

# MOBILE MAN ANCHOR

SHMMA/SHSB

## Instruction Manual

Models of device covered

40001

40020

40022

**Read and understand instructions before using this equipment  
Do not throw instructions away**

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# ABOUT & WARNING

The Safehold MMA - Mobile Man Anchor is a single anchor requiring no fixing, with the capability of being permanent or temporary, fall arrest or restraint. Easily assembled and disassemble the Mobile Man Anchor can be transported around a work area or between work areas.

It is imperative that the contents of this manual are read and understood by all potential users of the fall protection system. The contents of this manual are intended as a reference guide for operatives that have received the relevant training for using the fall protection system.

This Manual contains safety information and instructions for installing the Safehold MMA - Mobile Man Anchor and should be stored in an area where it is accessible to installers and layout designers of the system.

Continued improvement and advancement

## WARNING!

- This manual is invalid if any unauthorised alteration has occurred.
- Unauthorised use of this manual may lead to prosecution
- This manual was, to the best of our knowledge, correct at its date of issue.
- It is the user's responsibility to ensure that all subsequent authorised amendments

of product design may have caused changes to the current Safehold MMA - Mobile Man Anchor, which are not included in this Manual.

Whenever a question arises regarding the Safehold MMA - Mobile Man Anchor or this Manual, please consult the Safehold website for the latest available information.

## Testing and Conformity

Tested by

SATRA Technologies Europe,  
Bracetown Business Park, Clonee,  
Co. Meath, DY15 YN2P, Ireland

Notified Body Number

2777

The Safehold MMA - Mobile Man Anchor complies with the current standards and requirements:

- CE to EN 795:2012 Type E  
IN ACCORDANCE WITH PPE Regulation (EU) 2016/425

are incorporated and that the manual is to the current issue status.

- A manual that is not to the latest issue status is invalid and must not be used.
- Do not install the Safehold MMA - Mobile Man Anchor unless you have read and understand the instructions and warnings in all Manuals and have been authorised by Safehold to do so.



# IMPORTANT SAFETY INFORMATION

- Work at Height should not be attempted by a “lone” worker
- All fall protection systems are subject to an annual test and inspection by a trained and competent person and in line with the manufacturers examination procedures. This should include cleaning with mild detergent only. Allow to air dry away from direct heat
- This is required under EN795 and PPE Regulations
- No special storage requirements are needed.
- The expected lifespan of the Mobile Man Anchor is 25 years
- Operators must carry out a Pre-Use Check of the equipment to ensure that it is in a serviceable condition and operates correctly before it is used, covering component condition, legibility of all markings and the complete component quantity is present.
  - Damage to the central post, missing parts or labels deem the product unsafe for use.
  - Any defect should lead to an inspection by a manufacturer approved competent person.
- The manual is NOT intended as a substitute for training.
- Failure to follow the instructions or heed the warnings or improper operation could result in injury or death. Users must be capable of lifting 24kg safely. Muscular Injury from lifting not in accordance with local Manual Handling regulations is possible.
- Do not tamper with or make any alterations to the Safehold MMA - Mobile Man Anchor.
- The Safehold MMA - Mobile Man Anchor shall not be used outside its limitations as described in this Manual, or for any purpose other than that for which it is intended.
- The operation and maintenance of the Safehold MMA - Mobile Man Anchor must comply with the work safety laws of the jurisdiction in which it is used. Compliance may include the requirement for a Risk Assessment or Fall Hazard Survey Report.
- Only competent individuals who have been given appropriate training (or who are under the immediate responsibility of a proficient supervisor) should use this safety equipment. In addition, the user must also be aware of the characteristics, application limits and consequences of the incorrect use of the equipment.
- A full body harness suitable for fall-arrest is the only acceptable body holding device that can be used with the Safehold MMA - Mobile Man Anchor.
- Suitable Fall Arrest or Restraint equipment tested to the relevant CE standard must be used to connect the harness to the Safehold MMA - Mobile Man Anchor to limit the load to 6kN per user.
- It is essential for safety that equipment is withdrawn from use immediately should any doubt arise about its condition for safe use.
- Do not remove the labels from the Safehold MMA - Mobile Man Anchor
- Do not tamper with or alter the Safehold MMA - Mobile Man Anchor in any way unless instructed to do so by the manufacturer or authorised representative.
- A rescue plan shall be in place to deal with any emergencies that could arise during the work

