Designers, Manufacturers and Suppliers of
Quality Height Safety & Rescue Equipment, Training & Consultancy

Users Manual

English Version

P&P

Belts and Lanyards for Work Positioning & Restraint

To

EN358:2018

EN354:2010

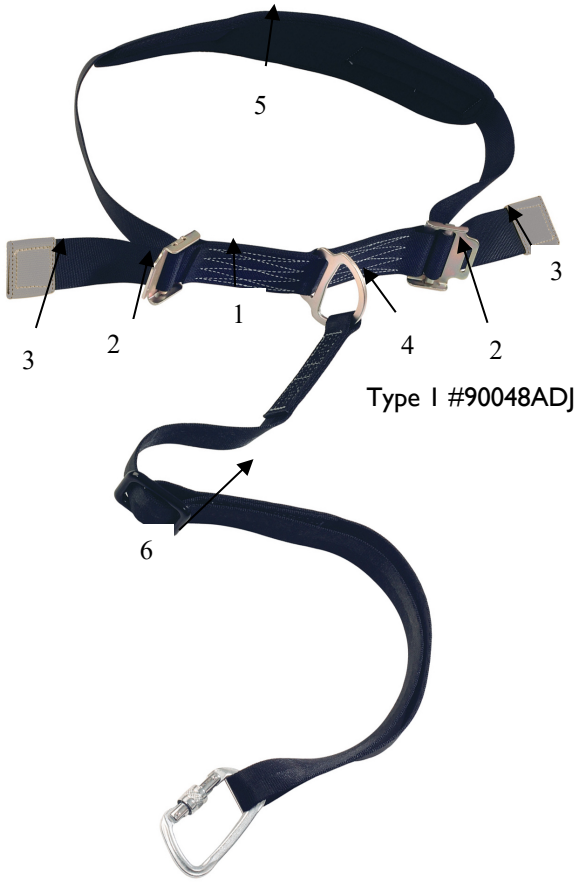
Thank you for purchasing this **Belt or Lanyard**. Please take time to familiarise yourself with the correct use and operation.
It is imperative that this **Belt or Lanyard** is only used for its intended purpose and that it is subject to a periodic recorded detailed inspection by a competent person.
To avoid personal injury, prior to using this **Belt or Lanyard** or training others to use it, CAREFULLY READ and understand these instructions. If there is anything you do not understand - DO NOT use the **Belt or Lanyard**, contact the supplier or **P&P** for further details.
Certain information in this manual is governed by law and is subject to change without prior notice. Great care has been taken to ensure that the information is correct at the time of publication. However, it is the user's sole responsibility to ensure that they fully comply with all legal requirements. **P&P** will not accept liability for any inaccuracy or incorrectly stated legal requirements.
P&P operate a policy of continual improvement and reserve the right to change specifications without notice. The Manufacturer and / or their recognised agents, directors, employees or insurers will not be held liable for consequential or other damages, losses or expenses in the connection with or by reason of or the inability to use the **Belt or Lanyard** for any other purpose.

Note; training should only be delivered by a suitably qualified and competent person, i.e. a **P&P** products trainer.

RB8L Belt - Description

Work positioning belt with integral 1.4m work position / restraint lanyard to hold the user in a work position or to prevent the user reaching a position where a fall is possible. It is NOT intended for fall arrest.

Type 1 #90048ADJ



Type 1 #90048ADJ

Waist belt fitted with two friction grip adjuster buckles, comfort pad and 'D' ring complete with integral 1.4m adjustable webbing lanyard.

Type 2 #90004
Same as **Type 1** but without integral lanyard.
Both types are manufactured from polyester webbing with non-corrosive fittings.

Warning
This **P&P RB8 Belt** is for work positioning and work restraint applications only.
Example: To prevent the user reaching a position where a fall can occur or to hold the user in work position.
This belt MUST NOT be used in a situation where a fall is possible.

Before Using

P&P recommend that users are trained in the proper use and practical/physical limitations of this **P&P RB8 Belt**. Equipment specifiers / users must ensure this device is used with compatible lanyards and connectors. Failure to ensure compatibility may result in an unsafe condition or even connector/link failure.

