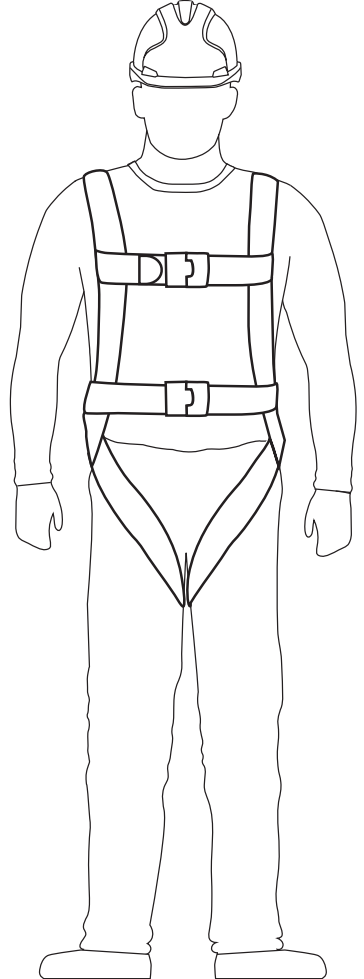




HARNESSES

INSTRUCTIONS ON USE, CARE AND INSPECTION



CAREFULLY READ THESE INSTRUCTIONS BEFORE USING THIS PRODUCT.

These Harnesses are designed to minimise the risk of provide protection against the danger of falling from heights. However, always remember that no item of PPE can provide full protection and care must always be taken while carrying out the risk related activity.

THIS INSTRUCTION FOR USE BOOKLET COVERS THE FOLLOWING JSP PRODUCTS:

- 1 Point harness (FAR0301, FAR0201E, FAR0315)
- 2 Points harness (FAR0203, FAR0209, FAR0302, FAR0401, FAR0212)
- 3 Points harness (FAR0303, FAR0204, FAR0402)
- 5 Points harness (FAR0403)
- Confined space rescue harness (FAR0205)

THE USER IS ADVISED TO KEEP THE USER INSTRUCTIONS, INSTALLATION DOCUMENTATION (IF APPLICABLE) AND PERIODIC EXAMINATION DOCUMENTS FOR THE LIFE OF THE PRODUCT

A copy of this manual and the Declaration of Conformity for the product can be found at documents.jspsafety.com

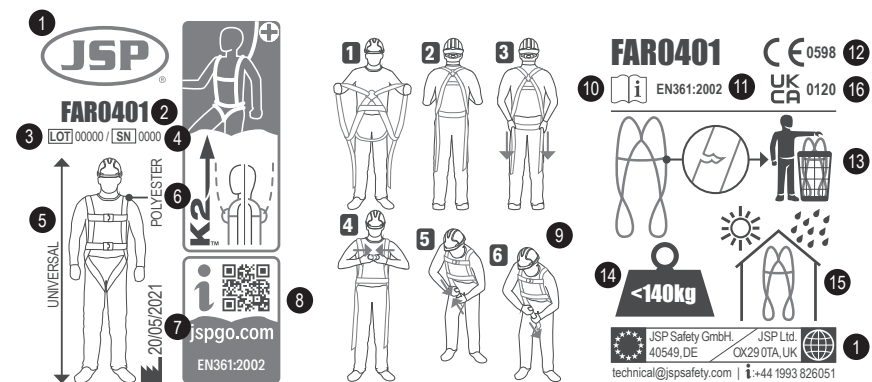
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MARKING

Label on the Full Body Harness, which must be in place, intact and legible while the Full Body Harness is in use.



