







NO LIMITS FALL ARREST HARNESS





U S E R G U I D E







www.heightsafe360.com

C€0082

Single Person Load. EN 361: 2003, EN 358:2008



Congratulations on acquiring your Height Safe 360^{TM} No Limits Fall Arrest Harness. The No Limits Harness was designed and developed after years of experience performing fall arrest operations in various circumstances. The No Limits Harness is to be used for fall arrest operations only.

This device is accordance with Category III Personal Protective Equipment regulation 2016/425

For more information, please contact our call center

Tel: +27(0)86 112 7749, Fax: +27(0)11 314 2733

sheq@heightsafe360.co.za

1030 Sixteenth Street,, Unit I1, Tillbury Business Park Randjespark, Midrand, South Africa 1685Index:

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1. SCOPE

This document specifies the minimum general requirements for instructions for use, maintenance, periodic examination, repair, marking and packaging of the No Limits Fall Arrest harness, which includes body holding device, and other equipment used in conjunction with a body holding device, to prevent falls, for access, egress and work positioning, to arrest falls and for rescue.

This document is not intended to cover:

- Specific requirements that are only relevant to the particular PPE or other equipment for protection against falls from height and its use, which should be specified in the relevant document.
- 2) PPE or other equipment for protection against falls from a height used in any sports or recreational activity.

2. NORMATIVE REFERENCES

The following referenced documents are indispensable for the application of this document. For dated references, only the edition cited applies. For undated references, the latest edition of the referenced document (including any amendments) applies. The No Limits Fall Arrest Harness has been tested in line with and conforms to the:

EN 361: 2002 Personal protective equipment against falls from a height -Full Body harnesses

and EN 358: 2018 Personal protective equipment for work positioning and prevention of falls from height- Belts and Lanyards for work positioning or restraint.

3. TERMS AND DEFINITIONS

For the purpose of this document, the following terms and definitions apply.

3.1 Maintenance

Act of keeping PPE or other equipment in a safe working condition by preventative actions such as cleaning and providing suitable storage

3.2 Periodic Examinations

Act of keeping PPE or other equipment in a safe working condition by preventative actions such as cleaning and providing suitable storage

3.3 Competent Person for Periodic Examination

Person who is knowledgeable of the current periodic examinations requirements, recommendations and instructions issued by the manufacturer applicable to the relevant component, subsystem or system

- NOTE 1 This person should be capable of identifying and assessing the significance of defects, should initiate the corrective actions to be taken and should have the necessary skills and resources to do so.
- NOTE 2 A competent person may need to be trained by the manufacturer or his authorized representative on specific PPE or other equipment, e.g. due to its complexity or innovation, or where safety critical knowledge is needed in the dismantling, reassembly, or assessment of the PPE or other equipment, and may need to have that training updated due to modifications and upgrades.
- NOTE 3 A person may be competent to carry out periodic examinations on one particular model of PPE or other equipment or may be competent to examine several models.

3.4 Manufacturer

Maker, authorized representative of a maker or assembler responsible, where relevant, for the design, test and release of the completed component, sub-system or system placed on the market.

NOTE In the case of PPE, the holder of the EC type test certificate is the manufacturer.

4. REQUIREMENTS

4.1. General

The manufacturer shall prepare instructions for the use, for maintenance and for periodic examinations for each item of PPE or other equipment, in the official languages of the country of destination.

 ${\sf NOTE} \qquad {\sf The instructions for use, for maintenance and for examination may be supplied separate documents.}$

4.2. Instructions for use

4.2.1. The instructions for use shall be written format, shall be clear, legible and unambiguous, and shall contain appropriate detail, supplemented by diagrams if necessary, to enable the PPE or other equipment to be used correctly and safely.

