

- after every 12 months of utilization, personal protective equipment must be withdrawn from use to carry out periodical detailed inspection.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.
- 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- personal protective equipment must be withdrawn from use immediately when any doubt arise about its condition for safe use and not used again until confirmed in writing by equipment manufacturer or his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- personal protective equipment must be withdrawn from use immediately and destroyed (or another procedures shall be introduced according detailed instruction from equipment manual) when it have been used to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 (complied with EN 361) is the only acceptable body holding device that can be used in 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. 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. Other maintenance and cleaning procedures should be adhered to detailed instructions stated in the manual of the equipment.
- 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.

IT IS THE RESPONSIBILITY OF THE USER ORGANISATION 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 WITHDRAWN FROM USE SHALL BE NOTED INTO THE IDENTITY CARD BY A COMPETENT PERSON. THE IDENTITY CARD SHOULD BE STORED DURING A WHOLE PERIOD OF EQUIPMENT UTILIZATION. DO NOT USE THE EQUIPMENT WITHOUT THE IDENTITY CARD. ALL RECORDS IN THE IDENTITY CARD CAN BE FILLED IN ONLY BY A COMPETENT PERSON.

## IDENTITY CARD

MODEL AND TYPE OF EQUIPMENT		REF. NUMBER	
SERIAL NUMBER		DATE OF MANUF.	
USER NAME			
DATE OF PURCHASE		DATE OF PUTTING INTO OPERATION	
PERIODIC EXAMINATION AND REPAIR HISTORY			
DATE	REASON FOR ENTRY PERIODIC EXAMINATION OR REPAIR	DEFECTS NOTED, REPAIRS CARRIED OUT AND OTHER RELEVANT INFORMATIONS	NAME AND SIGNATURE OF COMPETENT PERSON
1			
2			
3			
4			

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Notified body, at which the European certification was performed and which supervises the production of the equipment:  
 APAVE SUDEUROPE SAS - CS 60193  
 13322 MARSEILLE CEDEX 16 - FRANCE



## Instruction Manual

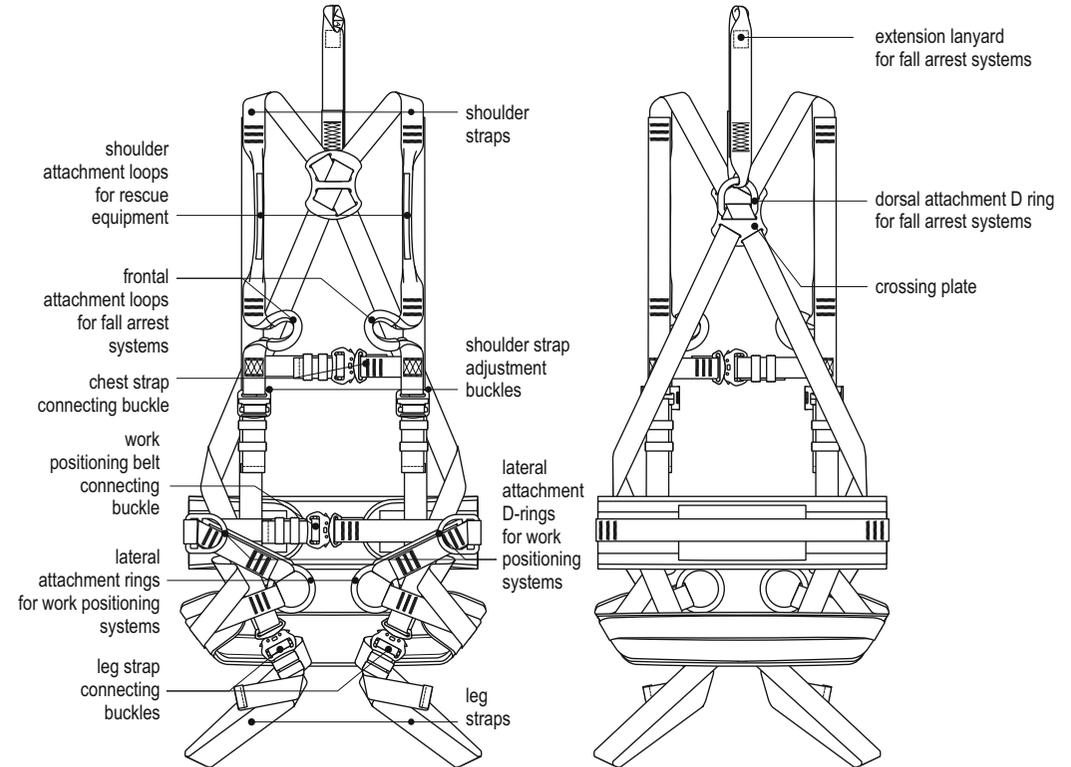
READ CAREFULLY BEFORE USE  
THE EQUIPMENT

