

VISUAL INSPECTION BEFORE USE

Before each use of the device, the person using it must carry out a thorough visual inspection of the device components: the housing, snap hook, handle, working rope or webbing (along its entire length) for mechanical, chemical and thermal damage. Test the lanyard winding and retarding gear by vigorously pulling the work rope/webbing to unwind. The rope/webbing should lock and stop extending any further. When the rope/webbing is released, it should be freely retracted (pulled in) by the machine. This inspection and test shall be done by the user of the fall arrestor.

If there are any faults or doubts about the correct condition and operation of the equipment, it must be taken out of service immediately. When using the fall arrestor, protect all its system components from exposure to oils, solvents, acids and alkalis, open flames, hot metal splinters/splutter and sharp-edged objects. When working on lattice structures, it is important to avoid interlacing the working rope/webbing between different parts of the structure. Avoid using the fall arrestor in very dusty or oily environments.

The use of a retractable type fall arrestor as part of a fall protection system must comply with the guidelines in the instructions for the individual system components and with the applicable standards:

- EN 361 – for full body harnesses;
- EN 362 – for connectors;
- EN 795 – for structural anchor points.

ATTACHING THE RETRACTABLE TYPE FALL ARRESTER TO A STRUCTURAL ANCHOR POINT

The device must only be connected to a structural anchor point (anchorage point) via a swivel bracket using a snap hook [A] or hitch [B] complying with EN 362 or EN 795. It is not permitted to attach the device through the handle used to carry the device [C].

The structural anchor point should be above the user and have a static strength of min. 12 kN. The shape and design of the permanent structure's anchor point shall prevent the fall arrestor from detaching or sliding off on its own. It is recommended to use EN 795 certified and marked structural anchor points.

REQUIREMENTS FOR STRUCTURAL ANCHOR POINTS

The structural anchor point to which the retractable type fall arrestor is attached should be above the user. If the retractable type fall arrestor is fixed in a vertical line above the user, the minimum required clearance under the workplace (level) must be 1.5 m.

When the retractable type fall arrestor working rope is deflected from the vertical line, a pendulum effect can occur. To avoid the risk of this effect, care should be taken to ensure that the deviation of the working line of the unit from the vertical never exceeds 40°. In this case, the user can move horizontally for a distance "l" of no more than 1/2 "v". Then the minimum required free space under the workstation (level) must be 1.5 m + distance "l".

ATTACHING THE RETRACTABLE TYPE FALL ARRESTER LANYARD TO A FULL BODY HARNESS

The snap hook of the device's working rope must be connected directly to the front [D] or rear [E] attachment point (buckle or loop) of an EN 361-compliant full body harness.

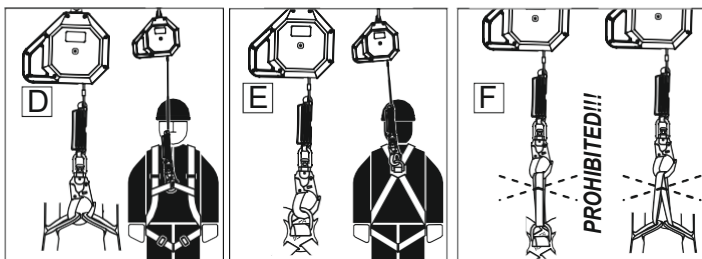
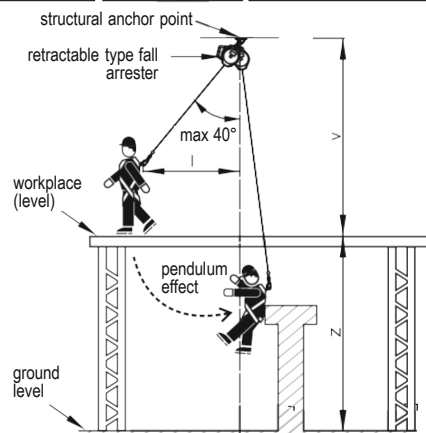
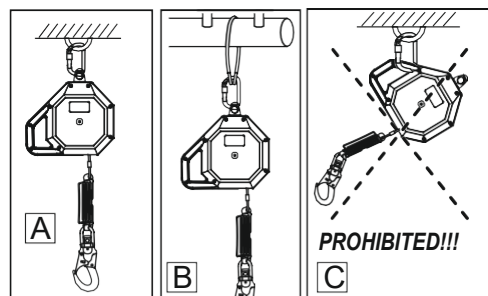
It is forbidden to attach the working line of the device by means of an additional element between the snap hook of the rope and the harness attachment point [F].

! Always secure the snap hook latch with the locking mechanism!

USE OF A RETRACTABLE TYPE FALL ARREST DEVICE WHEN WORKING ON THE ROOF

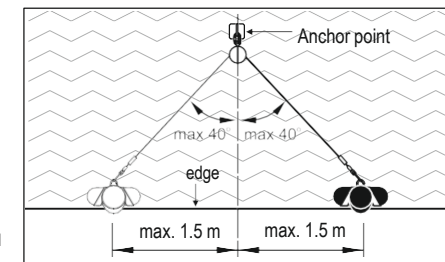
Retractable type fall arresters are permitted for use horizontally and for protection against falls through edges, as indicated by a special marking – see pictogram.

These devices have been successfully tested in accordance with PPE-R/11.060. The device can be used in areas with all kinds of edges where the edge radius is >0.5 mm. Examples of edge materials are: rolled steel profiles, as well as other metal structures, wooden beams or planks, roof cornices and similar concrete edges (it is advisable to blunt concrete edges with, for example, a steel profile). However, for edges that pose a high risk of cutting the rope or which have burrs, an appropriate risk assessment should be performed, additional edge protection should be provided or the manufacturer should be contacted.