4.2.2. The instructions for use shall include:

a) Name and Contact Details of the manufacturer / appropriate authorized representative

a.1 The No Limits Full Body Hanress is produced / manufactured by Heigh Safe 360 (Pty) Ltd in South Africa.

a.1.1 Website: www.heightsafe360.com
 a.1.2 Email: sheq@heightsafe360.co.za
 a.1.3 Phone: +27 (0) 861127749
 a.1.4 Phone(Alt): +27 (0) 11 3143375

b) Statement Describing the equipment's intended purpose, application, and limitations.

b.1 2.1 The No Limits Harness was designed as a full body fall arrest harness for Fall Arrest and work positioning applications such as general working at height.

b.2 Limitations

b.2.1 The harness safe working load is 140 kg.



c) Warning about Medical conditions that could affect the safety of the equipment user and normal emergency conditions:

- c.1 Do not use the No Limit Fall Arrest Harness in any fall arrest application if you suffer from the following medical conditions:
 - c.1.1 High Blood pressure
 - c.1.2 Low blood pressure
 - c.1.3 Epilepsy
 - c.1.4 Hart Conditions
 - c.1.5 Diabetes

d) Warning that the equipment shall only be used by a person trained and competent in its safe use

d.1 It is recommended that only a person trained in fall arrest applications and that is proven competent, by an accredited training provider, may use the No Limit Fall Arrest Harness.

e) Warning that an rescue plan shall be in place to deal with any emergencies that could arise during the work.

- e.1 All work at height activities is potentially dangerous. Stopping the fall will only solve half the problem. Suspension trauma could cause death in a very short period of time of the victim is not rescued as soon as possible.
- e.2 Ensure that you have a tried and tested rescue plan with rescue equipment in place in the event of an emergency.

f) Warning against making any alterations or additions to the equipment without the manufacturers prior written consent, and that any repair shall be carried out in accordance with manufacturers procedures.

- f.1 Height Safe 360 do not recommend any alterations or modifications to the existing tested product.
- f.2 Any alterations made to the product will affect the guarantee and safety of the product.
- f.3 Any required alteration needs to be requested in writing to the manufacturer.

g) Waring that the equipment shall not be used outside its limits, or for any purpose other than that for which it was intended.

- g.1 It is recommended that the harness safe working load limit shall not exceed a 140 kg and only be used for personal fall arrest purposes.
- g.2 The No Limits Fall Arrest Harness was designed for fall arrest purposes and not for a suspension platform for hanging long periods in the harness.

h) Advice as to whether the equipment should be a personal issue item, where this is applicable.

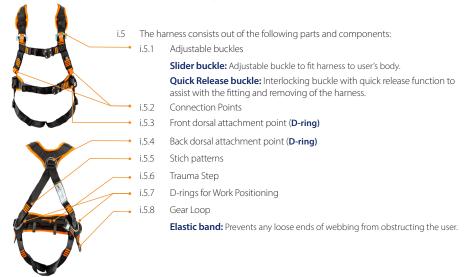
h.1 It is recommended that each harness should be issued to a single person that can be held responsible for the inspection and use of the harness.

i) Sufficient information to ensure the compatibility of items of equipment when assembled into a system.

- i.1 It is recommended that the back dorsal D-ring is used for a shock absorbing lanyard attachment.
- i.2 It is recommended that the front chest attachment points be used for a guided type fall arrestor.
- i.3 It is recommended that the shoulder strap attachment is used for retractable fall arrest device systems.
- i.4 Ensure that when the fall arrest device is connected to the harness that the
 - i.4.1 Connectors do not cross load.
 - i.4.2 The connectors are the correct size, and no improvisation is required.



i.4.3 The connector and connection point do not work against each other and could open the connector.

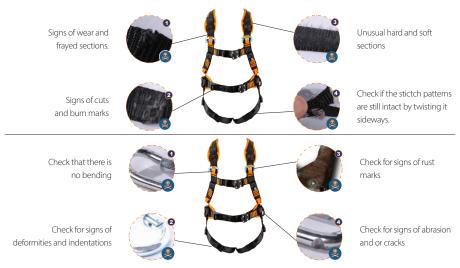


j) Warning of any dangers that may arise by the use of combinations of items of equipment in which the safe function of any one item is affected by or interferes with that of another.

- j.1 It is recommended that only one fall arrest device may be connected to one connection point on the harness.
- j.2 Do not connect more than one device to the same connection point as a shock absorbing lanyard and guided type fall arrest device to the same front or back connection point.
- j.3 The connected and can and will cross load during use and could open or break each other.
- k) Instruction for the user to carry out pre-use check of the equipment, to ensure that is in serviceable condition and operates correctly before used.

