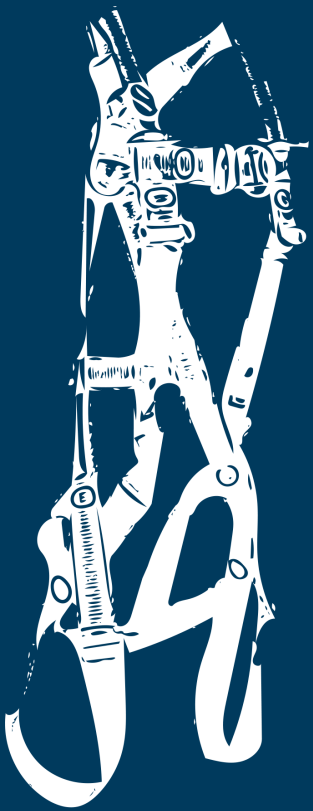
Safehold
HEIGHT SAFETY & LIFTING GEAR



ADVANTAGE
ULTIMATE BODYWEAR

Harness Instruction Manual

Note: For Declaration of Conformity See Page 23

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

SHUM-060 Iss 06

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ABOUT & WARNING

The SafeHold Harness range

This manual covers the full SafeHold harness range including the 2 point safety harness, 2 point rescue harness, 4 point safety harness, the rigger's harness and their associated accessories including the waist belt, leg pads, shoulder pads and rescue / extension strop.

⚠ 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 and use 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.
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 part of a 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. EN361:2002 and EN358:2018). Refer to device labelling for device compliance.

Before using the harness, 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.

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.

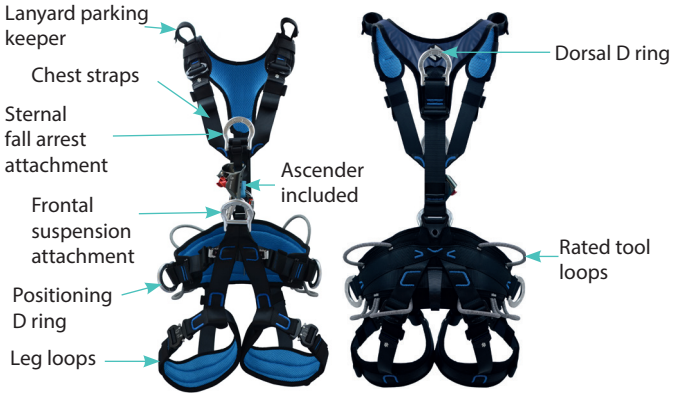
DESCRIPTION

	Safety Harness	Rigger's Harness	Rescue / extension strop
Material	Polyester webbing, alloy bar webbing adjusters, soft loop UHMPE front connection/ EDC coated steel		
Standards	EN361:2002, EN358:2018	EN361:2002, EN358:2018, EN813:2008	EN795:2012 Type B
Max. user weight	140kg including clothes and equipment		
Harness weight	1kg	2kg	300g

	Waist Belt	Shoulder Pads	Leg Pads
Material	Airtex foam, Cordura, polyester webbing, EDC coated steel		
Standards	EN358:2018	EN361:2002, EN358:2018, EN813:2008	EN795:2012 Type B
Max. user weight	140kg including clothes and equipment		
Harness weight	900g	100g	50g per pad

Note: Rigger's harness comes with the waist belt, shoulder pads and leg pads as standard.

Rigger's Harness



Safety Harness



DONNING THE HARNESS

1. Unfasten leg and chest quick connectors / buckles.
2. Hold up the harness by the dorsal D and check the webbing is not twisted.
3. Don the harness as you would a waistcoat.
4. Fasten the chest strap ensuring the webbing is not twisted. (See below for information on how to fasten the buckle.)
5. Loop the leg straps around your leg from the back to the front, again ensuring the webbing is not twisted.
6. Adjust the webbing length so it is tight but does not inhibit any movement or pinches the skin/clothing.
7. Position the rear 'D' so that it is between the shoulder blades and is within reach.

