Iss.3

Safehold
HEIGHT SAFETY & LIFTING GEAR

3 Person Tie Off Post

Instruction Manual

Models of device covered

GM-200A
GM-135
GM-135CP
GM-136
GM138
GM193 - Boom Arm

Note: For Declaration of Conformity See Page 17

Read and understand instructions before using this equipment
Do not throw instructions away
Made in the UK

Contents

4 About & Warning

5 General use

6 Fall arrest systems Operation and Use

11 Cleaning & Lubrication

12 Inspection Records & Schedule

13 Service Log Table

7 Examination and maintenance

8&9 General Specification Description

10 Operating instructions Checklist

14 Base Plates

15 GM193 Install

17 Declaration of Conformity

ABOUT & WARNING

The Safehold Three Person Tie off Post is a three person anchor or two person recovery hoist creating a rated anchor point for fall protection in order to give personnel unhindered movement.

⚠ **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.

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.

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 Tie-Off Mast, 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 to do.

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 LTD.** for advice.

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

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

FALL ARREST SYSTEM: HARNESS, SRL, FALL ARREST LANYARD

The worker must be secured to the Tie-Off Mast at all times by a proper fall arrest system consisting of a full body harness and a light weight web SRL (self retracting lanyard) with a built in shock absorber or fall arrest lanyard (fall arrest system).

The SRL or lanyard must limit the fall arresting force (M.A.F) to 6kN /1350lbs peak and 4kN / 900lbs average.

Length of the SRL or lanyard must be carefully selected so that the falling worker cannot contact any lower level structure, floor etc. in the event of a fall.

The connectors of the Harness, SRL or lanyard must be selected to prevent accidental disengagement from each other and the Tie-Off Mast.

When in doubt regarding the selection of Harness / SRL; consult SafeHold Ltd.

OPERATION & USE

Always follow the operating instructions and procedures recommended by the manufacturers of all associated equipment i.e. Harness, SRL and fall arrest lanyard.

Before each use of the Tie-Off Mast, carefully inspect it according to the Check List (page 10).

Maximum 3 workers can be secured to the Tie-Off Mast.

Do not use this equipment when in doubt of your fitness to safely absorb shocks from fall arrest. Age and fitness seriously affect the worker's ability to withstand falls. Pregnant women or minors must not use the Tie-Off Mast.

Anchorage: The Tie-Off Mast must be properly secured to the structure by means of an Anchor Base. The Anchor Base and the structure must be free from any damage and must be capable of supporting a moment load of at least 410 Nm / 3600lbf-in.

Swing Falls occur when the Anchorage is not directly above the point where the fall occurs. The total vertical fall distance in a Swing Fall is greater than a direct free fall. Select the length of the SRL so that the falling worker cannot contact any lower level structure, floor etc. in the event of a fall.

The Employer must have a rescue plan and the ability to rescue the worker in the event of a fall.

PERIODIC EXAMINATION & MAINTENANCE

The safety of the users depends upon the continued efficiency and durability of the Tie-Off Mast.

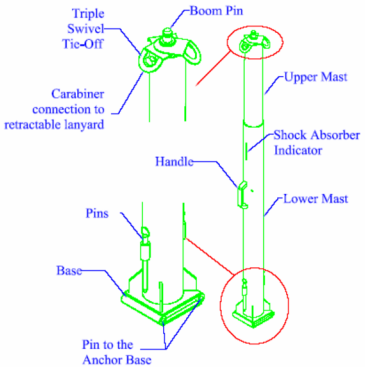
Due to the complexity and safety critical knowledge required in the dismantling, re-assembly or assessment of the Tie-Off Mast, after a fall; periodic examination shall be only conducted by SafeHold Ltd. or by a competent person authorised by SafeHold Ltd. strictly in accordance with SafeHold Ltd. periodic examination procedures.

Establish a periodic examination schedule conforming to the legislation, frequency of use, and environmental conditions. It is recommended that the periodic examination frequency be at least every 6 months.

