

# SERAPH

## FULL BODY HARNESS

Parts #: 01700; 01703; 01704; 01705; 01706;  
11160; 11164; 3711172; 3711173; 3711174

# Instruction Manual



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- ✖ Do not throw instructions away.
- ⚠ Read and understand instructions before using this equipment.

## Product Specific Applications

 **Fall Arrest:** Harness may be used to support a MAXIMUM 1 Personal Fall Arrest System (PFAS) for use in Fall Arrest applications. Structure must withstand loads applied in the directions permitted by the system of at least 5,000 lb (22,2 kN) or maintain a 2:1 safety factor. Maximum permitted free fall is 6 ft (1,8 m) or up to 12 ft (3,6 m) if used in combination with equipment explicitly certified for such use. **D-rings:** **Dorsal.**

 **Restraint:** Harness may be used in Restraint applications. Restraint systems prevent workers from reaching the leading edge of a fall hazard. Always account for fully extended length of connecting equipment. Structure must withstand loads applied in the directions permitted by the system of at least 1,000 lb (4,4 kN). No free fall is permitted. Restraint systems may only be used on surfaces with slopes up to 4/12 (vertical/horizontal).

**D-rings:** **Dorsal, Sternal, Hip (pairs only).**

 **Work Positioning:** Harness may be used in Work Positioning applications. Work Positioning systems allow a worker to be supported while in suspension and work freely with both hands. Structure must withstand loads applied in the directions permitted by the system of at least 3,000 lb (13 kN). Maximum permitted free fall is 2 ft (0,6 m). **D-rings:** **Hip (pairs only).**

 **RESCUE/CONFINED SPACE:** Harness may be used in **Rescue/Confined Space** applications. Rescue systems function to safely recover a worker from a confined location or after exposed to a fall. There are various configurations of Rescue systems depending on the type of rescue. Structure must withstand loads applied in the directions permitted by the system of at least 3,000 lb (13 kN). No free fall is permitted. **D-ring:** **Dorsal, Sternal, Shoulders (pairs only).**

## Worker Classifications

- **Qualified Person:** A person with an accredited degree or certification, and with extensive experience or sufficient professional standing, who is considered proficient in planning/reviewing the conformity of fall protection and rescue systems.
- **Competent Person:** A highly trained and experienced person who is ASSIGNED BY THE EMPLOYER to be responsible for all elements of a fall safety program, including, but not limited to, its regulation, management, and application. A person who is proficient in identifying existing and predictable fall hazards, and who has the authority to stop work in order to eliminate hazards.
- **Authorized Person:** A person who is assigned by their employer to work around or be subject to potential existing fall hazards.

## Applicable Safety Standards

Meets or exceeds:

- **ANSI Z359.11-2021**
- **CSA Z259.10-2018**
- **OSHA 1910.140**
- **OSHA 1926.502**

## Permitted Weight Capacity Range

- **OSHA:** 100-420 lb (45-191 kg)
- **ANSI:** 130-310 lb (59-141 kg)

Always defer to applicable connecting device to determine permitted worker weight capacity range for complete system.

**Note:** Capacity is the combined user weight including all clothing, tools, and equipment.

## Limitations

**Fall Clearance:** There must be sufficient clearance below the work surface to arrest a fall before the user strikes the ground or an obstruction. The expected stretch of the harness is 18 in (0.45 m). When calculating fall clearance, account for a MINIMUM 2 ft (0.6 m) safety factor, deceleration distance, user height, length of lanyard/SRL, harness stretch, free fall, and all other applicable factors.

**ALWAYS REFER TO CONNECTOR INSTRUCTIONS FOR PRODUCT-SPECIFIC CLEARANCE INFORMATION.**

**Swing Falls:** Prior to installation or use, make considerations for eliminating or minimising all swing fall hazards. Swing falls occur when the anchor is not directly above the location where a fall occurs. Always work as close to in line with the anchor point as possible. Swing falls significantly increase the likelihood of serious injury or death in the event of a fall.

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## Compatibility

When making connections to the harness, eliminate all possibility of roll-out. Roll-out occurs when interference between a connector and the attachment point causes the connector gate to unintentionally open and release.

All connections must be selected and deemed compatible with the harness by a Competent Person.

All connector gates must be self-closing, self-locking, and withstand a minimum load of 3,600 lb (16 kN).

**See Diagram A on page 15 for examples of compatible and incompatible connections.**

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## Maintenance, Cleaning, and Storage

Cleaning after use is important for maintaining the safety and longevity of the harness. Remove all dirt, corrosives, and contaminants from the harness before and after each use. If a harness cannot be cleaned with plain water, use mild soap and water, then rinse and wipe dry. NEVER clean harness with corrosive substances.

