



ULTIMA – FULL BODY HARNESS

The ULTIMA full body harness is CE marked to BSEN 361:1993 (full body harness), and BSEN 358:1993 (work positioning systems). Certified by Approved Body: SATRA, Safety Product Centre, Northants, NN16 9JH. Identification No:0321

Spanset recommends that where possible all PPE be personal issue.

A full body harness is the only acceptable body holding device that can be used in a fall arrest system.

It is essential that this product is sold to the end user with the instructions in the correct language of the country in which the product is to be used.

This harness is for use in a fall arrest system that has had a thorough risk-assessment including an analysis of the clearance necessary below the user to ensure safety

Always thoroughly inspect all equipment and components before and after fitting, pay particular attention to the operation of buckles and connectors.

If the harness is to be used for fall arrest, only use with a CE approved fall arrest system.

To connect a system together, refer to the user instructions for each individual part.

Ensure that all equipment and components used within the fall arrest system are compatible.

Any karabiner, or connector used must comply with EN 362, and be securely locked to prevent opening.

Only connect steel chest and dorsal attachment points (indicated by a letter 'A' symbol) to fall arrest or work positioning systems.

Any anchorage point used should meet the requirements of EN795 (10kN). We recommend that all persons using fall-arrest equipment should take care to follow best practice procedures when selecting anchor points. This means selecting lanyard anchor points at or above shoulder height, wherever possible, and adjusting the harness correctly. This is to reduce both the physical effects on the body of the user generated by the arrest of the fall, and the distance fallen. Safe clearance above the hazard must always be ensured – comply with user instructions for every component. During use protect all equipment from sharp, or rough edges, and any chemicals. Avoid contact with hot surfaces and exposure to hot gases such as those from blowlamps or welding torches. If you do work in an environment that will adversely affect your equipment, regularly examine your equipment during use to ensure its integrity

FITTING INSTRUCTIONS

- ❶ Locate the rear fall arrest link.



- ❺ Fit thigh straps – left strap to left buckle, right strap to right buckle – DO NOT CROSS.

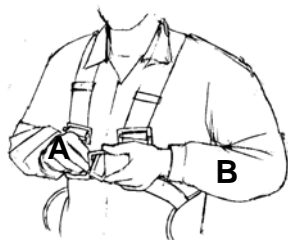
- ❷ Fit harness over both Shoulders.



- ❻ Pull through loose webbing. Slide web tidy back to secure loose web.

- ❼ Adjust shoulders, just to point that slack is taken up.

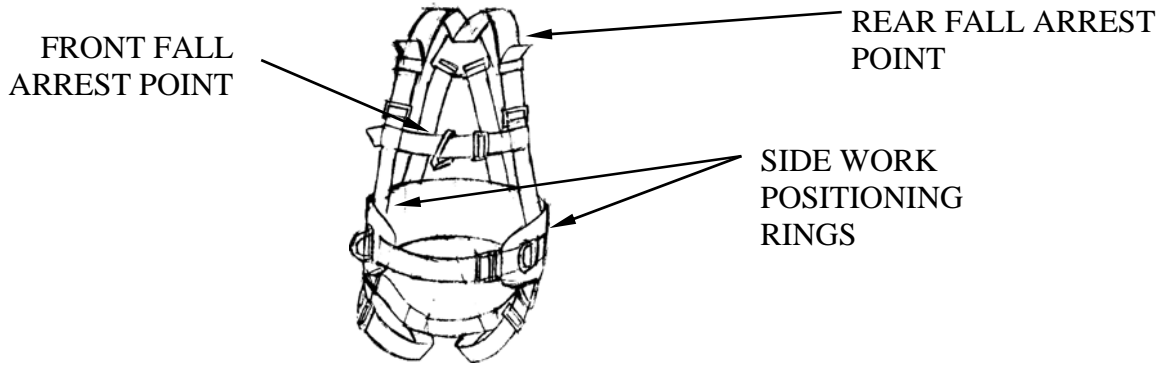
- ❸ Attach chest strap and adjust to suitable tension by pulling on the free length of webbing. **IMPORTANT. Do not overtighten the chest strap. The straps A+B should be as close to parallel as possible in order to minimise the risk of injury in the event of a fall.**



- ❹ When standing upright the harness should be comfortable, without undue pressure on chest, shoulders, or pelvic area.

