

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

Users Manual

English Version

**P&P Range of MK1, MK2 and MK3
Fall Arrest Harnesses**

Thank you for purchasing this Harness. Please take time to familiarize yourself with the correct use and operation. It is imperative that this Harness 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 Harness or training others to use it, CAREFULLY READ and understand these instructions.

If there is anything you do not understand DO NOT use the Harness, 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 Harness for any other purpose.

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

Description

P&P offer a full range of Harnesses to suit your needs. This manual covers the design features of all **P&P** MK1, MK2 & MK3 Harnesses and it is important that you read and understand it. With your harness and using these instructions, work through the various fittings and adjustments.

Fall Arrest

All **P&P** Harnesses are designed for fall arrest. Every harness is fitted with a dorsal (rear, between shoulders) 'D' ring attachment point identified by the letter 'A'. Identification takes the form of a letter 'A' printed onto adjacent webbing, etched into the 'D' ring or stamped into the plastic dorsal plate. There may also be a sternum (front, centre of breast bone) 'D' ring, in which case the letter 'A' will be etched into the ring or printed onto adjacent webbing. Fall arrest lanyards/equipment must only be attached to a 'D' ring which is clearly identified by the letter 'A'. Note: Identification of fall arrest attachment points is a recent change to equipment standards and earlier harnesses will not be marked. If in doubt contact the supplier or **P&P** for advice.

Work Positioning

Some **P&P** Harnesses have an integral work positioning belt. The belt provides 2 cranked side 'D' rings (one on each hip), for the attachment of a work positioning lanyard.

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.

Rescue

Some **P&P** Harnesses have an integral overhead rescue attachment. This attachment is for rescue from confined spaces or similar circumstances.

Inspection

This manual contains a Declaration of Conformity on the back page.

The product name, unique serial number and date of manufacture will be found on the product label either sewn into or onto the Harness' webbing.

Always make sure the product label is present shows both the serial number and date of manufacture and that it matches your Inspection Record Document / this manual. If the numbers are not legible on the Product Label or do not match your Inspection Record Document / this manual – Do Not Use the Harness!

The Harness along with all your other Fall Protection PPE must be subjected to a pre-use check each time before use. Failure to inspect the Harness correctly could cost you your life. You should be trained to carry out a pre-use check. Detailed recorded inspections 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):

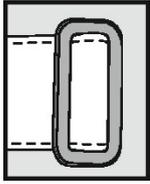
- Check all webbing for signs of cuts, abrasions, fraying, tears, burns, mould, discolouration or chemical attack. If the Harness has been subject to paint overspray, it must not be used.
- Check all stitching for signs of loosening, pulling or cut thread. There must be no evidence of damaged stitching on either side of the stitch pattern.
- Buckles and 'D' Rings MUST be free from rust, excessive wear, distortions or cracks.

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

Fittings and Adjustments

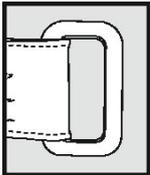
The following section deals with the types of fittings found on P&P Harnesses and their uses.

Three Bar Slide



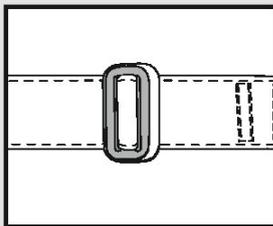
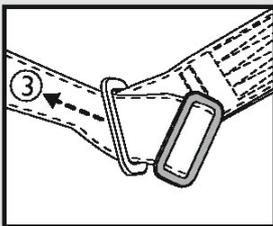
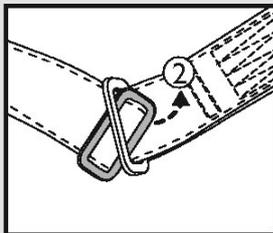
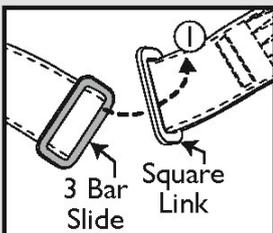
A simple metal 'buckle' shaped fitting which is either retained in place by webbing or fitted to the end loop of a webbing strap. It can be 'slid' along the webbing and will remain where positioned with minimal creep.