CE 0082 EN 361:2002 EN 358:1999  
EN 1497:2007

SAFETY/RESCUE  
**HARNES**  
 PBIHS

**ZERO**  
 zero tolerance is essential  
**HTP1679**

Safety harness Z+87R is body holding device used in fall arrest equipment complied with EN 361. The Z+87R is also equipped in work positioning belt complied with EN 358 and special attachment loops on the shoulders to be used as a rescue harness complied with EN 1497. Maximum load of the rescue harness is 140 kg. The harness Z+87R is made of polyester webbings with metallic connecting and adjustment buckles.



### SIZES

The harness is manufactured in two sizes:  
 - universal: M-XL  
 - extra large: XXL

### ADMISSIBLE TIME OF USE

Safety harness can be used for 5 years from a date of putting the harness into operation. After this period the harness must be withdrawn from use to carry out manufacturer's detailed inspection. The manufacturer's inspection can be carried out by:  
 - manufacturer  
 - or person recommended by manufacturer  
 - or company recommended by manufacturer.  
 During this inspection will be established admissible time of harness use till next manufacturer's inspection. The harness must be withdrawn from use immediately and destroyed when it has been used to arrest a fall.

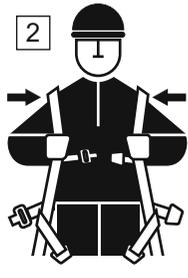
### CONTENT OF HARNESS IDENTITY LABEL

model marking — **HTP1679**  
 type of the device — **SAFETY/RESCUE HARNESS**  
 size — Size: **M-XL**  
 month/year of manufacture — Date of manufacture: **MM/YYYY**  
 device serial number — Serial number: **XXXXXXXX**  
 number / year of the European standards the equipment conform — **EN 361:2002**  
 — **EN 358:1999**  
 — **EN 1497:2007 - max. 140 kg**  
 CE marking and number of a notified body controlling manufacturing of the equipment (art. 11) — **CE 0082**  
 caution: read the manual —   
 marking of the manufacturer or distributor — **ZERO**  
 zero tolerance is essential

## HOW TO PUT ON THE HARNESS



1 Take the harness by the dorsal attachment buckle.



2 Put on the shoulder straps one after one, take care do not twist them.



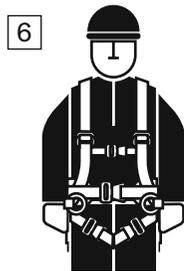
3 Connect front buckle and adjust the tension the chest strap.



4 Connect the buckle and adjust the webbing of work positioning belt.



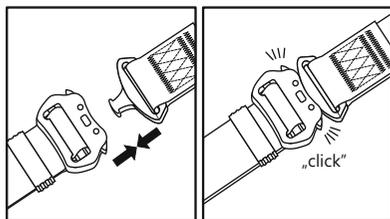
5 Pull one and then other thigh straps through crotch, take care do not twist them.



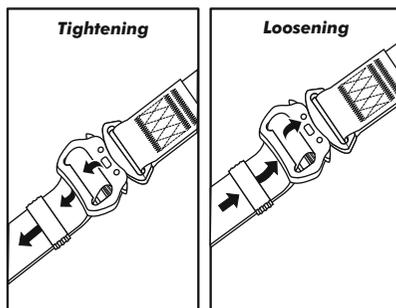
6 Check the tightening of the straps and connection of the buckles. Back attachment buckle must be positioned at the level of the shoulder blades. Free endings of the webbings must be protected by the plastic loops. Work positioning belt must be positioned at the level of the waist. Belt buckles must be situated symmetrically on both sides.

