



360

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TRAINING · GEAR · PROJECTS

ENERGY ABSORBER

THAT INTEGRATES AN ADJUSTABLE
DOUBLE LEG LANYARD
126 cm - 185 cm HL3-002



USERGUIDE



www.heightsafe360.com

CE 2927

Single Person Load.

EN 355: 2002

Height Safe 360™ 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. NOTIFICATION BODY: QUINTIN CERTIFICATIONS (n° 2927) – 825 route de Romans – 38160 Saint Antoine l'Abbaye – France. 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 Approval



Congratulations on acquiring your Height Safe 360™ Energy Absorber that integrates a Adjustable Double Leg Lanyard. The Energy Absorber that integrates a Adjustable Double Leg Lanyard was designed and developed after years of experience performing fall arrest operations in various circumstances.

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

For more information, please contact our call center

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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 PPE, which includes body holding devices, and other equipment used in conjunction with a body holding device, to prevent falls, for access, egress and work positioning, to arrest falls.

This document is not intended to cover:

- 1) 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.

- » EN 355: 2002 Personal Protective equipment against falls from heights: Energy Absorbers

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 UE 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.

NOTE: 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 Energy Absorber that integrates a Adjustable Double Leg Lanyard is produced / manufactured by Height 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
 - a.1.5 Postal Address: Plot 68, No 9 Bart st, Laezonia, Centurion, Pretoria, South Africa

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

- b.1 The Energy Absorber that integrates a Adjustable Double Leg Lanyard was designed as a personal protective equipment against falls from heights, energy absorber that incorporates a lanyard, conforming to EN 355: 2002, for fall arrest purposes to be used in conjunction with a full body harness conforming to EN 361: 2002.

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

- c.1 Do not use the Energy Absorber that integrates a Adjustable Double Leg Lanyard 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 Heart 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 Energy Absorber that integrates a Adjustable Double Leg Lanyard .

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 the victim is not rescued as soon as possible. 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) Warning that the equipment shall not be used outside its limits, or for any purpose other than that for which it was intended.

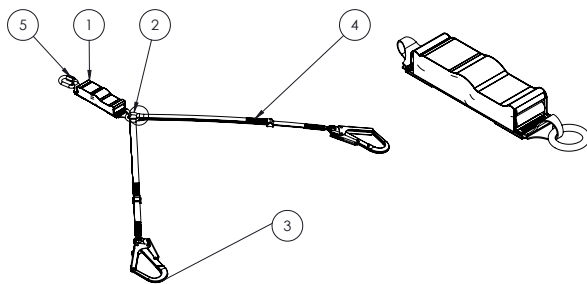
- g.1 It is recommended that the Energy Absorber that integrates a Adjustable Double Leg Lanyard only be used as a personal fall protection device against falls from heights.
- g.2 The working load limit shall not exceed a 100 kg.
- g.3 It is recommended that the Energy Absorber that integrates a Adjustable Double Leg Lanyard, not be used for work positioning purposes.
- g.4 Do not fold back onto the lanyard around the anchor point as the lanyard and connectors are not designed for a cross load.
- g.5 Do not tie knots into the lanyard when in use as this will reduce the function and, or strength of the lanyard.
- g.6 When in use both points of the double leg lanyard need to be connected to the anchor point. Do not connect one point back onto the harness. This will interfere with the opening mechanism and Energy Absorbing capability of the Energy absorber itself.
- g.7 When using an anchor sling to connect to a structure the total length of the lanyard may not exceed 2 m including energy absorber.

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

- h.1 It is recommended that each Energy Absorber that integrates a Adjustable Double Leg Lanyard, should be issued to a single person that can be held responsible for the inspection and use of the Energy Absorber that integrates a Adjustable Double Leg Lanyard.