NOTE 1 A pre check by the user may not be applicable in the case of certain parts of equipment for emergency use which have been pre-packed or sealed by a competent person.

- k.1 It is recommended that a safety inspection is done on the harness before each and every use. The physical appearance of the item will determine the serviceability.
- Features for the equipment that require the pre-use check, the method of checking, and the criteria against which the user can decide whether
 or not the equipment is defective.
 - 1.1 Check the label. Ensure all traceability information if clearly visible. If any doubt about the traceability information on the label. Do not use the item.
 - 1.2 The following needs to be clearly viable on the label:
 - I.2.1 The item seral number
 - l.2.2 The Conforming standard: EN 361: 2003, EN 358:2008
 - I.2.3 The date of manufacture.
 - 1.3 Check and inspect all webbing. Look for unusual soft sections, hard sections, cuts abrasions.
 - I.4 Check and inspect all stich patterns. Ensure there is no loose threads.
 - I.5 Check all buckles. Check for rust, dent marks, deformity.
 - 1.5.1 Open and close the buckles and check that the items can adjust and that the buckle can perform its intended function.
 - I.5.2 Check all connection points for signs of deformity, rust, cracks.



- 1.6 If you are unsure about the safety of any harness component. Confirm with supervisor.
 - 1.6.1 Report the safety issue to a supervisor.
 - 1.6.2 Remove the harness form service.
 - I.6.3 Replace with a safe to use harness.
- m) Warning stating that it is essential for safety that the equipment is withdrawn from use immediately should:
 - m.1 Any doubt arise about the condition for safe use or
 - m.2 It has been used to arrest a fall and not used again until confirmed in writing by a competent person that it is acceptable to do so;
- n) Requirements of the anchor device or structural member chosen to serve as the anchor point(s), in particular the minimum required strength, the suitability and the position:
 - n.1 Not Applicable to the No Limit Fall Arrest Harness
- o) Where relevant, instructions on how to connect to the anchor device or structure;
 - o.1 Not Applicable to the No Limit Fall Arrest Harness
- p) Where relevant, instruction detailing the correct harness attachment point to use, and how to connect to it;
 - p.1 It is recommended that the back dorsal attachment be used for a shock absorbing lanyard.
 - p.1 The front attachment points must be used in conjunction with each other to form a single attachment point. From this point it is recommended to use temporary or permanent vertical fall arrest lifelines.
 - p.1.1 The front chest attachment point may also be used for an escape system rescue abseiling device.
- q) For equipment intended for use in fall arrest systems, a warning to emphasize that it is essential for safety that the anchor device or anchor point should always be positioned, and the work carried out in such a way, as to minimize both the potential for falls and potential fall distance. Where it is essential that the anchor device/ point is placed above the position of the user, the manufacturer shall make a statement to that effect;
 - q.1 Connect and place your anchor point as high as possible reducing possible fall distance.
 - q.2 It is recommended to connect the fall arrest device in such a way not to cause a trip, over the fall arrest device.
 - q.3 Always connect in line with your working position to prevent a possible pendulum swing.
- r) Where relevant, an instruction that the full body harness is the only acceptable body holding device that can be used in a fall arrest system;
 - r.1 The full body harness is the only acceptable body holding device that may be used in a fall arrest system.



