

- a full body harness complied with EN 361 is the only acceptable body holding device that can be used in a fall arrest system.
- in full body harness use only attaching points marked with big letter "A" to attach a fall arrest system.
- the anchor device or anchor point for the fall arrest system should always be positioned, and the work carried out in such a way, as to minimise both the potential for falls and potential fall distance. The anchor device/point should be placed above the position of the user. The shape and construction of the anchor device/point shall not allowed to self-acting disconnection of the equipment. It is recommended to use certified and marked structural anchor point complied with EN795.
- it is obligatory to verify the free space required beneath the user at the workplace before each occasion of use the fall arrest system, so that, in the case of a fall, there will be no collision with the ground or other obstacle in the fall path. The required value of the free space should be taken from instruction manual of used equipment.
- there are many hazards that may affect the performance of the equipment and corresponding safety precautions that have to be observed during equipment utilization, especially:
 - trailing or looping of lanyards or lifelines over sharp edges,
 - any defects like cutting, abrasion, corrosion,
 - climatic exposure,
 - pendulum falls,
 - extremes of temperature,
 - chemical reagents,
 - electrical conductivity.
- personal protective equipment must be transported in the package (e.g.: bag made of moisture-proof textile or foil bag or cases made of steel or plastic) to protect it against damage or moisture.
- the equipment can be cleaned without causing adverse effect on the materials in the manufacture of the equipment. For textile products use mild detergents for delicate fabrics, wash by hand or in a machine and rinse in water. Plastic parts can be cleaned only with water. When the equipment becomes wet, either from being in use or when due cleaning, it shall be allowed to dry naturally, and shall be kept away from direct heat. In metallic products some mechanic parts (spring, pin, hinge, etc.) can be regularly slightly lubricated to ensure better operation.
- personal protective equipment should be stored loosely packed, in a well-ventilated place, protected from direct light, ultraviolet degradation, damp environment, sharp edges, extreme temperatures and corrosive or aggressive substances.

IT IS THE RESPONSIBILITY OF THE USER ORGANISATION TO PROVIDE THE IDENTITY CARD AND TO FILL IN THE DETAILS REQUIRED. THE IDENTITY CARD SHOULD BE FILLED IN BEFORE THE FIRST USE BY A COMPETENT PERSON, RESPONSIBLE IN THE USER ORGANIZATION FOR PROTECTIVE EQUIPMENT. ANY INFORMATION ABOUT THE EQUIPMENT LIKE PERIODIC INSPECTIONS, REPAIRS, REASONS OF EQUIPMENT'S WITHDRAWN FROM USE SHALL BE NOTED INTO THE IDENTITY CARD BY A COMPETENT PERSON. THE IDENTITY CARD SHOULD BE STORED DURING A WHOLE PERIOD OF EQUIPMENT UTILIZATION. DO NOT USE THE EQUIPMENT WITHOUT VALID IDENTITY CARD. DO NOT USE THE EQUIPMENT WITHOUT THE IDENTITY CARD. ALL RECORDS IN THE IDENTITY CARD CAN BE FILLED IN ONLY BY A COMPETENT PERSON.

IDENTITY CARD

| MODEL AND TYPE OF EQUIPMENT | | REF. No. | | | |
|---|--------------------------------|---|--|--|------------------------------------|
| SERIAL NUMBER | DATE OF MANUF. | | | | |
| USER NAME | | | | | |
| DATE OF PURCHASE | DATE OF PUTTING INTO OPERATION | | | | |
| PERIODIC EXAMINATION AND REPAIR HISTORY | | | | | |
| | DATE | REASON FOR ENTRY PERIODIC EXAMINATION OR REPAIR | DEFECTS NOTED, REPAIRS CARRIED OUT AND OTHER REVELANT INFORMATIONS | NAME AND SIGNATURE OF COMPETENT PERSON | PERIODIC EXAMINATION NEXT DUE DATE |
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |

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Notified body, at which the European certification was performed and which supervises the production of the equipment:
 APAVE SUDEUROPE SAS - BP 193 - 13322 MARSEILLE CEDEX 16 - FRANCE

