FULL BODY HARNESS

INSTRUCTION MANUAL

HiiGARD

1 800 465-6005
Facebook.com/securitelandry
info@securitelandry.com

hiigard.com

1600, Bernard Lefebvre, Laval (Québec) H7C 0A5

UNDER PENALTY OF LAW

This manual must be read and understood in its entirety, and used as part of a fall protection training program, as required by CSA ,OSHA or any state/local regulatory agencies.

This manual is intended to meet the industry standards for full body harnesses as required by CSA Z259.10-2018. The user must read and fully understand the limitations and proper use of the equipment, and be properly trained by the employer prior to use.

NOTE: This User Instruction Manual is not to be removed except by the equipment user. Current User Instruction Manuals must always be available to the user. Read and understand these instructions before using equipment. Do not discard these instructions.

Warning

- ✔ This User Instruction Manual is not to be removed except by the user of this equipment.
- ✔ Current User Instruction Manuals must always be available to the user.
- ✔ Read and understand these instructions before using equipment.
- ✔ Do not throw away these instructions.
- ✔ Equipment must not be altered in any way. Repairs must be performed only by the Manufacturer, or persons or entities authorized in writing by the manufacturer.
- ✔ Misusing the equipment may cause serious injury or death
- ✔ Do not use the equipment near sharp edges and abrasive surfaces.
- ✔ Do not use the equipment around moving machinery or electrical hazards.
- ✔ **Do not expose the equipment to chemicals, heat, flames or other environmental conditions, which may produce a harmful effect and to consult HiiGard in case of doubt**
- ✔ Do not expose the PPE to UV light to avoid UV degradation
- ✔ HiiGard Full Body Harness should be used only with the combinations of components, subsystems or both which may not affect or interfere with the safe function of one another. Be certain that connecting devices are compatible and that other elements of the PFAS are safe to use and compatible before use.
- ✔ All authorized persons/users must refer the regulations governing occupational safety, as well as applicable ANSI or CSA standards.
- ✔ Please refer to product labeling for information on specific OSHA regulations, and ANSI and CSA standards met by product. Any product exhibiting deformities, unusual wear, or deterioration must be immediately discarded. Any equipment subject to a fall must be removed from service.

Instructions For Use

Materials:

Webbing	Polyester - 27 kN (6,000 lbs) Tensile Strength
Pad Covers	Blend of Nylon and Polyester
Label Cover	Blend of Nylon and Polyester
Thread	Polyester Thread on Polyester Webbing
D-Rings	Alloy Steel- 22 kN (5,000 lbs) Tensile Strength
Connectors	Alloy Steel - 18 kN (4,000 lbs) Tensile Strength

CLASS A

Fall Arrest: The full body harness is used as a component of a personal fall arrest system. Personal fall arrest systems typically include a full body harness and a connecting subsystem (energy absorbing lanyard). Maximum arresting force must not exceed 1,800 lbs (8 kN). For fall arrest applications connect the fall arrest subsystem (example: lanyard, SRL, energy absorber, etc.) to the D-Ring or attachment element on your back, between your shoulder blades.

CLASS P

Work Positioning: The full body harness is used as a component of a work positioning system to support the user at a work position. Work positioning systems typically include a full body harness, positioning lanyard, and a back-up personal fall arrest system. For work positioning applications, connect the work positioning subsystem (example: lanyard, Y-lanyard, etc.) to the lower (hip level) side or belt mounted work positioning attachment anchorage elements (D-rings). Never use these connection points for fall arrest.

CLASS L

Climbing: The full body harness is used as a component of a climbing system to prevent the user from falling when climbing a ladder or other climbing structure. Climbing systems typically include a full body harness, vertical cable or rail attached to the structure, and climbing sleeve. For ladder climbing applications, harnesses equipped with a frontal D-Ring in the sternal location may be used for fall arrest on fixed ladder climbing systems. These are defined in CSA Z259.2.5 in Canada and ANSI A14.3 in the United States.

CLASS E

Rescue: The full body harness is used as a component of a rescue system. Rescue systems are configured depending on the type of rescue. For limited access (confined space) applications, harnesses equipped with D-Rings on the shoulders may be used for entry and egress into confined spaces where worker profile is an issue.