When operating horizontally, the unit must be installed at or above edge level. The angle of deflection of the rope at the edge when stopping a fall must be at least 90°. The minimum required clearance under the working level in the event of a fall over the edge must be 2.5 m + distance "l" + 1 m as a safety distance. When falling over the edge, particular attention should be paid to the potential pendulum effect and the possibility of the user coming into contact with structural elements. In order to avoid falling with a pendulum effect, movement from the axis of the fixed anchor point should be limited to 1.5 m (see fig. 6). Otherwise, an anchoring device complying with EN795 Type D must be used instead of a fixed anchor point. The CR260HV device has not been tested with type C anchor devices.

NOTE: After a fall over the edge, there is a risk of injury due to impact with building or structural elements. Special rescue procedures for falls over the edge should be prepared and practised.



BASIC RULES ON THE USE OF PERSONAL PROTECTIVE EQUIPMENT

- PPE should only be used by persons trained in its use.
- personal protective equipment should not be used by individuals with any health condition that may affect their safety during regular use or in an emergency.
- A rescue plan should be drawn up for use if necessary.
- It is forbidden to make any modifications to the equipment without the manufacturer's written consent.
- Any repair of the equipment may only be carried out by the manufacturer of the equipment or by his authorised representative.
- personal protective equipment must not be used other than for its intended purpose.
- PPE is a type of personal equipment and should be used by one person only.
- Before using the fall arrestor, verify that all components of the gear which forms the fall arrest system interact correctly. Periodically inspect the joints and fitting of personal protective equipment to avoid accidental release or detachment.
- do not use PPE kits in which the performance of any component is inhibited by performance of any other component.
- all parts of the belay system must comply with the relevant regulations and instructions for use of the equipment and the applicable standards:
 - EN 361 – safety harness
 - EN 353-1, EN 353-2, EN 354, EN 355, EN 360, EN 362 – belay systems
 - EN 795 – equipment anchor points (fixed anchor points)
 - EN 358 – work positioning lanyards
- Before each use of personal protective equipment, it should be thoroughly inspected to check its condition and correct functioning. The user should carry out the visual inspection of the equipment.
- during the visual inspection, verify all components of personal protective equipment with particular attention to all evidence of damage, excessive wear, corrosion, abrasion, cuts, or malfunctions. Particular attention should be paid to individual devices:
 - full body harnesses and work positioning belts: buckles, adjusting devices, attachment points (snap hooks), slings, seams, loops;
 - energy absorbers: attachment loops, slings, seams, casing, connectors;
 - textile cables and guides: cords, thimbles, connectors, adjusting devices, brackets;
 - steel cables and guides: cords, wires, clamps, loops, thimbles, connectors, adjusting devices;
 - retractable belay systems: cables or slings, correct operation of retraction mechanism and locking mechanism, body, battery, connectors;
 - rail ladders: body and correct movement on the rail, locking action, rollers, bolts and rivets, connectors, energy absorber;
 - connectors (snap hooks): carrying body, riveting, main striker, operation of the locking mechanism.
- personal protective equipment must be taken out of service for detailed inspection at least once a year (after 12 months of use). The periodic inspection is carried out by a competent, knowledgeable and educated person responsible for the periodic inspection of the protective equipment at the workplace. Periodic inspections are also carried out by the equipment manufacturer or its authorised representative. Such an inspection includes checking all components of the equipment, paying particular attention to any damage, excessive wear, corrosion, abrasion, cuts and malfunctions (see previous section).
- If the PPE has a complex and sophisticated design like retractable type fall arresters, periodic inspections shall only be done out by the manufacturer or its authorised representative. Following the periodic inspection, the next periodic inspection date shall be identified.
- Regular periodic inspections are critical to the condition of personal protective equipment and the safety of its user, which depends on uncompromised performance and durability of personal protective equipment.
- During the periodic inspection, check the legibility of all personal protective equipment markings and labels (which apply to the PPE unit in question).
- All information relating to the personal protective equipment (name, serial number, date of purchase and entry into service, user name, repair and maintenance information and decommissioning information) must be included in the equipment usage record. The facility where the equipment in question is used is responsible for the entries in the operation sheet. The record is filled in by the person responsible at the workplace for protective equipment. Do not use equipment that does not have a properly completed operation sheet.
- If personal protective equipment is sold outside its country of origin, the personal protective equipment supplier shall provide it with the instructions for use and maintenance and the procedures of periodic inspection and repair in the official language of the country in which the personal protective equipment will be used.
- personal protective equipment must be taken out of service immediately if there is any doubt as to the condition of the equipment or its proper functioning. Re-entry of the equipment into service may take place after the manufacturer has carried out a detailed inspection of the equipment and has given its written consent to its re-use.
- If the personal protective equipment has been used to arrest a fall, it must be withdrawn from service and permanently destroyed.
- The only approved protective device, in fall protection equipment designed to be worn on the body, is a PN-EN 361 compliant full body harness.
- The fall protection system can be attached to the harness attachment points (buckles, loops) marked with a capital "A".
- The anchor points of personal protective equipment against falls from a height shall be of a stable construction and in a location which minimises the risk of fall and the length of free fall. The equipment anchor point should be above the user's workstation. The anchor point shape and design shall ensure that equipment is permanently connected and cannot accidentally detach. Operation of certified and marked equipment anchor points that comply with EN 795 is recommended.