



OWNER'S MANUAL

# Safety Harness

## Instructions and Warning Information



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## **1.0 General Product Information**

We would like to thank you for purchasing the Safety Harness. All of our harnesses are designed and engineered to meet or exceed all applicable CSA, OSHA, and ANSI requirements and standards.

### **1.1 Warning**

When used properly, fall arrest systems can save lives and prevent serious injuries. Due to forces experienced during the arrest of a fall or prolonged suspension, some bodily injury may occur. Children under 18 and pregnant women should not use this product. Any other obstructions, debris and other material should be removed from the work area so as not to interfere with the operations of the unit. The equipment should also be used in an area that is clear of all other recognized hazards.

### **1.2 General Requirements**

It is the employer's responsibility to provide all users of fall protection with the proper equipment and training for the work at hand.

- All users must read and understand all warnings and instructions prior to use.
- Only trained personnel must use this equipment.
- Ensure that all pieces of equipment are compatible with each other; failure to adhere to system compatibility requirements may result in accidental disengagement which could result in injury or death.
- The end user must inspect all equipment before each use.
- A competent person, as defined by OSHA, must inspect all equipment at least annually or in the event of a fall.
- Do not alter any equipment; any repair can only be performed by the manufacturer or authorized personnel.

### **1.3 Harness Compatibility**

The Safety Harness is only approved with the components that are supplied with the harness. If any component is substituted or replaced with a different component then the fall protection of this harness can become weakened and the performance and safety of this product can be in danger and can result in injury or death.

### **1.4 Capacity**

The Safety Harness is rated for persons with a combined weight (clothing, tools, etc.) of no more than 400 lbs. Make sure that the tools and task at hand are rated for the full body harness and application.

### **1.5 Fall Indicator**

The fall indicator is a visible warning device which alerts the user that the harness has been subjected to a force similar to that of a fall. The fall indicator is a fold over portion of the harness webbing stitched in a square pattern below the "A" on the back of the harness. If the fall indicator is deployed, a warning label will be visible and the harness should be removed from service.

### **1.6 Canadian Association Fall Protection Standards**

- CSA Z259.1-05 - Safety Belts and Saddles for work positioning and travel restraint
- CSA Z259.10-06 - Full Body Harness
- CSA Z259.11-05 - Energy Absorbers and Lanyards
- CSA Z259.12-01 - Connecting Components for Personal Fall Arrest Systems
- CSA Z259.13-04 - Flexible Horizontal Lifelines.
- CSA Z259.16-03 - Design of Active Fall Protection Systems
- CSA Z259.2.1-98 - Fall Arresters, Vertical Lifelines, and Rails
- CSA Z259.2.2-98 - Self-Retracting Devices for Personal Fall-Arrest Systems
- CSA Z259.2.3-99 - Descent Control Devices
- CSA Z259.10-12 - Full Body Harness
- ANSI Z359.1-2007 - Safety Requirements for Personal Fall Arrest Systems, Subsystems and Components

## **2.0 Inspections**

Each user must responsibly and thoroughly inspect their own harness before each use. A reliable person must inspect the full body harness each time before use. If the conditions of the storage or area of use has changed then the harness may need to be inspected more frequently. If any problems or defects are located with the harness then the harness will need to be removed from service immediately to prevent injury.

## **3.0 Inspection Steps**

Use the following steps to inspect your Safety Harness:

### **3.1 Stitching**

Place each part of the harness where two pieces of fabric have been connected and begin to stretch each out roughly 6” apart. Stretch the material and look for any fraying for broken stitching. Continue the inspection at all connections to make sure all stitching is secure and not damaged.

### **3.2 D-rings**

Locate the back d-ring and inspect for any signs of damage, corrosion or cracks. Lift the D-ring and inspect the connection between the D-ring and the back padding. Any signs of damage or fraying and the harness will need to be replaced.

### **3.3 Chest & Leg Connectors**

The full body harness has 3 sets of connectors (one located on the chest and two sets located on each leg). Inspect each connection before wearing harness and check for any corrosion, cracks or sharp edges.

### **3.4 Shoulder Strap Adjusters**

Inspect each shoulder strap adjuster for any frayed stitching and to make sure each adjuster tightens the according strap securely.