Square Link

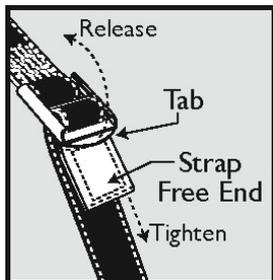


Fitted to the end of a webbing strap and designed to receive and retain a three bar slide. The three bar slide and square link allow easy connection, separation and adjustment of chest straps when fitting or removing the harness.

3 Bar Slide & Square Link

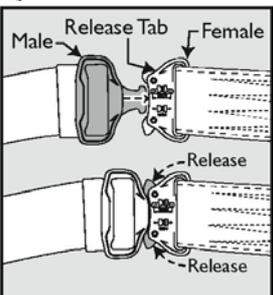


Quick Fit Buckle



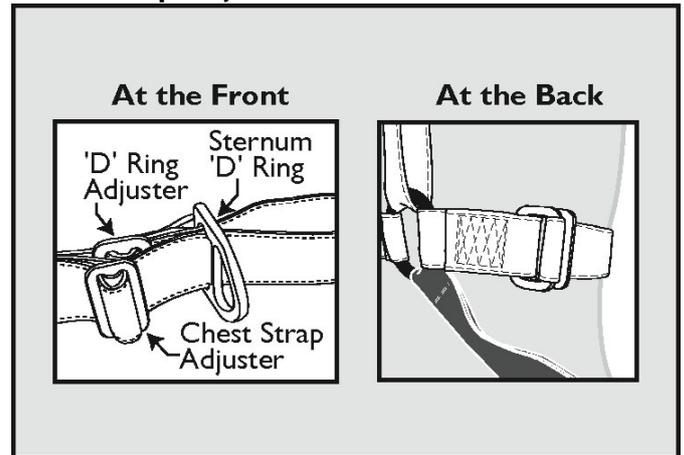
The Quick Fit buckle is permanently attached to enable speedy deployment. To tighten a fitting, pull the free end of the strap until the required fit is achieved. To release the fitting, raise the buckle's tab fully back and pull, the webbing will feed gently through.

Quick Release Buckle

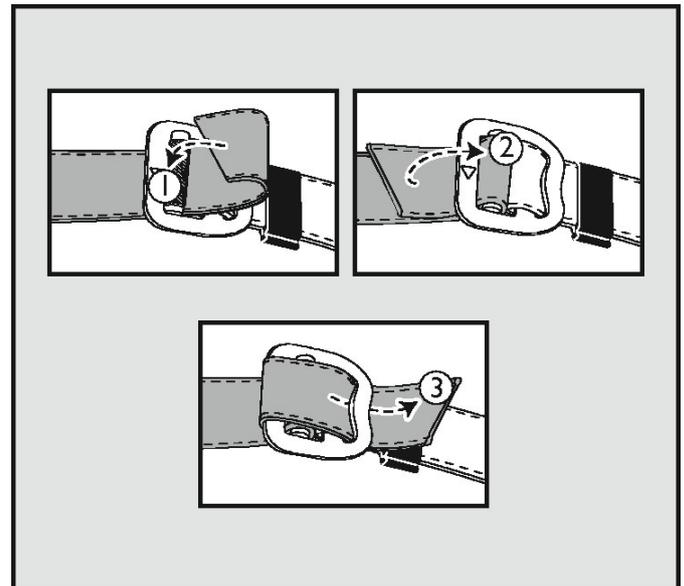


Connection of this buckle is a simple push fit. To release the Buckle, both release tabs must be moved back simultaneously, if not, the Buckle will remain connected. The mechanism MUST be kept clean at all times and you should NOT use any lubricants to ease its use.

Chest Strap Adjustment

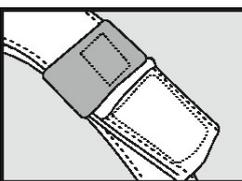


Waist Belt Buckle



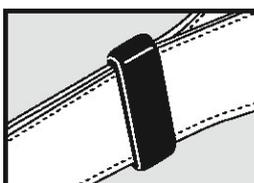
This buckle has to be threaded in a specific manner to ensure a secure fit. It is only fitted to harnesses that incorporate a Work Positioning Belt.