Warning
All work at height including the use of Personal Protective Equipment (PPE) as a control measure is subject to a suitable and sufficient risk assessment.

1. Waist Belt
2. Adjuster Buckles
3. Adjuster Straps
4. Work position / restraint 'D' ring attachment point
5. Comfort pad
6. Integral 1.4m adjustable webbing lanyard *

* Other lengths may be supplied.

To Fit

A. Slacken waist belt to full extent.
B. Step into waist belt with 'D' ring at front.
C. Adjust waist belt to comfortable tightness by pulling adjustment straps forward.
D. To loosen, lift front of adjustment buckles to release adjustment straps.

Arrange the belt around the body in a manner both convenient and safe prior to use and before connecting and using the work position / restraint lanyard.

Lanyards - Description

A lanyard is used to connect a safety harness, work positioning or restraint belt to an anchorage point, to hold the user in a supported work position or to prevent the user reaching a position where a fall is possible (restraint). It is not intended for fall arrest unless fitted with an energy absorber conforming to EN355:2002

Work Positioning and Restraint

Lanyards used for 'Restraint' should be of such a length or adjusted to such a length that a fall situation cannot occur. Lanyards used in 'Work Positioning' are designed to support the user when working at height and when needing a hands free environment. A fall arrest backup must be used if the user is not in 'Restraint' and there is a risk of a fall. Only EN354:2010 lanyards may be used in conjunction with an energy absorber pack (fall arrest) and the overall length must not exceed 2m.

Before Using

P&P recommend that users are trained in the proper use and practical/physical limitations of this **Lanyard**. Equipment specifiers / users must ensure this device is used with compatible equipment and connectors. Failure to ensure compatibility may result in an unsafe condition or even connector/link failure.

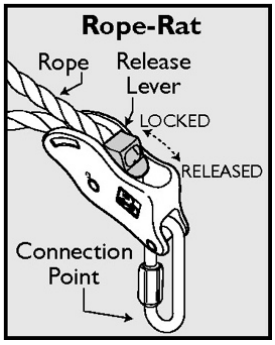
Warning
All work at height including the use of Personal Protective Equipment (PPE) as a control measure is subject to a suitable and sufficient risk assessment.

P&P Work Positioning Lanyards

P&P produce a range of 'Work Positioning' Lanyards to BSEN 358:2018 These lanyards must be used with an approved harness or belt and will provide a work positioning or restraint system when used with a suitable anchorage.

P&P 90176 Rope-Rat Work Positioning Lanyard

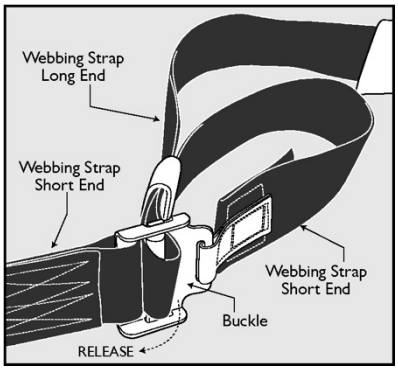
A 2m lanyard constructed of 11mm Kernmantle rope with a 'Rope-Rat' adjuster and protective sleeve. One end of the Kernmantle rope is fitted with a Kwiklok Captive Eye Karabiner or other approved EN362 connector.



The 'Rope-Rat' attachment point is normally supplied with a screwed oval link but may be fitted with a self closing/self locking EN362 connector. The free end of the rope is 'sewn back' to prevent the 'Rope-Rat' detaching from the rope end.
Typically this lanyard is used with an EN361:2002 harness fitted with EN358:2018 attachment points. It then serves to provide a hands free environment.
To adjust 'up' the working length of the lanyard, when the lanyard is in the position of work and connected to your harness, take your weight off the lanyard by using one hand to pull yourself in, then use your other hand to pull the free end of the rope. This will adjust 'up' the working length of the lanyard. To lengthen the lanyard, grasp the 'Rope-Rat' with your hand closest to it, partially support your weight with your other hand on the structure and depress the release lever with your finger.

