



SENTINEL
35m
3 Way
SRL-R/
RTFA-R

Instruction Manual

Read and understand instructions before using this equipment

Do not throw instructions away

Made in the Taiwan

Contents

4

About & Warning

5

General use

6

Description &
Limitations

7

Warranty &
compatibility,
Inspection

12

Rescue

13

SRL/RTFA
diagram

14

Operation

15

Post fall,
body support,
connections,
inspection

20

Service log

21 & 22

Inspection table

8&9

Making connections,
and applications

10

Operating instructions
Checklist

11

Installation &
use

16

Disposal,
maintenance and
storage

17

Dimensions

18

Labelling

19


Notes

23

Declaration
of Conformity

ABOUT & WARNING

The SafeHold 35m self retracting lifeline with 3 way retrieval system.

 **Warning** : Working at height is a very dangerous activity which may lead to severe injury or fatality. We advise that you personally assume the responsibility to learn the use and the safety measures that apply to this equipment. Remember that there is no better "instruction" than that of a trained instructor. Train in the use of this device, verify that you have fully understood how it works and if in any doubt, please ask a competent person!

Don't make any alterations or additions to the equipment without the manufacturer's prior written consent. Any repair shall only be made by the manufacturer or approved service centre.

The products shall not be used outside of its limitations, or for any purpose other than that for which it is intended.

It is essential for the safety of the user that if the product is re-sold outside of the UK, 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.

If there is reason to doubt your fitness to safely absorb the shock from a fall arrest, please consult your doctor. Age and fitness seriously affect a worker's ability to withstand falls. Pregnant women or minors must not use it.

This personal protective equipment is designed and used as a connecting element in fall protection system to protect users against falls from heights in working areas and is meant to be used with other certificated components.



User must read, understand and observe these instructions for use.



GENERAL USE

All warnings and instructions must be provided to the authorised user. They must be read and understood in their entirety. Failure to use the equipment properly can result in serious injury or death. If in doubt, contact SafeHold Ltd. for advice.

All authorised users must reference the relevant local standards to which the device complies (e.g. EN360:2002). Refer to device labelling for device compliance.

Before using the SRL/RTFA-R, the worker must be trained in the use and application limits of the equipment, proper hookup, anchoring and tie-off techniques, methods of use and proper methods of inspection and storage.

Ensure working area is free from hazards and obstructions that could interfere with the working of the device or cause harm to the user.

Inspect all equipment before each use as per the manufacturer's instructions.

All equipment should be inspected on a regular basis by a competent person.

A competent person must ensure the systems compatibility will not allow accidental disengagement.

Any equipment must be as the manufacturer intended. Do not use altered or modified equipment.

Repairs must only be carried out by the manufacturer or authorised service agent with written consent to do so.

Any product that has visual deformities, been subjected to a fall, deterioration or unusual wear should be destroyed and removed from service immediately.

A rescue plan with the means to implement it should be in place before using this equipment.

Fall protection equipment is designed for a specific use. Never use it for something it wasn't designed for.

Environmental hazards should be considered when using this equipment.

Equipment should not be exposed to hazardous chemicals. Inspection intervals may need to be more

frequent in such environments. If in doubt contact SafeHold for advice.

Always ensure a potential fall path is free from obstructions and has a large enough ground clearance.

Never remove a product's label as it contains information important to the use of the device. If the label is missing remove the device from service immediately.

DESCRIPTION

Materials:

Galvanized steel cable wire, Aluminium Housing, Stainless steel & Aluminium components

Cable SRL/RTFA Use Application:

Standards: EN360:2002 & EN1496:2017

Braking force: $\leq 6\text{kN}$ / 1,350 lbs

Arrest distance: $\leq 2\text{m}$ / 6.5 ft

Working length: 35m / 115ft

Max. user weight: 140kg / 310lbs

Limitations

Capacity:

The SRL-R/RTFA-R is designed for use by one person with combined weight (person, clothing, tools, etc.) of up to 140kg / 310 lbs. for all applications. For rescue, the 3-Way SRL-R/RTFA-R has a capacity of one user with a maximum weight of 140kg / 310 lbs. The 3-Way SRL-R/RTFA-R has a lifting ratio of 6.5 : 1.