1. Manufacturer's logo and contact information
2. Product reference
3. Batch number
4. Serial number
5. Size: Universal
6. Material
7. Date of manufacture
8. JSP-GO™ QR code
9. Donning instructions
10. Read the User Instructions
11. Standard number/year
12. Conformity mark to the Regulation (EU) 2016/425
13. Dispose if damaged
14. User weight limit
15. Store in a cool dry place
16. Conformity to UK legislation SI 2018 No. 390

FITTING

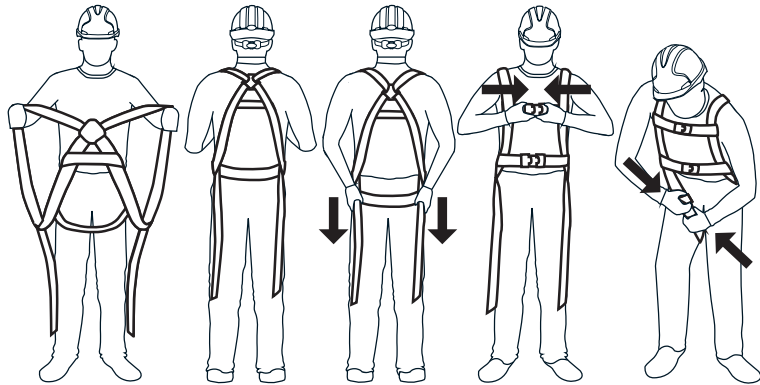
A Safety Harness must be worn correctly to ensure that in the event of a fall it performs as designed and does not cause the user further injuries.

If the harness is worn incorrectly (loose, undone, back to front etc.) the user may be severely or fatally injured.

A full body fall arrest harness is Category III PPE and is to protect against mortal danger. You must have taken all necessary precautions and steps prior to its use.

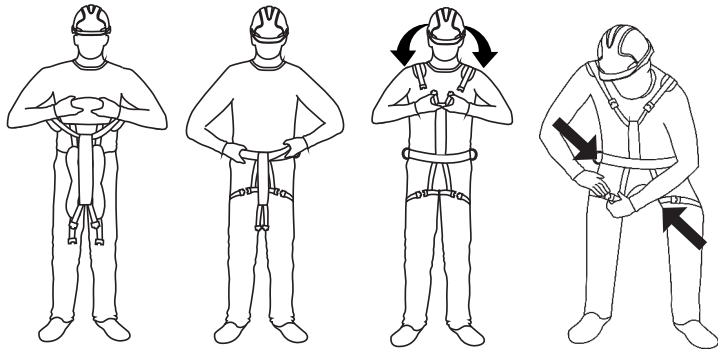
- Ensure the correct choice of harness for the intended activity.
- Ensure that the harness 'date of manufacture' is within the guidelines.
- Ensure that all buckles and clips are correctly and securely fastened.
- Ensure the harness is adjusted to suit your body. Adjustment may be made via leg, chest, waist and shoulder straps (where applicable). The webbing should be reasonably tight to your body and not loose.
- Sternal and dorsal attachment points must be correctly located and must not be too low.

CORRECT DONNING OF 1,2 & 3 POINT HARNESSSES



1. Hold harness up by shoulder straps and ensure leg straps hang free.
2. Pass arms through shoulder straps.
3. Pull harness down so sub pelvic strap sits under the buttocks.
4. Connect chest buckle and then the waist buckle (if fitted). Tighten waist belt to fit snugly.
5. Connect leg buckles and adjust to snug fit.
6. Adjust 'attachment points/D Rings' to correct positions. Rear attachment between shoulder blades. Front attachment middle of chest.

CORRECT DONNING OF 5 POINT HARNESSSES



1. Hold harness up by waist belt & let the leg loops hang free.
2. Step into waist belt & through leg holes. Tighten waist belt to fit snugly.
3. Pull back/shoulder strap up & over. Ensure no tangles. Position dorsal D ring. Securely buckle to waist belt webbing.
4. Securely buckle leg loops ensuring no twists.
5. Adjust harness to fit tightly.

Regularly check fastening and adjustment elements during use. The sizes of the waist belts are:

Code	Max (CM)	Min (CM)
FAR0402	118	90
FAR0403	145	100
FAR0204	120	80
FAR0303	120	100

DESCRIPTION

These full body harnesses are classed as Personal Protective Equipment (PPE), by the European PPE Regulation (EU) 2016/425 and PPE Regulation (EU) 2016/425 as brought into UK law and amended and have been shown to comply with this regulation through the Harmonized Standards / Designated European Standards:

EN 361:2002 Personal Protective Equipment against falls from height Full Body Harnesses

EN 358:2018 Personal Protective Equipment for work positioning and prevention of falls from height. Belts for work positioning and restraint and work positioning lanyards.