P&P 90174 Webbing Work Positioning (Pole) Lanyard

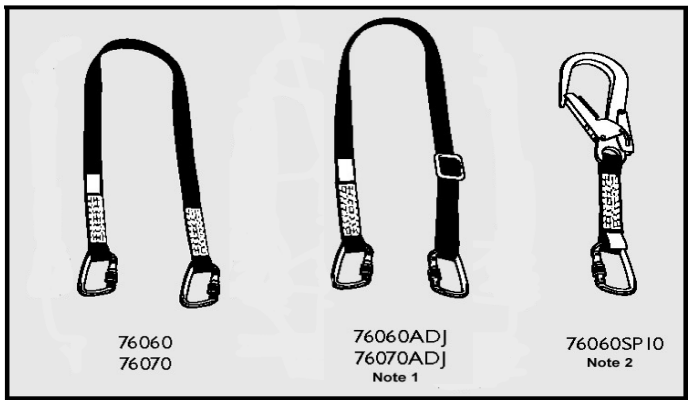
A 2m lanyard constructed of polyester webbing with an adjustable buckle and wear pad to protect the webbing from abrasion. This standard pole strap is fitted with an aluminium double action 'snap hook' at each end (other connectors may be fitted conforming to EN362). This lanyard is only for use with the EN358:2018 Work Positioning 'D' rings fitted to a suitable P&P harness. It then serves to provide a hands free environment. The Webbing Strap can be increased or decreased in length as required when in the work position. Note that only one hand is needed to perform this adjustment and that the Work Positioning Lanyard must not be supporting your weight at the time. To adjust 'up' the working length of the lanyard, when the lanyard is in the position of work and connected to your harness, take your weight off the lanyard by using one hand to pull yourself in, then use your other hand to pull the 'Webbing Strap short end' away from you. This will adjust 'up' the working length of the lanyard. To decrease length, grasp the long end of the webbing loop and pull it back.



Webbing & Rope Lanyards

In addition to the Work Positioning Lanyards already discussed **P&P** produce a range of Webbing and Rope Lanyards that are suitable for work positioning, restraint or part of a fall arrest system. The following are examples of webbing lanyards and are constructed of 32mm 34kN breaking strain webbing. They are available with a choice of EN362 end connectors (hooks and karabiners) and lengths up to 2m.

Webbing Lanyards



The following is an example of a **P&P** Rope Lanyard and is constructed of 11mm Kernmantle Rope. These are available with a choice of EN362 end connectors (hooks and karabiners) and lengths up to 2m.

Rope Lanyards



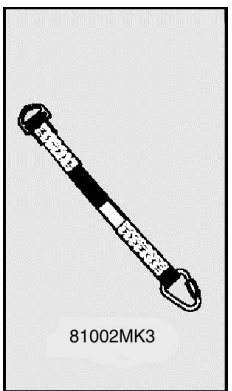
Important Notes

1) Lanyards fitted with an adjuster are tested to EN358:2018 and must ONLY be used for work positioning/restraint. They must NOT be used as part of, or incorporated in a fall arrest system.
The connector at the adjuster end will NOT be made captive unless supplied with a 'captive eye' type connector.

2) A 0.5m lanyard fitted with a double action snap hook to fit over a ladder rung. This lanyard is only available in this length and if used as a ladder hook must not be extended. It must ONLY be used on fixed and secured ladders.

81002MK3

A 0.5m lanyard to EN354:2010 fitted with a 'D' ring and screwed triangular link designed to extend a harness fall arrest attachment point. It must ONLY be used with a retractable type fall arrestor (EN360) incorporating an automatic tensioning spring. Connect the screwed triangular link directly to your harness fall arrest 'D' ring. Connect the lanyard 'D' ring to the retractable type fall arrestor connector. Always ensure the lanyard is kept under tension and never allowed to become slack. This lanyard makes the connection of a retractable type fall arrestor easier and in the event of a rescue, provides a 'cut' section in the life line.