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

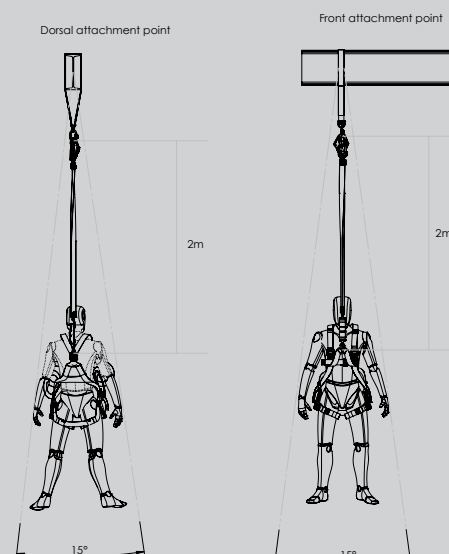
- i.1 The Energy Absorber that integrates a Adjustable Double Leg Lanyard consists out of the following parts and components:
 - i.2.3 Ensure that when the Energy Absorber that integrates a Adjustable Double Leg Lanyard is connected to the harness the connectors does not cross load.
 - i.2.4 Ensure that the connectors are the correct size, and no improvisation is required.



- 1. Energy Absorber that integrates a Adjustable Double Leg Lanyard EN 355:2002
- 2. Jingle Ring
- 3. Large double action snap hooks for connecting to the anchor point.
- 4. Load Bearing Stitching
- 5. Oval Mylon connector for connecting the harness

- i.2 It is recommended that the connector on the Energy Absorber side be connected directly to the back dorsal attachment on the full body harness.
 - i.2.1 It is recommended that the large hooks be connected directly to the anchor point.
 - i.2.2 If the anchor points and or structure is too big an additional anchor sling can be used to connect to the anchor point.

NOTE: The total length of the energy absorber that integrates a lanyard connected with an anchor sling around and anchor point may not exceed 2 m from anchor point to back dorsal connection point on the harness.



i.2.5 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 Do not exceed the 100 kg safe working load on the lanyard.
- j.2 The total lanyard length including connectors may not exceed 2 m.
- j.3 It is recommended that only one Energy Absorber that integrates a Adjustable Double Leg Lanyard may be connected to one connection point on the harness. Do not connect more than one device to the same connection point as a Energy Absorber that integrates a Adjustable Double Leg Lanyard and guided type fall arrest device to the same front or back connection point. The connected and can and will cross load during use and could open or break each other.
- j.4 Do not fold back the lanyard around the anchor point and connect it back to itself.
 - j.4.1 Do not keep one hook connected to the harness while the other hook is connected to the anchor point. This method can and will influence the opening and function of the Energy absorber in the lanyard.

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: 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 as safety inspection is done, by a competent person, on the Energy Absorber that integrates a Adjustable Double Leg Lanyard before each and every use. The physical appearance of the item will determine the serviceability.

l) 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.

- l.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.
- l.2 The following needs to be clearly viable on the label:
 - l.2.1 The item serial number
 - l.2.2 The Conforming standard: EN 355: 2002
 - l.2.3 The date of manufacture.
- l.3 Check and inspect all webbing. Look for unusual soft sections, hard sections, cuts and abrasions.
- l.4 Check and inspect all stitch patterns. Ensure there is no loose threads.
- l.5 Check all connectors
 - l.5.1 Open and close the connectors and check that the items can perform its intended function.
 - l.5.2 Check all connection points for signs of deformity, rust, cracks.



- l.6 If you are unsure about the safety of any component of the Energy Absorbing Lanyard. Confirm with a supervisor.
 - l.6.1 Report the safety issue to a supervisor.
 - l.6.2 Remove the Energy Absorber from service.
 - l.6.3 Replace with a safe-to-use Energy Absorbing Lanyard.