To Fasten the Buckle

1. Hold the square buckle in one hand and the three bar buckle in the other.
2. At an angle, push the three bar buckle through the loop of the square buckle, using your thumb to push it through.
3. Pull the webbing tight so the buckles butt up to one another.

To release

1. Pull the three bar buckle away from the square bar buckle.
2. Push one end of the three bar buckle through the square buckle.
3. Using your thumb press the rest of the buckle through.

Quick Release Buckle

For details on how to fasten and release the quick release buckle, please see the info-graphics on your harness label.

Step 1





Step 2



Step 3

Load Indicators

Safe to use





Do not use

Rescue Strop Installation (optional):

1. Pass the buckle on the strop through the square bar of the D ring as you would doing up the leg or chest strap of the harness.
2. Run the rescue strop down one of the back straps of the harness (either side) and fold the loop of the strop back up on itself so the loop is pointing upwards.
3. Use the velcro strap to secure the loop end of the strop to the back strap of the harness as shown in the image below.

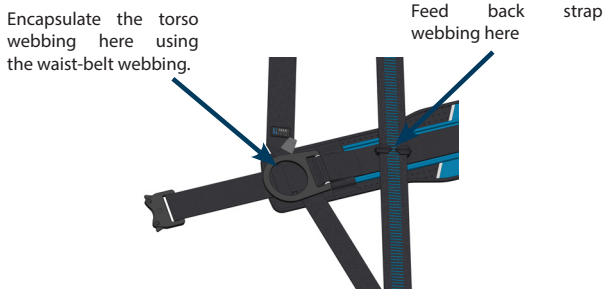


Rescue Strop use:

1. Undo the Velcro securing the strop to the back strap of the harness.
2. Attach the rescue hook and lift the user to take the weight off the fall arrest connector.
3. Detach the connector and raise or lower the user to safety.

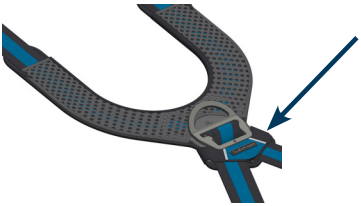
Waist belt installation (optional):

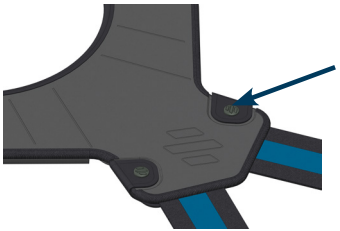
1. Un-thread the webbing on the waist belt.
2. Align the waist-belt with the back straps of the harness and re-thread the waist-belt webbing through the waist belt so that it encapsulates the harness front torso strap (just below the fold).
3. Feed the back strap webbing into the webbing guides (mounted onto the rail of the waist-belt)



Shoulder pad installation

1. Undo the zip and the popper buttons on the shoulder pad.
2. Feed the harness shoulder webbing into the shoulder pad and ensure the D ring is in the position shown.
3. Fold over the bottom retaining flaps and fasten the two popper buttons.
4. Zip up the shoulder pad.





Leg pad installation

1. Undo the zip on the leg pad.
2. Feed the leg webbing into the leg pad in the approximate position desired.
3. Close the zip



LIMITATIONS

Capacity:

The harness is designed for use by one person with combined weight (person, clothing, tools, etc.) of up to 140kg / 310 lbs. for all applications.

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.

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 does not operate properly or if any connector does not lock, do not use the system.

Do not use if any part of the system appears to be damaged.

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

EXAMPLES OF INCOMPATIBLE CONNECTIONS





CORRECT CONNECTION





INSPECTION

Harnesses shall be inspected by the authorised 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.

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 (SHBH), with a connecting device, i.e. a shock absorbing lanyard or a self-retracting device (SRL/RTFA), attached to the dorsal D-ring of the SHBH.

