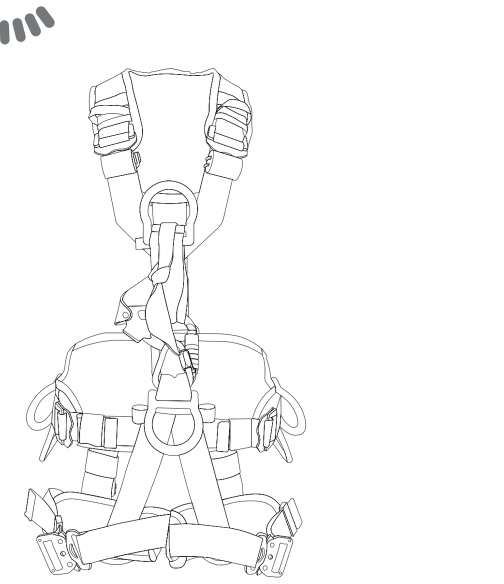
RIDGEGEAR

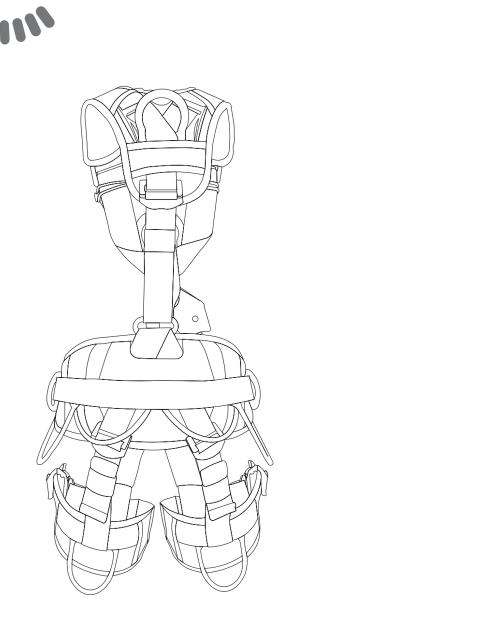


Instructions for use of RIDGEGEAR Fall Arrest Safety Harness RGH7 or 17

Read and understand these instructions before use
Complying with the requirements of EN 358:2018, EN 361:2002, EN 813:2008, EN 12277:2015 & EN 1497:2007

