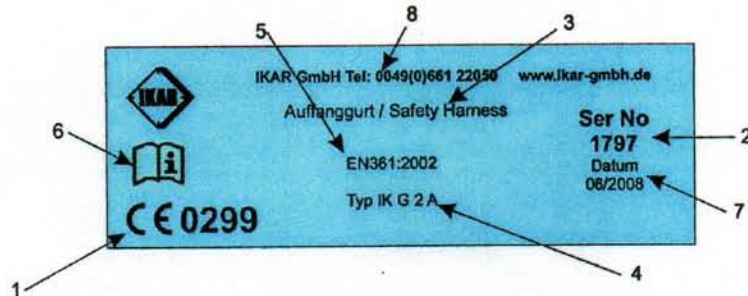


Instructions for the use and maintenance of IKAR
fall arrest equipment and inspection records



Label on Safety Harness, which must be in place, intact and legible while the Safety Harness is in use.



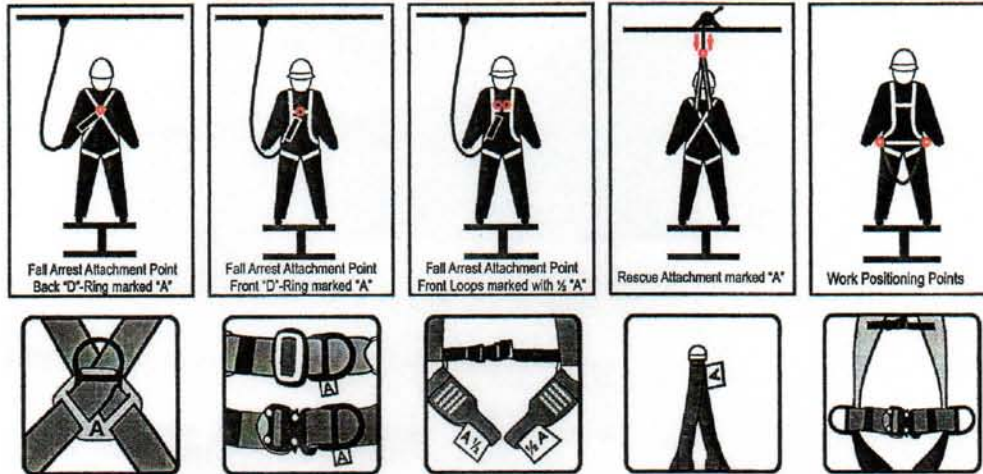
1. Controlling Notified Body
2. Serial Number
3. Product Type
4. IKAR GmbH Product References
5. Standard /Year
6. Considerations for Use
7. Date of Manufacture
8. Manufacturer

Key to Safety Harness codes:

- IK = IKAR GmbH
- G = Safety Harness
- 1 = Single point harness
- 2 = Two point harness
- A = Carbon steel "D" rings front and back, three bar quick connect buckles
- B = Carbon steel "D" rings front and back, sprung loaded aluminium quick release buckles
- C = Carbon steel rear "D" (NO s) rings, webbing front attachment loops
- R = Overhead rescue attachment
- W = Integral work positioning belt

(GB) This instruction for use booklet covers the following IKAR GmbH products:

IK G 1 Single Point (rear "D" ring) Fall Arrest Safety Harness
 IK G 2 Two Point (rear "D" ring and front chest "D" ring) Fall Arrest Safety Harness



These two Fall Arrest Safety Harnesses are approved to EN361:2002 designed to be worn in a fall arrest application. They may also be used in a fall restraint application.

The Safety Harness should be selected for the application of its intended use and in connection to other items of the fall protection PPE system e.g. Energy Absorbing Lanyards.

IK G 1 has two basic versions, the version is identified by the suffix A or B to the harness code.

IK G 2 has three basic versions, the version is identified by the suffix A, B or C to the harness code:

- Type A Steel "D" rings, adjustable shoulder straps, chest strap and leg loops via a three bar quick connect buckle.
- Type B Steel "D" rings, adjustable shoulder straps, chest strap and leg loops via a sprung loaded quick release buckle.
- Type C Rear steel "D" ring, front attachment loops (must be used as a pair), adjustable shoulder straps, chest strap and leg loops via a sprung loaded quick release buckle.