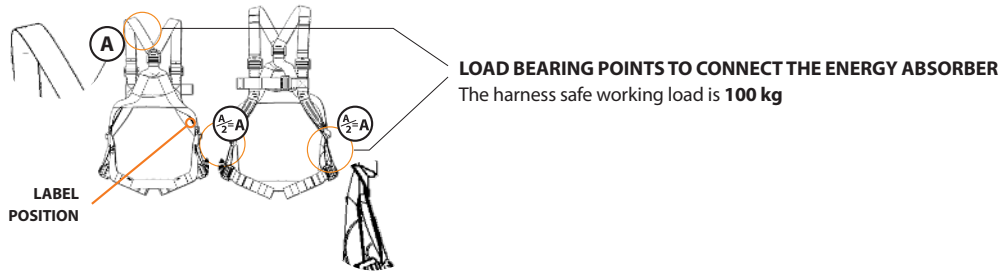
m) Warning stating that it is essential for safety that the equipment is withdrawn from use immediately should:

- m.1 Any doubt arises about the condition for safe use or:
- m.2 It has been used to arrest a fall and the Energy absorber has deployed.
- m.3 In the event that the Energy Absorber has been used to arrest a fall, do 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 The anchor device or structural member, that the fall arrest harness shall be connected to via a Energy Absorber that integrates a Adjustable Double Leg Lanyard, shall be selected and identified by a proven competent person for suitably and position, taking into consideration the fall clearance.
- n.2 The minimum required strength of an structural member and, or anchor device shall be 12KN.

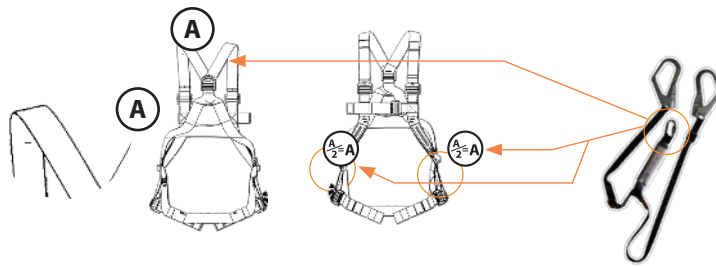
- o) Where relevant, instructions on how to connect to the anchor device or structure;**
- o.1 Always connect as high possible to allow for the minimum falling distance.
 - o.2 Connect in line with the anchor point to avoid a pendulum swing or fall.
 - o.3 When connecting to the anchor device and or structure ensure to calculate the minimum free space and fall clearance.
 - o.4 Ensure that no connector can roll out or cross load in the event of a fall.
 - o.5 Ensure that a proper risk assessment on the work area has been conducted by a proven competent person that needs to indicate the correct fall arrest device as well as the suitable position of the connection to the anchor point.
- 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 point of the harness be used for the Energy Absorber that integrates a Adjustable Double Leg Lanyard.
 - p.2 It is recommended that only one connection point to the harness is used for one Energy absorber at a time.
 - p.3 The front chest attachment point can also be used to connect the Adjustable Double Energy Absorber to.



- 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 to avoid a trip hazard.
 - q.3 Always connect in line with your work area as high as possible to prevent a possible pendulum swing fall.

WARNING: The anchor device and or anchor point should always be positioned and work carried out in such a way, as to minimize both the potential of a fall and the falling distance. Always place the anchor point above the position of the user.

- 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 with the Energy Absorber that integrates a Adjustable Double Leg Lanyard.



- 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;**

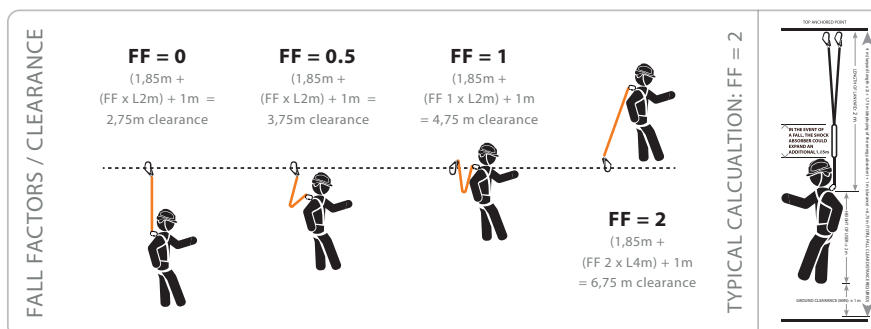
- s.1 Warning. It is essential to verify the min free space required beneath yourself, in the workplace before each occasion, so that there will be no possible collision with the ground or any other obstacle in the event of a fall.