Issue B Nov 2023

RIDGEGEAR

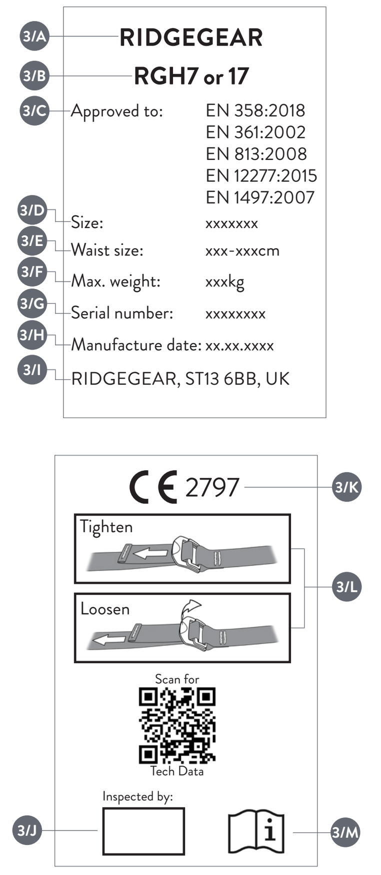


ridgegear.com

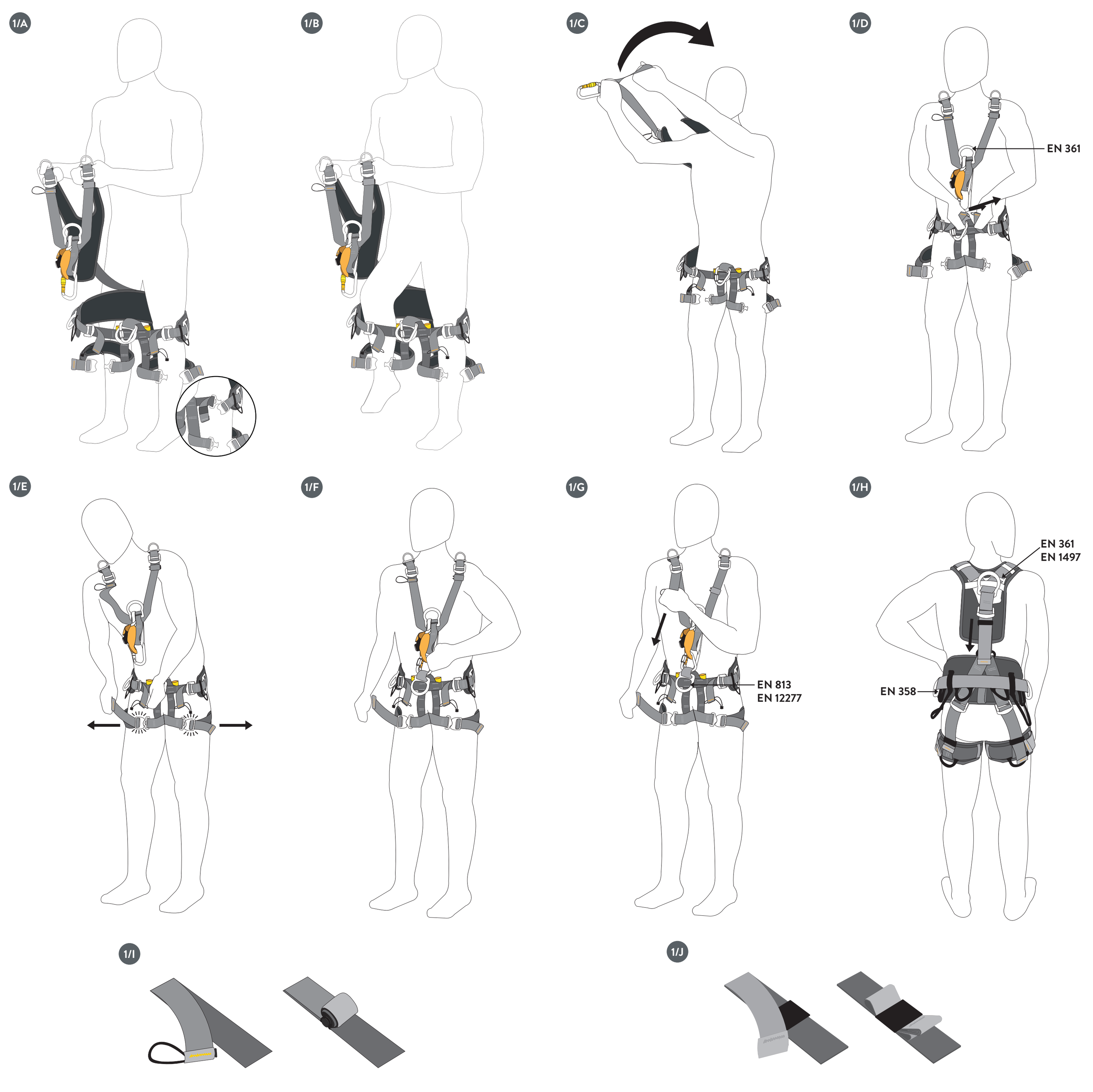
Nelson Street, Leek, Staffordshire, ST13 6BB, UK

©2023 RIDGEGEAR Limited. All information and imagery contained within this leaflet is subject to copyright.