IK G 1 and IK G 2 (all basic versions), can also be fitted with an overhead rescue attachment for use in confined space / near vertical applications with restricted space, identified by an "R" suffixing the version or type. The overhead rescue attachment has been tested and CE approved to EN1497:1996 and EN361:2002. However the rescue attachment should only be used in a fall arrest application when it is attached to an EN360 retractable type device, with a built in recovery mechanism, with the lifeline coming from directly above. This overhead rescue attachment point is NOT suitable for use with Energy absorbing Lanyards or guided type fall arresters.

In addition to, or alternatively, the IK G 1 and the IK G 2 (basic versions) can also be fitted with an integral work positioning waist belt with two side "D" rings, identified by a "W" suffixing the version or type. The belt is tested and CE marked to EN 358:2000.

The fall arrest attachment points conforming to EN 361:2002 are all clearly marked with the letter "A", this is the only point that a fall arrest attachment device should be attached to. In the case of the IK G 2C, the front attachment point consists of two webbing loops (each marked with a "1/2 A") and both must be attached together with the attachment device connector should they be used.

Instructions for use



Users of this IKAR GmbH Safety Harness must:

- be trained in its use and the pre-use inspection requirements;
- not use it if they have any medical conditions which could affect their safety in both normal and emergency use;
- ensure that a rescue plan is in operation, when it is being used in a fall arrest situation;
- not make any alterations, additions or repairs to the Safety Harness;
- ensure that the Safety Harness is not used outside its limitations, or for any purpose other than that which it is intended and that the user has been trained to do;
- ensure the compatibility of other items and equipment used with this lanyard when assembled into a fall protection system;
- always refer to the instructions for use issued with other items or equipment;
- ensure that no dangers arise through the use of combinations of items of equipment in which the safe function of any one item is affected by or interferes with the safe function of another;
- ensure that the Safety Harness is in a serviceable condition and operates correctly before it is used;
- withdraw it from service immediately should any doubt arise about its condition for safe use or if it has been involved in a fall;
- be aware of hazards that may affect the performance or cause failure of the Safety Harness, such as
 - extreme temperatures (below -15°C and above +50°C)
 - aggressive environmental conditions, including
 - sand & grit
 - cement
 - hot surfaces
 - naked flames
 - welding splatter
 - sparks
 - electrical conductivity
 - contact with
 - sharp edges
 - abrasive surfaces
 - chemicals
- immediately stop using the product if it is exposed to any of the above or is damaged in any way until it has been inspected by a competent person;
- ensure that the Safety Harness is only used for a maximum period of 8 years after the date of manufacture
- the life of a Safety Harness is variable due many contributing factors including: the environmental conditions in which it is used, the frequency of use, storage and maintenance protocols adopted
- ensure that the date of first use is recorded in this instruction booklet.
 - should you resell this IKAR GmbH Safety Harness, it is essential that all instructions for use, maintenance and periodic examination are provided in the language of destination.
- When fitting this safety harness, users must ensure:
 - the harness is adjusted so that the rear "D" ring sits between the shoulder blades
 - that all webbing straps lie flat against the body with no twists or turns
 - the shoulder straps are adjusted in length upwards through the adjuster buckle so that the cheststrap when connected lies across the breast bone



- the leg loops are adjusted in length so that they fit snugly into the groin
- the waistbelt when fitted is fastened and adjusted around the waist
- they check that all buckles are done up correctly
 - quick connect buckles – are lying flat together with one part passed through the other
 - quick release buckles – the tongue of one part is securely in place into the other
- after connecting the buckles and adjusting the shoulder adjuster buckle, the ends of the webbing should be tidied up and held in place using the plastic clips and elasticated loops
- the fit and adjustment of the harness is regularly checked during use
- only compatible and suitable fall arrest devices are attached to the "D" rings and attachment points (both loops in type C harnesses), marked with the letter "A"
- the side "D" rings on a waistbelt or a waistbelt when fitted into the harness are only used for work positioning or work restraint
- if the overhead rescue attachment is being used in a fall arrest situation, the fall arrest device i.e. EN360 retractable fall arrester must come from directly above