# IMPORTANT SAFETY INFORMATION

## FOREWORD

The nature of the following text is instructional on the installation attachment of the Safehold MMA - Mobile Man Anchor. Selection of structural locations must be made by the competent Engineer in charge of the system installation. A competent engineer is defined as:

*'A person who has a recognised Structural or Civil Engineering qualifications, and who has had adequate previous installation experience.'*

This manual does not automatically infer design approval to or for particular system configurations.

This must be obtained from architectural or site authority as appropriate, before commencement of work.

## INSTALLATION REQUIREMENTS

Installation cannot take place until the following have been fully considered and completed.

### SITE PLAN

A site plan must be drawn up to indicate the Safehold MMA - Mobile Man Anchor configuration, to include: -

- Locations
- Entry / exit access points
- Roof surface angle
- Direction of Installation
- Obstacles.

### TEMPERATURE RANGES

- The Safehold MMA - Mobile Man Anchor can be used between -40C and 40C

## TRANSPORTATION

- The Safehold MMA - Mobile Man Anchor should be disassembled and secured suitably for transportation.

## SHARP EDGES

- Avoid working where the connecting subsystem (i.e. full body harness, lanyard, self-retracting lifeline etc.) or other system components will be in contact with, or scrape against, unprotected sharp edges. If it is unavoidable to use the System near sharp edges, ensure adequate protection against cutting is provided by using a heavy pad (or similar) whilst working over the exposed sharp edge.

## 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 while swinging can be great and may cause serious injury. Also in a swing fall situation, the total vertical fall distance of the user may be greater than if the user had fallen vertically (directly below the anchorage point). Therefore, there will be an increase in the total free fall distance and the distance needed to arrest the fall will increase.

## INSPECTION AND RECORDS INFORMATION

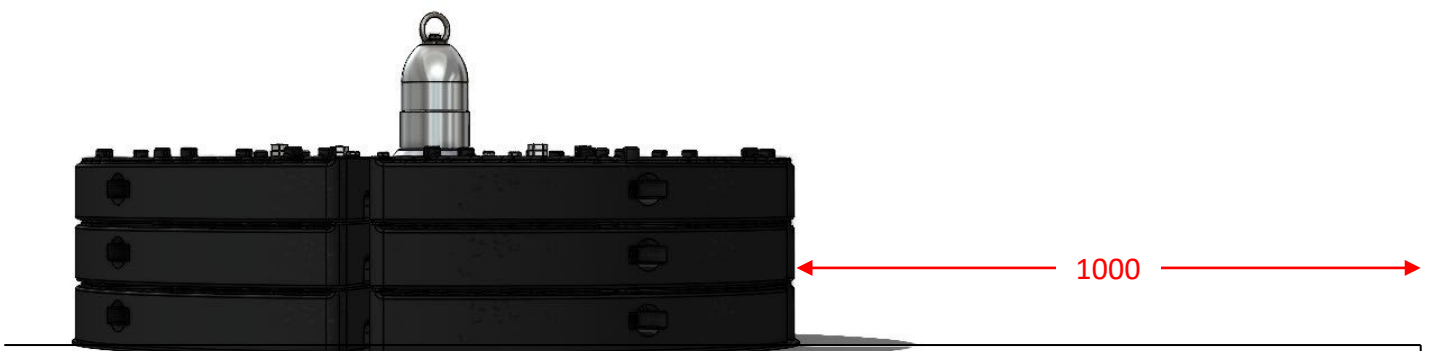
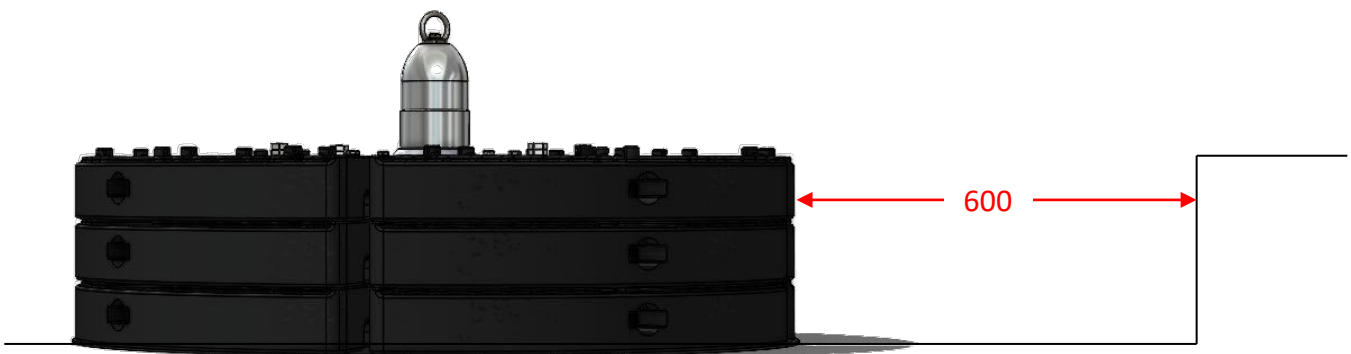
- All fall protection systems are subject to an annual test and inspection by a trained and competent person and in line with the manufacturers examination procedures.
- Records should be kept of all inspections and the following information should be recorded



