

AXESS QR

EN Adjustable work harnesses.
IT Imbracature da lavoro regolabili.
FR Harnais réglables pour le travaille.
DE Regulierbare Industriekette.
ES Arnés ajustables de trabajo.
NO Regularbare arbeidssekker.
NL Harnasgordel.
CN 可调工业安全

CE
0333

MADE IN EUROPE

EN 361:2002
EN 358:1999
EN 813:2008

89/686/CEE -
Personal Protective Equipment against falls from a height.

i = G + S

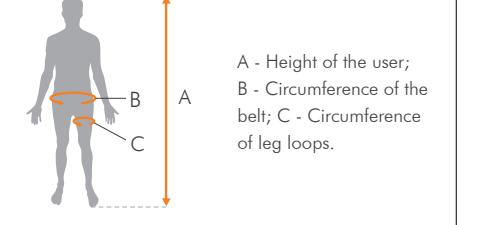
CT
climbing
technology

by Aludesign S.p.A. via Torchio 22
I 24034 Cisano B.Sco BG ITALY
Central tel: +39 035 78 35 95
Central fax: +39 035 78 23 39
www.climbingtechnology.com

IST52-7H164CT_rev.2 12-17

1 SIZE CHART

REF. No.	7H164BC01	7H164CD01	7H164DE01
SIZE	S-M	M-L	L-XL
A (cm)	155÷175	160÷185	170÷205
B (cm)	60÷80	70÷100	80÷120
C (cm)	45÷60	50÷65	55÷75
MAX RATED LOAD	140 kg		