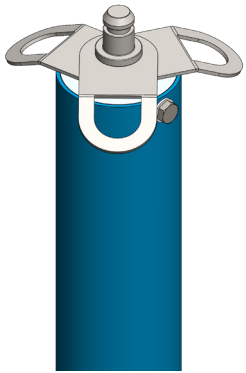
GENERAL SPECIFICATIONS

- 3 Person Tie-Off Plate: Rotates 360 degrees around the vertical axis.
- 45 degree cone angle limit.
- Weight: 11.7 kg / 26 lbs.
- Tie-Off height is 1.9m (75 inches) from the walking surface.
- Locks onto SafeHold Anchor Bases with 2 locking pins.
- Maximum working load:140 kg / 350 lbs per person, maximum 300kg / 660lbs.
- Maximum M.A.F. rating of retractable SRL or fall arrest lanyard used is 6kN / 1350lbs peak and 4kN / 900lbs average.
- General Construction: Aluminium (6061-T6); Hardware: Stainless Steel; Tie-Off: Zinc Plated.
- Finish: Powder coated blue aluminium.
- **Conforms to EN795:2012, OSHA 1910.140 & 1926.502**

DESCRIPTION



The Upper Mast Section rests on a Shock Absorber installed on the inner side of the Lower Mast Section. The Upper Mast Section is pinned to slide along the slots provided on the Lower Mast Section. The Lower Mast Section is pinned on to the SafeHold Anchor Base.



A Triple Swivel Tie-Off on the Upper Mast Section provides a means for securing an SRL/lanyard which is connected to the worker's safety harness. Anchorage relies on the engagement of the Swivel Tie-Off with the Boom Pin & Upper Mast Section. This engagement is designed to arrest motion withstanding resultant pull out force as well as torsional and angular loads. During a fall, the vertical load on the Upper Mast Section is absorbed by the shock absorber resulting in the downward travel of the Upper Mast Section along the slots on the Lower Mast Section.

OPERATING INSTRUCTIONS

1. Depending on the work place conditions, select and install the Anchor Base and Accessories.
2. Pin the Lower Mast Section of the Tie-Off Mast onto the Anchor Base.
3. Make sure that the Triple Swivel Tie-Off is secured properly onto the Upper Mast Section.
4. The worker shall wear a full body harness and have an approved self retracting web lanyard. The fall arrest system shall be connected at the back D ring of the harness and the web double lock snap shall be connected to the Swivel Tie-Off Plate.
5. There are 3 x Tie-Off Plates. Only one worker may be secured to a Tie-Off Plate.

CHECKLIST

It is the responsibility of the user / operator of this equipment to inspect all components of the Tie-Off Mast before each use. Never use the Tie-Off Mast if it's damaged or displays excessive wear. Any questions regarding operation, maintenance or loading conditions contact SafeHold.

Before each use:

- ✓ Proper Fall Arrest System components are required using a full body harness and a fall arrest system with a maximum arrest force (M.A.F) 6kN peak / 1350lbs and 4kN / 900lbs average.
- ✓ Check whether the pin connecting the Upper Mast Section & Lower Mast Section is at the top of the slot. Press the Upper Mast Section and check whether the shock absorber compresses. If any of the checks fail, the equipment must be immediately withdrawn from service and sent for inspection and servicing
- ✓ Inspect all welds on the Tie-Off Mast for cracks.
- ✓ Check whether all fasteners are secured properly.
- ✓ Check the Triple Swivel Tie-Offs for damage / wear.
- ✓ Check whether the Tie-Off Mast is secured properly onto the Anchor Base
- ✓ Check whether the Anchor Base is secured properly onto the Structure. Inspect the structure for structural defects prior to each use

CLEANING AND LUBRICATION

- ✓ The Tie-Off Mast will function better and last longer if its kept clean and well lubricated
- ✓ Wash down the Tie-Off Mast with fresh water every month. When dry, spray WD40 lubricant or equivalent at all joints.
- ✓ Do not force dry with heat.

INSPECTION RECORDS & SCHEDULE

IMPORTANT : These instructions should be supplied to each person using this product. This device must be inspected according to SAFEHOLD's recommendations for safe use. Prior to each use it should be checked by the user and at least once a year by the manufacturer or by an authorised person. The inspection should be recorded on the enclosed schedule. Connect only to fall arrest attachment of a full body harness.