- ❹ Thread up waist belt and Velcro end down. If adjustment is required see “Adjusting the waist” section on next page.

USING THE ULTIMA



ADDITIONAL WARNINGS

1. Persons using this product should be trained/competent in its use, or be under the supervision of such a person.
2. Be aware of all medical conditions that could affect the safety of the user in normal and emergency use.
3. A rescue plan should be in place to deal with any emergencies that may arise during work at height.
4. No alterations, additions or repairs should be made to this equipment without the written consent of SpanSet.
5. The equipment shall not be used outside its limitations, or for any other purpose than that it is intended for.
6. The safe function of one item of equipment may interfere with the safe function of another with certain combinations of equipment. Always check components within a system are compatible before use.
7. In any fall-arrest system, the free space required below the user should always be ensured.
8. If in any doubt about the use or care of SpanSet equipment, please contact SpanSet.
9. An EN361 harness is the only acceptable body holding device that can be used in a fall arrest system.
10. The users safety depends on the continued efficiency and durability of the equipment.

INSPECTION AND EXAMINATION

Keep these instructions, or a copy with the harness to aid future inspection, and examination.

The equipment must be given a full inspection when delivered to site/works, and before every use.

Current European standards state at least every 12 months the equipment must be visually examined by a competent person authorised by SpanSet, and the results recorded. SpanSet recommends inspection by a competent person every 6 months. Particular attention should be paid to the following:-

Webbing -	Check for cuts, cracks, tears, abrasion* and scorch marks, burns or chemical attack.
Stitching -	Look for broken stitch, loose or worn threads.
Metalware -	Inspect for signs of damage/distortion/corrosion, and correct operation of buckles.
Labelling -	Ensure label details are legible.
Materials -	All webbing and threads used in this harness are produced from polyester.

* Local abrasion as distinct from general wear may be caused by the passage of the webbing over sharp edges or protrusions while under tension and may cause serious loss of strength. Slight damage to outer fibres and occasional yarn may be considered harmless but serious reduction in width or thickness of the webbing or serious distortion to the weave pattern should lead to rejection.

A harness should be immediately removed from service after being subjected to any fall, or if in any doubt about the harnesses condition. The harness shall not be used again until it is confirmed in writing by a competent person that it is acceptable to do so.

The harness may be cleaned or disinfected if required. The following procedure must be adhered to. Use hand hot water with a mild detergent or disinfectant, then rinse with clean water, and allow drying naturally, out of direct sunlight. Any detergent or disinfectant used must be compatible with polyamide, and polyester.

If you require more information please contact SpanSet.

All equipment should be stored and transported in the following manner:-

- To prevent contact with sharp objects that may damage the fibres of the webbing.
- Away from harmful substances such as acids, alkalis, fuel, paints, solvents that harm polyester and nylon fibres.
- Kept in a cool dry place free from direct sunlight, to prevent degradation of the fibres from ultraviolet radiation.
- Wetness of the equipment should be allowed to dry naturally away from direct heat.

Product Life

Whilst regular inspection and care of your equipment is mandatory by European law, SpanSet recommends that with regular use all products should be destroyed after 5 years from date of first use. The product has an ultimate life span of 10 years from date of manufacture, even if never used.

SPANSET TRAINING

SPANSET offers training either on site or at our own premises, in all aspects of height safety. Courses are accredited under our registration to ISO 9001, and certificates are issued on successful completion.

Although it is not compulsory, for the safety of all users SPANSET recommends you take advantage of this training service, please contact us for further details.

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