When not in use or during transport, store equipment where it will not be affected by heat, light, excessive moisture, chemicals, or other degrading elements.

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## Materials

**Polyester, steel, nylon**

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## Specifications\*



\*Specifications as shown on 3711173

## Part Specifications

Part #	Size	Description
01700	S-L	Seraph Harness, PT Chest, PT Legs
01703	S-L	Seraph Harness, PT Chest, PT Legs
01704	XL-XXL	Seraph Harness, PT Chest, PT Legs
01705	S-L	Seraph Harness, PT Chest, TB Legs
01706	XL-XXL	Seraph Harness, PT Chest, TB Legs
11160	S-L	Seraph Harness, Shoulder Pad, PT Chest, PT Legs
11164	S-L	Seraph Harness, Shoulder Pad, PT Chest, TB Legs
3711172	XS-S	Seraph Harness, Waist Pad, PT Chest, TB Legs, Hip D-rings
3711173	M-L	Seraph Harness, Waist Pad, PT Chest, TB Legs, Hip D-rings
3711174	XL-XXL	Seraph Harness, Waist Pad, PT Chest, TB Legs, Hip D-rings

## Donning and Use

■ PFAS equipment must be selected and deemed compatible with harness by a Competent Person (CP). ALWAYS follow instructions of equipment used in combination with this harness. NEVER attach connector anywhere other than D-ring. Any excess strap webbing MUST be stored in Webbing Keepers.

To connect Pass-Through buckle, angle male buckle so it is positioned to pass up and through female buckle. Fully insert male buckle so that it lies flat on top of female buckle.



To connect Tongue Buckle, pull webbing strap through framed tongue component, and insert framed tongue through grommet to secure.



Friction Adjustments allow the user to adjust harness straps. Feed webbing through buckle, and slide buckle down on the strap to tighten, or slide buckle up on the strap to loosen.



To adjust dorsal D-ring, slide placard up or down webbing. Dorsal D-ring must rest between the middle of the shoulder blades.



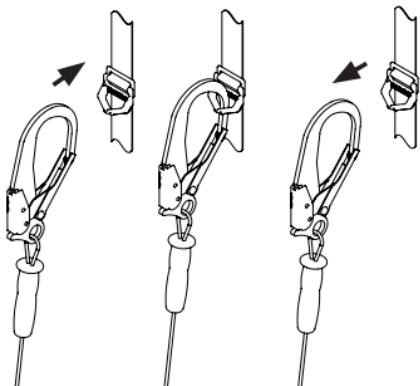
## Lanyard Keepers

**⚠️ WARNING!** Lanyard keepers

provided on front of harness are not an attachment point and are intended for the storage of an unused connector leg only. Lanyard keepers are designed to break away if exposed to excess loads and release under low force.

**⚠️** A lanyard keeper is not a D-ring. NEVER connect to lanyard keepers for the purposes of fall protection at any time.

See Diagram B on page 15.



**⚠️ CAUTION!** Disengages at 120 lb (0.5 kN) or less.

## Integrated Personal SRL Adapter

**■** For Personal SRLs that utilize a direct-to-web mounting bracket

Thread compatible personal SRL direct-to-web bracket through webbing below dorsal D-ring bar. Ensure mechanism locks fully.



**■** Completed installation



## Load Indicator

Load Indicator before deployment:



Load Indicator after deployment:



## Donning

### Step 1

Hold at dorsal D-ring, and fully inspect harness according to specifications of this instruction manual. Ensure all straps are not twisted and all buckles are unfastened.

### Step 2

Place shoulder straps over shoulders. Ensure dorsal D-ring faces out, and is adjusted to rest between the middle of the shoulder blades.



### Step 3

Connect leg straps around thighs. Ensure the webbing is not twisted. Leg straps should never dangle or hang loose.



### Step 4

Adjust chest strap height level to approximately 6 in (15cm) from top of shoulders. Connect chest strap. Ensure the webbing is not twisted.



## ■ Step 5

Adjust chest, leg, and shoulder straps so they fit snugly, but still allow for a full range of movement.



**⚠ WARNING!** Any twisting of webbing, or straps that are fitted too loose or too tight, can significantly increase the risk of serious injury or death in the event of a fall.

**⚠** Some steps may require assistance. We recommend another person, with knowledge of safe and correct harness use, ensures the harness is worn correctly.