CLASS D

Controlled Descent: For controlled descent applications, harnesses equipped with a single sternal level D-ring, one or two frontal mounted D-rings, or a pair of connectors originating below the waist (such as a seat sling) may be used for connection to a descender or evacuation system (reference in Z259.10 in Canada).

Restraint: The full body harness is used as a component of a restraint system to prevent the user from reaching a fall hazard. Restraint systems typically include a full body harness and a lanyard or restraint line.

- Failure to follow all instructions and limitations on the use of this equipment may result in serious personal injury or death.
- Prior to each use, inspect all personal fall arrest system equipment for wear, damage, and other deterioration. Defective components must be removed from service **immediately**.
- After a fall, the HiiGard Full Body Harness must be removed from service and destroyed immediately.
- Thoroughly evaluate and plan all elements of your fall protection system(s) before using your equipment. Make sure that your system is appropriate for your needs and facility. Also be sure to calculate fall clearance and swing fall clearance.
- Users must have a rescue plan and the means to implement it. This plan must provide prompt employee rescue or assure that employees have the ability to rescue themselves in the event of a fall.
- Store this equipment in a cool, dry, and clean environment that is out of direct sunlight when not in use.
- After a fall occurs, this equipment must be removed from service and destroyed immediately.
- Failure to follow all instructions and limitations on the use of Personal Energy Absorbers and Energy Absorbing Lanyards may result in serious personal injury or death.
- 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.
- Never attach the unused leg of the lanyard back to the HiiGard Full Body Harness anywhere other than an approved lanyard storage keeper.
- To minimize the potential for accidental disengagement, a Competent Person must ensure system compatibility.
- All equipment must be inspected before each use according to the instructions found in this User Instruction Manual. All equipment should be inspected by a qualified person on a regular basis.
- Never use fall protection equipment for purposes other than those for which it was designed.
- Environmental hazards should be considered when selecting fall protection equipment.
- Do not expose the equipment to any hazard which it is not designed to withstand. Consult HiiGard in cases of doubt.
- Never remove product labels because they include important information for the Authorized Person/User.

Limitations For Use

- This equipment is designed to be used in temperatures ranging from -40ºF to +130ºF (-40°C to +54°C).
- Do not expose this equipment to chemicals or harsh solutions that may have a harmful effect. Contact HiiGard with any questions.
- Use caution when working with this product near moving machinery, electrical hazards, sharp edges, or abrasive surfaces, as contact may cause equipment failure, personal injury, or death.
- Minors, pregnant women, and anyone with a history of back and/or neck problems should not use this equipment.
- Do not use or install equipment without proper training from a “Competent Person”.
- Only HiiGard, or entities authorized in writing by HiiGard Industrial, shall make repairs or alterations to the equipment.
- The Full Body Harness is designed for use by persons with a maximum combined weight (clothing, tools, etc.) of 353 lbs (160 kg). Make sure all of the components in your system are rated to a capacity appropriate to your application.
- HiiGard Full Body Harnesses shall be used as part of a personal fall arrest system that limits the maximum free fall distance to 6 ft. (1.8 m). If used with appropriate connecting system, HiiGard Full Body Harnesses may be used with free falls exceeding 6 ft. (1.8 m).
- Full Body Harnesses shall only be used as part of a controlled descent or rescue system that eliminates free fall unless attached to the dorsal D-ring. When attached to the dorsal D-ring, the maximum free fall distance is 6 ft. (1.8 m).
- Full Body Harnesses shall only be used as part of a work positioning system that limits the maximum free fall distance to 2 ft. (0.6 m).
- Only use components rated for the same weight capacity. Not all fall protection components are rated for the same user weight capacity.
- Proper precautions should always be taken to remove any obstructions, debris, material, or other recognized hazards from the work area that could cause injuries or interfere with the effective operation of the system.
- Do not use fall protection equipment for towing or hoisting.
- Protect all synthetic material from slag, hot sparks, open flames, or other heat sources.
- Do not expose equipment to environmental hazards and chemicals which may produce a harmful effect. Polyester should be used in certain chemical or acidic environments.
- Do not allow equipment to come in contact with anything that will damage it including (but not limited to): sharp edges, abrasive surfaces, moving machinery, or high-temperature applications like welding, heat sources, and electrical areas.
- Evaluate space below work area to ensure potential fall path is clear of obstructions.
- Allow adequate fall clearance below the work surface.