Web Retaining Loop

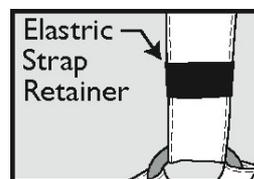


A sewn webbing loop used to retain the end of a leg strap. When adjustment has been finalised, the loop should be moved as close to the loose end of the webbing strap as possible.

Plastic Slider

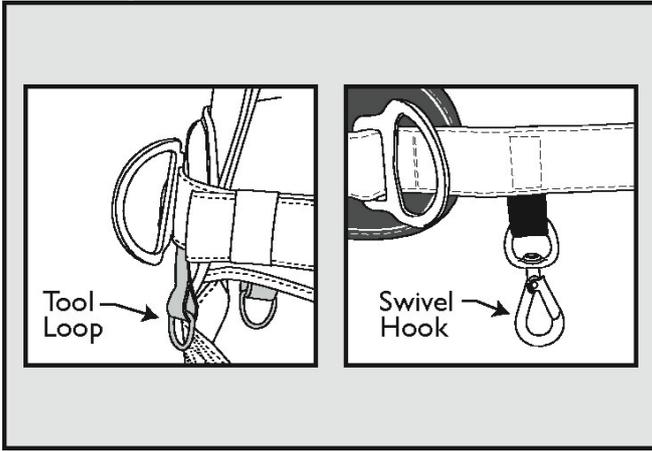


The adjustable leg straps are fitted with two plastic sliders used to retain the end of the strap. When adjustment has been finalised, one slider should be moved as close to the three bar slide as possible and the other to the loose end of the webbing strap.



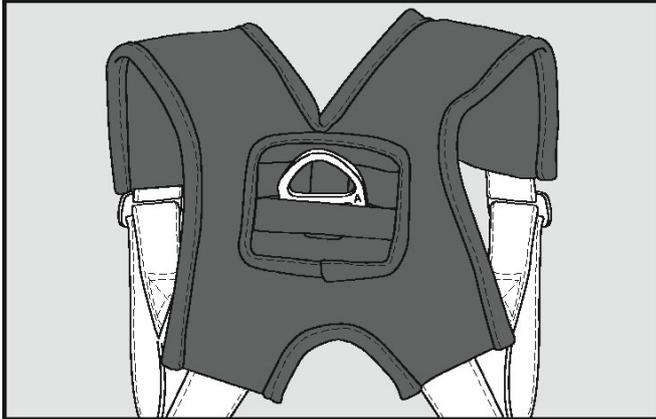
Adjustable straps are fitted with an elastic secured retainer to retain the end of the strap.

Tool Loops & Swivel Hooks



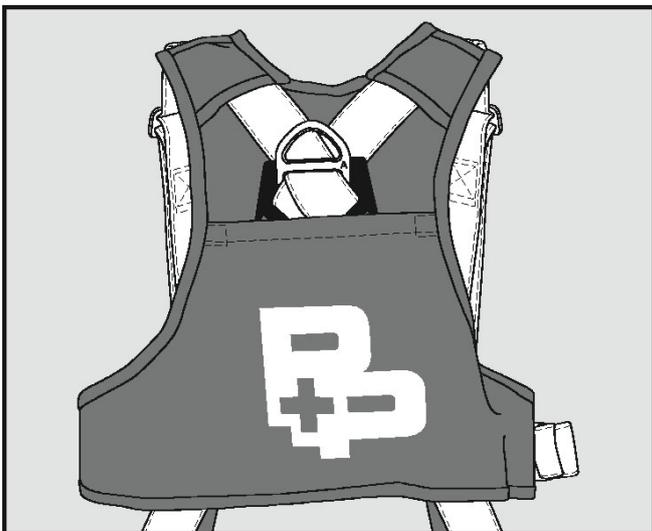
Loops and swivel hooks are fitted to some waist belts and are intended for use as attachment points for light tools or communication equipment. THESE LOOPS / SWIVEL HOOKS ARE NOT TO BE CONNECTED TO ANY LANYARD, RETRIEVAL SYSTEM, STRUCTURE OR PERSON.

Breathable Top



Breathable tops are fitted to some Harnesses. These are for comfort only and do not form part of the structure of the harness.