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

SRLs/RTFAs may be used in conjunction with a harness 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.)

A suitable rescue plan must be made in case of a fall and made available to everyone on site.

STANDARDS

The EU type-examination (Module B) was conducted by CCQS Certification Services Limited, Block 1 Blanchardstown Corporate Park, Ballycoolin Road, Blanchardstown, Dublin 15 D15 AKK1, Ireland (NB2834). and conformity assessment procedure (Module D) by APAVE SA (0082) 6 Rue du General Audran-92412 COURBEVOIE cedex-France
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. The Safehold harness range has

been designed to meet the

requirements of EN361:2002 as a minimum and variations of the harness will have the applicable standards as quoted in the table on page 6 of this manual The EU declaration of conformity is accompanying each product.

Free Fall:

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

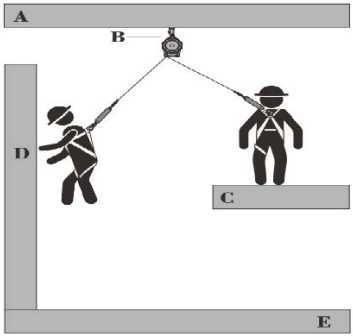
To avoid increased fall distances, anchor the SRL/RTFA directly above the work level.

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

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.

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 fall protection products. Failure to heed this warning may result in serious injury or death.

Operation:

Prior to use, inspect the harness 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 harness from use and destroy it.

A rescue plan must be put into place in case of a fall and all relevant people must be briefed. The casualty must be able to be evacuated in a quick and timely manner to avoid the effects of suspension trauma.

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 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.

After a Fall:

If a fall event occurs, tag the harness as "UNUSABLE", remove it from service, and store it separately. Remove from service any unit that has been subjected to fall arrest forces or that exhibits damage consistent with such forces.

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 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.

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. Check the harness against the checklist in the back of this booklet. Should the harness fail any inspection points remove the harness from use immediately and mark as "UNUSABLE".

Product Life:

The functional life of a harness is ten years from the first date of use provided all checks are passed as per this manual. The lifespan can be affected by, and not limited to, conditions of use, storage, maintenance, environment and regularity of use. HSE guidelines in INDG367 must be adhered to.

Disposal:

Dispose of the harness if it has been subjected to fall arrest forces or inspection reveals an unsafe or defective condition. Before disposing of the harness, cut the webbing in multiple places or otherwise disable the harness to eliminate the possibility of inadvertent reuse.

MAINTENANCE, SERVICING & STORAGE

Cleaning:

Ensure the harness is kept free of excess paint, grease, dirt or other contaminants as this may cause the damage to the harness. Use a mild detergent and water to clean the harness and allow to dry naturally. A clean harness is easier to inspect and will prolong its life.

DO NOT use heat to dry.

Storage:

Store in a clean dry place away from hazards such as chemicals, sharp objects, moisture, direct sunlight and heat. The harness must ALWAYS be stored with its instructions and record card. Never leave the harness lying around on a site.

Servicing:

The harness is a non-serviceable item and must be destroyed and disposed of when it fails its inspection.

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.

Labelling:

See below for a typical harness label. All labels on the harness must be present and fully legible.

Label No.32001 (Rev. 1)

WARNING

***SHBH Fall Protection Harness**

*Prior to use, understand all manufacturer instructions included with equipment at time of shipment.

*Attach ONLY ONE compatible Fall Arrest connection to the harness.

* Always use an approved energy absorbing connection device that limits fall arrest forces to below 6kN

*ALL anchorages must be tested to meet a min of **12kN** as per **EN795.** If in any doubt seek verification from a qualified and competent person.

*Avoid contact with sharp and abrasive surfaces.

*Improper use of this equipment could result in serious injury or death.

***ALWAYS** check before and after use ALL fittings, webbing, stitching for damage or wear and ensure fall indicator tabs are not deployed.

