

PUTTING ON YOUR HARNESS

1. Loosen all of the adjusting straps on the harness.
2. Open all of the quick connect buckles.
3. Don the harness as you would a vest.
4. Reconnect the chest, waist and leg loop buckles.
5. Adjust all of the straps to ensure a snug fit.
6. Secure all loose webbing tails in the provided Web Keepers™. rom service in accordance with the requirements of OSHA 29 CFR 1910.66 and 1926.502

WARNING: Make sure the straps are snug. This decreases the risk of additional injury in the event of a fall and will prevent the quick-connect buckles from disconnecting.

USING YOUR HARNESS

The FreeTech Harness is intended to be used for work at height fall protection according to the ANSI/ASSE Z359 Fall Protection Code.

To prevent roll out when using ANSI Z359.12 compliant carabiners or snaphooks to attach to an attachment point, use only locking models. It is the user's responsibility to verify equipment compatibility with components and sub-systems before use.

Consult with the current edition of ANSI/ASSE Z359.11 and applicable State or Provincial regulations governing occupational safety. The user should consider all component extensions and allow clearance for an arrest to take place a safe distance away from the ground or structure. A harness stretch factor of up to 18in (46cm) should be factored in while calculating fall clearance.

LANYARD PARKING ELEMENT

If using a fall arrest lanyard or Y-lanyard, connect the lanyard snaphook to the lanyard parking element located on the upper chest when not in use (unless otherwise connected to an anchorage point). The lanyard parking element of the harness is intended to disengage in the event that the lanyard is hung up or tangled during a fall or during normal use to prevent creating a hazard.

DEPLOYING THE SWITCHPOINT SYSTEM

In the event of a fall, the unique function of the FreeTech Harness's patented Switchpoint System allows a user to transfer their weight from the dorsal D-ring to the secondary tether connection at the front waist. The resulting seated position in the harness provides more freedom of movement for the user post-fall. To deploy:

1. Open velcro pouch and grab red tab
2. Firmly grasp the red webbing of the release handle and pull out and away from your body. The dorsal release strap will feed out of the release buckle at the right hip and your weight will transfer to the secondary tether connected to the waist strap. This transfer occurs quickly.
3. If the release buckle reengages the dorsal release strap before it completely feeds out of the buckle, simply pull on the release handle again until the transfer is complete.

WARNING: If the waist buckle was not connected when donning the harness, transferring to the secondary tether will result in suspension from the right hip, which may cause significant discomfort.

ANSI/ASSE Z359 REQUIREMENTS FOR PROPER USE AND MAINTENANCE OF FULL BODY HARNESSES

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 (8 kN) 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 (8 kN). 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 Full 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. Snaphooks should not be used unless approved for the application by the manufacturer.

PERFORMANCE:

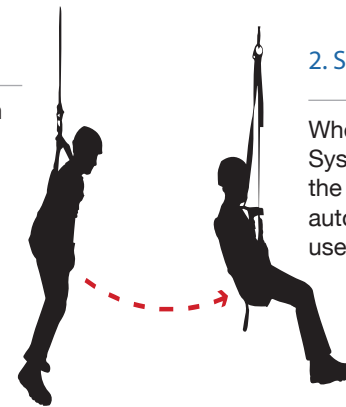
Maximum Capacity: One worker with max weight of 310-lbs

Weight: 11.5lbs with seat

REGULATORY COMPLIANCE:
ANSI /ASSE Z359.11-2014

1. Dorsal Position

From the dorsal position in a post-fall scenario, simply deploy the SwitSwitchPoint™ System.



2. Seated Position

When the SwitchPoint™ System is deployed, the FreeTech™ Harness automatically reorients the user into a seated position.

MODEL	SIZE	COLOR	RATING
HARNESS-SML-FRT	Small (5'0" to 6'0")	Custom	ANSI Z359.11
HARNESS-MED-FRT	Medium (5'4" to 6'4")	Custom	ANSI Z359.11
HARNESS-LRG-FRT	Large (5'8" to 6'8")	Custom	ANSI Z359.11

SECTIONS 10-16 PROVIDE ADDITIONAL INFORMATION CONCERNING THE LOCATION AND USE OF VARIOUS ATTACHMENTS THAT MAY BE PROVIDED ON THIS FALL PROTECTION HARNESS

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 adjustable 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

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.