Waistcoat



Waistcoats are fitted to some Harnesses. These are to aid the donning process and do not form part of the structure of the harness.

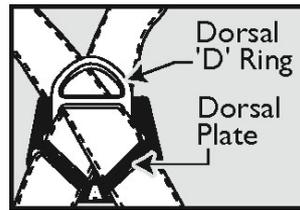
Attachment Points

Dorsal 'D' Ring and Sternum 'D' Ring

The two fall arrest attachment points, identified with a letter 'A' (see page 1 paragraph 2 'Fall Arrest') are the only ones to be used to connect you in the harness to a fall arrest system. Although you may have fall arrest lanyards and other fall arrest attachment devices attached to both of your fall arrest 'D' rings, only one means of attachment should be connected to your anchorage point at any one time.

If attaching to the Dorsal 'D' ring of a 'rescue' model, make sure that the integral overhead rescue attachment is either retained or moved to the side of the 'D' ring.

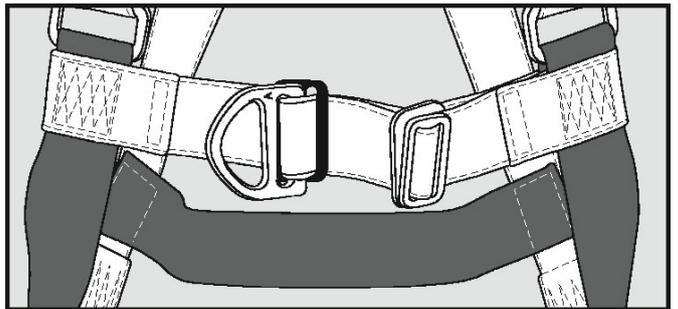
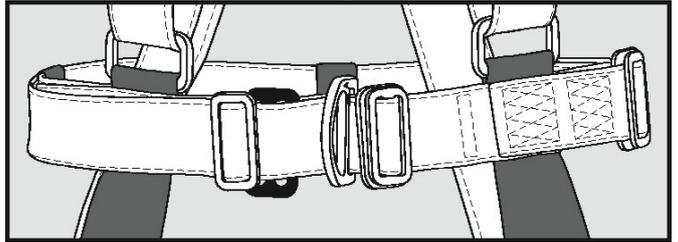
Rear Fall Arrest 'D' Ring



The rear fall arrest 'D' ring is retained within a Dorsal plate where the shoulder straps cross over at the back of the harness. This 'D' ring is identified with a letter 'A' as it is for fall arrest attachment.

(see page 1 paragraph 2 'Fall Arrest') The webbing 'slides' through the 'D' Ring on the Dorsal Plate and from time to time may need to be re-adjusted.

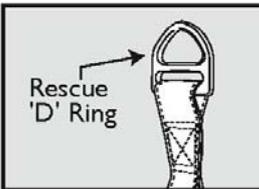
Front Fall Arrest 'D' Ring



If the harness has a front fall arrest 'D' ring, it will be on the chest strap and the shoulder straps should be adjusted so that it sits on your sternum / breast bone.

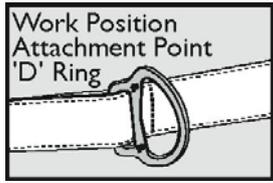
Rescue 'D' ring

If the harness has an integral overhead rescue attachment, it must not be used for fall arrest, other than in conjunction with a retractable type fall arrester to BSEN 360 anchored above the user. The attachment should be either folded and stored in the Velcro pocket on the waist coated versions or attached with the Velcro loop to the



chest strap at the back. The attachment must always be behind the head, never in front.

Work Positioning Attachment Point 'D' Ring



Use only with an approved Work Positioning Lanyard to support the user whilst working at height when needing a hands free environment. NEVER detach yourself from the fall arrest equipment when using the work position attachment point 'D' rings.

Use only with an approved Work Positioning Lanyard to support the user whilst working at height when needing a hands free environment. NEVER detach yourself from the fall arrest equipment when using the work position attachment point 'D' rings.

Fitting Your Harness

The following instructions cover all harnesses in the **P&P** MK1, MK2 & MK3 Range and all variations of fitting. Some parts such as adjustable chest straps, waist belts and integral overhead rescue attachments are only fitted to specific models.