Anchorage Connectors

SafeHold equipment is designed for use with SafeHold approved components and subsystems only. Non-approved components or subsystems may jeopardize the compatibility of equipment and may affect the complete system. Connectors (hooks, carabiners, and D-rings) must be capable of supporting at least 22.2kN



or 5000lbs. Non-compatible connectors may unintentionally disengage. As per EN360:2002, self-locking snap hooks and

carabiners are required. All anchorage to which the SRL/RTFA attaches must meet the requirements of EN362:2004.

WARRANTY

The warranty of this product is 1 year from the date of purchase. The lifespan of this product will vary depending on the frequency of use, however is unlimited as long as the SRL/RTFA passes inspection.

Please follow the instruction manual to avoid any accidental damage to this product. Annual inspections must be completed by an authorized company or by the manufacturer.

COMPATIBILITY

Connecting component limitations:

A competent person must ensure the compatibility of all connections and that of the system.

If any other component in the system doesn't operate properly or

if any connector doesn't lock, don't use the system.

Don't use if any part of the system appears to be damaged, or a body belt for fall arrest applications.

All connector gates withstand minimum loads of 16kN / 3,600 lbs.

INSPECTION

SRL/RTFAs/RTFAs shall be inspected by the authorized person or rescuer before each use.

The inspection shall be conducted by a competent person other than the user.

The competent person shall use the

inspection schedule and checking list for appropriate inspection intervals and procedures.

The competent person should keep a log of their inspection in the "Inspection and Maintenance Log" on the back pages of this instruction manual.

EXAMPLE OF INCOMPATIBLE CONNECTIONS



CORRECT CONNECTION





APPLICATIONS

Purpose:

This product is part of a personal fall arrest, restraint, work positioning, suspension, or rescue system.

A Personal Fall Arrest System (PFAS) is typically composed of an anchorage and a Full Body Harness (FBH), with a connecting device, i.e., a Shock Absorbing Lanyard (SAL), or a Self-Retracting Device (SRL/RTFA), attach to the dorsal D-ring of the FBH.

SRL/RTFAs/RTFAs are designed for use in applications where falls may occur.

Approved Applications

Below are applications for which all SafeHold 3-Way Retrieval SRL/RTFA-R are specifically suited. This list is not all-inclusive, but is intended to anticipate the most common application in which this product may be used.

- **Personal Fall Arrest:** The SafeHold 3-Way retrieval SRL/RTFA-R forms the connector component of a PFAS to protect the user in the event of a fall. PFAS typically consists of an anchorage, a Full Body Harness (FBH), and a deceleration device such as

SRL/RTFAs/RTFAs may be used in many situations where a combination of work mobility and fall protection is required. (i.e. inspection work, general construction, maintenance work, oil production, confined space work, etc.) The SRL/RTFA-R described in this manual has rescue capability in the event of a fall. By switching the mode of the unit, the fallen victim can be then raised or lowered to safety.

Note: The SafeHold 3-Way Retrieval SRL/RTFA-R discussed in this manual is not intended for material handling applications.

a Energy Absorbing Lanyard (EAL) or Self Retracting Lanyard (SRL/RTFA).

- **Restraint:** The SafeHold 3-Way Retrieval SRL/RTFA-R may be used as a component of a restraint system to prevent the user from reaching a fall hazard. Restraint systems typically include a full body harness containing a body belt and a lanyard or restraint line.
- **Rescue:** The SafeHold 3-Way Retrieval SRL/RTFA-R can be used for rescue after a fall event. Ensure a written rescue

plan, method, and system are in place and readily available for rapid response. Rescues may require specialized equipment or measures.

- Rescue operations are beyond the scope of this manual. See EN360:2002 and EN1496:2017.

STANDARDS

The EU type-examination (Module B) and conformity assessment procedure (Module D) were conducted by SATRA Technology Europe Ltd (CE 2777) Bracetown Business Park, Clonee, County Meath, Dublin 15, Ireland

The products are compliant with Personal Protective Equipment (PPE) regulation (EU) 2016/425, the Regulation 2016/425 on personal protective equipment as brought into UK law and amended, and the

following harmonized standards.

*EN360:2002 Personal protective equipment against falls from a height - Retractable type fall arresters

*EN1496:2017 Personal fall protection equipment – Rescue lifting devices

The EU declaration of conformity is accompanying each product.

INSTALLATION

Install the SRL/RTFA (Overhead Use)

Examine the work area for possible hazards. Take caution to avoid overhead hazards such as cranes, poles, overhead power cables, and walking/working surface hazards such as power cables, welding leads, air, and fluid hoses, including obstruction hazards such as vertical columns and stacks of materials on the lower level. Eliminate hazards where possible.