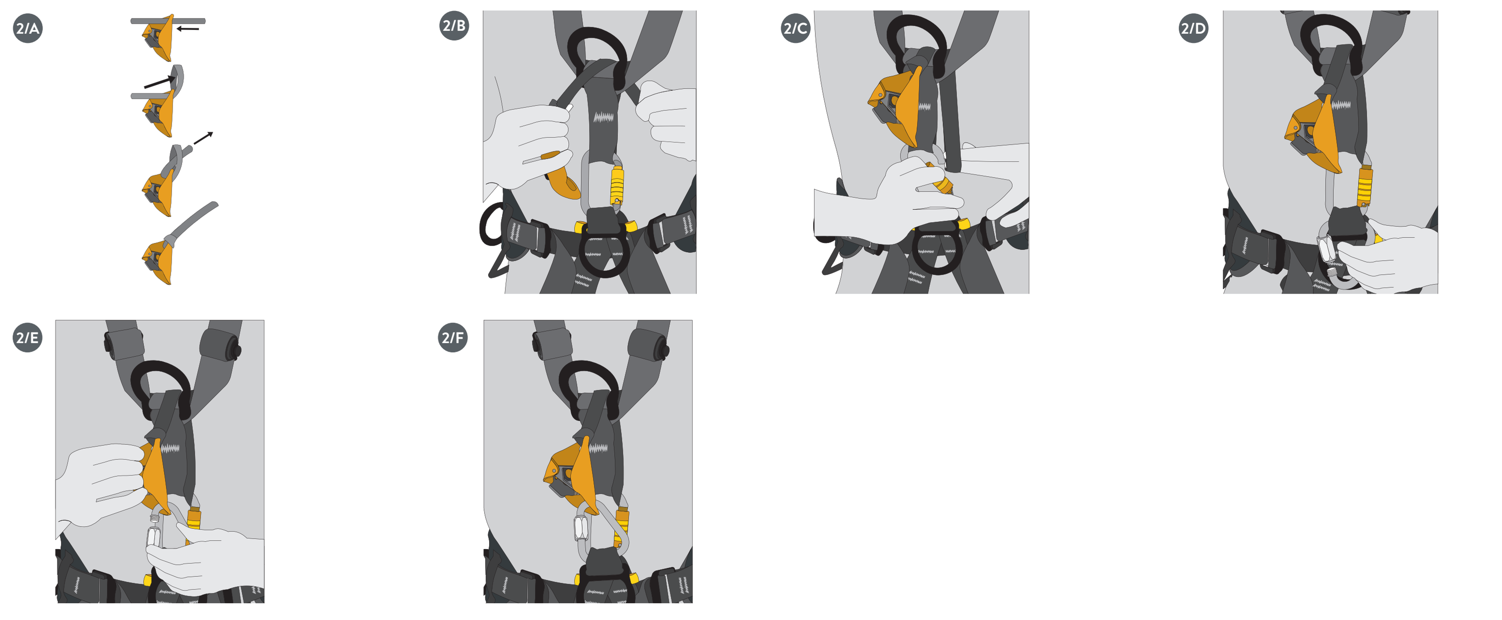
3. EXPLANATION OF PRODUCT MARKING



1. FITTING INSTRUCTIONS



2. CHEST ASCENDER ATTACHMENT



GB Instructions for use of RIDGEGEAR Fall Arrest Safety Harness RGH7 or 17

Read and understand these instructions before use
complying with the requirements of EN 358:2018, EN 361:2002, EN 813:2008, EN 12277:2015 & EN 1497:2007

FITTING INSTRUCTIONS

It is recommended that the user carries out a suspension test in a safe place before using the harness for the first time, to ensure correct size, sufficient adjustment and acceptable comfort.

1/A. Move harness to the side and place one leg inside the waist belt and in front of the leg loop. If fitted with an openable buckle type, the belt can be disconnected for ease of donning.
1/B. Repeat with other leg.
1/C. Lift belt to waist level. Open front vertical buckle, slacken off webbing in shoulder adjuster and lift over head onto the other shoulder.
1/D. Locate waistbelt at top of hip position and tighten both straps equally.
1/E. Close both leg buckles if openable type and tighten.
1/F. Connect the top half of the harness to the bottom half using the triple action connector. Then attach the delta link to the bottom of the chest ascender (see chest ascender fitting for more details).
1/G. Tighten shoulder straps by pulling on the loose tails.
1/H. The correct position of the rear D ring is between the shoulder blades. If necessary further tighten by pulling on the rear strap (A).
1/I. Secure loose webbing tails, by rolling webbing tidies or;
1/J. By folding into elastic web tidies.

CHEST ASCENDER ATTACHMENT

2/A. Thread the webbing piece through the top of the chest ascender and choke it.
2/B. Put the webbing strap over the webbing located under the chest attachment point.
2/C. Open the triple action connector and thread the webbing strap over it.
2/D. Thread the delta link through the webbing located by the ventral attachment point.
2/E. Attach the delta link through the hole at the bottom of the chest ascender, then close the screwgate.
2/F. The front of the harness should now look like this.