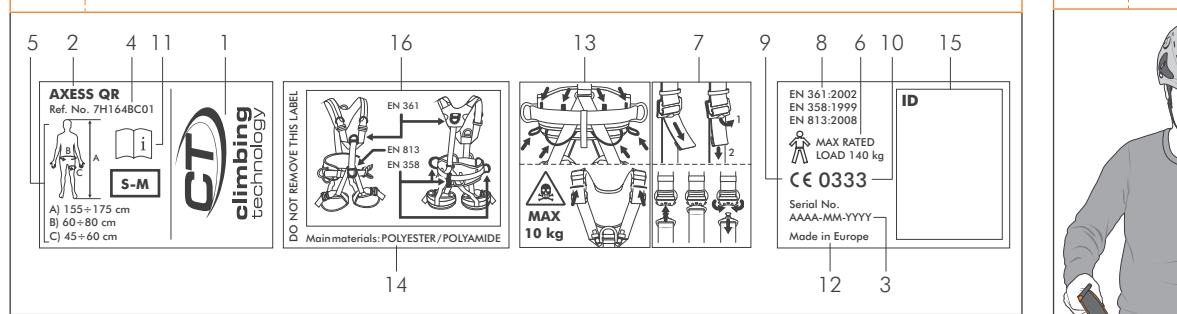
C TRACEABILITY

individual serial number

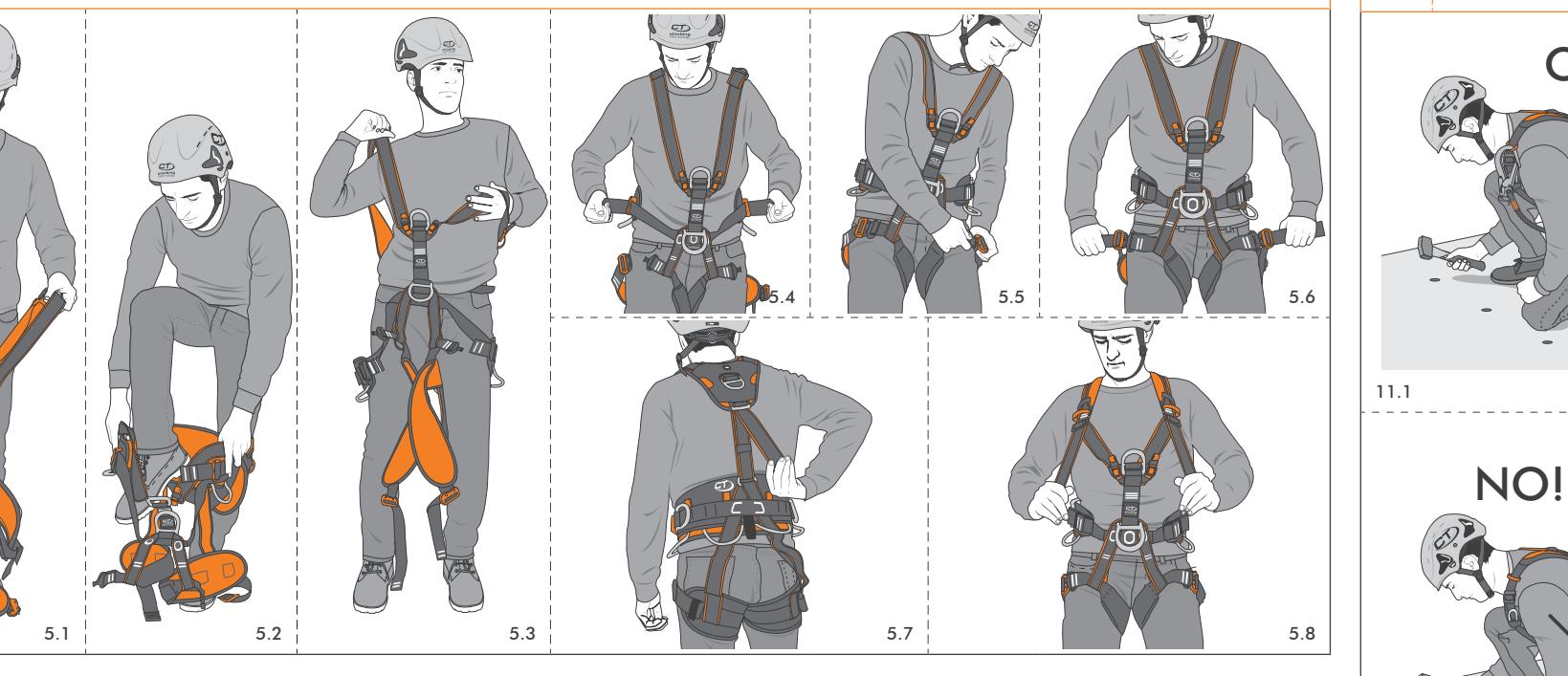
AAAA - MM - YYYY

progressive number month of manufacture year of manufacture

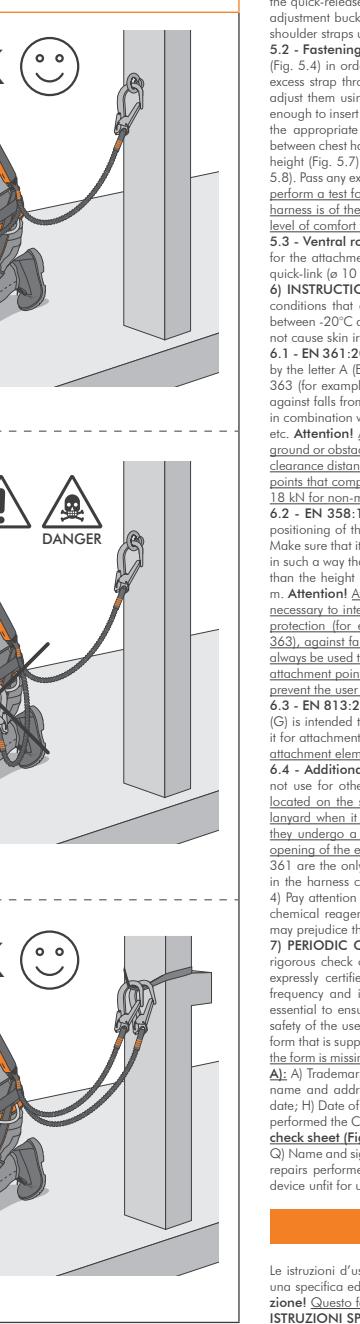
2 LABEL MARKING



5 WEARING AND ADJUSTING THE HARNESS



11 USE WITH FALL ARREST LANYARD



5) **SETTING.** Choose a harness of a suitable size, by consulting the chart (Fig. 1), containing following data: A) Height of the user; B) Circumference of leg loops.

5.1) **Wearing/Putting the harness on.** 1) unfasten and extend the leg loops using the quick-release buckles (Fig. 5.1). 2) Move into the harness as shown (Fig. 5.2) and lift the shoulder straps up until they rest on the shoulders (Fig. 5.3).