**⚠** Dorsal D-ring, chest strap, shoulder straps, and leg straps **MUST** be fitted for each individual user.

## Inspection

Prior to EACH use, inspect harness for deficiencies, including, but not limited to, corrosion, deformation, pits, burrs, rough surfaces, sharp edges, cracking, rust, paint build-up, excessive heating, alteration, broken stitching, fraying, and missing or illegible labels. IMMEDIATELY remove harness from service if defects or damage are found, or if exposed to forces of fall arrest.

Ensure that applicable work area is free of all damage, including, but not limited to, debris, rot, rust, decay, cracking, and hazardous materials. Ensure that work area will support the application-specific minimum loads set forth in this manual. Work area **MUST** be stable.

At least every 12 months, a Competent Person (CP) other than the user must inspect harness.

Inspections **MUST** be recorded in inspection log in instruction manual and on equipment inspection grid label. The CP must sign their initials in the box corresponding to the month and year the inspection took place.

During inspection, consider all applications and hazards the harness has been subjected to.

Product lifetime is indefinite as long as it passes pre-use and CP inspections.

This inspection log must be specific to one harness. Separate inspection logs must be used for each harness. All inspection records must be made visible and available to all users at all times. If equipment fails inspection it must be discarded immediately.



## Inspection Log

Model #:	Date of First Use:
Serial #:	User:

## Safety Information

**⚠ WARNING!** Failure to understand and comply with safety regulations may result in serious injury or death. Regulations included herein are not all-inclusive, are for reference only, and are not intended to replace a Competent Person's judgment or knowledge of federal or state standards.

Always read and understand this Instruction Manual before use. It should be used as part of an employee training program as required by OSHA or any applicable state agency. This and any other included instructions for other fall protection equipment must be made available to equipment users. The user must understand how to safely and properly use this full body harness as a component of a complete personal fall arrest system, including other fall protection equipment.

Do not alter equipment. Do not misuse equipment. Workplace conditions, including, but not limited to, flame, corrosive chemicals, electrical shock, sharp objects, machinery, abrasive substances, weather conditions, and uneven surfaces, must be assessed by a Competent Person before fall protection equipment is selected.

The analysis of the workplace must anticipate where workers will be performing their duties, the routes they will take to reach their work, and the potential and existing fall hazards they may be exposed to. Fall protection equipment must be chosen by a Competent Person. Selections must account for all potential hazardous workplace conditions. All fall protection equipment should be purchased new and in an unused condition.

Fall protection systems must be selected and installed under the supervision of a Competent Person, and used in a compliant manner. Fall protection systems must be designed in a manner compliant with all federal, state, and

safety regulations. Forces applied to anchors must be calculated by a Competent Person.

Harnesses and connectors selected must be compliant with manufacturer's instructions, and must be of compatible size and configuration. Snap hooks, carabiners, and other connectors must be selected and applied in a compatible fashion. All risk of disengagement must be eliminated. All snap hooks and carabiners must be self-locking and self-closing, and must never be connected to each other.

A pre-planned rescue procedure in the case of a fall is required. The rescue plan must be project-specific. The rescue plan must allow for employees to rescue themselves, or provide an alternative means for their prompt rescue. Store rescue equipment in an easily accessible and clearly marked area.

Training of Authorized Persons to correctly erect, disassemble, inspect, maintain, store, and use equipment must be provided by a Competent Person. Training must include the ability to recognize fall hazards, minimize the likelihood of fall hazards, and the correct use of personal fall arrest systems.

NEVER use fall protection equipment of any kind to hang, lift, support, or hoist tools or equipment, unless explicitly certified for such use.

Equipment subjected to forces of fall arrest must immediately be removed from use.

Age, fitness, and health conditions can seriously affect the worker should a fall occur. Consult a doctor if there is any reason to doubt a user's ability to withstand and safely absorb fall arrest forces or perform set-up of equipment. Pregnant women and minors must not use this equipment.

Physical harm may still occur even if fall safety equipment functions correctly. Sustained post-fall suspension may result in serious injury or death. Use trauma relief straps to reduce the effects of suspension trauma.

## ANSI Z359.14 Annex A

Note: This information from the Z359.11 standard is required to be included in the instruction manual for the end user.

ANSI/ASSE Z359 Requirements for Proper Use and Maintenance of Full Body Harnesses (Note: These are general requirements and information provided by ANSI/ASSE Z359, the Manufacturer of this equipment may impose more stringent restrictions on the use of the products they manufacture, see the Manufacturer's instructions.)

1. It is essential that the users of this type of equipment receive proper training and instruction, including detailed procedures for the safe use of such equipment in their work application. ANSI/ASSE Z359.2, Minimum Requirements for a Comprehensive Managed Fall Protection Program, establishes guidelines and requirements for an employer's managed fall protection program, including policies, duties and training; fall protection procedures; eliminating and controlling fall hazards; rescue procedures; incident investigations; and evaluating program effectiveness.