# INSTALLATION LIMITATIONS

The Safehold MMA - Mobile Man Anchor is designed with the following limitations:

- Fall Arrest for one user.
- Roof Area
  - Maximum roof pitch of five (5) degrees
  - The roof area must be capable of retaining at least twice weight of the Safehold MMA - Mobile Man Anchor in the area required.
  - The Safehold MMA - Mobile Man Anchor must be in direct contact with the roof surface.
- Weather
  - Wet surfaces are tested
  - Dry surfaces are tested
- Minimum Safe Edge Distance (fall arrest) to allow for deflection and weight movement in a fall
  - No Parapet 1000mm
  - Parapet 600mm



Safehold recommend that all working at height is done in restraint, with the length of the lanyard plus 500mm being a guide to ensuring this is achieved.

# USER NOTES

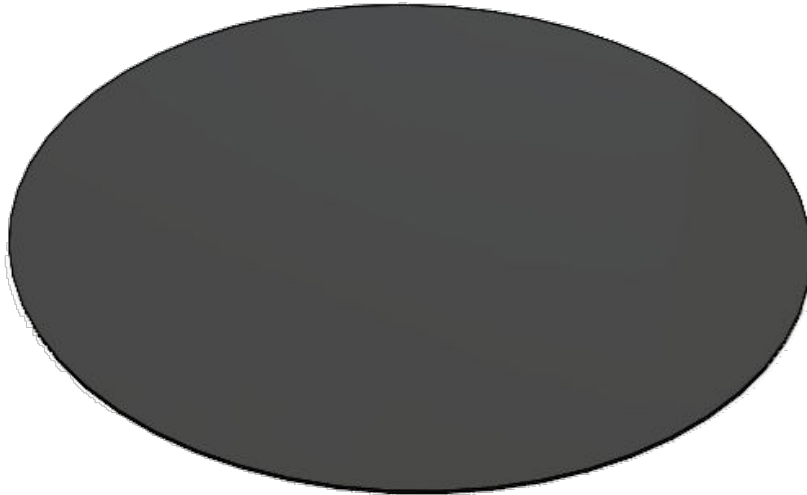
1. The Safehold MMA - Mobile Man Anchor is suitable for use with the following products
  - Full Body Harness conforming to EN361
  - Self Retracting Lifelines conforming to EN360 and sharp edge testing
  - Adjustable Lifelines conforming to EN353
  - Horizontal single span lifelines conforming to EN795 Class C
  - Rescue Equipment and Descent controllers conforming to relevant EN standards
2. The Safehold MMA - Mobile Man Anchor should only be used by a maximum of
  - Fall Arrest:  
one (1) user at any one time.
  - Fall Restraint:  
two (2) users at any one time.
3. Care should be taken to only use karabiners and hooks that will not interact with each other and cause forced roll out. A screw gate type karabiner is recommended.
4. Installation via the following instructions must be performed completely prior to use.
5. Before each use, the user must examine the equipment to ensure it is in perfect operating condition. It is important to check for deformation, corrosion, sharp edges and abrasive areas on the metal and absorbing parts of the system or component.
6. If the system or one of its components fails the above visual check, it should be immediately removed from service. Only competent and skilled persons may decide on the possibility of return to service and this permission should always be given in writing.
7. Prior to a fall arrest system being used, it is essential to check the clearance under the user's working zone to prevent a collision with an obstacle or the ground in case of fall.
8. SHARP EDGES: Avoid working where the connecting subsystem (i.e. full body harness, lanyard, self-retracting lifeline etc.) or other system components will be in contact with, or scrape against, unprotected sharp edges. If it is unavoidable to use the System near sharp edges, ensure adequate protection against cutting is provided by using a heavy pad (or similar) whilst working over the exposed sharp edge.
9. 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 while swinging can be great and may cause serious injury. Also in a swing fall situation, the total vertical fall distance of the user may be greater than if the user had fallen vertically (directly below the anchorage point). Therefore, there will be an increase in the total free fall distance and the distance needed to arrest the fall will increase. Swing falls can be minimised by using an anchorage point, which is located directly above the user's working zone.