The sequence for the MK1, MK2 & MK3 Range of Fall Arrest harnesses is very similar, except the way in which it is performed.

The harness is normally worn outside of your clothing.

Make sure that your clothing is correctly fitted and that you secure all zips and buttons. Remove ALL items from your pockets, hanging items such as key clips, mobile phone or radio.

Double check that there are no items positioned between the webbing and your body. Such items could cause discomfort or injury in the case of a fall.

Warning

This Harness 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 Harness.

Preparation

1. Carry out a pre-use check of the harness before proceeding. If any faults are found or you are not 100% sure of the harness's condition or suitability, STOP.
2. Remove any attached lanyard or similar connected to any 'D' ring.
- 3a. Undo any three bar slide and square link fitted to chest strap or leg straps and loosen fully.
- 3b. Undo the Quick Release Buckles where fitted to the chest strap, waist belt or leg straps.
- 3c. Loosen fully the Quick Fit Buckles where fitted to shoulder straps or leg straps.
4. If an integral overhead rescue attachment is fitted, carefully fold it back and secure within the yellow pouch (fig. a) or with the Velcro loop (fig. b).

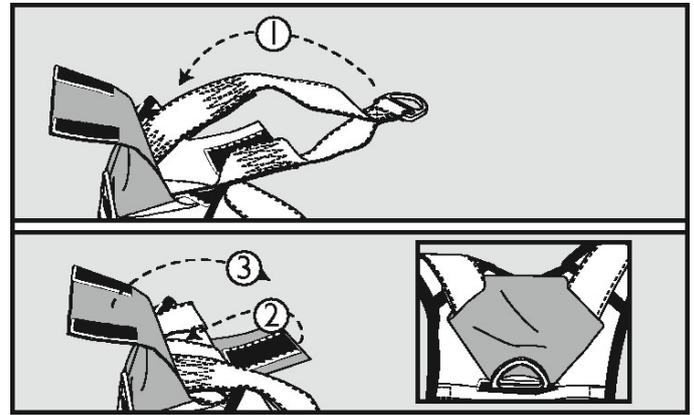


Fig. a

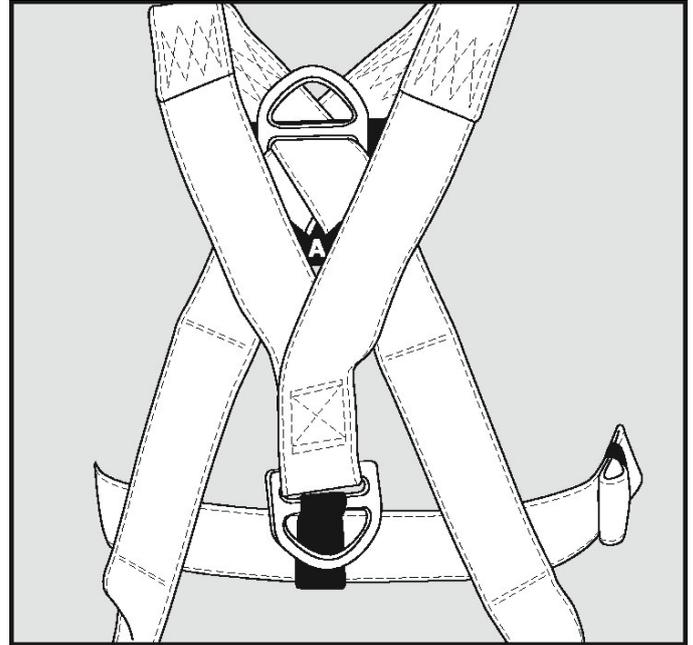


Fig. b

5. Lift the harness by the dorsal 'D' ring and make sure all straps hang straight. Untangle any which are not.

Fitting Stage One (shoulder and chest)

- 1a. If the leg straps are fitted with three bar slide and square link or a quick release buckle, fit the harness over both shoulders with the dorsal 'D' ring behind you. Place your arms through the shoulder straps. The harness is 'in side out' if the logo on the webbing is not outermost.
- 1b. If the leg straps are fixed with quick fit buckles, place the harness on the floor and 'step into' both leg strap loops. Raise the harness and check that the dorsal 'D' ring is behind you. Raise the harness over both shoulders and place your arms through the shoulder straps. The harness is 'in side out' if the logo on the webbing is not outermost.
2. (Rescue version without a waistcoat) make sure that the integral overhead attachment is attached with the Velcro loop to the chest strap, on the outside of the harness, behind your head and NOT between you and the harness itself.
3. Adjust both shoulder straps to bring the chest strap squarely in line with your sternum (breast bone).