*If the harness has been used in a fall the harness **MUST** be removed from service and destroyed.

*Extra care should be taken if the harness has become soiled, wet, been exposed to any chemicals or been used while welding.

IF IN ANY DOUBT REMOVE HARNESS FROM SERVICE IMMEDIATELY.

Label No.32001 (Rev. 1)

DONNING INSTRUCTIONS



*Unfasten leg and chest buckles
*Hold harness up by rear "D" check for any twists or damage.



*Check fall indicator is not deployed



*Fasten chest strap buckle
*Pull leg straps through and buckle back to form loops around each leg.
*DO NOT TWIST STRAPS



*Adjust all webbing so that the harness is comfortable and snug but should not pinch or prevent free movement

ADVANTAGE
ULTIMATE BODYWEAR

Safehold

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Read and understand instructions prior to use. Do not use if worn, damaged or excessively soiled.

DO NOT REMOVE LABELS

SKU#:
MODEL: 32017 H2PPT
SERIAL #:
DOM:

Material: Polyester/elasticpolyethylene
MAX user weight: 90kg-140kg
(inc. tools and equipment)

INSPECTED BY:
Date:
Initials:

Date of first use:

Designed in the UK. Made in China

Label No.32001 (Rev. 2)

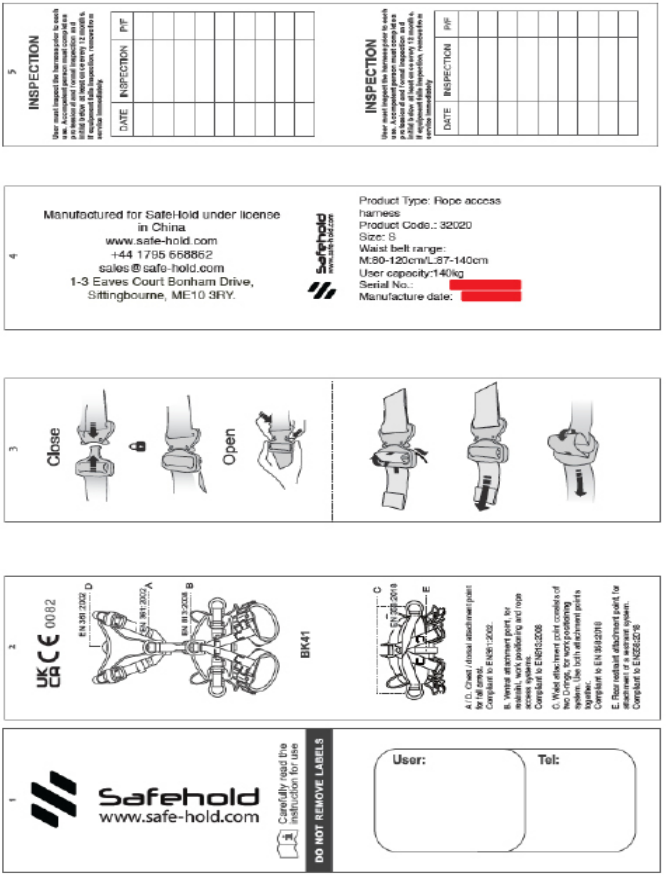
SIZE: M/L

Compliance:
EN 361:2002

CE 0082
UK
CA

Labelling:

See below for the a typical riggers harness label. All labels on the harness must be present and fully legible.