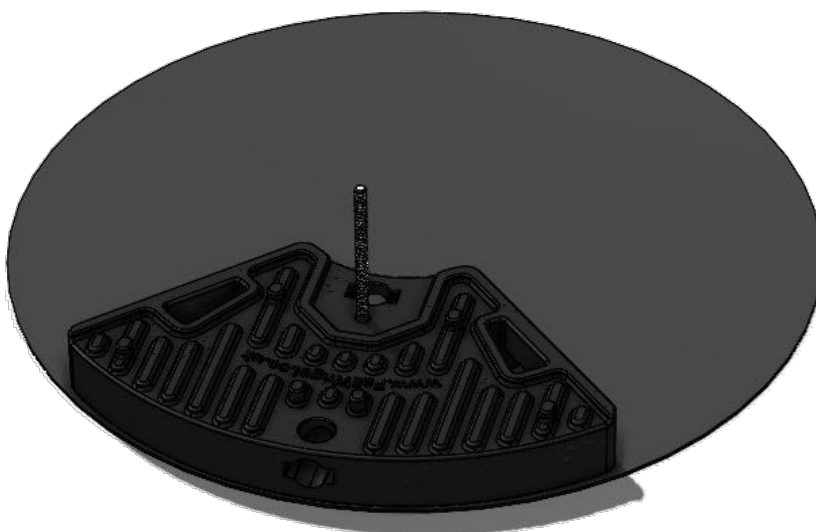


# INSTALLATION PROCESS

Lay the mat in the location where the Safehold MMA - Mobile Man Anchor is required to be installed.



Insert the rod assembly into the base of the weight and lay on the mat. Repeat this for the 4 lower weights.