Instruction Manual



Read carefully
the manual
before use
the equipment

EN 360:2002

CE 0082

Ref. AH 210 / AH 230 / AH 220 / AH 220 S



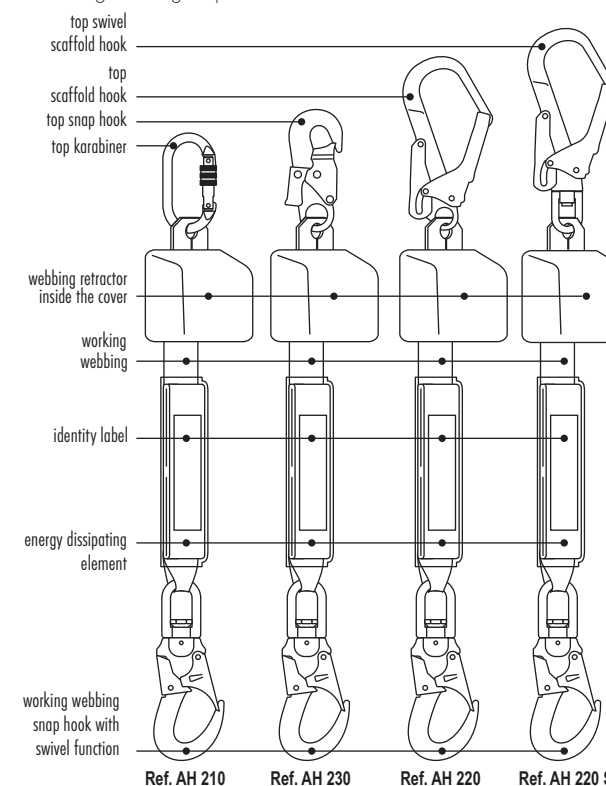
RETRACTABLE TYPE
FALL ARRESTER

ROLEX

ROLEX is a retractable-type fall arrester device. The ROLEX is a component of the personal fall arrest equipment and complies with the standard EN360. ROLEX is protection for one person. ROLEX is a complete system and it is forbidden to substitute any of device components. Maximal length of the device is 2,25 m. Admissible maximal weight of the ROLEX user is 140 kg.

BASIC EQUIPMENT

- top scaffold hook or karabiner- for attaching device to structural anchor point ;
- webbing retractor inside the cover;
- working webbing;
- energy dissipating element;
- working webbing snap hook.



CONTENT OF THE DEVICE IDENTITY LABEL

reference number

trade mark of the device

suitable norm (number/year)

type of the device

CE marking with identity number of the notified body controlling manufacturing of the equipment (the article 11)

device has to be used in vertical direction only the working webbing deflection from the vertical line up to 30° is allowed

maximal weight of the user

number of the manufacturing series

month/year of the device manufacture

caution: read the manual

name of the manufacturer or distributor

Ref. AH 220

EN 360:2002

CE 0082

30° MAX

140 kg MAX

RETRACTABLE TYPE FALL ARRESTER ROLEX

Date of manufacture: MM/YYYY

Serial number: 00001

ADMISSIBLE TIME OF USE

The fall arrester ROLEX can be used for 5 years counting from a date of putting the device into operation. After this period the device must be withdrawn from use to carry out manufacturer's detailed inspection.

The manufacturer's inspection can be carried out by:

- manufacturer
- or person recommended by manufacturer
- or company recommended by manufacturer.

During this inspection will be established admissible time of the fall arrester use till next manufacturer's inspection.

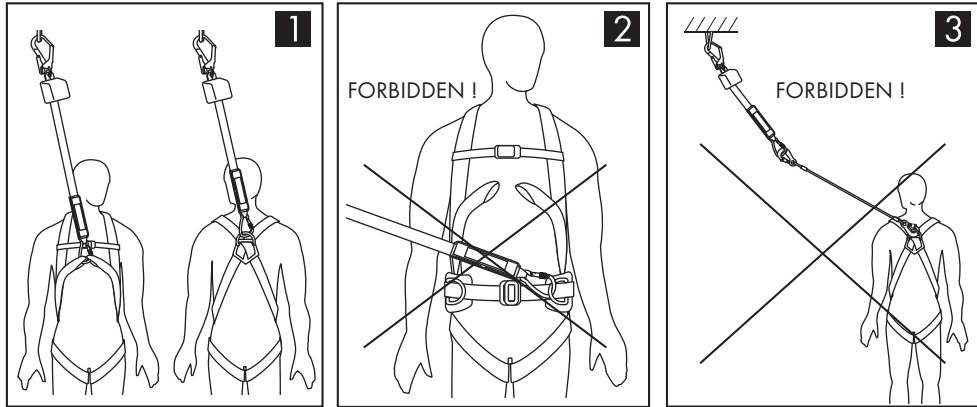
The fall arrester ROLEX must be withdrawn from use immediately and destroyed when it has been used to arrest a fall.