Usage

- These items of PPE are for personal use only
- Only use connectors (hooks, karabiners etc.) approved and recommended by **P&P.**
- Check the Inspection Record for this lanyard to ensure that regular inspections have been correctly recorded.
- It is strongly recommended that the user is given adequate practical training prior to using this lanyard or any other **P&P** product.
- Work Positioning Lanyards must be adjusted in such a way that the anchorage point is maintained at or above waist level. The lanyard should be kept taut and free movement restricted to a maximum of 0.6m.
- The Maximum Rated Load (user weight) for **P&P** work positioning and restraint lanyards is 150Kg. In all cases when determining the suitability of equipment, specifiers should consider both the position and strength of anchorages. Under no circumstances use this lanyard where a fall can occur. If a fall can occur then a backup fall arrest system MUST be used.

Important

Do not

- Do not use this lanyard until you have read and fully understood these instructions.
- Do not use this lanyard for 'Work Positioning/ Restraint', unless it is of such a length or can be adjusted to such a length that a fall **cannot** occur.
- Do not anchor to a structure that itself can fall i.e. freestanding ladder or any loose structure.
- Do not loop standard lanyards around objects with sharp edges. If a lanyard is to be looped around a structure (choked), a protective sleeve should be fitted.
- Do not tie a knot in a lanyard to make it shorter, it can reduce the lanyard strength by 50%
- Do not connect to an energy absorber if the finished length is greater than 2m
- Do not use an EN358 lanyard to make up a fall arrest lanyard using an Energy Absorber Pack.

IF IN DOUBT, CONTACT YOUR SUPPLIER OR **P&P** FOR ADVICE.

Do

- Do ensure that the lanyard is connected to an anchorage of sufficient strength. Fall arrest – minimum anchorage point strength 12kN. Restraint/Work Positioning – minimum breaking

strength of the anchor point should be equivalent to at least 3 times the user's body mass, in the direction in which the load is to be applied in service. (BS8437: 2005)

- Do ensure that this lanyard is connected to the correct attachment point of the full body harness or belt. If used as part of a fall arrest system then only the Sternum 'D' ring or Dorsal 'D' ring (Fall arrest points marked with letter 'A')
- Do ensure when adjusting the length of a lanyard there is no risk of moving into an area where there is a fall hazard eg edge of roof. If working close to an edge and a fall is possible then a Fall Arrest System must be used.
- Do ensure that the closing mechanism of the connector(s) is locked shut. Kwiklock, Locksafe and double action snap hook types do this automatically but should still be checked. Screw gate types must be screwed manually and checked by applying pressure against the closing mechanism. Screwed Link connectors should be hand tightened, then finished with a spanner to the appropriate tightening torque.
- Do ensure if this lanyard is used for 'Work Positioning at Height' where a fall is possible there is a 'Backup' fall arrest system.
- Do ensure that if this lanyard is used as part of a Fall Arrest System there is adequate free space beneath the user. There must be no risk of collision with the ground or other obstacle. A check must be made on each and every occasion of use and whenever the user moves into an area where there is a fall hazard.
- Do ensure the connector, karabiner or snap-hook is loaded along its major axis. Be aware of 'cross gate loading'. A karabiner is engineered to 'direct' force along its major axis – but still check! *
- **Connector Loading** *



✓ Correct loading with gate mechanism secured shut.



✗ Incorrect loading.

- Do ensure this lanyard is only used with compatible connectors.
- A site risk assessment before using this PPE. Although not exhaustive it should include identification of the following potential hazards, e.g. Safe access and egress, falling objects, extremes of heat, (hot or cold) Sources of energy, example; electricity, lightning or radio frequency energy, provision of emergency communications, provision of rescue equipment, trailing lanyards or lines, cutting, abrasion or sharp edges.

See P&P user manual "Energy Absorbing Lanyards" for a detailed explanation of MFS (Minimum Free Space) FF (Fall factor) applicable to Fall Arrest Systems. Available as a free down load from www.ppsafety.co.uk

It is strongly recommended that users are trained in its proper use and practical/physical limitations.

Modifications and Repairs

No repairs, modifications or alterations are to be carried out on this **Belt or Lanyard.**

Marking of PPE

Textile products including webbing and rope **must not** be marked using ink or paint. Marker pens and paint will contaminate textile fibres leading to potential damage from material stiffening or even chemical attack.
Plastic or Metal casings of components **must not** be marked by stamping, etching or engraving. These processes may weaken the material or damage protective coatings.
P&P advise that if additional identification is required a tagging system (label or electronic) should be used that does not interfere in any way with the operation of equipment or devices. Contact **P&P** or your supplier for advice on additional labelling.