# INSTALLATION PROCESS



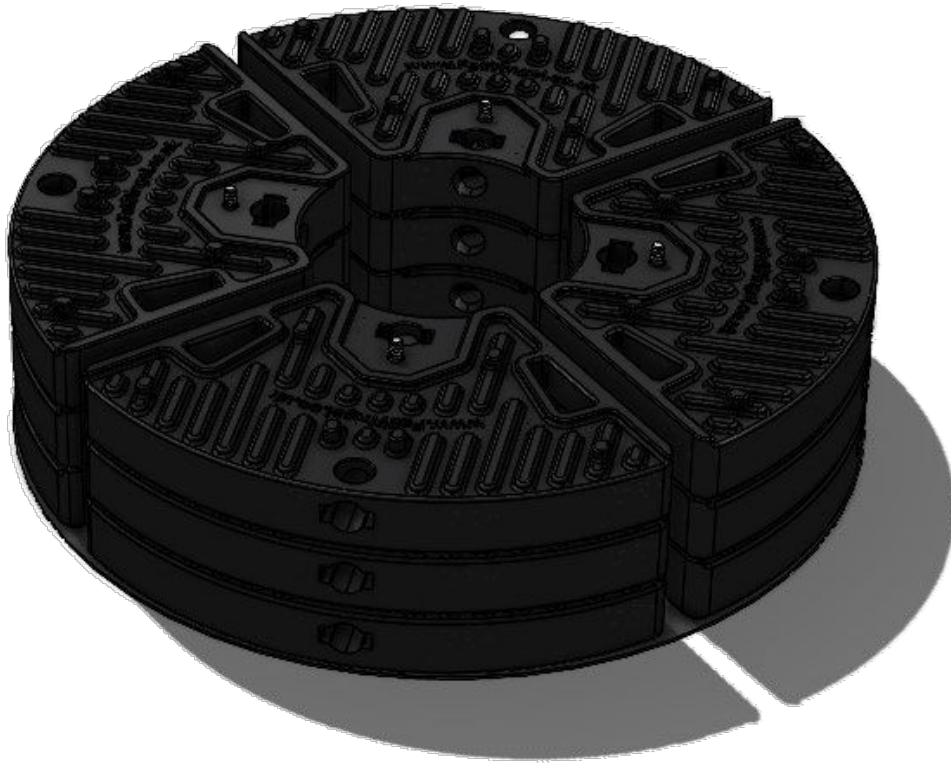
Use the Post mounting frame to locate and align the lower weights, then remove the frame.