EXPLANATION OF PRODUCT MARKING

3/A. Manufacturer (or customer) - 3/B. Product code - 3/C. EN standard & year - 3/D. Size - 3/E. Waist size - 3/F. Maximum weight - 3/G. Unique traceability number - 3/H. Date of manufacture - 3/I. Contact details - 3/J. Inspected by - 3/K. Notified body number - 3/L. Adjusting pictograms - 3/M. Warning to read instructions

EN 358

1. For the size of the waistbelt, see the product label.
2. The waist belt is approved for a user weight including tools and equipment of up to 150kg.
3. Fasten the front waist strap and tighten and locate the work positioning rings at hip level.
4. Ensure that the anchor point/structure is at or above waist level.
5. Never use work positioning side D rings for fall arrest or if there is a foreseeable risk of the user becoming suspended or being exposed to unintended tension by the waist belt. They are only to be used for work positioning by clipping the work positioning lanyard connector to one of the rings, looped around the structure and back into the other ring.
6. Ensure that when using in work positioning, there is an additional fall arrest back up system in place.

EN 813

1. The sit suspension attachment point is the central D ring at the front of the waistbelt.
2. Attach a suitable lanyard to this D ring.
3. The maximum user weight when using in EN 813 conditions is 140kg.
4. Not suitable for fall arrest.

EN 1497

1. Only the rear attachment point is approved to EN 1497 (rescue).
2. Max rated load 140kg.

EN 12277

1. Only the front waist attachment is approved to EN 12277
2. Use of this attachment point is suitable for mountaineering, including climbing.

GENERAL GUIDE

1. The intended purpose of this product is to use as a safety harness when working at height as either work positioning, fall arrest or rescue. Do not use this product outside these limitations or for any other purpose other than that for which it is intended. Before use for the first time, the user should carry out a comfort and adjustability test in a safe place to ensure that the sit harness is the correct size, has sufficient adjustment and is of an acceptable comfort level for intended use.
2. Before use, a detailed risk assessment must be carried out by a competent person to establish that this is the correct product suitable for the type of work to be carried out in the event of a fall, taking into account anchor points, potential fall distance, obstructions, rescue system, etc.
3. A full body harness is the only acceptable device that may be used in a fall arrest system.
4. Ensure that any harness and safety lines used with this equipment are suitably CE approved and compatible with each other.
5. Be aware of any possible dangers, which may arise through use of 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.
6. Selection of the correct and most suitable safety line is critical for optimum safety. If unsure, contact RIDGEGEAR first to establish suitability of options.
7. Ensure that the anchor point for the safety line is of adequate strength of at least 12kN (metallic), 18kN (textile) (e.g. EN 795) and is always higher than the harness anchor point to reduce free fall distance and potential injury.
8. Be aware of the cause and effects of suspension trauma. To reduce the likelihood, ensure straps are correctly fitted and rescue is timely. Use trauma straps where possible.
9. Either the rear or front D ring, or front chest attachment loops (as applicable) are acceptable attachment points. The safety lanyard shall be attached to either D ring/attachment loops, and the other shall be attached to the anchor line. Never use work positioning D rings as fall arrest attachment points. These are for work positioning/restraint only.
10. Fall arrest attachment points are marked with letter A.
11. When used in fall arrest a load limiting or energy absorbing device MUST be used, and must be capable of limiting the maximum force on the user and anchor point to less than 6kN, and the free fall distance must be taken into account. All users including those greater than 100kg must also ensure this is the case. If unsure, seek expert advice.
12. When used in fall arrest, the maximum user weight including clothing and tools must not exceed 140kg.
13. This equipment must only be used by suitably trained personnel and is recommended for personal issue only.
14. During use it is essential to regularly check fastening and adjuster buckles to ensure they are still closed, and the webbing straps have not loosened.
15. Users are warned that certain medical conditions such as heart disease, high blood pressure, vertigo, epilepsy, drug or alcohol dependence, could affect the safety of the user in normal and emergency use.
16. Ensure before use that there is a suitable rescue plan in place to deal with any emergencies that could arise during the work and to enable the retrieval of the user to a place of safety in the event of a fall. Be aware of the dangers of suspension trauma.
17. Never attempt to modify or repair this product without our written consent.
18. Before every use, the user must be suitably qualified to carry out a pre-use check to ensure the harness is in a safe condition for use. It is essential to ensure the product is removed from service immediately if the equipment shows excessive wear or damage to any part, or has been involved in a fall. If in doubt, do not use and seek expert advice. Most harnesses are provided with rip stitch indicators. If these have deployed, the harness must not be used.
19. It is essential for safety that the equipment is withdrawn from use immediately should any doubt arise about its condition for safe use, and not used again until confirmed in writing by a competent person that it is acceptable to do so.
20. Ensure that there is sufficient free space below the user in the event of a fall. Check the instructions for the safety lines to determine the safe clearance distance. For example, a 2m energy absorber lanyard (EN 355) can extend by up to 1.75m therefore a safe clearance height for the anchor point needs to be a minimum of 6.75m from the ground or nearest obstacle below. When working in restraint, the fall distance should be negligible provided the restraint line is taught.
21. The anchor device or anchor point should always be positioned and the work carried out in such a way as to minimise the potential for falls and fall distance.
22. Protect the Harness from sharp or abrasive objects and never expose the harness to extremes of temperature outside the range of −20°C to +50°C.
23. Avoid contact with strong chemicals, which may damage the equipment or internal mechanism. If in doubt seek advice.