EN 813:2008 Personal fall protection equipment. Sit harnesses

EN 1497:2007 Rescue Equipment - Rescue Harnesses

Certification Body (CE): SATRA Technology Europe Ltd, Bracetown Business Park, Clonee, Dublin D15 YN2P Ireland (Notified Body 2777)

Ongoing Assessment Body (CE): SGS Fimko Oy, Takomotie 8, FI-00380 Helsinki, Finland (Notified Body 0598)

Certification Body (UKCA): SATRA Technology Centre, Wyndham Way, Telford Way, Kettering, Northamptonshire, NN16 8SD, UK (Approved Body 0321)

Ongoing Assessment Body (UKCA): SGS United Kingdom Ltd., Unit 202B, Worle Parkway, Weston-super-Mare, BS22 6WA, UNITED KINGDOM (Approved Body 0120)

Each harness is issued with a declaration of conformity & record card, these should be kept safe for future reference.

APPLICATION AND LIMITATIONS

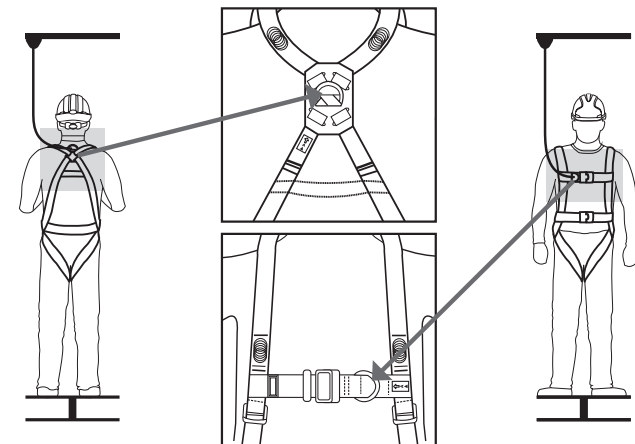
APPLICATION

Fall arrest attachment points are marked with the letter "A", they can be D-ring or 2 loops (in this case both marked A/2). Work positioning attachment point should not be used for fall arrest applications.

The harness must be used as part of a fall arrest/restraint/work positioning/rescue system as defined in the standard (EN363) to guarantee that the dynamic force exerted on the user during the arrest of a fall is maximum of 6 kN.

FREE FALL: Personal fall arrest systems used with this equipment must be rigged to limit the free fall to 4.0 M per EN 361. Restraint systems must be rigged so that no vertical free fall is possible. Work positioning systems must be rigged so that free fall is limited to 1m or less.

Maximum rated load for the harnesses is 140 kg including all tools and it is essential to use only 140 kg compatible energy absorbing lanyards with the harness.



ANCHOR POINTS

The point where the fall arrest system is to be anchored should ideally be placed above the position of the user. Ensure that the anchor device is strong enough & has a minimum strength of 12kN for metal & 18kN for textile and should be in conformity with the EN795 requirements.

Make sure that the work is done in such a way as to limit the pendulum effect, as well as the risk and the height of a fall. For safety reasons and before each use, make sure that in the event of a fall there is no obstacle obstructing the normal deployment of the fall arrest system (free space under the user's feet). Before and during use we advise you to make the necessary arrangements for a safe rescue if the need should arise. The clearance below the feet of the user in order to avoid collision with the structure or ground in a fall may vary depending on the type of equipment used within the fall arrest system. Please refer to your equipment specifications to find the required clearance to the ground.