ATTENTION!

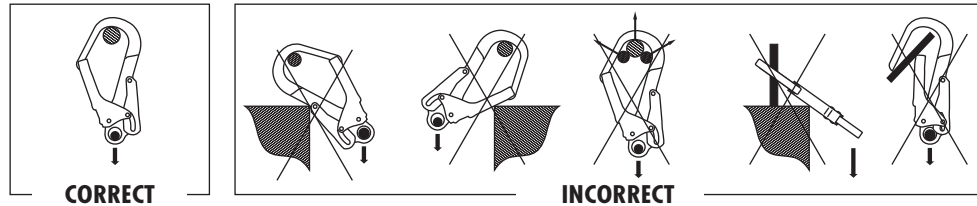
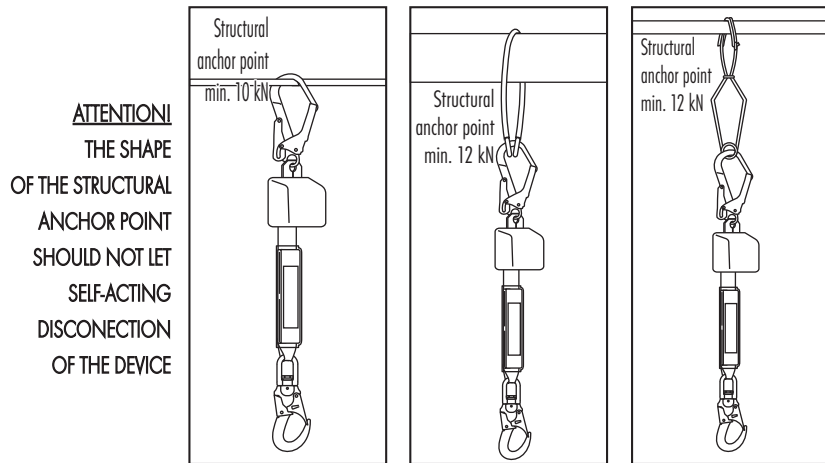
The retractable type fall arrester ROLEX can be equipped only with certified (according to EN 362) snap hooks. Working webbing snap hook should be equipped with a snap hooks incorporate swivel function.

CONNECTING THE ROLEX TO THE SAFETY HARNESS

- the working webbing snap hook must be connected to front or back attaching point of full body harness. The full body harness must comply with EN361 **1**
- it is strictly forbidden to connect the ROLEX to the work positioning belt **2**
- it is strictly forbidden to add any additional element between the working webbing snap hook and attaching point of harness **3**



CONNECTING THE ROLEX TO THE STRUCTURAL ANCHOR POINT



PRE-CHECK OF THE ROLEX PROPER ACTING

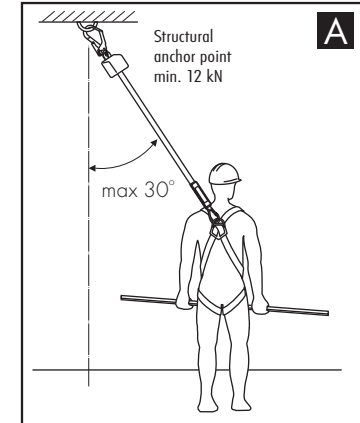
Before each use, a close visual examination of the retractor, retractor's cover, snap hooks, working webbing and dissipating element must be carried out in respect of mechanical, chemical and thermal defects. The user has to check the retractor acting by dynamic pulling the working webbing. The webbing should be blocked and stopped pulling out. After releasing the webbing, the retractor should pull in the webbing. The examination must be carried out by a person who is going to use the ROLEX. In the case of any defect or doubt of correct condition of the ROLEX, do not use the ROLEX.