2. Correct fit of a Full Body Harness is essential to proper performance. Users must be trained to select the size and maintain the fit of their Full Body Harness.

3. Users must follow manufacturer's instructions for proper fit and sizing, paying particular attention to ensure that buckles are connected and aligned correctly, leg straps and shoulder straps are kept snug at all times, chest straps are located in the middle chest area and leg straps are positioned and snug to avoid contact with the genitalia should a fall occur.

4. Full Body Harnesses which meet ANSI/ASSE Z359.11 are intended to be used with other components of a Personal Fall Arrest system that limit maximum arrest forces to 1800 pounds (8kN) or less.

5. Suspension intolerance, also called suspension trauma or orthostatic intolerance, is a serious condition that can be controlled with good harness design, prompt rescue and post fall suspension relief devices. A conscious user may deploy a suspension relief device allowing the user to remove tension from around the legs, freeing blood flow, which can delay the onset of suspension intolerance. An attachment element extender is not intended to be attached directly to an anchorage or anchorage connector for fall arrest. An energy absorber must be used to limit maximum arrest forces to 1800 pounds (8kN). The length of the attachment element extender may affect free fall distances and free fall clearance calculations.

6. Full Body Harness (FBH) Stretch, the amount the FBH component of a personal fall arrest system will stretch and deform during a fall, can contribute to the overall elongation of the system in stopping a fall. It is important to include the increase in fall distance created by FBH Stretch, as well as the FBH connector length, the settling of the user's body in the FBH and all other contributing factors when calculating total clearance required for a particular fall arrest system.

7. When not in use, unused lanyard legs that are still attached to a Fully Body Harness D-ring should not be attached to a work positioning element or any other structural element on the Full Body Harness unless deemed acceptable by the competent person and manufacturer of the lanyard. This is especially important when using some types of "Y" style lanyards, as some load may be transmitted to the user through the unused lanyard leg if it is not able to release from the harness. The lanyard parking attachment is generally located in the sternal area to help reduce tripping and entanglement hazards.

8. Loose ends of straps can get caught in machinery or cause accidental disengagement of an adjuster. All Full Body Harnesses shall include keepers or other components which serve to control the loose ends of straps.

9. Due to the nature of soft loop connections, it is recommended that soft loop attachments only be used to connect with other soft loops or carabiners. Saphooks should not be used unless approved for the application by the manufacturer.

Sections 11-17 provide additional information concerning the location and use of various attachments that may be provided on this FBH.

10. Dorsal - The dorsal attachment element shall be used as the primary fall arrest attachment, unless the application allows the use of an alternate attachment. The dorsal attachment may also be used for travel restraint or rescue. When supported by the dorsal attachment during a fall, the design of the Full Body Harness shall direct load through the shoulder straps supporting the user, and around the thighs. Supporting the user, post fall, by the dorsal attachment will result in an upright body position with a slight lean to the front with some slight pressure to the lower chest. Considerations should be made when choosing a sliding versus fixed dorsal attachment element. Sliding dorsal attachments are generally easier to adjust to different user sizes, and allow a more vertical rest position post fall, but can increase FBH Stretch.

11. Sternal - The sternal attachment may be used as an alternative fall arrest attachment in applications where the dorsal attachment is determined to be inappropriate by a competent person, and where there is no chance to fall in a direction other than feet first. Accepted practical uses for a sternal attachment include, but are not limited to, ladder climbing with a guided type fall arrester, ladder climbing with an overhead self-retracting lifeline for fall arrest, work positioning and rope access. The sternal attachment may also be used for travel restraint or rescue.

When supported by the sternal attachment during a fall, the design of the Full Body Harness shall direct load through the shoulder straps supporting the user, and around the thighs. Supporting the user, post fall, by the sternal attachment will result in roughly a sitting or cradled body position with weight concentrated on the thighs, buttocks and lower back. Supporting the user during work positioning by this sternal attachment will result in an approximate upright body position.

If the sternal attachment is used for fall arrest, the competent person evaluating the application should take measures to ensure that a fall can only occur feet first. This may include limiting the allowable free fall distance. It may be possible for a sternal attachment incorporated into an adjustment style chest strap to cause the chest strap to slide up and possibly choke the user during a fall, extraction, suspension, etc. The competent person should consider Full Body Harness models with a fixed sternal attachment for these applications.