CONFINED SPACE & RESCUE HARNESS

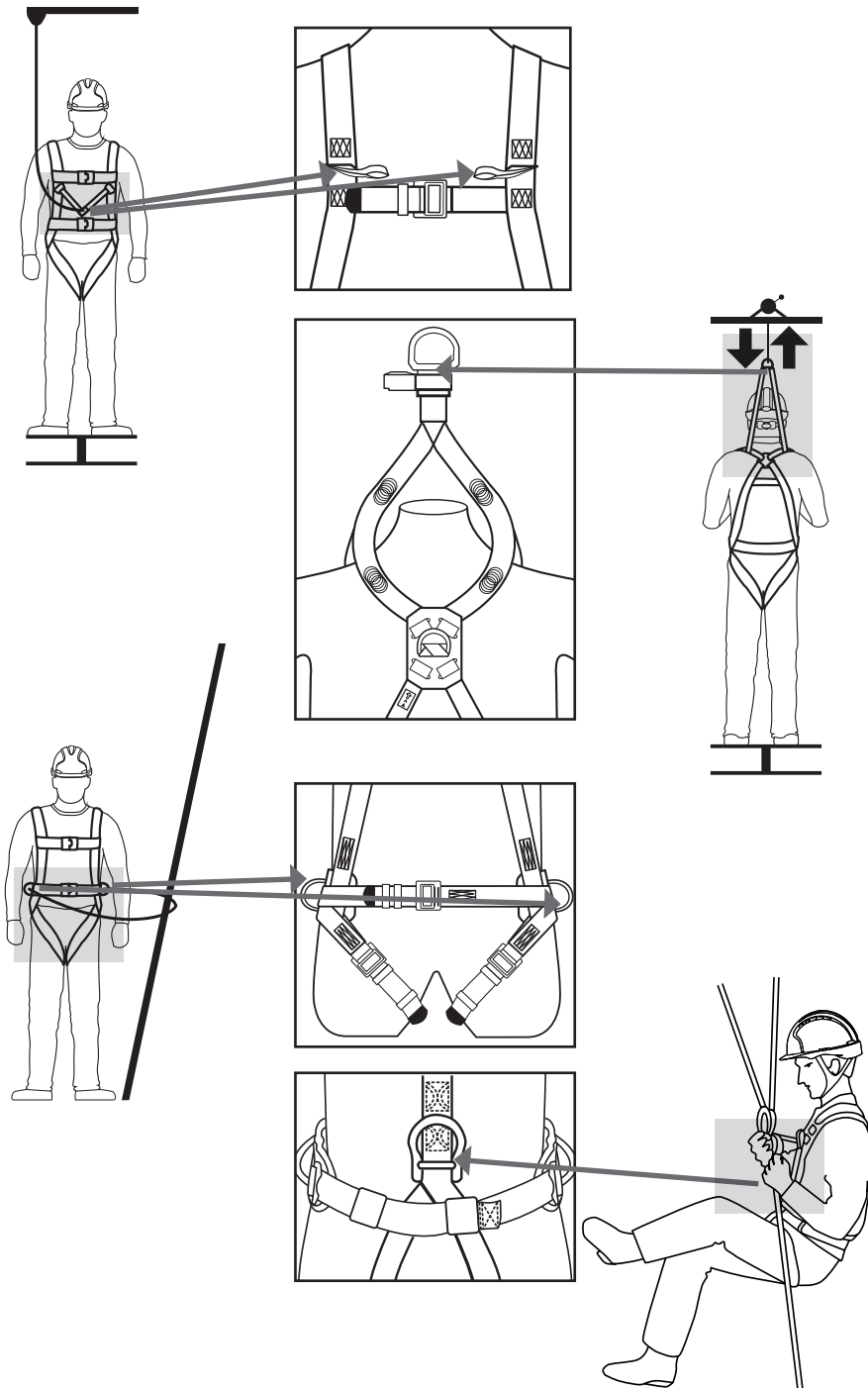
After the fall, the victim must be rescued to avoid jamming of blood vessels caused by stress (suspension trauma). In order to limit the risk of suspension trauma a rescue of a fallen casualty must be facilitated in a safe and speedy manner. **The Confined Space Harness Attachment shall not be used in a fall arrest system.** The confined space harness is intended to be worn during normal working activities and that the user should carry out a suspension test in a safe place before using the rescue harness for the first time, to ensure that it is the correct size, has sufficient adjustment and is of an acceptable comfort level for the intended use.