Make sure both shoulder straps are adjusted to an equal length.

- 3a. Where applicable you will need to adjust the shoulder straps to bring the sub-pelvic strap up to lie/sit at the top of our thigh muscle, across the lower area of your rump. Make sure both straps are adjusted to an equal length.
4. Connect the chest strap by passing the three bar slide through the square link. Then turn the three bar slide and align it with the square link ensuring that the straps are not turned or twisted.
5. Adjust the chest strap (when adjustable) as necessary to bring the strap to a snug fit. Secure excess strap under the elasticated or Velcro strap retainer. Realign the sternum 'D' ring to bring it central to the chest.

Note; try to achieve a snug fit without creating discomfort or restricting natural movement.

Fitting Stage Two (legs)

1. If you stepped into the leg strap loops, stand upright and straight then check that both leg straps are not twisted.

If the leg straps are separated, stand upright and straight. Reach behind and place your right hand onto the rear right hand leg strap and feed its end through your legs. Take the strap end with your left hand and check that the strap is not twisted.

2. Connect the rear portion of the right hand leg strap to the front section of the right hand leg strap ensuring that the straps are not turned or twisted.
3. Repeat this process with the left hand leg strap.
4. CAUTION; Positioning of these straps is of the utmost importance. Failure to ensure that both leg straps pass between your legs, are not twisted and are adjusted so they sit into your groin, may cause serious injury during an arrested fall.
5. Care should be taken to ensure that the sub-pelvic strap is correctly positioned at the top of your thigh muscle. It should not be at the base of your spine.
6. Adjust the straps to make a snug fit ensuring that both straps are positioned as high as possible between the inside leg and groin. Finally, secure excess strap.

Fitting Stage Three (Waist Belt Only)

1. Only when the harness has been fitted and adjusted should you secure the waist belt.
2. Either Pass the free webbing strap behind the buckle's knurled bar (to the left as viewed) and pull it through the buckle. Move the strap over the knurled bar and feed back through the front of the buckle or bring the two ends of the Waist Belt together and connect the male and female parts of the Quick release Buckle.
3. Hold the free end webbing strap and pull until a snug fit is achieved. To secure in place, move the free end over the buckle and pass it through the tail of the buckle.
4. Secure excess strap under the elasticated retainer.

Fit Check List

Make it a habit to follow this check list every 2 hours of use, IT MAY SAVE YOUR LIFE.

- Shoulder straps evenly adjusted.
- Leg and chest connectors joined correctly.
- Chest strap adjusted and positioned squarely over sternum.
- Dorsal 'D' ring positioned centrally.
- Leg straps evenly adjusted and CORRECTLY POSITIONED.
- Waist belt secure.
- Integral overhead rescue attachment retained or positioned behind shoulders.
- All excess strapping secured behind plastic sliders, elasticated or Velcro retainers.

Attaching to the harness

You must only use **P&P** approved and recommended lanyards, connectors, fall arresters and ancillary equipment.

Any lanyards, connectors, fall arresters or ancillary equipment **MUST** be accompanied by a Declaration of Conformity and a valid inspection record.

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

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.

Cleaning, Maintenance and Storage

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

You may clean this harness 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 harness, 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 harness against risks such as those detailed under Service Life. A simple effective way is to transport the harness in a suitable bag or container, which prevents abrasion.

Service Life

This Harness has a maximum working life of 5 years from date of first use, provided it is correctly stored and maintained. However, if the harness fails any inspection it **MUST** be destroyed. See the Statement of Obsolescence within this manual.

Each **P&P** Harness is designed to arrest a fall from height **ONCE ONLY**. If subjected to an arrested fall the harness must be withdrawn from service and destroyed.