Performance

Each HiiGard’s Full Body Harness has a minimum tensile breaking strength of 3,600 pounds (16 kN) when statically tested in accordance with the requirements of the CSA Z259.10-2018 standard. HiiGard Full Body Harnesses stretch is less than 18 inches (457mm). 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.

Fall Clearance

Please refer to the user manual of HiiGard Energy Absorbing Lanyard products.

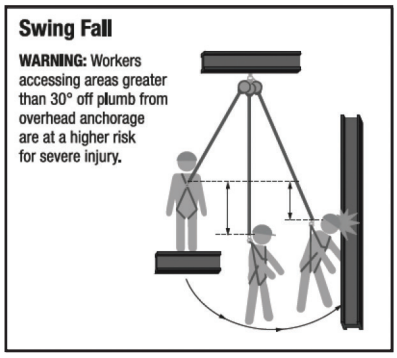
Swing Fall

To minimize the possibility of a swing fall, work as directly under the anchorage connector as possible. Striking objects horizontally, due to the pendulum effect, may cause serious injury. Swing falls also increase the vertical fall distance of a worker, compared to a fall directly below the anchorage connector. Swing falls may be reduced by using overhead anchorage connectors that move with the worker.

WARNING

Workers accessing areas greater than 30° off-plumb from overhead anchorage are at a higher risk for severe injury.

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



Attachment Points

The dorsal (back) D-ring affixed to all HiiGard Full Body Harnesses is for fall arrest or restraint systems. The dorsal D-ring may also be used for rescue applications.

Hip D-rings are used for positioning and restraint systems. Always use both hip D-ring connections when securing work positioning devices. **Hip D-rings are not for fall arrest or climbing applications.**

Donning

WARNING

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

There must be a functional rescue plan if users of fall protection systems cannot rescue themselves.

Note:

Sewn terminations should be secure, complete, and not visibly damaged. No load indicators shall be deployed. Damaged and other deteriorated and defective components must be immediately removed from service.

Fitting an HiiGard Full Body Harness

1 Hold the dorsal (back) D-ring of the harness and shake to allow all straps to fall into place. Straps must not be 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. Repeat with second leg strap. Ensure that the leg straps are not twisted or crossed. Leg straps must be comfortably snug to achieve proper adjustment.

4 Fasten the chest strap just above the nipple line. Chest strap should be snug with excess strap-length secured through the web keepers.

5 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.

6 After all straps have been tightened and harness fits snugly, secure all excess straps through the web keepers.

Training

Employers are responsible for providing training to any employee who may be exposed to fall hazards. Training will enable an employee to recognize and reduce fall hazards. Training must be conducted by a Competent or Qualified Person. Trainer and trainees must not be exposed to fall hazards during the training course.

Inspection

Before each use, proceed with thorough visual examination to ensure that the PPE is intact (the same applies for the equipment used with the harness (connectors, lanyard…) and take all necessary steps concerning the implementation of rescue in total safety. In the event of your product being contaminated, consult the manufacturer or his agent. If you have any doubts regarding the safe state of the product or if the product has been used to arrest a fall, for your personal safety, it is essential to withdraw the PPE from service and send it back to the manufacturer or a qualified repair centre for checking or destruction. Check for Fall Indicator provided on back shoulder straps of Harness for deployment. If found deployed then should be taken out from the use with immediate effect. Following the inspection, the centre will provide written authorization or refusal for the use of the PPE. Never attempt to modify or repair PPE

Frequency

HiiGard Full Body Harnesses must be inspected prior to each use and annually by an “Competent Person” other than the user.