12. **Frontal** - The frontal attachment serves as a ladder climbing connection for guided type fall arresters where there is no chance to fall in a direction other than feet first, or may be used for work positioning. Supporting the user, post fall or during work positioning, by the frontal attachment will result in a sitting body position, with the upper torso upright, with weight concentrated on the thighs and buttocks. When supported by the frontal attachment the design of the Full Body Harness shall direct load directly around the thighs and under the buttocks by means of the sub-pelvic strap. If the frontal attachment is used for fall arrest, the competent person evaluating the application should take measures to ensure that a fall can only occur feet first. This may include limiting the allowable free fall distance.

13. **Shoulder** - The shoulder attachment elements shall be used as a pair, and are an acceptable attachment for rescue and entry/retrieval. The shoulder attachment elements shall not be used for fall arrest. It is recommended that the shoulder attachment elements be used in conjunction with a yoke which incorporates a spreader element to keep the Full Body Harness shoulder straps separate.

14. **Waist, Rear** - The waist, rear attachment shall be used solely for travel restraint. The waist, rear attachment element shall not be used for fall arrest. Under no circumstances is it acceptable to use the waist, rear attachment for purposes other than travel restraint. The waist, rear attachment shall only be subjected to minimal loading through the waist of the user, and shall never be used to support the full weight of the user.

15. **Hip** - The hip attachment elements shall be used as a pair, and shall be used solely for work positioning. The hip attachment elements shall not be used for fall arrest. Hip attachments are often used for work positioning by arborists, utility workers climbing poles and construction workers tying rebar and climbing on form walls. Users are cautioned against using the hip attachment elements (or any other rigid point on the Full Body Harness) to store the unused end of a fall arrest lanyard, as this may cause a tripping hazard, or, in the case multiple leg lanyards, could cause adverse loading to the Full Body Harness and the wearer through the unused portion of the lanyard.

16. **Suspension seat** - The suspension seat attachment elements shall be used as a pair, and shall be used solely for work positioning. The suspension seat attachment elements shall not be used for fall arrest. Suspension seat attachments are often used for prolonged work activities where the user is suspended, allowing the user to sit on the suspension

seat formed between the two attachment elements. An example of this use would be window washers on large buildings.

## **USER INSPECTION, MAINTENANCE AND STORAGE OF EQUIPMENT**

Users of personal fall arrest systems shall, at a minimum, comply with all manufacturer instructions regarding the inspection, maintenance and storage of equipment. The user's organization shall retain the manufacturer's instructions and make them readily available to all users. See ANSI/ASSE Z359.2, Minimum Requirements for a Comprehensive Managed Fall Protection Program, regarding user inspection, maintenance and storage of equipment.

1. In addition to the inspection requirements set forth in the manufacturer's instructions, the equipment shall be inspected by the user before each use and, additionally, by a competent person, other than the user, at interval of no more than one year for:

- Absence or illegibility of markings.
- Absence of any elements affecting the equipment form, fit or function.
- Evidence of defects in, or damage to, hardware elements including cracks, sharp edges, deformation, corrosion, chemical attack, excessive heating, alteration and excessive wear.
- Evidence of defects in or damage to strap or ropes including fraying, unsplicing, unlacing, kinking, knotting, roping, broken or pulled stitches, excessive elongation, chemical attack, excessive soiling, abrasion, alteration, needed or excessive lubrication, excessive aging and excessive wear.

2. Inspection criteria for the equipment shall be set by the user's organization. Such criteria for the equipment shall equal or exceed the criteria established by this standard or the manufacturer's instructions, whichever is greater.

3. When inspection reveals defects in, damage to, or inadequate maintenance of equipment, the equipment shall be permanently removed from service or undergo adequate corrective maintenance, by the original equipment manufacturer or their designate, before return to service.

### **Maintenance and Storage**

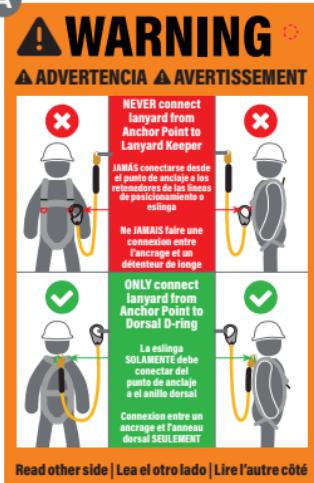
1. Maintenance and storage of equipment shall be conducted by the user's organization in accordance with the manufacturer's instructions. Unique issues, which may arise due to conditions of use, shall be addressed with the manufacturer.