P&P harnesses are tested and certified to the following:

- Fall Arrest Harness to EN361.
- Fall Arrest Harness incorporating a Waist Belt to EN358.
- Fall Arrest Harness incorporating an Integral Overhead Rescue Attachment to EN1497.

Note; to comply with the above standard, the harness is subjected to testing with a 100Kg solid rigid dummy, which does not have the capability of absorbing any energy. **P&P** recommend that the user's body weight, including clothing and tools, does not exceed the weights shown in the table below.

However, what must also be considered by the user or specifier when the total body weight exceeds 100Kg + is the fall factor and energy absorbing capabilities of the attachment device I.E; Energy Absorbing Lanyard or Retractable Type Fall Arrestor.

Dorsal 'D' ring (fall arrest)	140kg
Sternum 'D' ring (fall arrest) with full chest strap	140kg
Sternum 'D' ring (fall arrest) with partial chest strap (2020)	100kg
Overhead rescue attachment 'D' ring	136kg
Work Positioning Waist Belt	130kg

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 Harness should be entered on the back page of this manual for future reference and inspection purposes.

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** Limited with synthetic fibre components (webbing and/or rope) is subject to a maximum working life of 5 years from the recorded date of first use, provided that the item has been correctly stored, maintained and subjected to regular inspections by a trained and competent person. However, if the item fails any inspection it **MUST** be destroyed.

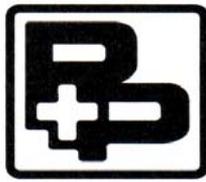
A new item of Fall Protection Equipment manufactured by **P&P** Limited may be stored for a maximum of 3 years and will still give the potential 5 year working life - provided it remains in the original manufacturer's packaging. Once the product is taken from this original packaging for the first time, this date becomes the "date of first use", which should be recorded on the Inspection Record and the 5 year working life begins.

Reference should also be made to the British Standard BS 8473:2005 - "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** Limited 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** Limited.



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

EC DECLARATION OF CONFORMITY

The Manufacturer in the Community
P&P Limited, 131 New John Street, Aston, Birmingham
B6 4LD United Kingdom

Declares that the PPE described hereafter as the
P&P MK1 & MK2 Range of Harnesses

is in conformity with the provisions of Council Directive 89/686/EEC and where such is the case, with the national standard transposing harmonizing standard numbers:
BSEN 361:2002 or BSEN 358:2000
is identical to the PPE which is subject to EC certificate of conformity numbers:
BSEN 361/04/016 dated 18 October 2004, BSEN 361/08/001 dated 7 March 2008
And BSEN 361/08/002 dated 17 March 2008 issued by TUV NEL Limited, East
Kilbride, Glasgow, G75 0QU, United Kingdom.
EC Notified Body No 0320

Declares that the PPE described hereafter as the
P&P MK3 Range of Harnesses

is in conformity with the provisions of Council Directive 89/686/EEC and where such is the case, with the national standard transposing harmonizing standard numbers:
BSEN 361:2002 or BSEN 358:2000
is identical to the PPE which is subject to EC certificate of conformity numbers:
5891 Issue 1 dated 13 July 2012
SATRA Technology Centre Ltd, Wyndham Way, Telford Way Industrial Estate,
Kettering, Northamptonshire NN16 8SD
EC Notified Body No 0321

is subject to the procedures set out in Article 11 point B of Directive 89/686/EEC
under the supervision of the approved body:
The British Standards Institute, 389 Chiswick High Road, London
W4 4AL, United Kingdom
EC Notified Body No 0086

Done at Birmingham, United Kingdom on 16 July 2012

H&S/Technical Manager

**P&P Limited, 131 New John Street, Aston,
Birmingham B6 4LD, England.
Telephone: 0121 359 4561 Facsimile: 0121 359 4136
Email: sales@pammenter.co.uk
Website: www.ppsafety.co.uk**

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P&P MK1, MK2 & MK3 Range of Fall Arrest Harnesses Manual V I_0712

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P&P Limited, 131 New John Street, Aston, Birmingham B6 4LD, England.
Tel: +44 (0)121 359 4561 Facsimile: +44 (0)121 359 4136 e-mail: sales@pammenter.co.uk website: www.ppsafety.co.uk

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