### **3.5 Leg Strap Adjusters**

The Safety Harness comes with two leg strap adjusters, one on each leg. Inspect both for correct length of strap as well as any fraying along the stitching. Make sure that once the strap adjuster is pulled that the according hardware connection tightens.

### **3.6 Inspect Fall Indicators**

The two fall indicators are located on the back on the full body harness. Check that the stitching holding each indicator is complete and not torn. If the warning label is torn or not visible then immediately remove the harness from service.

### **3.7 Back-Pad**

Inspect the back-pad which is located between your shoulder blades when the harness is secured. Inspect this back-pad for any torn stitching, fraying or rips. Also inspect that the D-ring is securely fastened to the back-pad. If any damage is noticed then immediately remove the Easy-Fit from service.

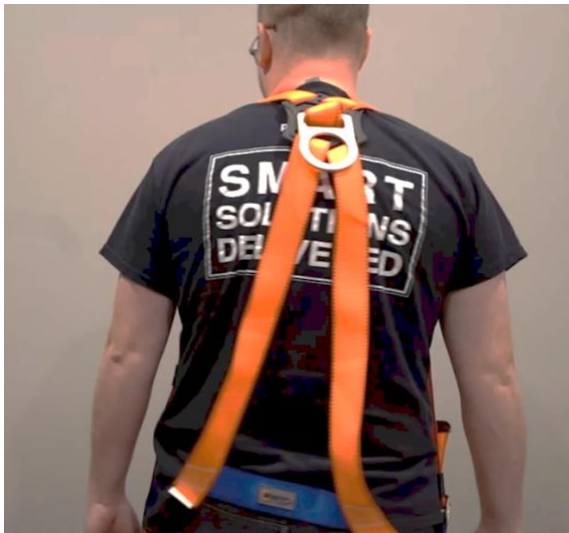
### **3.8 Harness Tie Off (Included)**

Inspect all components and stitching on the harness tie off which is included with the Safety Harness. If any damage is noticed then immediately remove the Safety Harness from service.

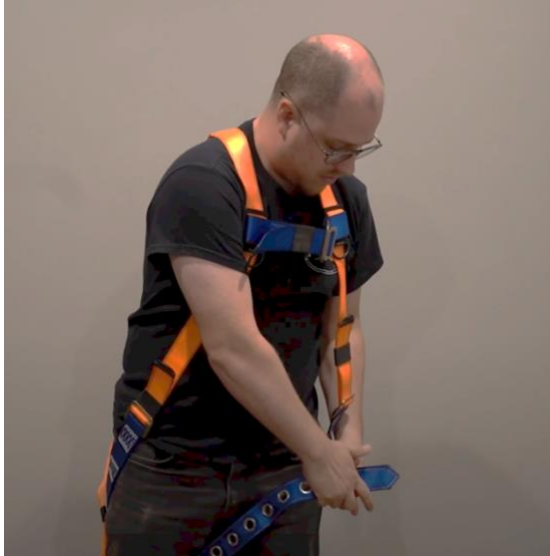
## 4.0 Applying the Harness



**4.1** Hold the full harness by the D-ring located on the back of the harness and untangle all of the straps and unbuckle the connections.



**4.2** Grasp each strap and place each arm through the strap so that the back pad sits over your shoulder blades. The D-ring will sit flat between both cross straps and will be in the intersection of the "X" that the straps form.



**4.3** Reach between your legs and pull the legs straps through. Then grab the strap beside each leg and connect both straps. Make sure that both straps are untangled and come flat across both legs. Once connected, grab the excess strap and pull to the desired tightness. Make sure it is firm but does not obstruct blood circulation.



**4.4** Make sure that both the back straps and legs straps are untangled and in the correct position to ensure that if a fall does take place that the necessary weight load is distributed correctly



**4.5** Connect the chest strap using the quick connect system while pushing both pieces firmly and untangled across your chest. Once both pieces are connected you will hear them click together.

**▲ IMPORTANT NOTE:** Once all connections have been buckled, tighten all straps so that the harness fits firmly and allows full range of motion.



## 5.0 Life Expectancy

The Safety Harness should be inspected frequently by a competent individual. If the harness is damaged or torn then it needs to be removed from service immediately.