SUSPENSION APPLICATION

EXTENDED SUSPENSION: A full body harness is not intended for use in extended suspension applications. If the user is going to be suspended for an extended length of time it is recommended that some form of seat support be used.

LIMITATIONS

- Do not use if you have any medical conditions which could affect your safety in both normal and emergency use.
- The equipment shall only be used by a person trained and competent in its safe use.
- A rescue plan shall be in place to deal with any emergencies that could arise during work.
- Do not make any alterations or additions to the equipment without the manufacturer's prior written consent.
- The equipment should not be used outside its limitation, or for any purpose other than that for which it is intended.
- The product should be a personal property of its user.
- Ensure the compatibility of items of equipment when assembled into a system.
- It is important to check before use for any dangers that may arise by the use of combinations of equipment in which the safe function of any one item is affected by or interferes with the safe function of another.
- Carry out a pre-use check of the product, to ensure that it is in a serviceable condition & operates correctly before it is used.
- Withdraw from use any equipment where there is any doubt about its condition for safe use or if it has been used to arrest a fall. Do not use again until it is confirmed by a competent person.
- When intended to be used in a fall arrest systems, it is essential for safety that the anchor device or anchor point should always be positioned and the work carried out in such a way as to minimise both the pendulum and the potential fall distance.
- When intended to be used in fall arrest systems, it is essential for safety to verify the free space required beneath the user at the workplace before each use, so that in case of a fall there will be no collision with the ground or other obstacle in the fall path.
- Be aware of hazards that may affect the performance or cause failure of the equipment, such as:
 - extreme temperatures (below -15°C and above +50°C)
 - aggressive environmental conditions including sand & grit, cement, hot surfaces, naked flames, welding spatter, sparks, electrical conductivity
 - contact with: sharp edges, abrasive surfaces, chemicals
- Immediately stop using the product if it is exposed to any of the above or is damaged in any way until it has been inspected by a competent person.
- Ensure that the date of first use is recorded in this instruction booklet.
- If this harness forms part of a fall arrest system it must be used in conjunction with a fall arrest lanyard to EN355. This lanyard must be inspected and be in useable condition to limit the impact forces following a fall to a maximum of 6kN.



- When using a work positioning system, the user normally relies on the equipment for support, therefore it is essential to consider the need of using a back-up, e.g. a fall arrest system. It is essential for safety to use an anchor point positioned at or above waist level.
- If the harness has a waistbelt, it should not be used for Fall Arrest purposes and if there is a foreseeable risk of the user becoming suspended or being exposed to unintended tension by the waistbelt.
- In case the harness is used with a work positioning lanyard: Adjust the length of the lanyard using the ring type adjuster or the rope grab by pulling the free side of the rope to tighten it. In use, the lanyard should be kept taut.
- 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 the language of the country in which the product is to be used.

COMPATIBILITY

The system must use connectors conforming to EN 362, fall arrest lanyard conforming to EN 355 or restraint lanyard conforming to EN 354 or work positioning lanyard conforming to EN 358 or retractable fall arrester conforming to EN 360 or fall arrest system conforming to EN 353, an anchor point conforming to EN 795.

A full body harness (including EN 361, EN 358, EN 813 and EN 1497) is the only body-holding device that may be used. It may be dangerous to create one's own fall arrest system where each safety function can interfere with another safety function. Read the recommendations on using each component in the system before use.

The instructions for use for the individual components are to be observed. Also ensure that the harness has an attachment point located appropriately in relation to the fall arrester.

LIFETIME

The life of the harness depends on the condition of the harness, it must be free from defects as identified in section INSPECTION. If free from defects, the maximum life span of the harness is 10 years from the date of manufacture. The date of manufacture can be found in the label booklet on the product. If in any doubts, please contact JSP Safety.

