in use, the Roofing Safety System should be stored in a cool, dry place out of direct sunlight. Do not store in areas where damage from environmental factors such as heat, light, excessive moisture, oil, chemicals and their vapors, or other degrading elements may be present. Do not store damaged equipment or equipment in need of maintenance in the same area as product approved for use. Equipment must be cleaned and dried prior to storage. Equipment that has been stored for an extended period must be inspected as described in these User Instructions prior to use.

LABELS



HARNES/ARNÉS

Model / Modelo:

Mark Number/Número de Mark de: **2**

Material / Materiales:

Size / Tamaño:

Date of Manufacture / Fecha de la fabricación:

Serial Number / Número de serie:

Maximum Capacity (user with tools) / Capacidad máxima (usuario con los herramientas):


Free Fall / El máximo libera caída:

Assembled in / Ensamblado en:

Inspection Log/Registro de Inspección

Year	Year 2	Year 3	Year 4	Year 5
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

Standards/Estándares
ANSI Z359.11-2021/OSHA 1910, 1926
555 Pierce Road, Itasca, IL 60143
1-888-523-3371
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PN 11986-02 Rev 9/21



**WARNING
ADVERTENCIA**

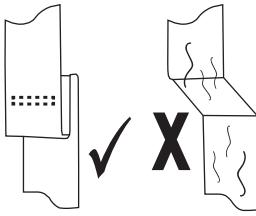
User must read User Manual and understand all instructions and warnings prior to use. If the user manual is missing contact Werner Co. for a replacement copy. Product must be inspected prior to each use according to instructions in manual. If periodically by a competent person who is not the user. Verify that this product is suitable for use in the fall protection system chosen, and if there are any questions about use, please contact Werner Co. for advice. User repairs or alterations are **NOT** permitted. Avoid exposure to sharp edges, chemicals, machinery and environmental hazards that could weaken the materials. Only back d-rings (A) to be used for fall arrest. Hip d-rings (B) are for work positioning only. Chest d-rings (C) are for attachment to climbing system or retrieval only (2 feet maximum free fall). Shoulder d-rings (D) are for retrieval only. Verify that connectors are compatible (see instruction manual). OSHA, CSA and local regulations require that workers receive training in the proper use and limitations of fall protection equipment and that a plan for rescue is in place before use.

Antes de usar, el usuario debe leer el Manual del Usuario y entender todas las instrucciones y advertencias. Si el manual del usuario está faltando, comuníquese con Werner Co. para obtener una copia de reemplazo. Antes de cada uso, el producto debe inspeccionarse de acuerdo con las instrucciones del manual, luego debe ser inspeccionado periódicamente por una persona capacitada que no sea el usuario. Verifique que este producto sea apropiado para uso en el sistema de protección contra caídas elegido, y si hay cualquier pregunta acerca de la compatibilidad, comuníquese con Werner Co. para obtener asesoría. **NO** se permiten reparaciones o alteraciones por parte del usuario. Evite la exposición a bordes filosos, productos químicos, maquinaria y peligros ambientales que pudieran debilitar los materiales. Solo deben utilizarse anillos en "D" de arnés (A) de respaldo para la detención de caídas. Los anillos en "D" de cadera (B) solo son para posicionamiento. Los anillos en "D" de pecho (C) solo son para sujeción al sistema de ascenso o para recuperación (2 pies (0.61 m) de máxima caída libre). Los anillos en "D" de hombro (D) solo son para recuperación. Verifique que las conexiones sean compatibles (vea el manual de instrucciones). Las regulaciones OSHA, CSA y locales exigen que los trabajadores reciban capacitación sobre el uso apropiado y las limitaciones de los equipos de protección contra caídas y que un plan de rescate esté establecido antes de su uso.

FAILURE TO READ AND HEED ALL WARNINGS COULD RESULT IN INJURY OR DEATH!
NO LEER Y NO TENER EN CUENTA TODAS LAS ADVERTENCIAS PODRÍA RESULTAR EN LESIONES O LA MUERTE!

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Load Indicator



WARNING
Before using a fall arrest system, users must be trained in the safe use of the system, as required by OSHA 29 CFR 1910.66 and 1926.503, or local safety regulations. Product must be inspected prior to each use according to the user instructions, and additionally by a competent person who is not the user, at intervals of no more than one year.

Only make compatible connections. User repairs and alterations are NOT permitted. Avoid physical and environmental hazards such as thermal, exposure to sharp edges and abrasive surfaces, machinery, and electrical and chemical sources. For proper use see supervisor, user instructions, or contact Werner Co.


ADVERTENCIA
Antes de usar un sistema de detención de caídas, los usuarios deben ser entrenados en el uso seguro del sistema, como requiere por OSHA de CFR 1910.66 y 1926.503, o normas de seguridad locales. El producto debe ser inspeccionado antes de cada uso según las instrucciones de usuario, y además por una persona competente que no es el usuario, a intervalos de no más que un año.

Solo haga conexiones compatibles. El usuario repara y las modificaciones no son permitidas. Evite físicos y riesgos de ambiental como thermal, exposición a bordes agudos y superficies abrasivas, maquinaria, y fuentes de productos químicos y eléctrico. Ya que uso apropiado ven a supervisor, instrucciones de usuario, o se ponen en contacto con el Werner Co.

Estas guarniciones son equipadas con la Gravedad Anulada. En caso de una Caída, agerre los manijas de alivio y saque y expida, levantando piernas a un posición asentado.

Ver de instrucciones del usuario para obtener más información.

P/N 1125090-04 Rev B 9/21



INSPECT!™

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P/N 104029-01 Rev A 9/11


WARNING
This harness is equipped with Gravity Override. In the event of a Fall, grab the patented handles and pull out and forward, while lifting legs to a seated position. See user instructions for more information.

