

**EN 358 Work Positioning Devices / Restrain Belts**  
**EN 361 Full Body Harnesses**

**EN 354 / 355**  
**EN 1496 / 1497 / 1498**

**Lanyard**  
**Rescue Harness**

**PSM2**

**Before each use:**

1. Harnesses should be issued on a personal basis & all relevant information kept in the Record Card.
2. Visually inspect the condition of: webbing, stitch patterns, and fittings.

If there is any abrasion, cuts, holes or burns to the webbing the item should be rejected.  
If there is any corrosion, cracks, distortion or burs on the fittings the item should be rejected.  
If there is any broken, worn, pulled, or unravelling stitches the item should be rejected.

**During use:**

3. Use only safety lines or lanyards approved to the correct BS EN standards.
4. Anchor points should always be above the operator where possible & slack kept to a minimum.
5. Fall Protection devices should be attached via a suitable connector / karabiner to either the front or rear 'D' rings for fall arrest.
6. Work positioning devices should only be attached to side 'D' rings.  
Never use side 'D' rings for fall arrest.
7. When using work positioning equipment the lanyard should be passed around the anchorage & fastened to separate attachments on the harness. The lanyard should be adjusted so that the fall is limited to 0.5m.
8. Ensure the anchor point is in accordance to EN 795.
9. Clearance below the operator should be a minimum of 5.75m for a 2m absorbing lanyard, this is the potential extension plus operator body length. If in doubt, seek advice.
10. Protect all equipment from sharp objects. Work Positioning lanyards should be passed around anchorages which do not have sharp edges.
11. Any type of Harness, Lanyard, or Work Positioning device should not be used in locations which have extremes of temperature & chemical contamination.
12. Certain chemical substances may reduce a products ability to perform, if in any doubt seek advice.
13. Store all equipment in a dry & dust free environment, away from direct sources of heat & light.
14. Cleaning: Certain substances may be removed with a diluted solution of cleaner & warm water, not to exceed 40°C, Dry naturally away from direct sources of heat.
15. Never modify or repair PPE equipment. If in any doubt, DO NOT USE.
16. Rescue Harnesses should only be used when un-hindered lifting is possible.

**17. Fitting and Removal:**

Ensure all straps are not twisted.

- A. Lift harness by rear dorsal 'D' ring, pass arms through shoulder straps, as if putting on a jacket.
- B. If fitted with 2 side 'D' rings, tighten belt and ensure any loose webbing is secured.
- C. Pass each leg strap under legs and fasten to square link, tighten ensuring leg loops are not twisted and webbing emerges forward.
- D. Tighten all straps according to comfort & secure loose webbing.
- E. Adjust dorsal 'D' to be between shoulder blades.
- F. To remove, reverse steps E to A.

- If subjected to a fall or if the device is worn or damaged, or any other part of the unit is considered worn – DO NOT USE. Return the unit for service immediately.
- The recommended service interval is 6 months from the date of first use.
- If there is any doubt of the suitability of any PPE device, DO NOT USE