- s) For equipment intended for use in fall arrest systems, a warning to emphasize that it is essential for safety to verify the free space required beneath the user at the workplace before each occasion of use, so that, in the case of a fall, there will be no collision with the ground or other obstacle in the fall path:
 - s.1 Warning. It is essential to verify the min free space required beneath yourself, in the workplace before each occasion of use, so that there will be no possible collision with the ground or any other obstacle in the event of a fall.
- t) Information on the hazards that may affect the performance of the equipment and corresponding safety precautions that have to be observed e.g.: extremes of temperature, trailing or looping of lanyards or lifelines over sharp edges, chemical reagents, electrical conductivity, cutting, abrasion, climatic exposure, pendulum falls;
 - t.1 The following possible hazards may affect the performance of the No Limit Fall Arrest Harness:
 - t.1.1.1 Continues climatic exposure to extreme hot and cold temperatures as well as UV exposure can and will damage the harness and effect the safety of the product.
 - t.1.2 Avoid dragging or exposing the No Limit Fall Arrest Harness to sharp edges and corrosive surfaces that might cut or damage the components of the harness.
 - t.1.3 Avoid trailing, dragging and or looping the No Limit Fall Arrest Harness during general use as this might cause snagging and or long-term damage to the harness.
 - t.1.4 Avoid contact or exposure to harmful chemicals or reagents.
 - t.1.5 Avoid contact with high voltage working areas as the Altumax basic has not been tested safe to use for electrical conductivity.
 - t.1.6 When using the No Limit Fall Arrest Harness as part of a fall arrest system avoid connecting to anchors that could cause a pendulum fall.
- u) Instructions on how to protect the equipment against damage during transportation.
 - u.1 It is recommended to transport the Altumanx basic harness in a separate protective carry bag or container during general transportation to protect and keep away from any harmful materials such as chemicals and reagents.
- v) Information on the meaning of any markings and / or symbols on the equipment;
 - v.1 The "A" symbol stands for attachment point and is visible on the back dorsal point, the front chest point, and the dorsal extension point.
 - V.2 The Triangular cover with bit Height Safe 360 logo is the back dorsal point for the harness.



v.3 The label has the following inform



- w) Statement describing the equipment model, type, identification marks and if appropriate the document and year to which it conforms;
 - w.1 This harness is a body holding device that conforms to EN 361: 2002 & EN 358:2018. With product name as No Limits fall arrest body harness under manufacturing brand name Height Safe 360.
- x) Where it is a requirement that an EC type examination be carried out by a Notified Body, the name, address and identification number of the Notified Body involved with the design stage and of the Notified Body involved in the production control phase;
 - x.1 The Notified body that carries out the EC type examination and production control is:
 APAVE EXPLOITATION FRANCE 6 RUE DU GÉNÉRAL AUDRAN 92412 COURBEVOIE CEDEX SOCIETE PAR ACTIONS SIMPLIFIEES au capital de 3 376 810,00 EURO RCS NANTERRE 903869618 -NAF 7120B N°TVA FR56903869618 CE 0082
- y) Statement of any known limit to the safe useable life of the product or any part of the product and/or advice on how to determine when the product is no longer safe to use.
 - Y.1 It is recommend that the product is removed from service 5 years after date of first use and or regular inspections that will determine the serviceability and safety of the No Limit Fall Arrest Harness.
- z) Warning that 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 the language of the country in which the product is to be used.
 - z.1 If the product is sold outside the original country where the users do not understand English, the re-seller shall provide, user instructions, maintenance, periodic examinations and repair in the language of the country in which the product is being used.

NOTE 2 Any additional relevant information specific to the item of the equipment should also be provided.



- Hold up the harness by the shoulder straps ensuring that the back attachment point is in the centre of the harness and facing away from the user;
- . Pass your arms through the shoulder straps as if putting on a jacket; with the dorsal D-ring onto the back centre of your shoulders



3. Connect the chest buckle and ensure it clicks safely in place;



- 6. Ensure that the loose webbing straps are folded and secured into the elastic bands to keep them out of the users way when climbing;
- 4. Pass the leg straps forward through the legs. Wrap around the inside of the leg and connect to the buckles on either side of the harness ensuring they click in place securely;
- 7. Tighten all straps.
- 8. Check that no webbing is twisted in the harness.



Adjust the loose webbing straps by lifting the bottom of the buckle and pulling the strap tight to fit snugly:



4.3 Instructions for maintenance

- 4.3.1 The maintenance instructions shall be clear, legible and unambiguous, and shall contain appropriate detail, supplemented by diagrams if necessary, to enable the PPE or other equipment to be maintained correctly and safely.
 - 4.3.1.1 It is recommended that the No Limit Fall Arrest Harness is inspected prior to every use to determine if it might require any maintenance.
 - 4.3.1.2 To ensure that the No Limit Fall Arrest Harness remains safe to use it is recommended that contact with harmful materials shall be avoided as far as possible.

4.3.2 The maintenance instruction shall include:

- a) cleaning procedures, including disinfection where applicable, without causing adverse effect on the materials used in the manufacturing of the equipment, or to the user, and a warning that the procedure is to be strictly adhered to;
 - a.1 To clean off general dirt from the No Limits Fall Arrest Harness, it is recommended to hand wash the harness in a lukewarm water with a very light solution of martial soap.