ADVERTENCIA
Estas guarniciones son equipadas con la Gravedad Anulada. En caso de una Caída, agerre los mangos de patentados y saque y expida, levantando piernas a un posición asentado. Ver de instrucciones del usuario para obtener más información.

ANSI Z359.11-2021
ANSI Z359 RECOGNIZES THE USE OF THIS HARNES ONLY WITHIN THE CAPACITY RANGE OF:
130-310 LBS.

Weight capacity (OSHA): up to 425 lbs.
Capacidad de peso (OSHA) hasta 425 libras

P/N 125914-01 REV A 9/21



Model/ Modelo: **A220330**


Year of Manufacture / Año de la fabricación: **2021**

Minimum Breaking Strength (MBS): **5,000 lbs**
Mínima a la rotura: **(22.2kN)**

Warning: User must follow manufacturer's instructions included with the equipment at the time of shipment from the manufacturer. Refer to the instruction manual for proper installation, stability, compatibility limitations and direction of loading. Inspect prior to use.

Advertencia: El usuario debe seguir las instrucciones del fabricante incluidas con el equipo al tiempo de embarque del producto. Consulte el manual de instrucciones para obtener información sobre la instalación apropiada, estabilidad, limitaciones de compatibilidad y dirección de la carga. Inspeccione antes de utilizar.

Standards/Estándares
ANSI Z359.18-2017, Type A, OSHA 1910:1926
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888-523-3371
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Model / Modelo: **LXXXXXX**

Material / Materiales:

ROPE/CUERDA: **x/x" XX/XX**

LANYARD/CUERDA: **XX**

Length / Longitud:

ROPE/CUERDA: **Xft. / Xm**

LANYARD/CUERDA: **X ft. / Xm**

Date of Manufacture / Fecha de la fabricación:


Serial Number / Número de serie:

Maximum Capacity (user with tools) / Capacidad máxima (usuario con las herramientas): **310 lbs.**
140 kg

Maximum Elongation: **X ft.**

Alargamiento Máximo: **Xm**

Assembled in / Ensamblado en:



Model/Modelo:

Mark Number/Número de Mark de: **2**

Material / Materiales:

Length / Longitud:

Date of Manufacture / Fecha de la fabricación:

Serial Number / Número de serie:

Minimum Breaking Strength (MBS): **5,000 lbs**
Resistencia Mínima a la rotura: **(22.2kN)**

Assembled in / Ensamblado en:

Inspection Log/Registro de Inspección

Year	Year 2	Year 3	Year 4	Year 5
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

Standards/Estándares
ANSI Z359.18-2017, Type A, OSHA 1910:1926
555 Pierce Rd., Ste 300, Itasca, IL 60143
1-888-523-3371
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WARNING

Read User Manual and understand all instructions and warnings. Refer to the instruction manual for stability and compatibility limitations. If user manual is missing contact Werner Co. for a replacement copy. Product must be inspected prior to each use according to instructions in manual. If periodically by a competent person who is not the user. User repairs or alterations are **NOT** permitted. Avoid exposure to sharp edges, chemicals, machinery and environmental hazards that could weaken the materials. Verify that connectors are compatible (see instruction manual). OSHA, CSA and local regulations require that workers receive training in the proper use and limitations of fall arrest equipment.

FAILURE TO READ AND HEED ALL WARNINGS COULD RESULT IN INJURY OR DEATH!
NO LEER Y NO TENER EN CUENTA TODAS LAS ADVERTENCIAS PODRÍA RESULTAR EN LESIONES O LA MUERTE!

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888-523-3370 www.wernerfallstop.com



ADVERTENCIA

Debe leer el manual del usuario y entender todas las instrucciones y advertencias. Refiera al manual de la instrucción para las limitaciones de la estabilidad y de la compatibilidad. Si el manual del usuario está faltando, comuníquese con Werner Co. para obtener una copia de reemplazo. Antes de cada uso, el producto debe inspeccionarse de acuerdo con las instrucciones del manual, luego debe ser inspeccionado periódicamente por una persona capacitada que no sea el usuario. Verifique que las conexiones sean compatibles (vea el manual de la instrucción). El OSHA, CSA y las regulaciones locales requieren que los trabajadores reciban el entrenamiento en el uso y las limitaciones apropiadas del equipo de aislamiento de la caída.

NO LEER Y NO TENER EN CUENTA TODAS LAS ADVERTENCIAS PODRÍA RESULTAR EN LESIONES O LA MUERTE!

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Model/ Modelo: **A210400 MK3**

Material / Materiales: **Steel / Acero**

Standards/Estándares
ANSI Z359.18-2017, Type A, OSHA 1910, 1926

PRE-PUNCH HOLES PRIOR TO INSTALLATION






Warning: User must follow manufacturer's instructions included with the equipment at the time of shipment from the manufacturer. Refer to the instruction manual for proper installation and stability and compatibility limitations. Inspect prior to use.

Advertencia: El usuario debe seguir las instrucciones del fabricante incluidas con el equipo al tiempo de embarque del producto. Refiera al manual de la instrucción para las limitaciones apropiadas de la instalación y de la estabilidad y de la compatibilidad. Inspeccione antes de usar.

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Minimum Breaking Strength (MBS): **5,000 lbs**
Resistencia Mínima a la rotura: **(22.2kN)**

Refer to Instructions for direction of loading restrictions!
Consulte las instrucciones para conocer las restricciones de dirección de carga!

Standards/Estándares
ANSI Z359.18-2017, Type A, OSHA 1910, 1926

Werner Co. Fall Protection
555 Pierce Road, Suite 300, Itasca, IL 60143
TEL: 888-523-3371 FAX: 888-456-8459 www.WernerCo.com