To Inspect Webbing

Bend a portion of the webbing 15-20 cm into an upside-down ‘U’ shape. Continue along all webbing inspecting for tears, cuts, fraying, abrasion, discoloration, burns, holes, mold, pulled or broken stitches, or other signs of wear and damage.

Adjust all keepers, buckles, padding, and D-ring to inspect webbing hidden by these components.

Sewn terminations must be secure, complete, and not visibly damaged.

Check all buckles for damage, distortion, cracks, breaks, and rough or sharp edges. Inspect for any unusual wear, frayed or cut fibers, or broken stitching of the buckle attachments. Make sure buckles properly engage.

Ensure that the Quick-Connect buckle’s dual-tab release mechanism is free of debris and engages properly. Double-check the buckle locking mechanism by tugging on both halves of the buckle to make sure it is firmly connected and will not disengage.

All markings must be legible and attached to the product.

All hardware must be free of cracks, sharp edges, deformation, corrosion, or any evidence of defect.

Cleaning, Maintenance, and Storage

Cleaning

HiiGard Full Body Harnesses can be wiped down with a mild detergent and missed 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

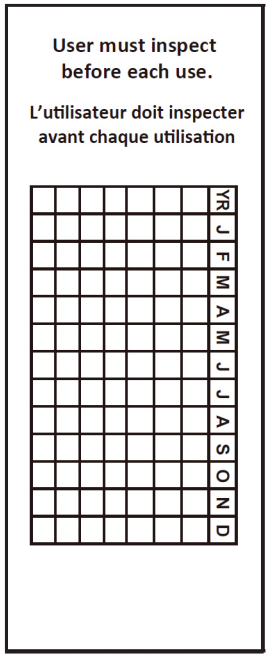
Any HiiGard Full Body Harness requiring maintenance must be tagged “unusable” and removed from service.

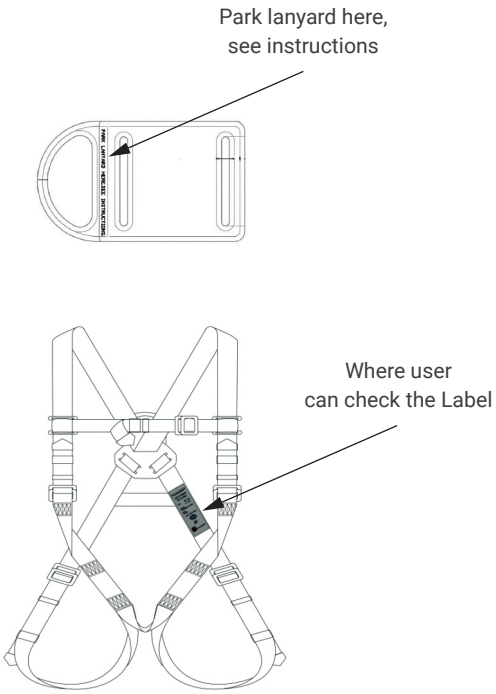
Storage

- When not in use, HiiGard Full Body Harnesses 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.

Labeling

All labeling must be legible and attached to the full body harness.





Notes:

If equipment fails inspection IMMEDIATELY REMOVE FROM SERVICE.

User must inspect prior to EACH use.

Competent Person other than user must complete formal inspection at least every 6 months.

Competent Person to inspect and initial. **Date of first use:** / /

Product lifetime is 5 years as long as it passes pre-use and Competent Person inspections. REMOVE FROM SERVICE 5 years after date of first use, or, if not recorded, from date of manufacture. This inspection log must be specific to one harness. Separate inspection logs must be used for each harness. All inspection records must be made visible and available to all users at all times.

Inspection Record

Supplier: _____ **Date Purchased:** / /

User name: _____ **Date First use:** / /

Date	Past/ Fail	Comments/actions	Next Inspection Due	Signed
/ /			/ /	
/ /			/ /	
/ /			/ /	
/ /			/ /	
/ /			/ /	
/ /			/ /	
/ /			/ /	
/ /			/ /	
/ /			/ /	
/ /			/ /	
/ /			/ /	
/ /			/ /	
/ /			/ /	
/ /			/ /	
/ /			/ /	
/ /			/ /	
/ /			/ /	