MATERIALS

The harness material and sewing thread is made from polyester.

STORAGE AND CLEANING

1. Ensure that when the harness is not in use or during transportation, it is suitably stored in a clean, dry area and away from direct source of heat or sunlight, or any potentially sharp or abrasive objects such as knives or tools. Do not write on the webbing.
2. If the harness gets wet in use or after cleaning allow it to dry naturally.
3. The harness may be cleaned with a mild detergent, but must be rinsed afterwards in clean warm water. To ensure all mechanical fittings operate smoothly, rinse and/or wipe off any build up of dirt and grit.

PERIODIC EXAMINATIONS AND SERVICE

1. Before every use, the user shall inspect the equipment following the inspection guidelines below;-
2. The safety of the user depends upon the continued efficiency and durability of the equipment, therefore an additional thorough periodic inspection is required by an independent competent person familiar with inspecting this type of equipment.
3. The frequency of examination and inspection must take into account legislation, equipment type, frequency of use and environmental conditions, but must be at least every 12 months and the results and date of the inspection must be recorded.
4. The equipment must be totally replaced after a maximum of 10 years from the date of manufacture.

INSPECTION

Webbing – check for cuts, tears, abrasion, scorch marks, burns, chemical attack or severely discoloured patches. Local abrasion, distinct from general wear is often caused by passage of the webbing over sharp and/or abrasive edges, and may cause serious loss of strength. Slight damage to outer fibres may be considered safe, however serious reduction in width or thickness or serious distortion to the weave pattern should lead to immediate rejection.

Stitching – check for broken, loose worn or abraded stitches or severely discoloured patches to the stitching. Most harnesses are fitted with rip stitch indicators at a warning label. Check this is still intact.

Metal – check for cracks, corrosion, distortion, irregular wear and ensure all moving mechanisms operate correctly.

Product marking – check that the product markings including the serial number are legible.

Reject the equipment immediately if any of the above defects are found or if in any doubt.

REPAIR

This harness must not be modified or repaired unless advised by us in writing. Only competent persons authorised by us may carry out any repairs. If in doubt contact RIDGEGEAR for further advice.

RECORDS

1. When using the harness for the first time, ensure that the first part of the product record card is completed and the date of first use is recorded.
2. Ensure that the harness is inspected at regular intervals dependent upon frequency of use. Details of all inspections must be recorded in the spaces provided on the record card.
3. It is essential for the safety of the user that if the product is resold outside the original Country of destination that 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.

LIFESPAN

The lifespan of the harness is a maximum of 10 years from the date of manufacture.

NOTIFIED/APPROVED BODIES

1. CE - Module B of PPE Regulation (EU) 2016/425. SATRA Technology Europe Ltd, Bracetown Business Park, Clonee, D15 YN2P, Ireland. ID number 2777.
2. CE - Module D of PPE Regulation (EU) 2016/425. British Standards Institution, John M Keynesplein 9, 1066 EP Amsterdam, Netherlands. ID number 2797.

ES Instrucciones de uso para los arnese anticaída de seguridad RIDGEGEAR RGH7 y 17

Lea y comprenda la información antes de usar el producto
que cumplan los requerimientos EN 358:2018, EN 361:2002, EN 813:2008, EN 12277:2015 y EN 1497:2007

INSTRUCCIONES DE MONTAJE

Se recomienda que el usuario lleve a cabo la prueba de suspensión en un lugar seguro antes de utilizar el arnés la primera vez, para garantizar que el tamaño es correcto, el ajuste es adecuado y es suficientemente cómodo.

1/A. Una pierna debe colocarse dentro del cinturón y delante de la pernera mientras el arnés se desplaza hacia un lado. Si el cinturón está equipado con una hebilla que se puede abrir, se puede desenganchar para un uso más sencillo.
1/B. Haga lo mismo con la otra pierna.