Ensure the anchorage provides the Minimum Required Fall Clearance (MRFC) in the fall path below the walking/ working surface to prevent striking the lower level or an obstruction during a fall event. Take action to avoid swing falls, which occur when the anchorage is not directly above the point where the fall occurs.

Fall clearance and swing falls are dependent on variable conditions. Anchor height, lateral movement,



and setback distance all affect anchor location with regard to fall clearance and swing fall.

The SRL/RTFA may be attached to an overhead anchor, above the user's FBH dorsal D-ring. The SRL/RTFA discussed in this manual is not designed for Leading Edge applications.

Free Fall:

When the anchorage is overhead, SRLs/RTFAs will limit the free fall distance to 2ft. (61cm), or less.

To avoid increased fall distances, anchor the SRL/RTFA directly above the work level.

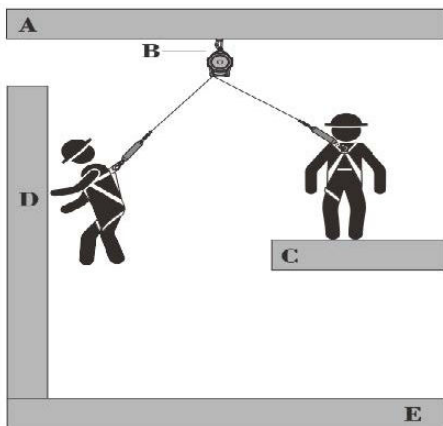
Avoid working where your lifeline may cross or tangle with that of

another worker.

Never clamp, knot, or prevent the lifeline from retracting or being taught.

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. In a swing fall, the total vertical fall distance will be greater than if the user had fallen directly below the anchorage point, thus increasing fall clearance required to safely arrest the user. Minimize swing falls by working directly below the anchorage. Never permit a swing fall if injury could occur.



Swing Fall Hazards Non- Leading Edge

A	Anchorage
B	Self-retracting lifeline
C	Walking/Working Surface
D	Swing Fall impact after fall
E	Next lower level or obstruction

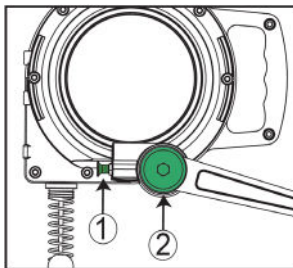
Rescue/ Retrieval Mode

1. Pull the black handle (at the end of the retrieval hoist arm) outwards and rotate it over 180 degrees.
2. Pull plunger (1) outwards, (see image below) and then press the switch (2) inwards which is located on the bottom cover housing.
3. Release plunger (2).
4. Rotate the handle in a clockwise direction to lift the user or anticlockwise to lower. There should be a clicking noise heard while the cable is being cranked into the unit.

Self-Retracting Lifeline Mode (Fall Arrest)

1. Pull plunger (1) outwards, (see image below) and then pull the switch (2) outwards (located on the bottom cover housing.)

(CAUTION!: when changing between fall arrest and recovery modes, ensure the switch is fully engaged. Serious damage can occur if it is not.





Use:

Friendly reminder:

Do not alter or intentionally misuse this equipment.

Some subsystem and component combinations may interfere with the operation of this equipment. Use caution when using this equipment around moving machinery, electrical hazards, chemical hazards, sharp edges (do not use web SRL/RTFA's with sharp object application), or overhead materials that may fall onto the lifeline. Do not loop the lifeline around structural members. (only lanyards designed for tie-back are approved for tie-back directly onto the webbing). Tie-back can be used to tie-off directly to the structure and back to the unit itself when a suitable structure anchor is available which

can also withstand the required fall forces. Never attach the tie-back snap hook to the tie-back SRL/RTFA between the shock pack and the housing of the SRL/RTFA.

DO NOT extend the lifeline past the operational limit.

DO NOT allow one SRL/RTFA lifeline to become tangled or twisted with another SRL/RTFA lifeline during use.

DO NOT allow any lifeline to pass under arms or between legs during use.

DO NOT clamp, knot, or prevent the lifeline from retracting or being taut.

DO NOT lengthen the SRL/RTFA by connecting a lifeline or similar component.

DO NOT allow the lifeline to remain

Operation:

Prior to use, inspect the SRL/RTFA as described in the Inspection section. Connect the snap hook, carabiner attachment to a suitable anchorage. Ensure hooks are fully closed and locked. Once attached, the worker is free to move about within the working area. If a fall occurs, the SRL/RTFA will lock and arrest the fall. Upon rescue, remove the SRL/RTFA from use. When working with an SRL/RTFA,

outside the housing when not in use.

