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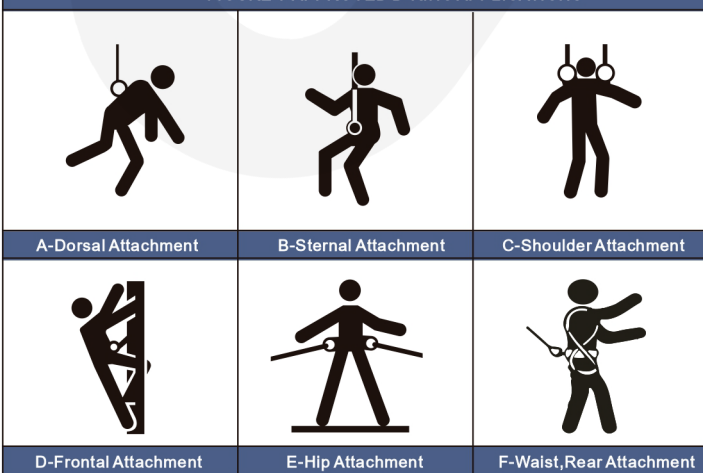
DO NOT SKIP THIS INSTRUCTION MANUAL. READ THE INSTRUCTION MANUAL CAREFULLY BEFORE USING THE EQUIPMENT. IF FAILED IN DOING SO IT MAY CAUSE SERIOUS INJURY OR DEATH.

This manual must be read and understood in its entirety and used as part of fall protection training program as required by OSHA or any state regulatory agency. These instructions are intended to meet the manufacturer instructions as required by ANSI Z359.11 and OSHA 1926. The user must fully understand the proper equipment use and limitations.

GENERAL REQUIREMENTS AND WARNINGS

- The Equipment is designed for use as a part of a personal fall protection system. Components must not be used for any other operation other than that which it has been designed and approved. Fall Restraint System must be designed by a Qualified Person, and must be installed and used under the supervision of a competent person.
- Consult a doctor if there is any reason to doubt a user's ability to withstand and safely absorb fall arrest forces. Hence it is important to consider the age, fitness level and the health condition of the user before the equipment is put to use. Pregnant Women and minors should not use this equipment.
- All authorized persons/users must refer the regulations governing occupational safety, as well as applicable ANSI standards. Please refer to product labeling for information on specific OSHA regulations, and ANSI and standards met by product.
- 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 operation of the system.
- Warning: for equipment intended for fall prevention systems, a warning should be issued emphasizing that the free space required below the user in the workplace must be verified before each use to prevent the fall from colliding with the ground or other obstacles in the fall path.
- Warning: For safety reasons, the anchoring device or anchor point must always be secured and operated in such a manner as to minimize potential fall and potential fall distance. The manufacturer shall make a declaration when anchors/anchors must be placed above the user's position.
- It is important to inspect the equipment according to the manufacturer's instructions before each use.
- Inspection of equipment should be done on a regular basis (At least once a year) by a qualified person, and the results must be recorded in the equipment control card.
- Do not alter the equipment in any way. Repairs must be performed only by the Manufacturer, or persons or entities authorized in writing by the manufacturer.
- Never use fall protection equipment for purposes other than those for which it was designed. Fall protection equipment should never be used for towing or hoisting.
- Full Body Safety Harness should be used only with the combinations of components, subsystems or both which may 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.
- To minimize the potential for accidental disengagement, a competent person must ensure system compatibility.
- All synthetic material must be protected from slag, hot sparks, open flames, or other heat sources. The use of heat resistant materials is recommended in these applications.
- Never use natural materials (manila, cotton, etc.) as part of a fall protection system.
- WARNING! Keep the equipment away from anything that could damage it such as sharp edges, rough or abrasive surfaces, high temperature surfaces, heat and welding sources, moving machinery, electrical hazards, etc.
- It is important to keep in mind environmental hazards when selecting fall protection equipment.
- WARNING! Do not exposing the equipment to chemicals, high heat, severe cold or other harsh environments which may produce a harmful effect and to consult the manufacturer in cases of doubt;
- WARNING! Do not expose the equipment to chemicals, highly corrosive or caustic environments, or those that contain high levels of organic acids or bases, which may have a harmful effect on the materials used to construct it, or to direct sunlight and UV radiation, which may cause UV degradation.
- Such harmful environments require a more frequent inspection and servicing program of the fall protection equipment to maintain the integrity and safety of the equipment. Contact **CODEMA** if in doubt.