FF 0: $(1,85m + (FF \times L2m) + 1m = 2,75m \text{ clearance}$

FF 1: $(1,85m + (FF \times L2m) + 1m = 4,75 \text{ m clearance}$

FF 0.5: $(1,85m + (FF \times L2m) + 1m = 3,75m \text{ clearance,}$

FF 2: $(1,85m + (FF \times L4m) + 1m = 6,75 \text{ m clearance}$



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;**

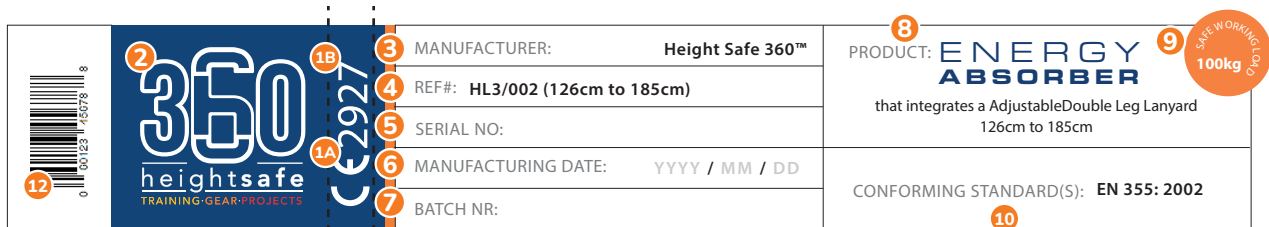
- t.1 The following possible hazards may affect the performance of the Energy Absorber that integrates a Adjustable Double Leg Lanyard :
 - t.1.1 Continues climatic exposure to extreme hot and cold temperatures as well as UV exposure can and will damage the Energy Absorber and effect the safety of the product.
 - t.1.2 Avoid dragging or exposing the Energy Absorber that integrates a Adjustable Double Leg Lanyard to sharp edges and corrosive surfaces that might cut or damage the components of the Energy Absorbing Lanyard.
 - t.1.3 Avoid trailing, dragging and or looping the Energy Absorber that integrates a Adjustable Double Leg Lanyard during general use as this might cause snagging and or long-term damage to the Energy Absorbing Lanyard.
 - t.1.4 Avoid contact or exposure to harmful chemicals or reagents.
 - t.1.5 Avoid contact with high voltage working areas as the Energy Absorber has not been tested safe to use for electrical conductivity.
 - t.1.6 When using the Energy Absorber that integrates a Adjustable Double Leg Lanyard 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 Energy Absorber that integrates a Adjustable Double Leg Lanyard 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 Apart from the general information on the label there is no other markings and or symbols that is applicable.
- v.2 The label has the following information



For more information sheq@heightsafe360.co.za ☎ +27(0)860 434 448 🌐 www.heightsafe360.com 📍 ADDRESS OF MANUFACTURER: Plot 68, No 9 Bart street, Laezonia, Pretoria, Gauteng, South Africa. Rev 2.0 - 07/03/24 Doc:23.0783



- 1a. The CE mark showing that the product meets the requirements of the Regulations 2016/425 (CE marking shall not be less than 5 mm in size)
- 1b. 2927: Notified body involved with the design stage and notified body involved in the production control phase.
- 2. Company Logo
- 3. Identification of the Manufacturer
- 4. Product type with maximum length allowed of the energy absorber including lanyard.
- 5. Date of Manufacture (Day, (DD), Month (MM) and Year (YYYY))
- 6. Batch No
- 7. Model number
- 8. Product Name
- 9. Total Weight Capacity
- 10. EN standards that this product conforms to
- 11. Address of Manufacturer
- 12. Point of Sale Product Bar-code
- 13. Comments
- 13. Fall Factors Described
- 14. Typical Fall Factor Calculation
- 15. Barcode Scan for Instructions