- a.2 After washing the harness may be rinsed with a very light solution of clothing fabric softener.
- a.3 Do not deviate from the above instructions as this might affect the safety of the product.
- a.4 Do not attempt to clean or maintain any part of the harness with harmful chemicals.
- b) where appropriate, a warning that the equipment becomes wet, either from being in use or when due to cleaning, it shall be allowed to dry naturally, and shall be kept away from direct heat;
 - b.1 Do not use the harness when it is wet.
 - b.2 To dry the harness it is recommended to avoid a heat source. Hang the harness in dry well-ventilated area away from direct sunlight.
- c) storage procedures, including all necessary preventative requirements where environmental or other factors could affect the condition of the condition of components, e.g. damp environment, sharp edges, vibration, ultraviolet degradation;
 - c.1 When the No Limit Fall Arrest Harness is not in use, store the item outside of the carry bag in a cool, dry, well-ventilated area away from direct sunlight, barmful chemicals and or barmful substances

d) other maintenance procedures as relevant to the equipment, e.g. lubrication

d.1 Apart form the recommended method of cleaning, no other maintenance is required on the No Limit Fall Arrest Harness.

4.4 Instructions for periodic examinations (see 4.7)

Instructions for periodic examinations shall include:

- a) Warning to emphasize the need for regular periodic examinations, and that the safety of users depends upon the continued efficiency and durability of the equipment.
 - a.1 To ensure continued safe efficiency, it is essential to inspect the harness, before each use.
- b) Recommendation in regard to the frequency of periodic examinations, taking account of such factors as legislation, equipment type, frequency of use, and environmental conditions. The recommendation shall include a statement to the effect that the periodic examination frequency shall be at least every 12 months;
 - b.1 It is recommended that the harness is inspected each time before it is use to ensure that it is still safe to use.
 - b.2 It is recommended that a documented safety inspection on the harness should be conducted by a competent person every three months when the harness is in use.
 - b.3 It is recommended that 12 monthly harness safety inspections should be conducted by a 3rd party, to determine if the harness is safe to use.
- c) Warning to emphasize that the periodic examination are only to be conducted by a competent person for periodic examination and strictly in accordance with the manufacturer's periodic examination procedures;
 - c.1 Warning: Only a proven competent person may conduct the periodic safety examination inspection on the No Limit Fall Arrest Harness in line with the harness safety inspection check list.
- d) Where deemed necessary by the manufacturer, e.g due to the complexity or innovation of the equipment, or where safety critical knowledge is needed in the dismantling, reassembly, or assessment of the equipment, (e.g. retractable type fall arrestor), an instruction specifying that the periodic examinations shall only be conducted by the manufacturer or by a person or organization authorized by the manufacturer;
 - d.1 No part or component of the No Limit Fall Arrest Harness may be taken apart for maintenance and or inspection purposes.
- $e) \quad \textit{Requirements to check the legibility of the product markings.}$
 - e.1 To inspect and check the legibility of the Altumax basic product markings following the inspection check list provided.

INSPECTION SHEET

ITEM PICTURE	DESCRIPTION & INSPECTION CHECK	QTY SERVICEABLE	COMMENTS	
NO LIMITS H	ARNESS			
	WEBBING 1 (cuts, burns, wear, discolouration	YES NO		
	2 (cut, worn, loose threads)	YES NO		
	ATTACHMENT D-RINGS 3 (deformed, cracks, corrosion, wear)	YES NO		
	FASTENING BUCKLES (deformed, cracks, wear)	YES NO		
	PROTECTIVE COMPONENTS (padding, tubular, belay loop)	YES NO		
TECHNICIAN				
Name:	Signature:			
Date of Inspection:	Y			
SUPERVISOR	:			
Name:		Signature:		



4.5 Instructions for repair

Where the manufacturer permits repair, repair instructions shall be supplied in the official languages of the country in which the item is in service. These instructions shall include a statement to the effect that any repair shall only be conducted by a competent person for repair, who has been authorized by the manufacturer, and that the repair procedure shall be strictly in accordance with the manufacturer's instructions.

4.5.1 Due to the cost of repair and the liability on ensuring the safety of the harness, no repair of this product is permitted by any person and or organization.