Rescue Plan

Rescue Plan
As part of your risk assessment you MUST have in place a rescue plan to deal with any emergency, which may occur during use. Access to the user, directly or indirectly and their safe retrieval is of paramount importance, including preparations for dealing with potential Post Fall Suspension Syncope

Inspection

Before the issue or first use of the system the product details should be recorded on a 'Record of Detailed Inspections'.
The product name, 'read manual' warning pictogram, unique serial number and date of manufacture will be found on the product label either stitched into the Lanyard's webbing or captive at the end of the rope.
The date of manufacture is supplied in the form Month/Year MM/YY e.g. 06/26. The serial number is a unique six digit identification code xxxxxx e.g. 068701
Always make sure the product labels are present showing both the serial number and date of manufacture and that it matches your User Manual. If the serial number/description is not legible on the Product Label(s) or do not match the User Manual - DO NOT USE the Belt or Lanyard!

This Belt or Lanyard along with all your other Fall Protection PPE must be subjected to a pre-use check, each time, before use. Failure to inspect the Belt or Lanyard correctly could cost you your life. You should be trained to carry out a pre-use check. Detailed recorded inspections at a frequency of 6 months should only be carried out by a trained competent person, appointed by the employer. Additional recorded interim inspections may be required where risks from transient arduous working environments exist. This should be identified through Risk Assessment.

The pre-use check must include (but is not limited to):

- Check all webbing / rope for signs of cuts, abrasions, fraying, tears, burns, mould, discolouration or chemical attack.
- Check all stitching for signs of loosening, pulling or cut thread. There must be no evidence of damaged stitching on either side of the stitch pattern.
- Check the Energy Absorber Pack for signs of exposed 'tear webbing' visible at the ends. Exposure of 'tear webbing' indicates the Lanyard may have been subject to a fall. If tear webbing is visible the lanyard must be immediately taken out of service and destroyed or returned to **P&P** for inspection.
- Check all shrink sleeving is intact and protecting rope or webbing.
- If the Lanyard has been subject to significant paint overspray, it must not be used.
- Adjusters and connectors MUST be free from rust, excessive wear, distortion or cracks.
- All connectors/links must operate correctly with no tendency for gates to stick or jam.

A detailed recorded 6 monthly inspection by a competent person must include, as a minimum, on what whatever recording media is chosen. (Paper or electronic storage)

- Product model number
- Serial Number
- Date of manufacture/first use
- Date of inspection
- Results of Inspection (Pass/fail)
- Comments/actions
- Name of inspector

If during the pre-use check or detailed 6 monthly inspection any part is found to be, or believed to faulty, DO NOT use it. Remove ALL components from site to ensure that they cannot be used by anyone.

Cleaning, Maintenance and Storage

Keep the **Lanyard** clean and dry. Remove excess moisture with a clean cloth then allow drying naturally in a warm room away from direct heat.

You may clean this lanyard using water but avoid getting soap/detergent into buckles. First rinse in clean cold water – if still soiled; wash in clean warm water (40°C max) using a mild detergent if necessary. Thoroughly rinse in clean cold water and dry as described above.

Chemical Attack

Avoid contact with any chemical, which might affect the performance of this lanyard, e.g. these include all acids and strong caustic substances (vehicle battery acid, bleach etc.)

If subject to chemical attack, you must remove it from service and check with the supplier or **P&P** for advice on the possible consequence of chemical degradation.

Storage

After any necessary cleaning, dry completely then store in a cool dry place, which will protect it from extreme humidity and direct heat.

Transportation

Care should be taken to protect the lanyard against risks such as those detailed under Service Life. A simple effective way is to transport the lanyard in a suitable bag or container, which prevents abrasion.

Service Life

The **product** has a maximum life span of 10 years from date of manufacture, provided it is correctly stored and maintained. However, if it fails any inspection it MUST be destroyed. See the Statement of Obsolescence within this manual.