DO NOT allow the lifeline to free-wheel back into the housing. Use a tag line to maintain tension and rewind the lifeline during periods of inactivity.

Use the tag line to retrieve the leg end connector for the next use.

DO NOT leave the tag line connected while using the SRL/RTFA for fall protection.

Consult your doctor if there is reason to doubt your fitness to safely absorb the shock from a fall arrest. Age and fitness seriously affect a worker's ability to withstand falls. Pregnant women or minors must not use SafeHold self-retracting lifelines. Failure to heed this warning may result in serious injury or death.

always allow the lifeline to retract back into the device under control.

Do not tie or knot the lifeline. Avoid lifeline contact with sharp or abrasive surfaces. Inspect the lifeline frequently for cuts, fraying, burns, or signs of chemical damage. Dirt, contaminants, and water can lower the dielectric properties of the lifeline. Use caution near power lines. Failure to heed this warning may result in serious injury or death.



After a Fall:

If a fall event occurs, tag the SRL/RTFA as "UNUSABLE", remove it from service, and store it

Body Support:

A full body harness must be worn when using the SRL/RTFA. Connect the SRL/RTFA to the user's harness back (dorsal) D-ring.

Dual SRLs/RTFAs are connected by the dual connector. When

Making Connections:

Snap hooks and carabiners used with this equipment must be self-locking. Ensure all connections are compatible in size, shape, and strength. Do not use equipment that is not compatible. Ensure

Inspection:

Before each use of this fall protection equipment, carefully inspect it to assure it is in good working condition. Check for worn or damaged parts. Ensure all bolts are present and secure. Check that the lifeline is retracting properly by

Product Life:

The functional life of an SRL/RTFA is determined by work conditions and maintenance. As long as

separately. Remove from service any unit that has been subjected to fall arrest forces or that exhibits damage consistent with such forces.

connecting it to a harness, the connector should be connected on the web loop of the back harness not on the D-ring.

Do not use a body belt for free fall applications.

all connectors are fully closed and locked, ensure unintended disengagement cannot occur. SafeHold connectors (snap hooks and carabiners) are designed to be used only as specified in each product's user instruction manual.

pulling out the line and allowing it to retract slowly. If there is any hesitation in retraction, remove the SRL/RTFA from service, mark "UNUSABLE". Inspect the lifeline for cuts, frays, burns, crushing and corrosion. Check the locking function by sharply pulling the lifeline cable twice.

the SRL/RTFA passes inspection criteria, it may remain in service.

Disposal:

Dispose of the SRL/RTFA if it has been subjected to fall arrest forces or inspection reveals an unsafe or defective condition. Before

disposing of the SRL/RTFA, cut the cable lifeline in half or otherwise disable the SRL/RTFA to eliminate the possibility of inadvertent reuse.

MAINTENANCE, SERVICING & STORAGE

Cleaning:

Ensure the SRL/RTFA is kept free of excess paint, grease, dirt or other contaminants as this may cause the cable or retracting mechanism to malfunction. Ensure no debris enters the housing through the cable access port. Clean the exterior of the unit as required with a detergent/water solution. Do not allow water or other corrosion causing elements to enter the

housing. After cleaning, pull the lifeline all the way out, allow the unit to air dry, then retract the lifeline into the unit. Do not allow the lifeline to free-wheel back into the housing. Tag as "UNUSABLE" and store separately any unit in need of or scheduled for maintenance.

DO NOT use heat to dry.

DO NOT attempt to disassemble the SRL/RTFA.

Troubleshooting:

The SRL/RTFA is designed to be installed in an anchor cradle or attached overhead. While it may be used horizontally on a flat surface, the user may encounter a situation where the lifeline will not retract all the way due to misalignment

and bunching up on the drum. If this happens, hang the SRL/RTFA from a height sufficient to allow the full working length of the lifeline to be pulled off the drum, then allow the SRL/RTFA to retract the lifeline completely. Maintain tension on the lifeline. Use a tag line if necessary.

Storage:

Hang the SRL/RTFA in a cool, dry, clean environment out of direct sunlight. Position the SRL/RTFA so

excess water can drain out. Avoid exposure to chemical or caustic vapours. Thoroughly inspect the SRL/RTFA after any period of extended storage.