Using the ROLEX, in connection with fall arrest system, must be compatible with manual instructions of the fall arrest systems and obligatory standards:

- EN361 - for the safety harness
- EN362 - for the connectors
- EN795 - for anchorages

During use the ROLEX must be protected from a contact with oils, acids, solvents, basics, open fire, hot metal drops and sharp edges. During working on the lattice constructions we should avoid interleaving the working webbing between the individual construction elements. We should avoid using the device in the dust laden and greasy environment.

- structural anchor point to which will be connected the upper snap hook of ROLEX should be situated above working position and should have static resistance min. 12kN. The shape of the structural anchor point should not let self-acting disconnection of the device. It is recommended to use certified and marked structural anchor point complied with EN 795.
- free distance below the working surface has to be at least 2,6 m.
- Fall arreser ROLEX has to be used in vertical direction only. During moving of the worker, the working webbing deflection from the vertical line up to 30° is allowed - see the drawing A.
- ROLEX must be taken out of service and destroyed by a competent person after being used to arrest a fall.
- it is strictly forbidden to make any modifications to the ROLEX yourself.



PERIODIC INSPECTIONS - annual inspection must be carried out by a competent person. Whole parts of the ROLEX: the retractor, snap hooks, webbing and energy dissipating element must be controlled in respect of mechanical, chemical and thermal defects. The result of inspection must be recorded in Identity Card.

THE ESSENTIAL PRINCIPLES FOR USERS OF PERSONAL PROTECTIVE EQUIPMENT AGAINST FALLS FROM A HEIGHT

- personal protective equipment shall only be used by a person trained and competent in its safe use.
- personal protective equipment must not be used by a person with medical condition that could affect the safety of the equipment user in normal and emergency use.
- a rescue plan shall be in place to deal with any emergencies that could arise during the work.
- it is forbidden to make any alterations or additions to the equipment without the manufacturer's prior written consent.
- any repair shall only be carried out by equipment manufacturer or his certified representative.
- personal protective equipment shall not be used outside its limitations, or for any purpose other than that for which it is intended.
- personal protective equipment should be a personal issue item.
- before use ensure about the compatibility of items of equipment assembled into a fall arrest system. Periodically check connecting and adjusting of the equipment components to avoid accidental loosening or disconnecting of the components.
- it is forbidden to use combinations of items of equipment in which the safe function of any one item is affected by or interferes with the safe function of another.
- before each use of personal protective equipment it is obligatory to 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.
- during pre-use check it is necessary to inspect all elements of the equipment in respect of any damages, excessive wear, corrosion, abrasion, cutting or incorrect acting, especially take into consideration:
 - in full body harnesses and belts - buckles, adjusting elements, attaching points, webbings, seams, loops;
 - in energy absorbers - attaching loops, webbing, seams, casing, connectors;
 - in textile lanyards or lifelines or guidelines - rope, loops, thimbles, connectors, adjusting element, splices;
 - in steel lanyards or lifelines or guidelines - cable, wires, clips, ferrules, loops, thimbles, connectors, adjusting elements;
 - in retractable fall arresters - cable or webbing, retractor and brake proper acting, casing, energy absorber, connector;
 - in guided type fall arresters - body of the fall arreser, sliding function, locking gear acting, rivets and screws, connector, energy absorber;
 - in connectors - main body, rivets, gate, locking gear acting.
- after every 12 months of utilization, personal protective equipment must be withdrawn from use to carry out periodical detailed inspection. The periodic inspection must be carried out by a competent person for periodic inspection. The periodic inspection can be carried out also by the manufacturer or his authorized representative.
- regular periodic inspections are the essential for equipment maintenance and the safety of the users which depends upon the continued efficiency and durability of the equipment.
- during periodic inspection it is necessary to check the legibility of the equipment marking.
- it is essential for the safety of the user that if the product is re-sold outside the original country of destination the reseller shall provide instructions for use, for maintenance, for periodic examination and for repair in language of the country in which the product is to be used.
- personal protective equipment must be withdrawn from use immediately when any doubt arise about its condition for safe use and not used again until confirmed in writing by equipment manufacturer or his representative after carried out the detailed inspection.
- personal protective equipment must be withdrawn from use immediately and destroyed (or another procedures shall be introduced according detailed instruction from equipment manual) when it have been used to arrest a fall.