

MANUAL HARNESSES



ELSF-H110, H115, H120, H210 (EN361) - H130, H230, H280 (EN358)

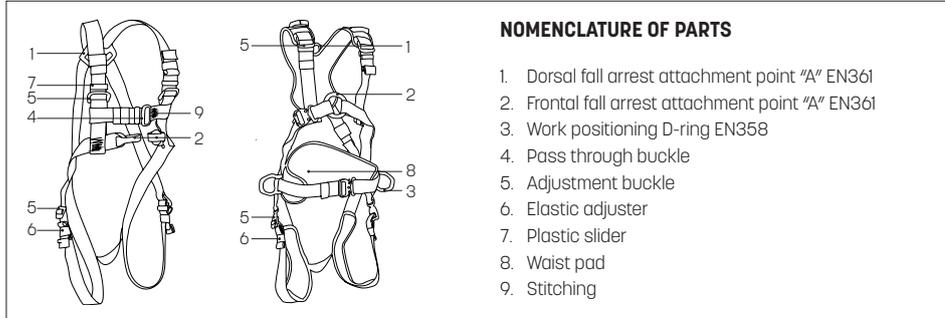
NOTIFIED BODY FOR EU TYPE EXAMINATION AND PRODUCTION CONTROL:

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The full body harness is classed as a personal protective Equipment (PPE) by the European Regulation 2016/425 and has been shown to comply with this Regulation through the Harmonized European Standard EN361 and EN358.

CAREFULLY READ THESE INSTRUCTIONS BEFORE USING THIS HARNESS

This product is designed to provide protection against the danger of falling from heights.



NOMENCLATURE OF PARTS

1. Dorsal fall arrest attachment point "A" EN361
2. Frontal fall arrest attachment point "A" EN361
3. Work positioning D-ring EN358
4. Pass through buckle
5. Adjustment buckle
6. Elastic adjuster
7. Plastic slider
8. Waist pad
9. Stitching

DESCRIPTION

Safety harness is a body holding device which is a component of personal protective equipment described in EN 363 standard intended to protect the user against falls from a height. The harness is approved for a user, including tools and equipment, with a weight of up to 140 kg. Maximum rated load 140 kg for EN361 full body harness is permitted only when energy absorbing element compatible with 140 kg maximum rated load is used. The harness is certified and complying with the standard: EN 361:2002 as a full body harness intended to be used in fall arrest systems. EN 358:2018 as the work positioning belt to be used with work positioning equipment. (H130, H230+H280)

FULL BODY HARNESS
 Model : ELSF-H110
 Mfg. date : 02/2024
 Serial No. : 2402
 Material : Polyester
 Size : Universal

Max. user weight (Including all tools)

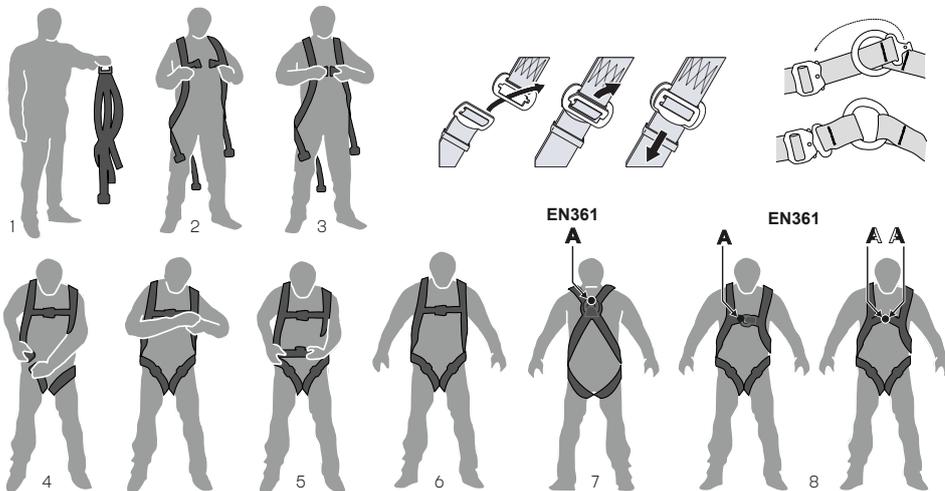
MARKING

1. The CE mark showing that the product meets the requirements of the Regulation 2016/425
2. Identification of the manufacturer
3. Type of product
4. Model number
5. Date of manufacture ((Month(MM)and (Year)YYYY))
6. Batch No
7. Serial No. of the Harness
8. Waist belt size range
9. Read user instruction

ATTACHING FALL ARREST SYSTEMS – EN361

Fall arrest system can be attached only to the fall arrest attachment point of full body harness EN 361 marked with capital letter A:

- directly to the back D-ring (H.1.1)
- to extension strap (H.1.2). The length of the extension strap must be taken into consideration when required free clearance below working platform is calculated.
- to the front attachment loops. The loops marked with a half of letter must be linked together when attached to the fall arrest system (H.1.3). It is strictly forbidden to attach a fall arrest system to a single loop with a half of letter A (H.1.4).



FITTING & SIZING:

1. Hold the harness by dorsal D-ring. Shake the harness to allow all straps to fall in place.
2. Put on the shoulder straps one after one, take care do not twist them.
3. Connect and tighten the chest strap.
4. Connect and tighten the leg straps. The straps should fit tight around the legs.
5. Connect and tighten the waist strap. The strap should fit tight around the waist. (if applicable)
6. Adjust the shoulder straps so the harness fits the body, not too tight. Free ends of the straps must be kept by the plastic keepers.
7. Back attachment D-ring must be positioned between shoulder blades.
8. Front attachment D-ring or loops must be centred on lower chest.

CONNECTING WORK POSITIONING SYSTEMS – EN358

Work positioning or restraint system should be attached to the work positioning belt EN 358 D-rings. Work positioning lanyard can be connected to a structure by encircling it (H.2.1) or directly to an anchor point (H.2.2). Work positioning system must be connected to a structure or an anchor point that is positioned at waist level or above. Work positioning lanyard must be kept taut during use. It is strictly forbidden to use the work positioning belt EN358 D-rings or loops for fall arrest purposes. The belt shouldn't be used if there is a foreseeable risk of the user becoming suspended or being exposed to unintended tension by the waist belt. When using a work positioning system, the user normally relies on the equipment for support, therefore it is essential to consider the need of using a back-up, e.g. a fall arrest system.