## 6.0 Cleaning the Harness

Clean Safety Harness first by wiping down the harness with a sponge and plain water. Squeeze dry the sponge and then place in a bowl of water and commercial soap or detergent. Then wash the harness by going back and forth and creating a lather. Then wipe dry with a clean cloth and hang dry. Keep harness away from excess heat or steam.

**▲ IMPORTANT NOTE: Do not use any solvent-based cleaners or any paint markers for identification. Any solvents can cause damage to the safety harness and can deteriorate the stitching.**

## 7.0 Storage

The full body harness should be stored in a clean, dry area away from fumes or corrosive elements.

## 8.0 Total Fall Clearance

Determining the total fall clearance required to safely stop the users fall is determined below:

8.1 Determining the overall fall distance (**AA**)

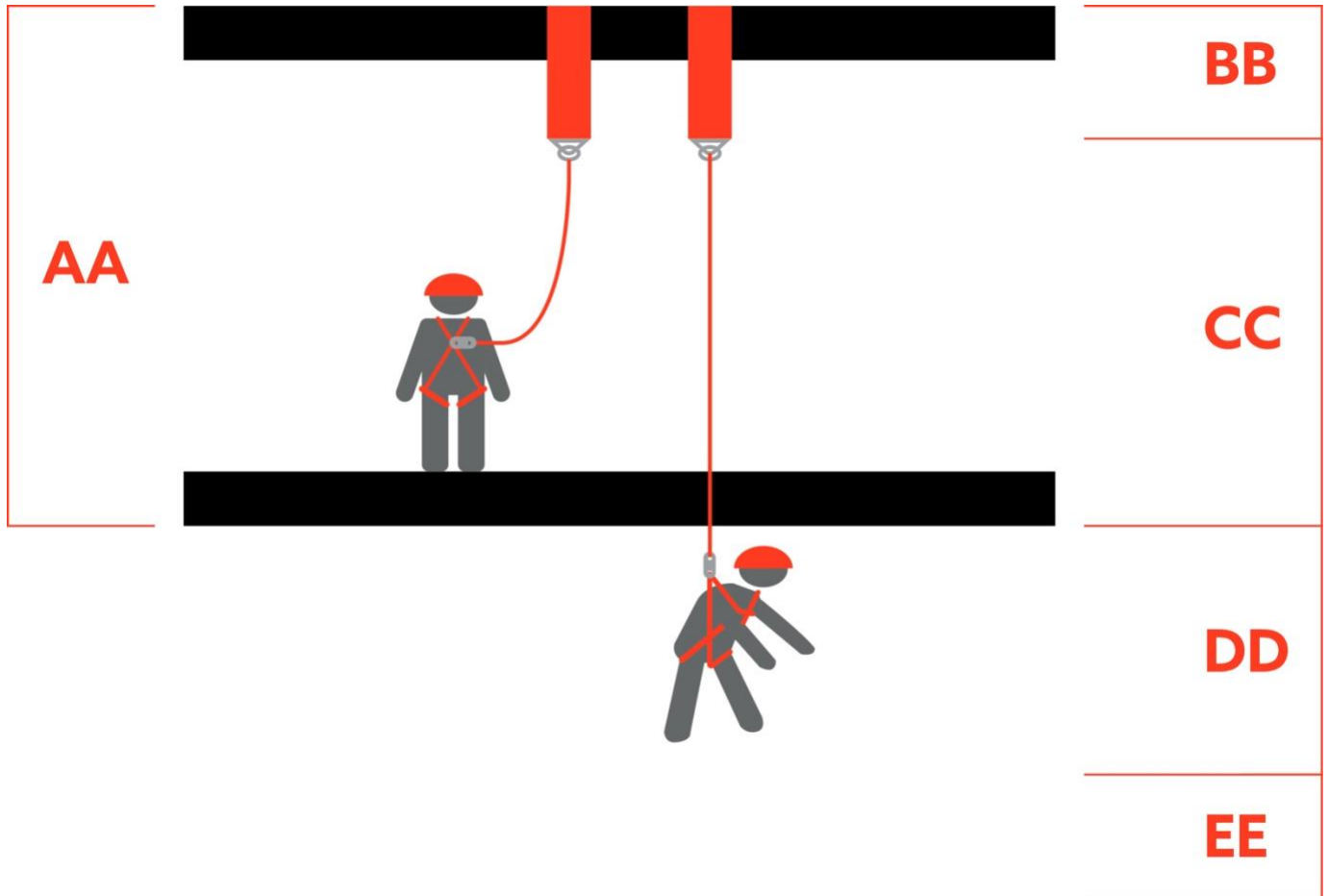
8.2 Total length of harness deployment (**BB**)