2. Equipment which is in need of, or scheduled for, maintenance shall be tagged as unusable and removed from service.

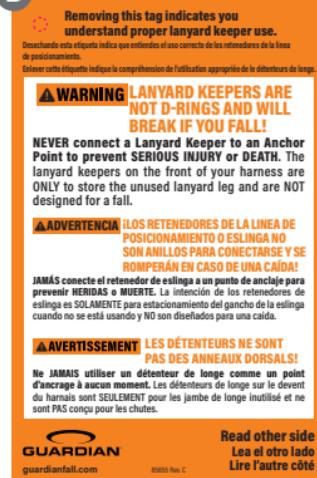
3. Equipment shall be stored in a manner as to preclude damage from environmental factors such as temperature, light, UV, excessive moisture, oil, chemicals and their vapors or other degrading elements.

## Labels:

**A**



**B**



**A**

**WARNING** NEVER connect lanyard from Anchor Point to Lanyard Keeper  
**ADVERTENCIA** JAMÁS conectarse desde el punto de anclaje a los retenedores de las líneas de posicionamiento o eslinga.  
**AVERTISSEMENT** Ne JAMAIS faire une connexion entre l'ancre et un détenteur de longe

ONLY connect lanyard from Anchor Point to Dorsal D-ring  
 La eslinga SOLAMENTE debe conectar del punto de anclaje a el anillo dorsal  
 Connexion entre un ancrage et l'anneau dorsal SEULEMENT

Read other side | Lea el otro lado | Lire l'autre côté

**B**

Removing this tag indicates you understand proper lanyard keeper use.

**LANYARD KEEPERS ARE NOT D-RINGS AND WILL BREAK IF YOU FALL!** NEVER connect a Lanyard Keeper to an Anchor Point to prevent SERIOUS INJURY or DEATH. The lanyard keepers on the front of your harness are only to store the unused lanyard leg and are designed to break if you fall.

Desechando esta etiqueta indica que entiendes el uso correcto de los seguros de eslinga.

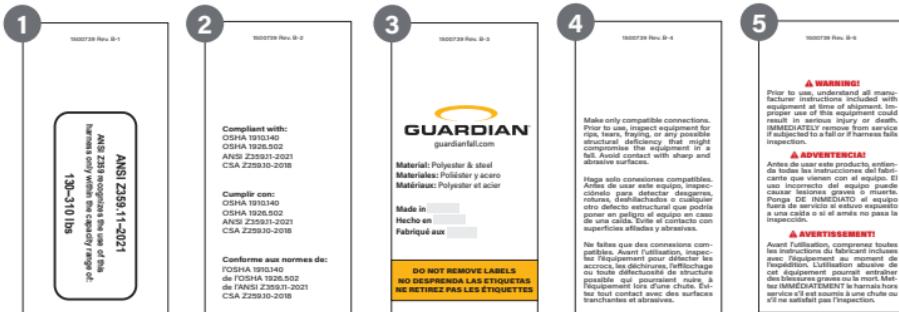
**¡LOS RETENEDORES DE LA LINEA DE POSICIONAMIENTO O ESLINGA NO SON ANILLOS PARA CONECTARSE Y SE ROMPERÁN EN CASO DE UNA CAÍDA!**  
**JAMÁS conecte el retenedor de eslinga a un punto de anclaje para prevenir HERIDAS o MUERTE. La intención de los retenedores de eslinga es solamente para estacionamiento del gancho de la eslinga cuando no se está usando y son diseñados para romperse cuando expuestos a fuerza excesiva.**

Enlever cette étiquette indique la compréhension de l'utilisation appropriée de le détenteurs de longe.

**LES DÉTENTEURS NE SONT PAS DES ANNEAUX DORSAL!**

**Ne JAMAIS utiliser un détenteur de longe comme un point d'ancrage à aucun moment. Les détenteurs de longe fourni sur la sangle de poitrine d'un harnais est pour le rangement d'un connecteur de jambe de longe inutilisé, et von briser au cas d'une chute.**

## Labels:



**1**  
ANSI Z359.11-2021  
130-310 lbs  
130-310 lbs  
ANSI Z359.11-2021  
130-310 lbs  
ANSI Z359.11-2021

**2**  
Compliant with:  
OSHA 1910.140  
OSHA 1926.502  
ANSI Z359.11-2021  
CSA Z259.10-2018  
Complir con:  
OSHA 1910.140  
OSHA 1926.502  
ANSI Z359.11-2021  
CSA Z259.10-2018  
Conforme aux normes de:  
OSHA 1910.140  
de l'OSHA 1926.502  
de l'ANSI Z359.11-2021  
CSA Z259.10-2018



**3**  
1600739 Rev. B-3  
**GUARDIAN**  
guardianfall.com  
Material: Polyester & steel  
Materiale: Poliéster y acero  
Matiériaux: Polyester et acier  
Made in  
Hecho en  
Fabriqué aux  
**DO NOT REMOVE LABELS**  
**NO DESPREnda LAS ETIQUETAS**  
**NE RETIREZ PAS LES ÉTIQUETTES**