Involved notified Body and Testing:
Design and controlling stage:
SGS Fimko – Notified Body (0598)
Takomotie 8
00380 HELSINKI
Finland

IT IS ESSENTIAL TO ENSURE BEFORE USE THAT THE RECOMMENDATIONS SPECIFIC TO EACH PART ASSOCIATED WITH THIS PRODUCT ARE COMPLIED WITH, AS SPECIFIED IN THE MANUAL.

TIE OFF POST SERVICE LOG

Serial No:

Model #:

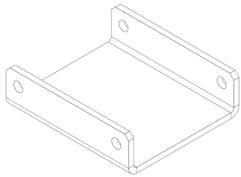
Date of first issue:

User:

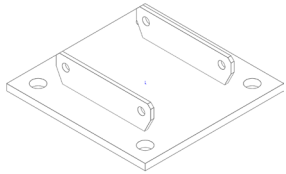
Date	Results/Condition:	Inspected by:	Next Inspection Date:

APPENDIX A - ANCHOR BASES AND ACCESSORIES

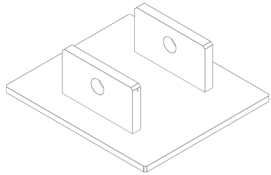
GM135
For use on transformers. Double pin style plate that is welded to top surface of transformer for permanent mounting.



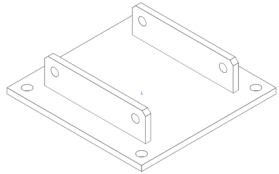
GM135CP
For use on transformers. Double pin style plate that fits Waukesha Power transformers. Bolted down to existing 1"(2.5cm) studs & may be removed after use.



GM136
For use on transformers. Uni-Hoist style (UH4000-2) weld on plate that is welded to top surface of transformer for permanent mounting.



GM138
For use on Transformers. Double pin style plate that is bolted to top surface of transformers.

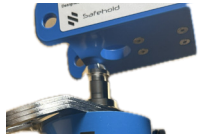


APPENDIX B - GM193 BOOM ARM

GM193 - BOOM ARM & WINCH KIT
To convert the GM200A to a rescue retrevial device you need to install the GM193 Boom Arm Kit.

Step 1
Attach the GM193 Boom arm by first opening the latch gate at the base of the arm.

Step 2
Ensure the GM193 is connecting and locked to the GM200A top mast locking pin. The spring loaded pin on the top of the GM193 MUST be engaged to prevent the boom are from lifting off.



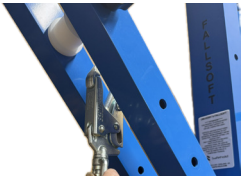
Step 3
Ensure the GM193 securing gate is locked.

APPENDIX C - GM193 WINCH ATTACHMENT

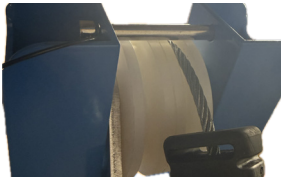
Step 4
Locate winch via winch fixed mounting pin at the base of the GM193. Hook the bracket over and pivot up.

Step 5
Insert the safety pin through the top hole of bracket. Ensure it is inserted correctly and through both side plates.

Step 6
Ensure winch rope/hook is diverted behind and over the middle pulley.



Step 7
Secure winch cable over the top pulley and lock under securing pin. This prevents the cable from jumping off.



EU DECLARATION OF CONFORMITY

This declaration of conformity is issued under the sole responsibility of the manufacturer: **SAFEHOLD LTD**: Unit 1-3 Eaves Court, Bonham Drive, Sittingbourne, Kent. ME10 3RY.
sales@safe-hold.com +44 (0) 333 015 2552

Model No.
GM200A/GM135/GM135CP/GM136/GM138

Part Code	Description
40007	GM200A Three person tie-off post
40008	GM135 Double pin style plate that is welded to top surface of transformer for permanent mounting
40009	GM135CP Double pin style plate that fits Waukesha Power transformers
40010	GM136 Uni-Hoist style (UH4000-2) weld on plate that is welded to top surface of transformer for permanent mounting.
40011	GM138 Double pin style plate that is bolted to top surface of transformers.

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 795:2012 Type B

SAFEHOLD LTD

Name: Oliver Auston **Position:** CEO **Date:** 02/01/2025

Safehold

HEIGHT SAFETY & LIFTING GEAR

www.safe-hold.com