8.3 Full length of harness strap (Roughly 6 ft.) (**CC**)

8.4 Full height of the worker (Average 6 ft.) (**DD**)

8.5 Add in safety distance from ground (3 ft.) (**EE**)

8.6 Add all together (**Fall Clearance = AA+BB+CC+DD+EE**)



## 9.0 Labels


LANYARD IDENTIFICATION IDENTIFICATION DE CORDON					
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**PROTECT THE SAFETY HARNESS FROM COMING INTO CONTACT WITH SHARP OBJECTS, ABRASIVE SURFACES, SPARKS FROM GRINDING AND WELD SPATTER. ANY OF THESE HAZARDS MAY DAMAGE THE SAFETY HARNESS WHICH COULD RESULT IN THE LANYARD NOT PERFORMING AS DESIGNED AND MAY RESULT IN SERIOUS INJURY OR DEATH.**

**BEFORE USE INSTRUCTIONS**

**THE SAFETY HARNESS MUST BE INSPECTED BEFORE EACH USE BY THE USER AS PER THE INSTRUCTION MANUAL. MEASURE THE LANYARD TO ENSURE THAT THE LENGTH DOES NOT EXCEED 3" OF THE ORIGINAL LENGTH. IF THE LANYARD EXCEEDS THIS LENGTH THEN THE SAFETY HARNESS MUST BE REMOVED FROM SERVICE.**



**CONNECT THIS END TO THE SAFETY HARNESS**



**WARNING: FOLLOW THE MANUFACTURER'S INSTRUCTIONS MANUAL INCLUDED WITH THIS PRODUCT AT THE TIME OF SHIPMENT. FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY OR DEATH. PLEASE CONTACT YOUR HARNESS PROVIDER IF YOU REQUIRE A MANUAL.**

**Certified CSA Z259.10-12**

**Certified ANSI Z359.1-2007**

**FALL INDICATOR**



**WARNING**

**Remove from service immediately if the lanyard has been exposed to a fall.**

## 10.0 Harness Inspection Log

Inspection Date		Results	Required Action	Repairs Performed	Inspection Performed By
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## **Starke Products Warranty 1 Year (12 Month) Parts & Labor Warranty**

Unless otherwise specified, Starke guarantees that our products are free from material defects in design and workmanship under normal use, proper maintenance, and service.

This warranty is strictly limited to 12 months for single shift operation or 2,000 hours after installation, or 14 months after shipment, whichever is shorter. Within ten days after defect is found, warrantee must deliver a written notice to Starke providing defect information. All requested warranty information must be received promptly by Starke in no more than 5 business days.

**Customer is responsible for all shipping charges on returned/warrantable items. Starke will cover the repair (parts and labor) at no charge or provide a replacement item at Starke's discretion.**

This warranty does not cover defects or damage caused by acts of God, unusual wear and tear, improper use, or improper maintenance by the user. No responsibility for consequential damage is expressed or implied, and the responsibility under this warranty/guaranty is limited to the repair or replacement of the defective materials. Repair or replacement of the item is fully at the discretion of Starke.

*ALL OTHER REPRESENTATIONS, EXPRESS OR IMPLIED, WARRANTY, OR LIABILITY RELATING TO THE CONDITION OR USE OF THE PRODUCT ARE SPECIFICALLY DISAVOWED, AND IN NO EVENT SHALL STARKE BE LIABLE TO BUYER, OR ANY THIRD PARTY, FOR ANY DIRECT OR INDIRECT CONSEQUENTIAL OR INCIDENTAL DAMAGES*

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Contact Your Starke Representative for More Information on Products to Help Maximize Your Workplace Efficiency



**Hoists & Trolleys**



**Crane Components**



**Electrification**



**Crane Kits**



**Slings**



**Safety**