**Dimensions:**

The working range for 3 Way is 35m / 115 ft, but will vary slightly

depending on the connector options.

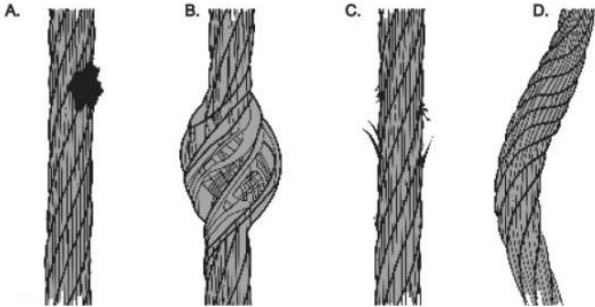
Servicing:

The SRL/RTFA must be sent to an authorised service centre at least

every 6 months, but could be less if used in an offshore environment.



Examples of damaged cables:



Type of damaged cable	
A. Heat Damage from Weld Spatter or Slag	C. Broken Wires within Strands.
B. Bird Caged	D. Curled, Bent or Kinked

Notes:

1. Failure of a worker to perform [before each use] inspection or failure of an inspection by a worker shall initiate the requirement for inspection by a competent person.
2. Failure of a competent person to perform inspections as specified in this Table, or failure of an inspection by the competent person shall initiate product revalidation or disposal.
3. Determination of the type of use category shall be determined by a competent person.
4. An SRL/RTFA that is considered non-repairable, or not designed for disassembly such that internal inspection is not possible without rendering it unserviceable, is not subject to revalidation.



Component	Inspection:	User	Competent Person
SRL/RTFA	Inspect for loose or missing fasteners or damaged parts		
	Inspect the housing for distortion, cracks, or damage		
	Inspect the connector for distortion and cracks. The connector should pivot freely.		
	The Lifeline should pull out and retract fully		
	Weak line retraction.		
	Check lifeline locks on when pulled sharply twice		
	Labels present and legible		
	Signs of corrosion		
	Lifeline pulls out and retracts fully		

Component	Inspection:	User	Competent Person
Lifeline	<p>Inspect the lifeline wire rope for cuts, kinks, broken wires, bird-caging, corrosion, welding splatter, chemical contact areas, or severely abraded areas.</p> <p>Slide up Cable Guide Bumper and inspect ferrules for cracks or damage. The lifeline must be free of knots throughout its length.</p>		
Harness Interface	<p>Inspect the Locking pin to ensure it is securely closed and locked around the harness shoulder straps.</p>		
Lanyard End Connectors	<p>Inspect Snap hook for signs of damage, corrosion, and proper working condition.</p> <p>Where present: Swivels should rotate freely and gates should open, close, lock and unlock properly.</p>		



EU DECLARATION OF CONFORMITY

This declaration of conformity is issued under the sole responsibility of the manufacturer: **SAFEHOLD LTD**: Unit 15, Regis Ind. Estate, Dorset Road, Sheerness, Kent, ME12 1LY.

compliance@safe-hold.com +44 (0) 1795 668862

Model No.
SH-8061

Product Code	Description
31201	SH-3500R - 35m Safehold fall arrest block recovery c/w fall indicator, hook & top carabiner. User capacity: 140Kg

We hereby declare that the above referenced product, to which this declaration relates, is in conformity with the provisions of: -

PPE Regulation 2016/425 - Standard EN 360:2002, EN1496:2017

SAFEHOLD LTD

Name: Oliver Auston

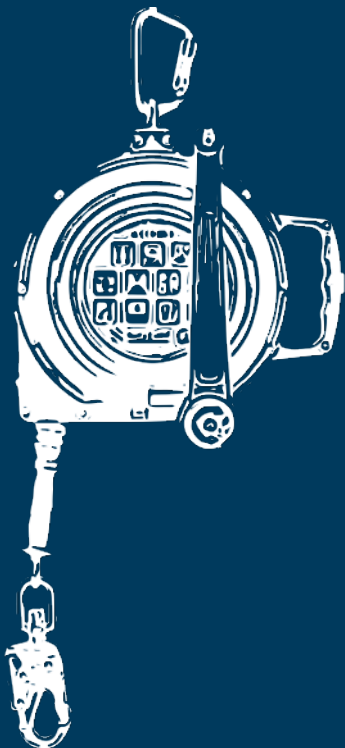
Position: CEO

Date: 26/06/2023



Safehold

HEIGHT SAFETY & LIFTING GEAR



www.safe-hold.com