FIGURE 1-APPROVED D-RING APPLICATIONS



Application	Harness Attachment location
Fall Arrest	Dorsal,Sternal,Frontal
Restraint	Dorsal,Sternal,Frontal,Hip,Rear
Working Positioning	Frontal,Hip
Rescue	Dorsal,Sternal,Frontal,Shoulder
Controlled Descent	Dorsal,Sternal,Frontal
Climbing	Dorsal,Sternal

Lanyard Parking attachment is for parking unused leg of the lanyard and should not be used for any other purpose. Refer product label for locating the lanyard parking attachment point.

Should pre-use or scheduled inspection(s) reveal that either of the Load Indicators are Deployed, the harness must be removed from service and destroyed.

INTENDED USE

This product is part of a complete fall protection system. A PFAS is typically composed of a Full Body Safety Harness, Anchorage, and a Connecting Device. Connecting Devices used with Full Body Safety Harnesses are Energy Absorbing Lanyards (EAL's) or a Self Retracting Lifeline (SRL). The connection point to the FBSH for use of a Vertical Lifeline (VLL) is the Sternal (Front) D-ring.

System limitations and Requirements:

Consider the following application limitations before using this equipment:

Capacity: The equipment is to be used by an individual with a combined weight (person, clothing, tool, etc.) of 90 pounds minimum and no more than 310 lbs maximum.
No more than one person may be connected at one time.

FREE FALL

FBSH's are designed and rated for 6' (1.83 m) and 12' (3.66 m) FF applications. For 12' FF applications, the user must use a Personal Energy Absorber (PEA) rated for this level of free fall.

SWING FALLS

Swing falls occur when the anchorage point is not directly above the point where a fall occurs. The force of striking an object in a swing fall may cause serious injury or death. Minimize swing falls by working as close to the anchorage point as possible. Swing falls will significantly increase the clearance required when a self retracting lifeline or other variable length connecting subsystems used. Do Contact CODEMA for more information on these items.

FALL CLEARANCE

For safety reasons, it is necessary to verify the free space during each use, and the gap below the user must be sufficient to prevent collision with obstacles in the event of a fall.

CONSIDERS WHEN CALCULATING DISTANCE:

- Distance of Deceleration
- Harness Stretch (HS) (Harness Stretch should be ≤18inches)
- Movement of harness attachment element (D-ring)
- Free Fall Distance
- Worker Height
- Elevation of Anchorage Connector
- Lengths of Connecting Subsystems
- safety factor
- All other applicable factors.....

FIGURE 2 - DETERMINE REQUIRED FALL CLEARANCE

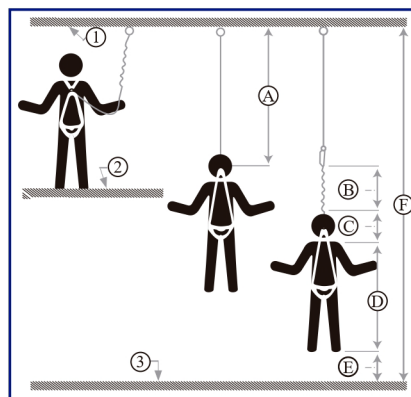


Diagram Point	Distance	Factors
A	6ft	Length of Energy Absorbing Lanyard - Original working length before a fall event occurs/before activation of energy absorber
B	4t	Elongation/Deceleration Distance - Maximum allowable amount of elongation that may payout from the energy absorber upon activation during a fall event
C	1ft.	Harness Stretch (HS) and Dorsal D-Ring Shift - Combined amount of harness webbing elongation and dorsal back D-ring up-shift during entire fall event
D	5ft.	Height of Dorsal D-ring - Typical average height of the dorsal D-Ring on a user's Full Body Safety Harness measured from the walking/working surface up
E	2ft.	Safety Factor - Added length to account for other factors such as an improperly adjusted harness, actual worker height or worker weight
F	18ft.	Total Minimum Clear Fall Distance Required
1	Overhead Anchorage	
2	Walking/Working Surface	
3	Nearest Lower Level or Obstruction	

COMPATIBILITY OF COMPONENTS

Unless otherwise noted, CODEMA equipment is designed for use with CODEMA approved components and subsystems only. Substitutions or replacements made with non-approved components or subsystems may jeopardize compatibility of equipment and may affect safety and reliability of the complete system.

IMPORTANT: Read and follow manufacturer's instructions for associated components and subsystems in your personal fall arrest system.

COMPATIBILITY OF CONNECTORS

Connectors are compatible with connecting elements when they have been designed to work together in such a way that their sizes and shapes do not cause their gate mechanisms to inadvertently open regardless of how they become oriented. Connectors (hooks, carabiners, and D-rings) must be capable of supporting at least 5,000 lbs. (22.2 kN). Do not use equipment that is not compatible. Non-compatible connectors may unintentionally disengage (See Figure 3).

