



BY **NORTH**

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*CONTRACTOR'S*

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*CHOICE FALL*

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*PROTECTION*

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**EQUIPMENT INSTRUCTIONAL  
MANUAL**

**For Installation, Use and Care**

## INTRODUCTION

**North Safety Products** is an industry leader in the manufacture of personal protective equipment. Consult North catalogues for information about the range of quality products available for selection.

If you are not certain that this equipment is adequate for the work you are doing, consult your supervisor or safety director. Your North distributor can also recommend appropriate fall protection systems to meet your job specifications. Each component of the system must be compatible with the other components to provide the protection required.

Contact North Customer Service at 1-800-268-6925 if you require further information or advice on the selection, use, inspection or maintenance of any North full body harness or lanyard.

### 1.1 IMPORTANT INFORMATION

This instruction manual contains important information and must be completely read and understood by all persons who may use and maintain this fall protection equipment.

The full body harness and/or lanyard, therefore, should only be used by persons who understand the instructions contained in this manual and have been adequately trained in its use, inspection and maintenance.

All the warnings and product compatibility requirements listed in this manual must be adhered to in order to ensure that the full body harness and/or lanyard functions properly.

### 1.2 GENERAL WARNINGS



#### WARNINGS

1. Before using this equipment, read these instructions carefully and completely. They must be understood and followed to obtain fall protection from this equipment. Failure to observe the limitations, cautions and warnings in these instructions can cause a loss of protection and an exposure to a fall from which serious injury, disability or death may result.
2. A full body harness and/or lanyard is designed for individual use only. A full body harness should be worn whenever a potential fall is present, in conjunction with approved and compatible connecting means, and attached to an approved anchor point.
3. Any unit which has arrested a fall must be removed from further service immediately and not be re-used. Destroy the unit and replace it with new equipment.
4. Never modify equipment that does not fit or suit the job.
5. Equipment must be removed from service when any questionable signs of wear or damage are found.
6. Back D-rings on harnesses are to be used only for attaching lanyards or other devices used for connecting to an anchor point. Never attach tools or anything other than a fall protection system connector to a D-ring. **Only attach a lanyard to the back D-ring of a harness.**



## **WARNINGS (CONTINUED)**

7. Personal protective equipment must not be used as slings or hoists or for other load bearing purposes. Belts, harnesses or lanyards subjected to such alternate use must be removed from service.
8. In every situation where fall arrest systems are used, an appropriate rescue plan must exist so that a worker can be retrieved in the event of a fall. This requires that competently trained personnel with appropriate rescue equipment are available to retrieve the worker before supplemental injuries occur.
9. If any part of the full body harness is to be exposed to chemicals, i.e.: cleaning materials, solvents, hazardous atmospheres or welding splatter, the user should consult the manufacturer to determine whether the harness is suitable for use.
- 10 The side D-rings on the harness should only be used for work positioning. Do not use for fall arrest.

### **1.3 USER REQUIREMENTS**

- 1.3.1 All users of fall protection equipment must be in good physical health, must not have a medical history of conditions that could be aggravated by a fall, must be mentally fit, and must not be under the influence of alcohol or drugs. Disregard to these factors may cause falls that result in serious injury or death.
- 1.3.2 Anchor strength should be reviewed by a qualified person.

## **2 USER INSTRUCTIONS AND INFORMATION**

### **2.1 PRE-USE INSPECTION**

- 2.1.1 Always inspect your equipment for wear, deterioration, malfunction or damage before you use it. In addition, a verification should be carried out, by a competent person every 90 days that a unit remains in service. A written record of such inspection should be retained on file and on the inspection tag on the harness.

### **2.2 USE**

- 2.2.1 Harness D-rings serving as the fall arrest attachment point must be located high in the middle of the back between the shoulder blades. Ensure the harness is adjusted so that all straps are snug, without limiting movement.
- 2.2.2 Only attach approved and compatible connecting means onto the back D-ring of the harness. The North decelerator lanyard is the primary connecting means paired with this style of harness. There are a number of different snap hooks available with this lanyard depending on the specific application. Consult North for the lanyard most suited to your specific application.
- 2.2.3 The side D-rings on the harness should only be used for work positioning. Do not use for fall arrest.

### **3 SERVICE LIFE**

- 3.1 Although the full body harnesses and lanyards are designed to provide years of trouble free service the type of atmosphere they are used in, or prolonged web exposure to direct sun light may impact the overall service life. For example, use near chemicals, spray paints or welding spatter.
- 3.2 Immediately remove the harness and lanyard from service and destroy it if it has been used to arrest a fall.

### **4 INSPECTION AND MAINTENANCE**

#### **4.1 INSPECTION**

- 4.1.1 All fall protection equipment must be inspected before and after each use and after being subjected to an impact force. Check all webbing for damaged fibers, cuts, frayed edges, pulled or loose stitches, loss of colour, burns, hard spots and chemical damage. Check all hardware for distortion, cracks, bends, breaks, rough or sharp edges, pitted surfaces, unusual wear, loose or sticking components and corrosion. Check lanyard for signs of elongation and/or torn stitching. Verify that the length does not exceed the original length of the lanyard as indicated on the label.



#### **WARNINGS**

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| <ul style="list-style-type: none"><li>1. Any unit that has arrested a fall must be removed from further service immediately and not be re-used. Destroy the unit and replace it with new equipment.</li><li>2. Do not attempt to repair damaged equipment. Remove it from service immediately and do not re-use.</li><li>3. The side D-rings on the harness should only be used for work positioning. Do not use for fall arrest.</li></ul> |
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#### **4.2 MAINTENANCE & STORAGE**

- 4.2.1 Webbing is to be cleaned by sponging it with a mild solution of detergent and water. Equipment should be wiped with a clean cloth and hung to dry thoroughly, away from direct sunlight or excessive heat. Metal components can be sponged with mild detergent and water then wiped dry.
- 4.2.2 Always store in a cool dry place away from chemicals, water, direct sun light and sources of heat and vibration. Full body harnesses can be stored in a bag or hung from the back D-ring.