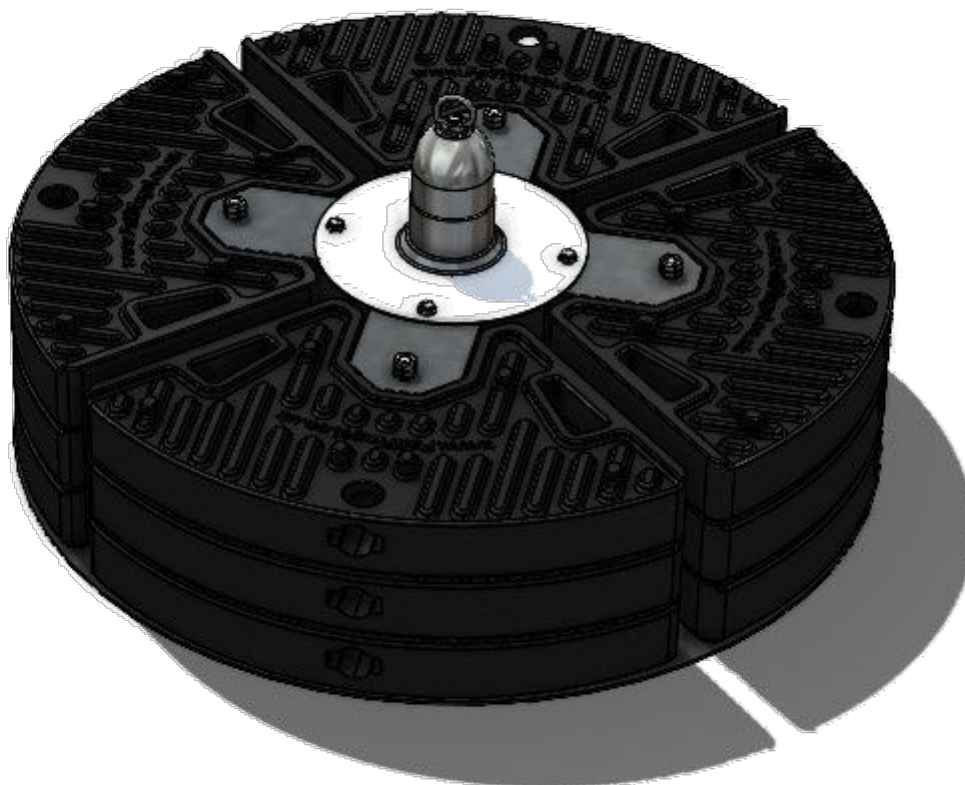


# INSTALLATION PROCESS

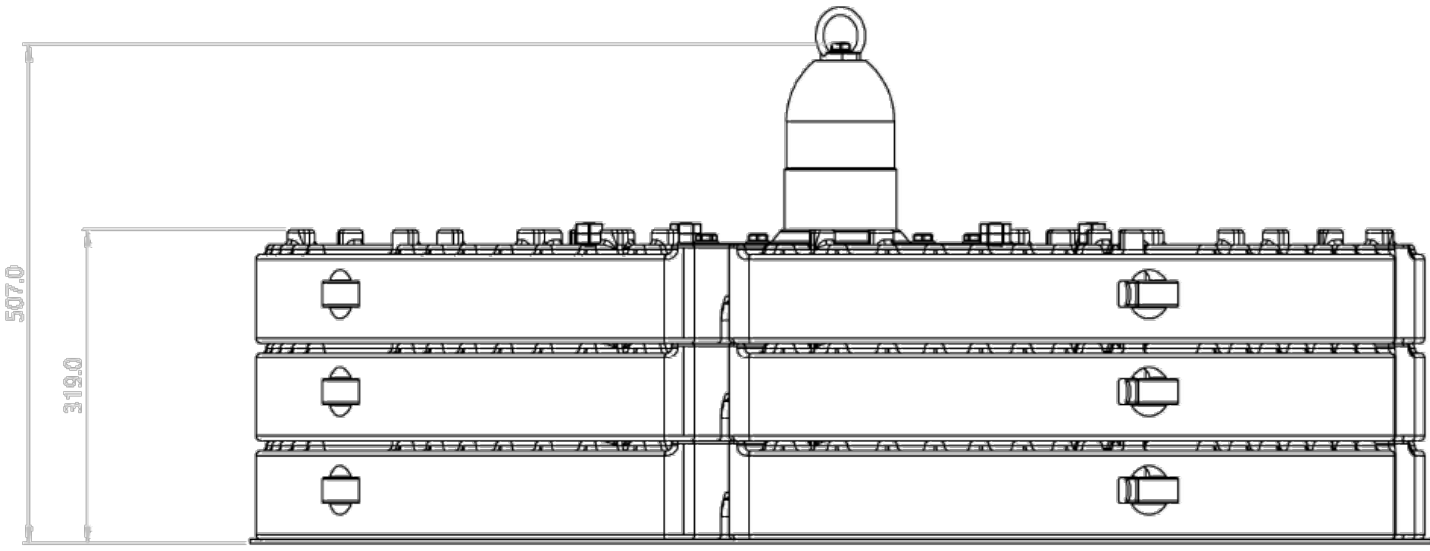
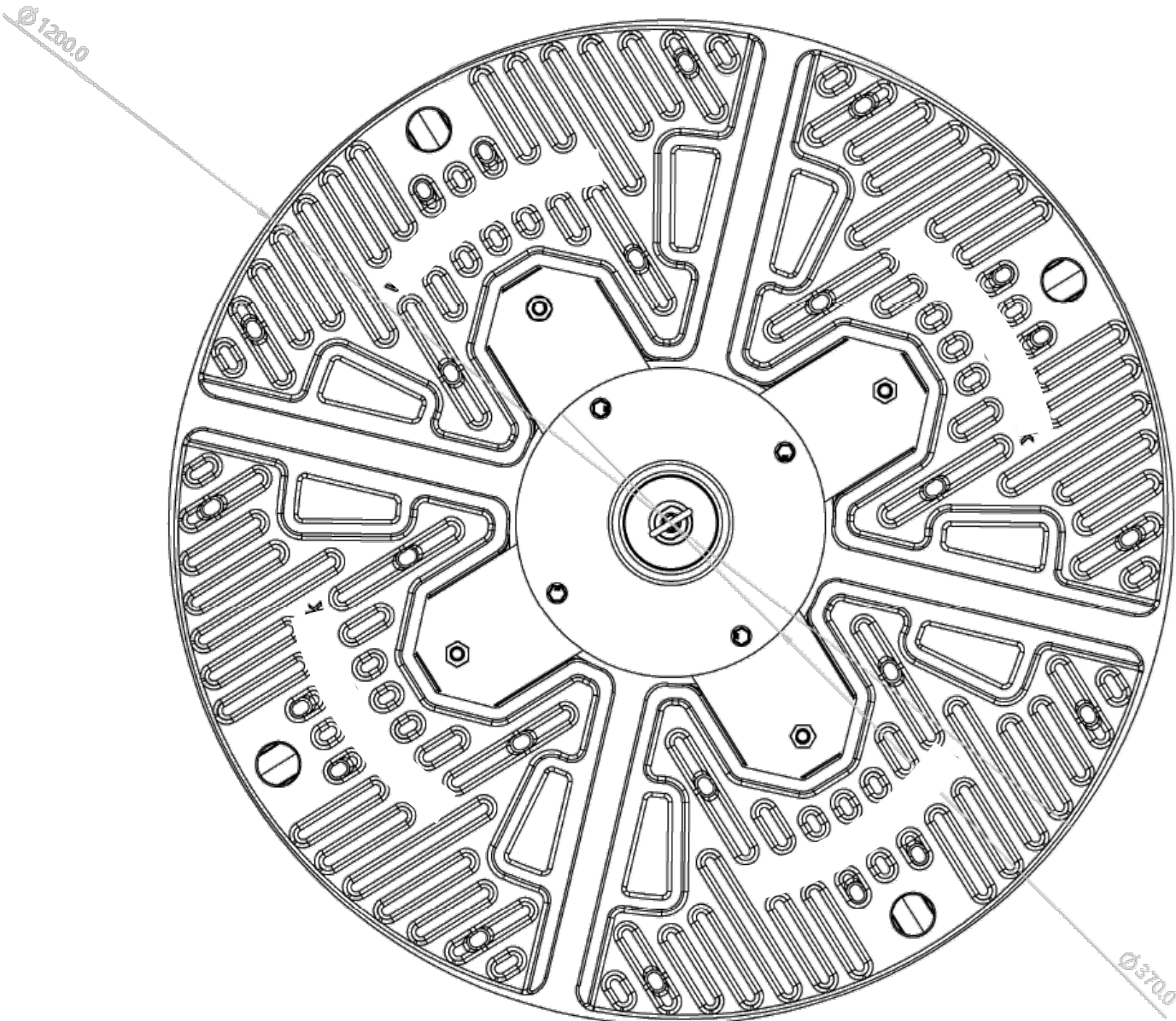
Stack the remaining 8 weights onto the bolt