### Fastening the straps

Push the parts of the buckle together until the "click" sound is noticeable. Check if the buckle is locked and functioning properly

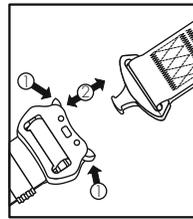


### Adjusting of the leg and belt straps

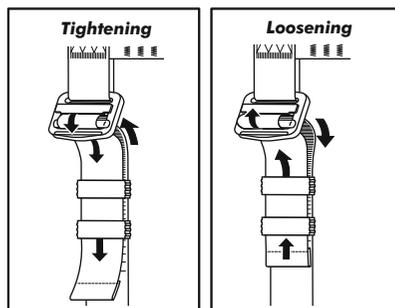


### Opening the straps

Push the parts of the buckle together while simultaneously pressing the two unlocking buttons (1). Pull the buckle halves apart (2).

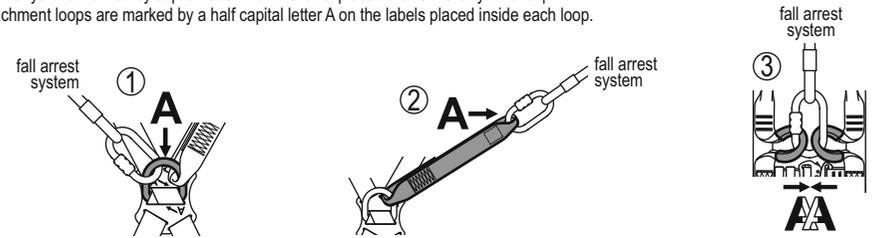


### Adjusting of the shoulder straps



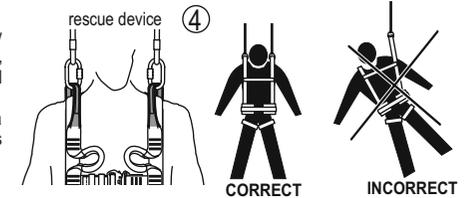
## ATTACHING FALL ARREST SYSTEM

The fall arrest system must be connected only to the attaching elements of the harness marked by capital letter A. The fall arrest system shall be connected to the dorsal attachment D-ring (drawing 1) or to the extension lanyard (drawing 2) or simultaneously to both frontal attachment loops (drawing 3). It's forbidden to attach fall arrest system to the single frontal loop. Dorsal attachment buckle is marked by a capital letter A - marked on the crossing plate with arrows indicating back attaching buckle. The extension lanyard is marked by capital letter A on the label placed inside the lanyard's loop. The front attachment loops are marked by a half capital letter A on the labels placed inside each loop.



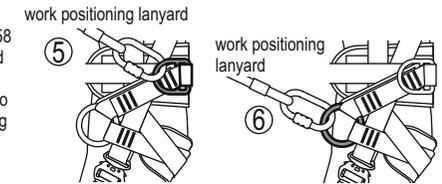
## ATTACHING RESCUE SYSTEM

- rescue harness loops placed on the shoulder straps can be used linked together only for rescue purposes. Don't use the single loop to link with 1 connector or lanyard, because the risk is to strangle - (drawing 4). Don't use the rescue harness loops with fall arrest systems.
- ATTENTION:** Before use the rescue harness for the first time the user should carry out a suspension test in a safe place to ensure that the rescue harness is the correct size, has sufficient adjustment and is of an acceptable comfort level for the intended use.



## ATTACHING WORK POSITIONING LANYARD

- work positioning lanyard could be attached only to the lateral D - rings of the work positioning belt - (drawing 5), or to the lateral rings - (drawing 6), and according EN 358 - work positioning lanyard must be anchored to the point of construction that is situated at waist level or above. Work positioning lanyard must be kept taut to restrict free movement to a maximum 0,6 m. It is strictly forbidden to attach any fall arrest system to side buckle of work positioning belt. It is strictly forbidden to attach any work positioning system to front attaching loops or back attaching buckle.



## Regularly check fastening/adjustment elements during use the harness

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;
- EN 362 - for the connectors;
- EN 358 - for work positioning systems;
- EN 795 - for anchor devices;
- EN341 - for the rescue equipment.

## 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.
- the user should read and understand the information supplied by the manufacturer before using the equipment.
- 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 relief 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 connectors - main body, rivets, gate, locking gear acting.