**4**  
1600739 Rev. B-4  
Make only compatible connections. Prior to use, inspect equipment for rips, tears, fraying, or any possible structural deficiency that might compromise the equipment in a fall. Avoid contact with sharp and abrasive surfaces.  
Haga solo conexiones compatibles. Antes de usar este equipo, inspecciónelo para detectar desgarres, roturas, deshilachados o cualquier otro defecto estructural que podría poner en peligro el equipo en caso de una caída. Evite el contacto con superficies afiladas y abrasivas.  
Ne faites que des connexions compatibles. Avant l'utilisation, inspectez l'équipement pour détecter les accrocs, les déchirures, l'effilochage ou toute défectuosité de structure possible qui pourraient nuire à l'équipement lors d'une chute. Évitez tout contact avec des surfaces tranchantes et abrasives.



**5**  
1600739 Rev. B-5  
**WARNING!**  
Prior to use, understand all manufacturer instructions included with equipment at time of shipment. Improper use of this equipment could result in serious injury or death. IMMEDIATELY remove from service if subjected to a fall or if harness fails inspection.  
**ADVERTENCIA!**  
Antes de usar este producto, entienda todas las instrucciones del fabricante que vienen con el equipo. El uso incorrecto del equipo puede causar lesiones graves o muerte. Ponga DE INMEDIATO el equipo fuera de servicio si estuvo expuesto a una caída o si el arnés no pasa la inspección.  
**AVERTISSEMENT!**  
Avant l'utilisation, comprenez toutes les instructions du fabricant incluses avec l'équipement au moment de l'expédition. L'utilisation abusive de cet équipement pourrait entraîner des blessures graves ou la mort. Mettez IMMÉDIATEMENT le harnais hors service s'il est soumis à une chute ou s'il ne satisfait pas l'inspection.

**1**  
ANSI Z359.11-2021  
ANSI Z359 recognizes the use of this harness only within the capacity range of: 130-310 lbs

**2**  
Compliant with/ Cumplir con/Conforme aux normes de: OSHA 1910.140, OSHA 1926.502, & ANSI Z359.11-2021, CSA Z259.10-2018

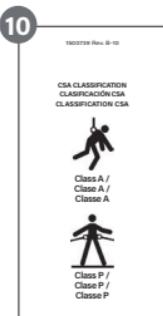
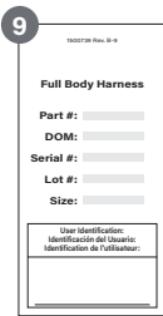
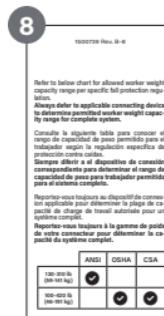
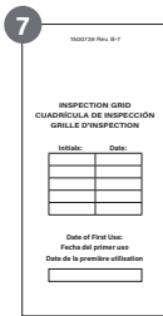
**3**  
Material: Polyester & steel / Materiales: poliéster y acero / Matériaux: Polyester et acier  
See label for Country of Origin/ Consulte la etiqueta para conocer el país de origen/ Voir l'étiquette pour le pays d'origine  
DO NOT REMOVE LABELS/ NO DESPREnda LAS ETIQUETAS/ NE RETIREZ PAS LES ÉTIQUETTES

**4**  
Make only compatible connections. Prior to use, inspect equipment for rips, tears, fraying, or any possible structural deficiency that might compromise the equipment in a fall. Avoid contact with sharp and abrasive surfaces.  
Haga solo conexiones compatibles. Antes de usar este equipo, inspecciónelo para detectar desgarres, roturas, deshilachados o cualquier otro defecto estructural que podría poner en peligro el equipo en caso de una caída. Evite el contacto con superficies afiladas y abrasivas.  
Ne faites que des connexions compatibles. Avant l'utilisation, inspectez l'équipement pour détecter les accrocs, les déchirures, l'effilochage ou toute défectuosité de structure possible qui pourraient nuire à l'équipement lors d'une chute. Évitez tout contact avec des surfaces tranchantes et abrasives.

**5**  
WARNING Prior to use, understand all manufacturer instructions included with equipment at time of shipment. Improper use of this equipment could result in serious injury or death. IMMEDIATELY remove from service if subjected to a fall or if harness fails inspection.