COMPONENTS

1. Energy Absorber that integrates a Adjustable Double Leg Lanyard EN 355:2002
2. Jingle ring
3. Large double action snap hooks
4. Load Bearing Stitching
5. Oval Mylon connector for connecting the harness

FALL FACTORS / CLEARANCE

FF = 0
(1,85m +
(FF x L2m) + 1m =
2,75m clearance

FF = 0.5
(1,85m +
(FF x L2m) + 1m =
3,75m clearance

FF = 1
(1,85m +
(FF x L2m) + 1m =
4,75m clearance

FF = 2
(1,85m +
(FF x L4m) + 1m =
6,75m clearance

TYPICAL CALCULATION: FF = 2

Always read and follow the instructions for use

Height Safe 360™ 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 Energy Absorber.

DOWNLOAD user instructions here by scanning

w) **Statement describing the equipment model, type, identification marks and if appropriate the document and year to which it conforms;**

- w.1 The Adjustable leg Energy Absorber that integrates a Adjustable Double Leg Lanyard comes in two models that is identifiable by the length of the lanyard and the internal manufacturing code:
 - w.1.1 Energy Absorber that integrates a Adjustable Double Leg Lanyard. Length is 1 m, HL3/008
 - w.1.2 Energy Absorber that integrates a Adjustable Double Leg Lanyard. Length is 1,85 m, HL3/006
- w.2 All lanyards conform to EN 355:2002
- w.3 Please refer to the label of each lanyard for the type, identification marks and year that it conforms to.

x) **Where it is a requirement that an UE 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 UE type examination and production control is:
 QUINTIN CERTIFICATIONS (n° 2927) CE2927: 825 route de Romans – 38160 Saint Antoine l'Abbaye – France

y) **Statement of any known limit to the safe usable 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 Energy Absorber that integrates a Adjustable Double Leg Lanyard .
- 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: Any additional relevant information specific to the item of the equipment should also be provided.

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. To Enable the energy absorber that incorporates a double leg lanyard to be maintained correctly and safely:

- 4.3.1.1 It is recommended that the Energy Absorber that integrates a Adjustable Double Leg Lanyard is inspected prior to every use to determine if it might require any maintenance.
- 4.3.1.2 To ensure that the Energy Absorber that integrates a Adjustable Double Leg Lanyard remains safe to use it is recommended that contact with harmful materials shall be avoided as far as possible.
- 4.3.1.3 Lightly oil connectors and check that they properly close and open as intended.
- 4.3.1.4 Always transport the energy absorber in protective carry bag and or container.
- 4.3.1.5 If you have any doubt about the maintenance and or safety of the energy absorber please report to your supervisor and or contact the manufacturer.


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 Energy Absorber that integrates a Adjustable Double Leg Lanyard, it is recommended to hand wash the lanyard in a lukewarm water with a very light solution of martial soap.
 - a.2 After washing, the Energy Absorber 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 item 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 item when it is wet.
 - b.2 To dry the item, it is recommended to avoid a heat source. Hang the Energy Absorber 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 Energy Absorber that integrates a Adjustable Double Leg Lanyard is not in use, store the item outside of the carry bag in a cool, dry, well-ventilated area away from direct sunlight, harmful chemicals and or harmful 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 item.