5.2) **Fastening and adjustment.** 1) Adjust the waist belt using the adjustment buckles (Fig. 5.4) in order to make it fit perfectly to the body without being too tight. Pass any excess strap through the appropriate retainers. 2) Fasten the leg loops (Fig. 5.5) and adjust them using the quick-release buckles (Fig. 5.6) to the point that there is space enough to insert a hand between the leg loop and the leg. Pass any excess strap through the appropriate retainers. 3) By using the adjustment buckle L, adjust the distance between chest harness and waist belt in order to place the other points to the correct height (Fig. 5.7). 4) Finally, adjust the chest harness using the adjustment buckles (Fig. 5.8) and the appropriate retainers. **Attention!** Before first use, perform a test for lifting and adjustability in a safe place. In order to make sure that the harness is of the correct size, it enables adequate adjustment and that it has acceptable level of comfort for its intended use.

5.3) **Ventral rope clamp.** The harness is equipped with two fastening straps designed for the attachment of a chest connector. To install the ventral rope clamp, a triangular quick-link (a 10 mm) has to be used, following the instructions in Figure (Fig. 6).

6) **INSTRUCTIONS FOR USE.** The device has been designed to be used in weather conditions that can normally be withstood by humans (operating temperature range between -20°C and +60°C). All the materials and treatments are hypoallergenic and do not cause skin irritation or sensitivity.

6.1) **EN 361:2002.** These attachment elements, sternal (C) or dorsal (M), are indicated by the letter A (E), and they are intended to connect a fall arrestor provider for the EN 363 standard. These may also be used to connect a fall arrest system. They can be used in combination with anchorage EN 795, shock absorbers EN 355, connectors EN 362 etc. **Attention!** Always make sure to have enough clearance to avoid impacts with the ground or obstacles on the trajectory of a head fall in the air. **Attention!** Check the value of the clearance distance of the fall arrestor in the instruction manual. **Attention!** Only anchor points that comply with the EN 795 standard can be used (minimum strength 12 kN or 18 kN for non-metallic anchors) that do not have sharp edges.

6.2) **EN 358:1999.** These side attachment elements are intended to be used for the positioning of the user on the work place. Use them to connect a positioning lanyard. Make sure that it is possible to work in a comfortable way. Adjust the positioning lanyard in such a way that it is in tension; that the anchor point is at a height equal to or greater than the height of the waist belt and that the height of the fall is always less than 0.5 m. **Attention!** Attachment elements EN 358 not suitable to arrest a fall. It might be necessary to integrate devices for work positioning or holding with means of collective protection, for example, safety nets or individual fall arrest systems combined with EN 363 or EN 358. **Attention!** All attachment elements must always be used together, by linking them with a positioning lanyard. **Attention!** The rear attachment point is intended for use in a restraint system and that it can only be used to prevent the user from entering an area where a fall is possible.

6.3) **EN 813:2008.** Maximum rated load: 140 kg. This element for ventral attachment (G) is intended to be used for restraint, work positioning and rope access systems. Use it for attachment with a restraint or positioning lanyard, descenders etc. **Attention!** The attachment element EN 813 is not suitable to arrest a fall.

6.4) **Additional warnings.** 1) Gear loops are used to be used only to hang materials. Do not use for other purposes (fastening, letting down etc.). **Attention!** The gear loops located on the shoulder straps are designed to attach the carabiners of a fall arrest lanyard when it is not in use. The loops are designed to release the connector when they undergo a load greater than a few kilograms, in order not to interfere with the opening of the energy absorber in the case of a fall (Fig. 11). 2) Full body harnesses EN 361 and the ones devices that can be used in a fall arrest system. 3) Inert suspension harnesses. 4) Do not use for climbing or rappelling. 5) Pay attention to the effects of humidity and ice, extreme temperatures, sharp edges, chemical reagents, electrical conductivity, cuts, abrasions, UV rays etc., because they may prejudice the safety of the device.

7) **PERIODIC CHECK.** At least every 12 months (6 months for usage in the sea), a rigorous check of the device must be carried out by the manufacturer or expert staff expressly certified by the manufacturer. This frequency can vary depending on the frequency and intensity of usage. Performing periodic checks on a regular basis is essential to ensure the continued efficiency and durability of the device, on which the safety of the user depends. The results of the checks will be related on the appropriate form that is supplied with every device and that must accompany the device. **Warning!** If the form is missing, or illegible, do not use the device. **Device identification sheet (Fig. A)**: A) Trademark; B) Manufacturer; C) Product (Type, model, code); D) User (company, name and address); E) Serial number / batch; F) Year of manufacture; G) Purchase date; H) Date of expiry; I) Expiration date; J) Accredited entity that controls production. **Device pedigree check sheet (Fig. B)**: D) Date of production; Q) Name and signature of the person responsible for checking; R) Notes (defects found, repairs performed or other relevant information); S) Check results; device fit for use, device unfit for use or device to be checked; T) Date of next check.