			EQUIPMENT RECORD			
	PRODU	CT: NO L	IMTS HARNESS EN 361: 2	003, EN 358:2	2008	
Model and type/ID: No Limit Fall Arrest Harness		Trade Name: Heightsafe360		ID Nr: HH1/004/N, HH1/002/N		
Manufacturer: Heightsafe360		Address:		Tel, fax, email and website:		
/ear of manufacture/Expiry date:		Purchase Date:		Date f	Date first put into use:	
		0	ther relevant information	on		
	PER	IODIC E	XAMINATION AND REPA	AIR HISTORY		
Date Reason for entry(period examination repair)		odic	Defects noted, repairs carried out and other relevant information	Name and signatu competent persor		Examination next

4.6 Records

Advice shall be given that a record is kept for each component, subsystem and system. The record should contain headings for spaces to allow entry of the following details:

- a) Product, (e.g. full body harness), model and type identification and its trade name;
- b) Name and contact details of the manufacturer or supplier;
- c) Means of identification, which could be the batch or serial number;
- d) Where applicable, the year of manufacture or life expiry date, (refer to 3.2.2 y));
- e) Date of purchase
- f) Any other information as necessary, e.g. maintenance and frequency of use;
- g) Date first put into use;
- h) History of periodic examinations and repairs, to include:
 - 1) Dates and details of each periodic examination and repair, and the name and signature of the competent person who carried out the periodic examination or repair;
 - 2) Next due date for periodic examination.

NOTE It is the responsibility of the user organization to provide the record and to enter onto the record the details required. An example of a record is shown in Figure 1.

4.7 Periodic examination

Manufacturers shall provide all the necessary information and equipment e.g. instructions, check list, spare parts and special tools ect, to enable periodic examinations to be carried out by a competent person.

NOTE Manufacturers may provide training for persons to become competent for updating competency in the periodic examination of PPE or other equipment, or make arrangements for authorized organizations or persons to be made available.

For competence training in the use of the No Limit Fall Arrest Harness it is recommended to complete the Basic Fall Arrest course unit standard ID 229998. For competence training in the inspection of the No Limit Fall Arrest Harness it is recommended to complete the Fall Arrest and rope access equipment inspectors course.

4.8 Markings

- 4.8.1 Each item of PPE or other equipment shall be clearly, indelibly and permanently marked by the manufacturer in the official language of the country of destination, by any suitable method not having a harmful effect on the materials so marked, (see example in Figure 2), and shall include at least:
 - a) Means of identification, e.g. manufacture's name, supplier's name. or trade mark;

NOTE 1 When PPE is marked with the supplier's name this should be with approval of the Notified Body.

- b) Manufacturer's production batch or serial number or other means of traceability;
- c) Model type and identification;

- d) Number and year of the document to which the equipment conforms;
- e) Pictogram or other method to indicate the necessity for users to read the instructions for use.

90 mm

25 mm

NOTE 2 Any additional relevant marking specific to the item of equipment should also be included.

4.8.2 The characters in the markings shall be legible and unambiguous.

4.9 Packaging

Manufacturers shall take all reasonable care to ensure that the equipment is sufficiently packaged to prevent damage and deterioration during transportation. NOTE Where severe environmental conditions exist, or special conditions of supply and detailed, e.g. for long term storage, or transportation requirements, arrangements should be specified by the purchaser and agreed by the manufacturer.

5. DECLARATION OF CONFORMITY



Height Safe 360^{m} will not accept any responsibility, accountability or liability for the actions and consequences direct, indirect or accidental or any other type of injury that may result from the use of this Harness.

This product conforms to EN 361: 2003 and EN 358:2008 as tested and certified by Notification body:

APAVE EXPLOITATION

FRANCE 6 RUE DU GÉNÉRAL AUDRAN 92412 COURBEVOIE CEDEX SOCIETE PAR ACTIONS SIMPLIFIEES au capital de 3 376 810,00 EURO RCS NANTERRE 903869618 -NAF 7120B - N°TVA FR56903869618

CE 0082

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 the language of the country in which the product is to be

Title: NO LIMTS HARNESS User Guide

Approval Date: 13/10/2021 Owner: Johan Du Toit

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