Product Standards

P&P Work Positioning Belts and Lanyards are certified to the following standard: EN358:2018

P&P Restraint Lanyards are certified to the following standard: EN354:2010

Users/Specifiers must check the product label to identify which standard(s) their P&P Belt or Lanyard is certified to.

About This Manual

This User Manual is for English speaking countries only. If you require this manual in a different language, please Contact **P&P**. When this item is sold on, this manual must accompany it and be supplied in the language of the destination country.

Product Details

The Product Code, Serial number and Date of Manufacture of the **Lanyard** should be entered on your 'Record of Detailed Inspections' for future reference and inspection purposes.

Warning

This **Belt or Lanyard** must be used by persons who are medically fit to do so. If you have any medical condition, are recovering from any medical condition or suffer from any physical or mental disability you must seek professional medical advice before using this **Belt or Lanyard**.

Statement of Obsolescence

Due to the ingress of dirt and grit, chemical contamination, edge and surface damage, ultraviolet light degradation, and wear and tear, Fall Protection Equipment manufactured from synthetic fibres (webbing and/or rope) is subject to a manufacturer's statement of obsolescence, which is a requirement of BS EN 365:2004 a European Product Standard.

Any item of Fall Protection Equipment manufactured by P&P with synthetic fibre components (webbing and/or rope) is subject to a maximum life span of 10 years from the date of manufacture, provided the item has been correctly stored, maintained and subjected to regular recorded detailed inspections by a trained and competent person as part of an Inspection Regime.

However, if the item fails any inspection, it must immediately be withdrawn from service and destroyed. This statement applies to equipment **manufactured from January 2015 which has been subject to an Effective Inspection Regime.**

Inspection Regime

An Inspection Regime should include pre-use checks, detailed recorded inspections and (as appropriate) interim inspections. The inspections should be carried out by Competent Persons, the frequency of inspections should be determined by risk assessment, use and environmental conditions. It is an HSE recommendation that detailed recorded inspections are carried out at least every six months.

Fall Arrest safety products should be checked each time **before** use and should be inspected by a competent person other than the user at least every six months, recording the result, along with other relevant details on the inspection record card or similar document. Further information regarding the inspection of fall arrest equipment can be found in HSE publication INDG367.

If used to arrest a fall the system **must** be withdrawn from use.

Reference should also be made to the British Standard BS 8437:2005 – 'The code of practice selection, use and maintenance of personal fall protection systems and equipment for use in the workplace' - clause 13.2 Lifespan, which states:

'Some equipment is given a life span or obsolescence date by the manufacturer. Equipment that has reached such a limit, which has not already been rejected for other reasons, should be withdrawn from service and not used again, unless or until confirmed by a competent person, in writing, that it is acceptable to do so.'

It should be noted that inspections carried out by a trained and competent person are only visual and tactile observations of the condition of the product; they are not testing the residual strength of the equipment. All synthetic fibres deteriorate slowly with age regardless of use and as a result, P&P strongly advises all users of Fall Protection Equipment to follow the manufacturer's statement of obsolescence.

For further advice on this statement, as well as training in the use and inspection of Fall Protection Equipment, please contact P&P Safety Ltd.

The Notified body conducting the EU Type Examination for this product is:

SATRA Technology Europe Ltd, Braceton Business Park,
Clonee, Co. Meath D15 YN2P, Ireland

EU Notified Body No 2777

This PPE is subject to the conformity assessment procedure of conformity to type based on quality assurance of the production process (Module D) PPE Regulations (EU) 2016/425 under the surveillance of the notified body:

BSI Group The Netherlands B.V.,
John M. Keynesplein 9,
1066 EP Amsterdam,
The Netherlands

EU Notified Body No 2797

The EU and UKCA Declarations of Conformity for **P&P Safety Ltd** products can be found and downloaded from our web site:
https://www.ppsafety.co.uk

P&P Safety Limited, 131 New John Street, Aston,
Birmingham B6 4LD, England.
Telephone: 0121 359 4561
Email: sales@ppsafety.co.uk
Website: www.ppsafety.co.uk

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P&P Belts and Lanyards for Work Positioning and Restraint Manual V11 0626

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