Place the post mounting frame onto the bolts, and secure with the supplied nuts and washers.



# TECHNICAL - DIMENSIONS





# TECHNICAL - MATERIALS

## KEY SPECIFICATIONS

Weight	300 kg
Individual Weights	24 kg
Qty Weights	12 units
Weight of posts /supports	12 kg
Width	1200 mm
Height (to load point of eye)	507 mm
Made from Recycled Materials	

## MATERIALS

Post	Polyurethane & SS316
Eye Ring	SS 316
Cover	Aluminium
Bolts	SS 316
Frame	Galvanised Steel

## MATTING SPECIFICATIONS

Elastomer	Natural
Colour	Black
Quality	Commercial
Grade	N02
Hardness	70° shore a
S.G.	1.55g/cm <sup>3</sup>
Tensile MPA	4
Elongation	300%
Tear strength	12 kg/cm
Compression set	43%
Abrasion resistance	48/0 mm <sup>3</sup>
Operating temperature	-20° / +70° c



# EU DECLARATION OF CONFORMITY

- 1) PPE: Safehold MMA - Mobile Man Anchor
- 2) Manufactured by **SAFEHOLD LTD**: 1-3 Eaves Court Bonham Drive, Sittingbourne, ME10 3RY
- 3) This declaration of conformity is issued under the sole responsibility of the manufacturer:  
  
EN795:2012 Type E Anchor System designated as Safehold MMA - Mobile Man Anchor
- 3) The object of the declaration described in point 4 is in conformity with the relevant Union harmonisation legislation: Regulation (EU) 2016/425
- 5) References to the relevant harmonised standards used, including the date of the standard or references to the other technical specification, including the date of the specification, in relation to which conformity is declared:
- 6) Where applicable, the notified body, SATRA Technology Europe 2777 performed the EU examination (Module B) and issued the EU type- examination certificate 2777/24233-01/E00-00
- 7) Where applicable, the PPE is subject to the conformity assessment procedure. ... under surveillance of the notified body SATRA Technology Europe...2777