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 lanyard, 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 Energy Absorber that integrates a Adjustable Double Leg Lanyard 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 item should be conducted by a competent person every three months when the Energy Absorber that integrates a Adjustable Double Leg Lanyard is in use.
 - b.3 It is recommended that 12 monthly Energy Absorber that integrates a Adjustable Double Leg Lanyard safety inspections should be conducted by a 3rd party, to determine if the item 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 Energy Absorber that integrates a Adjustable Double Leg Lanyard in line with the lanyard 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 Energy Absorber that integrates a Adjustable Double Leg Lanyard may be taken apart for maintenance and or inspection purposes.
- e) **Requirements to check the legibility of the product markings.**
 - e.1 To inspect and check the legibility of the Energy Absorber that integrates a Adjustable Double Leg Lanyard basic product markings following the inspection check list provided.

INSPECTION SHEET					
ENERGY ABSORBER THAT INTEGRATES A ADJUSTABLE DOUBLE LEG LANYARD					
ITEM PICTURE	DESCRIPTION & INSPECTION CHECK	QTY	SERVICEABLE		COMMENTS
	1. Energy absorber		YES	NO	
	2. Adjustable Double Leg Lanyard		YES	NO	
	3. Label		YES	NO	
	4. Oval Mylon connector		YES	NO	
	5. Large double action snap hooks		YES	NO	
	6. Load Bearing Stitching		YES	NO	
TECHNICIAN					
NAME:		DATE: YYYY / MM / DD	SIGNATURE:		
SUPERVISOR					
NAME:		SIGNATURE:			

4.5 Instructions for repair

Where the manufacturer permits 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 Energy Absorber that integrates a Adjustable Double Leg Lanyard, no repair of this product is permitted by any person and or organization.

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. lanyard), 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;
- 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.

EQUIPMENT RECORD				
PRODUCT: Energy Absorber that integrates a Adjustable Double Leg Lanyard EN 355: 2002				
Model: Energy Absorber that integrates a Adjustable Double Leg Lanyard		Trade Name: Heightsafe360		ID Nr: HL3/008: 1m, HL3/006: 1,85 m
Manufacturer: Heightsafe360		Address:		Tel, fax, email and website:
Year of manufacture/Expiry date:		Purchase Date:		Date first put into use:
Other relevant information				
PERIODIC EXAMINATION AND REPAIR HISTORY				
Date	Reason for entry(periodic examination repair)	Defects noted, repairs carried out and other relevant information	Name and signature of competent person	Periodic Examination next due date

4.7 Periodic examination

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

- 4.7.1 Please refer to point 4.4 e for the equipment inspection check list.
- 4.7.2 No spare parts and or tools are required to perform periodic examinations.
- 4.7.3 All periodic examinations shall be carried out by a proven 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.

4.7.4 Height Safe 360 Training Academy offers equipment examination training. Please refer to our website for more information.

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™ 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 Energy Absorber that integrates a Adjustable Double Leg Lanyard. Refer to Appendix B for Declaration of Conformity.

This product conforms to EN 355:2002 as tested and certified by Notification body:

QUINTIN CERTIFICATIONS (n° 2927)
825 route de Romans – 38160 Saint Antoine l'Abbaye – France

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

<p>Title: Energy Absorber that integrates a Adjustable Double Leg Lanyard User Guide Approval Date: 13/10/2021 Doc Nr: HS360-UG-001 REV 1</p>	<p>Owner: Johan Du Toit</p>
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7. INFORMATION SUPPLIED BY THE MANUFACTURER

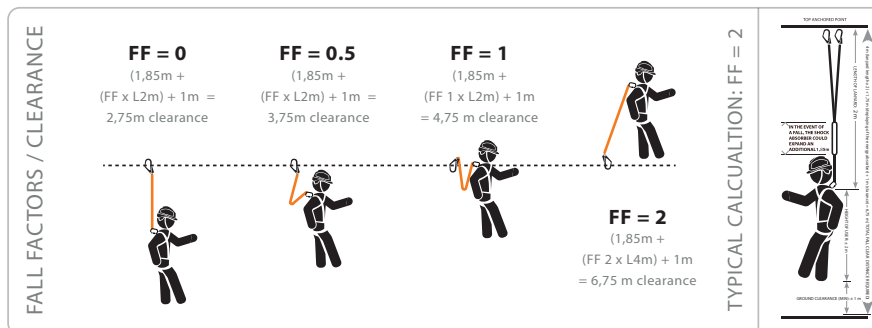
The information supplied by the manufacturer shall be provided in the languages of the country of destination. It shall conform to 2.1 of EN 365:1992 and in addition shall include at least advice or information as follows:

- a) **that the total length of a sub-system with an energy absorber including lanyard, terminations and connectors shall not exceed 2 m (e.g. connector plus lanyard plus energy absorber plus connector);**
 - a.1. The total length of the Energy Absorber that integrates a Adjustable Double Leg Lanyard including connectors may not exceed 2 m. Exceeding this length may lead to higher generated force during the fall and could lead to serious injury or potentially product failure.
- b) **the characteristics required for a reliable anchor point;**
 - b.1 The required anchor point shall have a minimum strength requirement of 12 KN.
 - b.2 The anchor point, to be used to connect the Energy Absorber that integrates a Adjustable Double Leg Lanyard, should be identified by a proven competent person.
- c) **On how to connect to a reliable anchor point, to a full body harness and to other components of a fall arrest system;**
 - c.1 It is recommended that the Energy Absorber that integrates a Adjustable Double Leg Lanyard be connected to the back dorsal connection point of the full body harness.
 - c.1.1 Only use the connector provided to connect the Energy absorber side of the lanyard to the back dorsal attachment point of the harness.
 - c.2 Use the large hooks on the Energy Absorber that integrates a Adjustable Double Leg Lanyard, to connect to a reliable anchor point.
 - c.2.1 If the hooks are too small to not hitch back around the anchor point as this will reduce the strength of the lanyard.
 - c.2.2 It is recommended to sue a separate anchor sling to avoid hitch back on the lanyard. Note that the total length of the lanyard including the anchor sling may not exceed 2 m.
- d) **On how to ensure the compatibility of any components to be used in conjunction with the energy absorber, e.g. by reference to other European Standards;**
 - d.1 It is recommend that only EU certified equipment to be used with in the fall arrest system to ensure compatibility and safety of the Energy Absorber that integrates a Adjustable Double Leg Lanyard.

- e) **the necessary minimum clearance below the feet of the user, in order to avoid collision with the structure or ground in a fall from the height. With a mass of 100 kg and a fall factor two situation (worst case) the clearance is the arrest distance H (see 3.5) plus an extra distance of 1 m;**
 e.1 (use the image from the label) The Fall Factor and fall clearance has been calculated according to PPE-R/11.126

FF 0: $(1,85m + (FF \times L2m) + 1m = 2,75m$ clearance
FF 1: $(1,85m + (FF \times L2m) + 1m = 4,75m$ clearance

FF 0.5: $(1,85m + (FF \times L2m) + 1m = 3,75m$ clearance,
FF 2: $(1,85m + (FF \times L4m) + 1m = 6,75m$ clearance