ITALIANO

Le istruzioni d'uso di questo dispositivo sono costituite da un'istruzione generale e da uno specifico ed entrambe devono essere lette attentamente prima dell'utilizzo. **Attenzione!** Questo foglio costituisce solo l'istruzione specifica.

ISTRUZIONI SPECIFICHE EN 361 / 358 / 813 / 12277. Any work at height requires the use of Personal Protection Equipment (PPE) as a protection against the risk of a fall. Before accessing the work station, all the risk factors must be evaluated (environmental, concomitant, consequential). These user instruction include the necessary information for a correct use of work harnesses. They are Personal Protection Equipment (PPE), intended to be included in a fall protection system as, for example, connectors and ropes.

O) FIELD OF APPLICATION. EN 361:2002 - Imbracatura anticaida per il corpo. Imbracatura base.

EN 358:1999 - Cintura di posizionamento sul lavoro e trattenuta. EN 813:2008 - Imbracatura base.

1) NOMENCLATURE (Fig. 3). A) Etichetta con marcatura; B) Fibbia di regolazione pettorale anteriore; C) Elemento di attacco sternale EN 361; D) Flettore strappo per fissaggio per bloccante ventrale; E) Lettiera maluscola A, indicante l'elemento di attacco sternale EN 361; F) Elementi di attacco laterale EN 358; G) Elemento di attacco frontale EN 813; H) Fibbie di regolazione cintura; I) Elemento di attacco posteriore EN 358; L) Fibbia o spandere rapido cosciati con indicatore di corretto inserimento e sistema che evita lo scorrimento accidentale della fettuccia; M) Elemento di attacco dorsale EN 361; N) Fibbia di regolazione pettorale posteriore; O) Asole porta-materiale cintura; P) Asole porta-materiale bretelle; Q) Asole per custodia parte attrezz. R) Etichetta solo porta-materiale bretelle; S) Rivestimento posteriore pettorale. Materiali principali: fibbia e cuciture in PE, elementi di attacco in lega leggera, fibbie in acciaio.

MARCATURA (Fig. 2). Sono riportate le seguenti indicazioni: 1) Nome e cognome del produttore o del responsabile dell'impresa che ha realizzato; 2) Nome del prodotto; 3) Numero di serie; 4) Codice dei prodotti; 5) Data di produzione; 6) Data di scadenza; 7) Pittogramma che illustra come chiudere e fissare le fibbie di chiusura e regolazione; 8) Numero e nome delle norme EN di riferimento; 9) Marchio CE; 10) 0333 - Numero dell'organismo che interviene durante la fase di controllo della produzione; 11) Logo che avvisa l'utente di leggere attentamente le istruzioni prima dell'utilizzo; 12) Luogo di fabbricazione; 13) Pittogramma che illustra i punti fondamentali di aggancio (asole porta-materiale); 14) Materiali di costruzione; 15) Area compilabile per identificazione dispositivo.