Signed for and on behalf of

Safehold Limited



Oliver Auston

CEO

11-05-2023



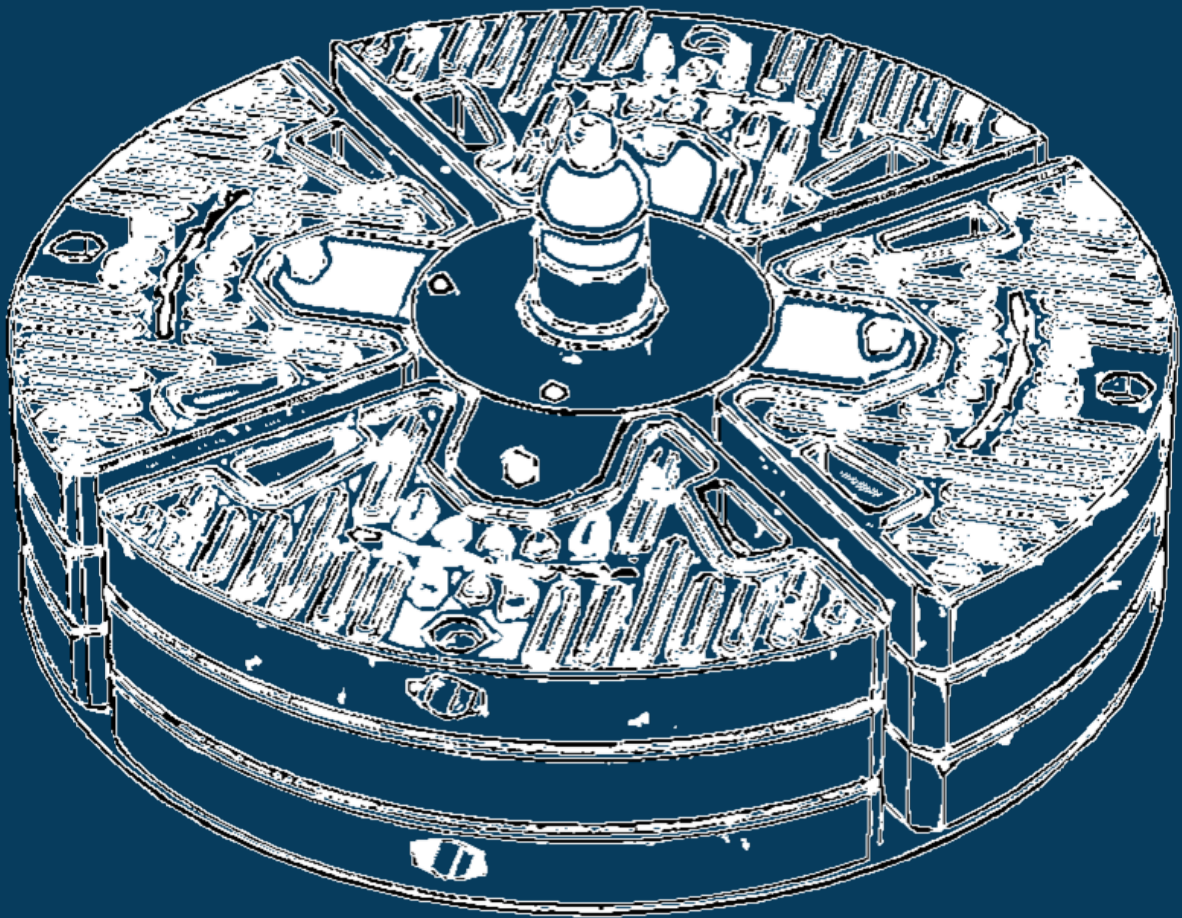


# NOTES



# Safehold

HEIGHT SAFETY & LIFTING GEAR



[www.safe-hold.com](http://www.safe-hold.com)