- f) **The material from which the energy absorber is made;**
 f.1 For full product specification of what the Energy Absorber that integrates a Adjustable Double Leg Lanyard is made of please refer to appendix A Technical data sheet.
- g) **On limitations of the materials in the product or hazards which may affect its performance, e.g. temperature, the effect of sharp edges, chemical reagents, electrical conductivity, cutting, abrasion, UV degradation, other climatic conditions;**
 g.1 The maximum safe working load of the Energy Absorber that integrates a Adjustable Double Leg Lanyard is 100kg. Do not exceed this amount.
 g.2 Avoid contact with harmful chemicals and abrasive substances that can reduce the strength and life span of the Energy Absorber that integrates a Adjustable Double Leg Lanyard.
 g.3 Avoid temperatures above 45 degrees C and below 15 degrees C.
 g.4 Avoid crossing the Energy Absorber that integrates a Adjustable Double Leg Lanyard over sharp edges and abrasive surfaces as this may cut and or damage the lanyard.
 g.5 Avoid contact with chemical reagents as this can cause damage to the Energy Absorber that integrates a Adjustable Double Leg Lanyard.
 g.6 This Energy Absorber that integrates a Adjustable Double Leg Lanyard has not been tested and is not certified for electrical conductivity and is not safe to use in high voltage areas.
 g.7 Avoid direct sunlight and or leaving the Energy Absorber that integrates a Adjustable Double Leg Lanyard outside for long periods of time in direct sunlight as the UV will cause long term product degradation.
 g.8 Avoid working at height and or using the Energy Absorber that integrates a Adjustable Double Leg Lanyard in severe climatic conditions.
- h) **that before and during use, consideration should be given as to how any rescue could be safely and efficiently carried out;**
 h.1 When working at height and using the Energy Absorber that integrates a Adjustable Double Leg Lanyard always ensure that you have a post fall arrest rescue plan in place that has been properly risk assessed during the planning phase of the work.
- i) **that the product should only be used by a trained and/or otherwise competent person or the user should be under the direct supervision of such a person;**
 i.1 It is recommended that all working at height and when using the Energy Absorber that integrates a Adjustable Double Leg Lanyard shall be conducted by a properly trained and proven competent person for working at height.
- j) **on how to clean the product, including disinfection, without adverse effect;**
 j.1 It is recommended that the product be cleaned with a light clothing soap in a lukewarm water and set out to dry in a well-ventilated area avoiding sunlight.
 j.2 The product can be treated and or disinfected by any spray that is not harmful to the human skin.
- k) **if information exists, the expected lifespan of the product (obsolescence) or how this may be determined;**
 k.1 The physical appearance of the product and the recommended daily inspections of the Energy Absorber that integrates a Adjustable Double Leg Lanyard will determine the serviceability of the lanyard.
 k.2 It is recommended that the Energy Absorber that integrates a Adjustable Double Leg Lanyard should be removed from service after 5 years of first use.
- l) **on how to protect the product during transportation;**
 l.1 It is recommended that the Energy Absorber that integrates a Adjustable Double Leg Lanyard be transported in a separate protective carry bag and or container that will keep it away from harmful chemicals and abrasive substances.
- m) **on the meaning of any markings on the product.**
 m.1 Apart from the product label there is no specific markings of any kind.
- n) **the model/type identification mark of the energy absorber;**
 The following models of energy / Energy Absorber that integrates a Adjustable Double Leg Lanyards are available:.
 n1 Energy Absorber that integrates a Adjustable Double Leg Lanyard. Length is 126 cm to 185 cm, HL3/002.
- o) **the number of this European Standard, i.e. EN 355.**
 o.1 The confirming standard of this product is EN355:2002 and is clearly indicated on the product label.

8 PACKAGING

Full body harnesses shall be supplied wrapped, but not necessarily sealed, in material which provides some resistance against the penetration of moisture.

1. Manufacturer Name and Logo
2. Product Name and Identification
3. CE Mark: Single Person Load
4. Conforming Standards
5. Equipment Record including:
 - a. Model Type & Identification
 - b. Trade Name
 - c. Manufacturer
 - d. Manufacturer Address
 - e. Manufacturer Contact
 - f. Date of Manufacture
 - g. Purchase Date
 - h. Date of first use

EQUIPMENT RECORD

Model & Type and Identification:
 HL3/002
 Trade Name: HEIGHTSAFE 360
 Manufacturer: HEIGHTSAFE 360
 Address: Laezonia, Gauteng, South Africa
 Tel: +27(0)11 314 2733
 Date of Manufacture: YYYY / MM / DD
 Purchase date: YYYY / MM / DD
 Date first use: YYYY / MM / DD



6. Associated Local Bodies and accreditations
7. Product Image
8. QR Code: User to scan for Online Resources

E N E R G Y
ABSORBER

THAT INTEGRATES AN ADJUSTABLE
DOUBLE LEG LANYARD
126 cm - 185 cm HL3-002



www.heightsafe360.com