**ADVERTENCIA** Antes de usar este producto, entienda todas las instrucciones del fabricante que vienen con el equipo. El uso incorrecto del equipo puede causar lesiones graves o muerte. Ponga DE INMEDIATO el equipo fuera de servicio si estuvo expuesto a una caída o si el arnés no pasa la inspección.  
**AVERTISSEMENT** Avant l'utilisation, comprenez toutes les instructions du fabricant incluses avec l'équipement au moment de l'expédition. L'utilisation abusive de cet équipement pourrait entraîner des blessures graves ou la mort. Mettez IMMÉDIATEMENT le harnais hors service s'il est soumis à une chute ou s'il ne satisfait pas l'inspection.

## Labels:



**6** User must inspect prior to EACH use. Competent Person must complete formal inspection every 12 months. Competent Person to inspect and initial. Product lifetime is indefinite as long as equipment passes pre-use and Competent Person inspections.

El usuario debe inspeccionar el equipo antes de CADA uso. Una persona competente debe completar una inspección formal al menos cada 12 meses.

La persona competente debe inspeccionar y firmar con sus iniciales. La vida útil del producto es indefinida, siempre que pase las inspecciones previas al uso y las inspecciones de la persona competente.

L'utilisateur doit inspecter l'équipement avant CHAQUE utilisation. Une personne compétente doit effectuer une inspection officielle tous les 12 mois. Elle doit inspecter et apposer ses initiales.

La durée de vie du produit est indéterminée à condition que l'équipement soit conforme aux inspections avant l'utilisation et par une personne compétente.

**7** INSPECTION GRID / CUADRÍCULA DE INSPECCIÓN/GRILLE D'INSPECTION  
Date of First Use / Fecha del primer uso/ Date de la première utilisation:

**8** Refer to below chart for allowed worker weight capacity range per specific fall protection regulation. Always defer to applicable connecting device to determine permitted worker weight capacity range for complete system.

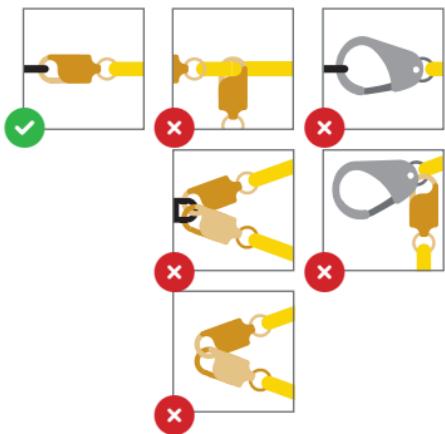
Consulte la siguiente tabla para conocer el rango de capacidad de peso permitido para el trabajador según la regulación específica de protección contra caídas. Siempre diferir a el dispositivo de conexión correspondiente para determinar el rango de capacidad de peso para trabajador permitido para el sistema completo.

Reportez-vous toujours au dispositif de connexion applicable pour déterminer la plage de capacité de charge de travail autorisée pour un système complet. Reportez-vous toujours à la gamme de poids de votre connecteur pour déterminer la capacité du système complet.

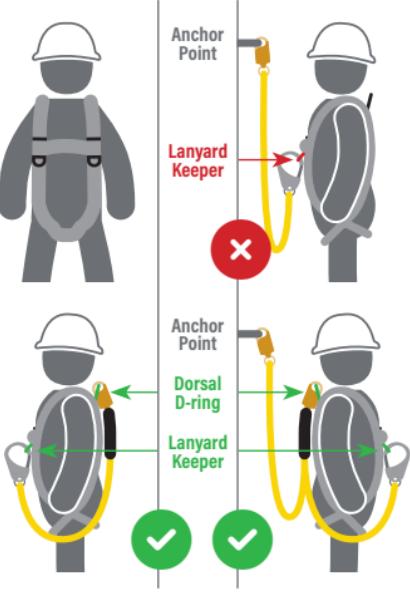
**9** Size:  
Part # DOM Lot # Serial #  
90782 Rev C

**10** Classification  
See label for Specific Class

## Diagram A - Connections



## Diagram B - Lanyard Keepers



### USA

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**WARRANTY:** Guardian warrants to Buyer that all products are free from defects in material, workmanship, and design (if a Supplier-responsible design), however this warranty does not cover conditions resulting from normal wear and tear, neglect, abuse, accident or otherwise. Guardian's obligations under this warranty apply for the lifetime of the products and are limited to the replacement of product only. This warranty is not transferable to any other Guardian service and does not apply to product that is resold after having been put into service. No other person, firm, entity, or the like is authorized to assume or assign for Guardian any other liability in connection with the sale or use of Guardian's products. Furthermore, this warranty is void if any product is changed or altered in any way, or if the product is used in a manner other than for which it is intended. There are no implied warranties of merchantability or fitness for a particular purpose, which are specifically disclaimed.

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