SERVICE LOG

Safehold LTD
www.safe-hold.com
Model #:
User:
Serial No:
Date of first use:
Date of manufacture:
☐ Pass ☐ Fail

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

Component	Inspection:	User	Competent Person
Webbing	Ensure webbing is free from cuts and abrasion, wear and tears		
	Check webbing under buckles for rubbing and deterioration.		
	Check the weave of the webbing for distortion resulting from loading.		
	Melted webbing or any other signs of either heat or chemical exposure		
Impact indicators	Verify all impact indicators are intact		
Metallic hardware and all attachment elements	Check for damage / cracking distortion or wear		
	Surface is clean and shows no corrosion		
Labels	All labels are present and fully legible		
Sewing / thread	Any loose / damaged /uneven threads		
Associated Equipment	Aditional Fall protection equipment that is used with the product is installed and inspected as per manufacturers instructions		
If the product fails the inspection proceedure remove from service immediatly. Clearly tag the product "DO NOT USE" in the event of failure.			
Comments:			

EU DECLARATION OF CONFORMITY

This declaration of conformity is issued under the sole responsibility of the manufacturer: SAFEHOLD LTD: 1-3 Eaves Court Bonham Drive, Sittingbourne, ME10 3RY.
compliance@safe-hold.com +44 (0) 3330152552

Model No. H2PPT, H2PQC, H4PPT, H4PQC, RES01, RWB01

Product Code	Description	Model No.	Cert No.
32017	2 point harness small PT	H2PPT	CE-PC-230712-173-01-9B
32010	2 point harness medium/large PT	H2PPT	CE-PC-230712-173-01-9B
32016	2 point harness extra large PT	H2PPT	CE-PC-230712-173-01-9B
32027	2 point harness small QC	H2PQC	CE-PC-230712-173-01-9B
32012	2 point harness medium/large QC	H2PQC	CE-PC-230712-173-01-9B
32028	2 point harness extra large QC	H2PQC	CE-PC-230712-173-01-9B
32025	4 point harness small PT	H4PPT	CE-PC-230712-173-02-9B
32011	4 point harness medium/large PT	H4PPT	CE-PC-230712-173-02-9B
32026	4 point harness extra large PT	H4PPT	CE-PC-230712-173-02-9B
32033	4 point harness small QC	H4PQC	CE-PC-230712-173-02-9B
32013	4 point harness medium/large QC	H4PQC	CE-PC-230712-173-02-9B
32034	4 point harness extra large QC	H4PQC	CE-PC-230712-173-02-9B
31805	Rescue/extension strop	RES01	CE-PC-231115-294-02-9B
31806	Waistbelt with two attachment points	RWB01	CE-PC-230712-173-02-9B
32042	Eco 2 point harness medium/large PT	H2PPT	CE-PC-230712-173-01-9B

EU DECLARATION OF CONFORMITY

The EU type-examination (Module B) was conducted by CCQS Certification Services Limited, Block 1 Blanchardstown Corporate Park, Ballycoolin Road, Blanchardstown, Dublin 15 D15 AKK1, Ireland (NB2834) and conformity assessment procedure (Module D) was conducted by APAVE SA (0082) 6 Rue du General Audran-92412 COURBEVOIE cedex France.

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 795:1996 Type B,
EN361:2002, EN358:2018, EN813:2008

SAFEHOLD LTD.



Name: Oliver Auston Position: CEO Date: 01/08/2023

CE 0082

EU DECLARATION OF CONFORMITY

This declaration of conformity is issued under the sole responsibility of the manufacturer: SAFEHOLD LTD: 1-3 Eaves Court Bonham Drive, Sittingbourne, ME10 3RY. compliance@safe-hold.com compliance@safe-hold.com +44 (0) 3330152552 Module B by CCQS & Module D by APAVE.

Model No. SHRH

Product Code	Description	Model No.
32020	SafeHold SHRH-S-01 small rigger's harness	SHRH
32021	SafeHold SHRH-M/L-01 medium/large rigger's harness	SHRH
32022	SafeHold SHRH-XL-01 extra-large rigger's harness	SHRH

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 795:1996 Type B, EN361:2002, EN358:2018, EN813:2008

SAFEHOLD LTD.

CE 0082



Name: Oliver Auston Position: CEO Date: 01/08/2023

USER NOTES

USER NOTES

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HEIGHT SAFETY & LIFTING GEAR

ADVANTAGE

ULTIMATE BODYWEAR



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