STORAGE AND TRANSPORT

The Personal Protective Equipment must be transported in a package that protects against moisture, mechanical, chemical and thermal attack. Store in a cool dry place. Avoid humid & acidic environment for storage.

MAINTENANCE

Maintenance of this Full Body Harness must only be carried out by a trained and competent person who will:

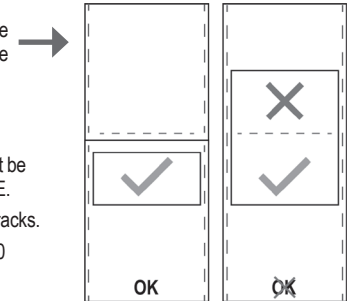
- Ensure that NO alterations to the Full Body Harness are made.
- Clean the product using the following procedure: using only warm water, using only mild detergent (pH7), using only a sponge or soft nylon brush, using fresh clean water to rinse the detergent off the Full Body Harness, drip dry the equipment allowing the full body harness to thoroughly dry out before next use.
- Ensure that the following cleaning methods are NOT used: water exceeding 40°C, bleach, any detergent not suitable for bare skin, wire brushes or other scouring agents, jet wash or other power products, radiators or other direct heat sources.
- Ensure that a thorough visual and tactile examination of the harness is made after cleaning, before the item is allowed to be re-used.

INSPECTION

PRE-USE CHECK

A thorough visual inspection should be carried out on all harnesses before use. This inspection should include (but it's not limited to):

- Two fall indicators are present on certain harnesses, these are found on the back straps. If the label is not present and the stitching is destroyed or if the red cross is visible, do not use the harness.
- Check all webbing for signs of cuts, abrasion, fraying tears, burns, mould, discolouration or chemical attack.
- Check all stitching for signs of loose threads, pulling or cuts. Stitch pattern must be identical on both sides. If the pattern is not visible for any reason, DO NOT USE.
- Buckles and "D" rings must be free from rust, distortion, excessive wear or cracks.
- Ensure that the Full Body Harness is only used for a maximum period of 10 years after the date of manufacture.
- Checking the legibility of the product markings.



If any defect or damage is identified, the harness should not be used. It should be taken to a competent person responsible for the detailed recorded inspections for a thorough visual and tactile examination.

DETAILED RECORDED INSPECTION

Detailed recorded inspections should:

- Be carried out by a trained competent person to ensure the safety and integrity of Full Body Harness;
- Be recorded in the record table contained within these User Instructions;
- Be carried out on a regular basis. The frequency of the detailed recorded inspection should:
 - Be deemed through risk assessment taking into account legislation, equipment type, frequency of use, and environmental conditions, which may accelerate the rate of deterioration and physical damage
 - Be carried out at least every 12 months regardless of usage, the safety of users depends upon the continued efficiency and durability of the equipment.

If any defect or damage is identified, the harness should not be used. It should be taken to a competent person responsible for the detailed recorded inspections for a thorough visual and tactile examination.

If during the inspection, any part of the harness is deemed to be faulty, then it must be removed from service and destroyed. No repairs, modifications or alterations are to be carried out. JSP harnesses are designed to arrest a fall from height ONCE ONLY. If the harness has been subjected to a fall arrest then it should be removed from service and destroyed.

INSPECTION CARD

This user manual and operating instructions are part of the safety system and all users should be totally familiar with its contents. It should be kept in a safe place and be freely available to users at all times. When this product is removed from its packaging the table on the opposite page should be completed taking the information from the product label. The table below should be used to record all Detailed Recorded Inspections at a frequency deemed through risk assessment but at least every 12 months.

INSPECTION FORM

Product	Reference	Batch / Serial number		Purchasing date	Date of first use	Expiry Date

Manufacturer	Address		Phone	Email

Date of inspection	Stitching	Textile (rope, webbing, steel, wire etc.)	Metallic part(s) Connectors, D-ring, buckles, grabs etc.	Fall indicator(s)	Shock pack		Manufacturing date	PASS/FAIL	Date of next inspection	Name of inspector	Signature