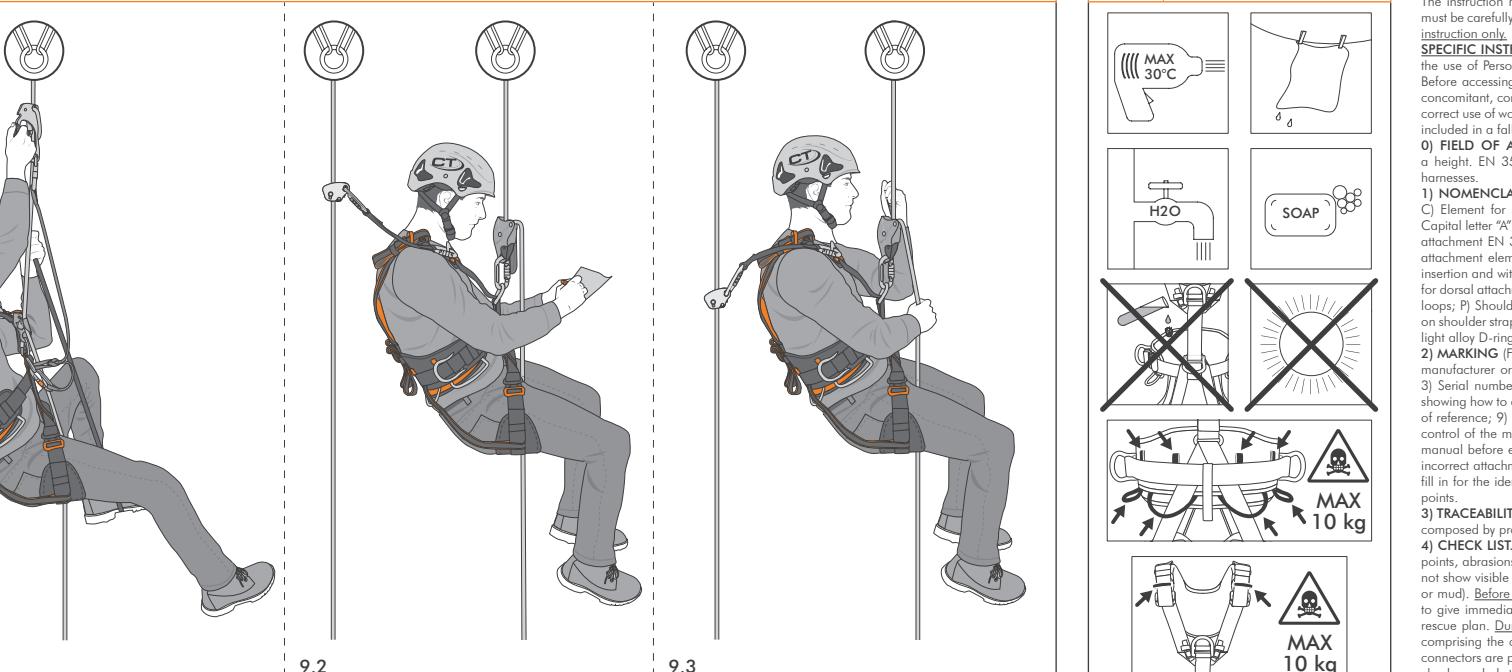
3) TRACCIABILITÀ (Fig. C). Il dispositivo riporta una linea di numero di serie individuale (AAAA-MM-YY) composta da numero progressivo (AAA), mese (MM) e anno di fabbricazione (YY).

4) CONTROLLI Prima di ogni utilizzo verificare che: le fettuccie e le cuciture non presentino tagli, punti di usura, abrasioni, bruciature, segni di deformazione, ruggine o simili segni di deterioramento; le parti metalliche (es. dadi, bulloni, viti) non siano danneggiate (es. sabbia, liquami). Durante ogni utilizzo è necessario verificare regolarmente: il buon funzionamento del prodotto e l'ottimo collegamento e disposizione degli altri componenti del sistema; la perfetta chiusura della leva e il relativo bloccaggio dei connettori usati. **Attenzione!** È importante controllare regolarmente fibbie e/o dispositivi di regolazione durante l'utilizzo.

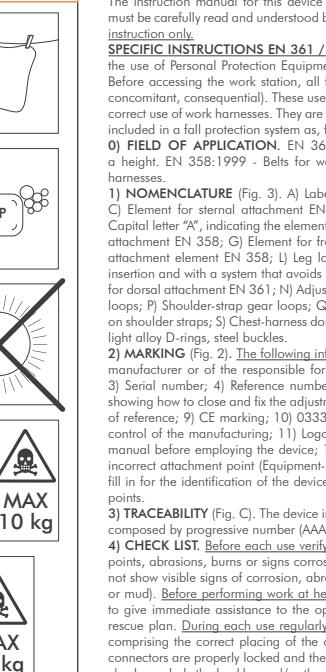
5) REGOLAZIONE. Scelgere un'imbracatura di taglia adeguata consultando l'apposito tabellone (Fig. 1), contenente i valori di: A) Statura dell'utilizzatore; B) Circonferenza della cintura; C) Giroaddome dei cosciali.

5.1) **1) Aprire ed allargare i cosciali mediante le fibbie a spandere rapido.**

9 ROPE ACCESS - EXAMPLES OF USE



10 WARNINGS



8 CORRECT POSITIONING OF THE HARNESS