Instructions for Pre-Use Check



Users of IKAR GmbH Safety Harness must carry out a pre use inspection before each and every use:

- checking the webbing for:
 - cuts, tears and nicks
 - abrasion
 - fraying
 - thinning
 - heat damage
 - mould and paint
 - evidence of chemical & U.V light attack, which will be seen as discolouration, softening or hardening of the webbing
- checking the stitch patterns for:
 - broken or abraded stitches
 - loosened stitching
 - pulled and loops of stitching
 - long tails of thread
- checking the metal fittings for:
 - rust and pitting
 - cracks
 - distortion / disfigurement
 - excessive wear
- checking the connectors for:
 - rust and pitting
 - cracks
 - distortion / disfigurement
 - excessive wear
 - functioning freely and correctly
 - correct alignment of the gate
- checking any screwed triangular link interconnection within a lanyard for:
 - rust and pitting
 - cracks
 - distortion / disfigured
 - excessive Wear
 - secure and tight connection
- checking any plastic primary or secondary components for:
 - correct placement
 - cracks
 - distortion / disfigurement
 - excessive Wear
 - damage

If any defects or damage is identified the Safety Harness should not be used. It should be taken to a competent person responsible for the detailed recorded inspections for a thorough visual and Tactile examination



Detailed Recorded Inspections

Detailed recorded inspections should:

- be carried out by a trained competent person to ensure the safety and integrity of the Safety Harness;
- recorded in the record table contained within these User Instructions;
- be carried out on a regular basis. The frequency of the detailed recorded inspection should be deemed through Risk Assessment taking into account legislation, equipment type, frequency of use, and environmental conditions, which may accelerate the rate of deterioration and physical damage
- be carried out at least every 12 months regardless of usage.

Maintenance and Storage

Maintenance of this IKAR GmbH Safety Harness must only be carried out by a trained and competent person, who will:

- ensure that NO alterations to the Safety Harness are made
- clean the product using the following procedure:
 - using only warm water
 - using only mild detergent
 - using only a sponge or soft nylon brush
 - using fresh clean water to rinse the detergent off the Safety Harness
 - drip dry the equipment
 - allowing the Safety Harness to thoroughly dry out before next use
- ensure that the following cleaning methods are NOT used:
 - water over 40° C
 - bleach
 - any detergent not suitable for bare skin
 - wire brushes or other scouring agents
 - jet wash or other power products
 - radiators or other direct heat sources
- ensure that a thorough visual and tactile examination of the lanyard is made after cleaning, before the item is allowed to be re-used.

Storage

- ensure that the Safety Harness is stored in an area that is:
 - clean
 - free from airborne contaminants (e.g. dust or sand)
 - free from harmful chemicals (liquid or fumes)
 - dry
 - not in direct sunlight
 - not subject to extreme temperatures (below -15°C and above +50°C)
- ensure that the Safety Harness is not stored under tension or load
- store ideally in a purpose supplied bag box or cabinet



These Safety Harness are classed as Personal Protective Equipment (PPE), by the European PPE Directive 89/686/EEC and have been shown to comply with this directive through the harmonized European standards

EN 361:2002 Personal Protective Equipment against falls from height Full Body Harnesses

EN 1497:1996 Rescue Equipment - Rescue Harnesses

EN 358:2000 Personal Protective Equipment for work positioning and prevention of falls from height, Belts for work positioning and restraint and work positioning lanyards

Certification body: TÜV NEL Ltd, East Kilbride, Glasgow, Scotland, G75 0QU, UK (Notified Body 0320)

Quality Management System to DIN EN ISO 9001:2000, controlled and audited by Prüf- und Zertifizierungsstelle des FA PSA, D-42781 Haan, Germany (Notified Body 0299).