

(VHI ULTRALITE X) ULTRALITE X HARNESS USER INSTRUCTIONS

HARNESS DESIGNATION:	FALL ARREST HARNESS
GENERAL USE:	For use in situations where there is a risk of free fall
SUGGESTED APPLICATIONS:	Industrial height safety, Elevated Work Platforms, Confined space, Rescue, High rope activities, Ladder and Rope activities, Building maintenance, Roof work
COMPLIANCE	Certified to AS/NZS 1891.1:2007 /

ATTACHMENT POINTS

Ensure you are familiar with all the attachment points on this harness and their limitations. Each attachment point is labelled appropriately.

Fall Arrest Attachment Points *(refer notes on Energy Absorbers)*

1. Rear dorsal webbing-ring is rated as a fall arrest attachment point
2. The front sternum webbing loops are rated as a Fall Arrest attachment point when both attachment points are joined together with an appropriate karabiner.

WARNING

1. A lanyard assembly should be secured to an anchorage point that is at a level which will result in the minimum free fall and the least total fall distance consistent with the wearer's ability to carry out work tasks. The maximum allowable free fall is no more than 2 m.
2. Energy absorbers that absorb energy by permanent deformation or destructive action should be discarded if that process has commenced.

FRONT VIEW OF HARNESS AND FEATURES



REAR VIEW OF HARNESS AND FEATURES



FITTING INSTRUCTIONS

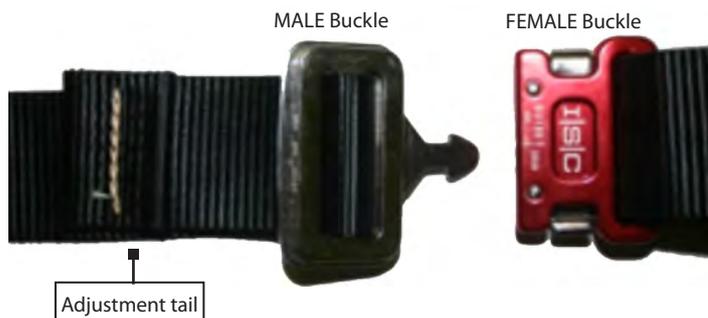
EMPLOYER: It is your responsibility to ensure all users are instructed and trained in the correct use and maintenance of the equipment. Once equipment is issued, it is assumed this has been completed.

USER: Only competent users should use this equipment. It is your responsibility to read and understand these instructions and be properly trained in the use of this equipment. Always use equipment safely and properly. Check equipment before and after each use

GENERAL: This document contains general fitting instructions. Instructions are not all inclusive. Modifying the equipment can cause injury and damage and will nullify any warranty and place full responsibility for any accident or injury on the equipment owner.

Securing Quick Connect Buckles

To connect buckle, feed Male part into Female part of buckle and listen for an audible click, ensuring the buckle is fastened and secure.



Releasing Quick Connect Buckles

To release the buckle, simultaneously depress the tabs on both sides of the female buckle and remove the male portion of buckle.



Fitting the Harness

1. Read the instructions carefully and check the harness labelling to ascertain that you have the correct harness for the task.
2. Inspect the harness webbing and hardware for signs of wear or damage.
3. Hold up the harness by the rear webbing-ring and untangle any straps that may have twisted during storage.
4. Separate the shoulder straps and familiarise yourself with the layout of the harness. Release the quick connect sternum strap and Leg buckles from their respective links.
5. Put on the harness by passing your arms through the shoulder straps as if putting on a jacket. Adjust the shoulder buckles to the appropriate height.
6. Connect the sternum strap by securing the two halves of the quick connect buckle together. Adjust for a comfortable fit. Check that the rear fall arrest webbing-ring is positioned centrally on your back between your shoulder blades.



7. Pass both leg straps between your legs making sure there are no twists in the straps. Connect each legs' quick connect buckles and adjust the leg straps accordingly ensuring a snug comfortable fit.
8. Tighten and adjust the shoulder straps. Re-adjust the front sternum strap and leg buckles. The Rear Dorsal Attachment Point should be positioned midway between your shoulder blades. The finished fitting should feel snug but not restrict movement in any way.
9. Secure loose ends with keepers and check for twists, misaligned webbing and disconnected buckles.



INSPECTION

To maintain the safety and serviceability of this product, the following inspections must be performed:

1. Operator Inspection

The operator shall inspect the product before and after each use. Check for excessive wear or damage of all webbing, thread, and metal components. Refer any signs of deterioration to a competent person for a decision on the safety and serviceability of the product.

WARNING: Harnesses and lanyard assemblies should be destroyed or returned to the manufacturer for inspection if a fall has been sustained.

2. Periodic Inspection

A full periodic inspection shall be conducted every six months

Inspection *(continued)*

by a competent person. Use the checklist shown below as a guide for determining the condition of the product. Check for any sign of contaminants such as oil, grease, paint, etc.

WARNING: If any part of an assembly is to be exposed to chemicals, eg cleaning materials or hazardous atmospheres, the user should consult the manufacturer to determine whether the part is suitable for continued use. Periodic inspections shall be recorded in the product's Inspection and Maintenance log.

CHECK LIST FOR INSPECTION OF HARNESES, BELTS, POLE STRAPS & LANYARDS	
WEBBING	Cuts or tears
	Abrasion damage, especially where there is contact with hardware
	Excessive stretching
	Damage due to heat, corrosives or solvents
	Deterioration due to rotting, mildew or ultraviolet exposure
SNAP HOOKS & KARABINERS	Distortion of hook or latch
	Cracks or forging folds
	Wear at swivels and latch pivot pin
	Open rollers
	Free movement of the latch over its full travel
D-RINGS/ O-RINGS	Broken, weak or misplaced latch springs (compare if possible with a new snap hook)
	Excessive vertical movement of the straight portion of the D-ring at its attachment point on to the belt, so that the corners between the straight and curved sections of the D-ring become completely exposed. NOTE: Excessive vertical movement of the ring in its mounting can allow the nose of larger snap hooks to become lodged behind the straight portion of the D-ring in which position the snap hook can often accidentally roll out of the 'D' under load
	Cracks, especially at the intersection of the straight and curved portions
	Distortion or other physical damage of the D-ring
	Excessive loss of cross-section due to wear
BUCKLES & ADJUSTERS	Distortion or other physical damage
	Cracks and forging taps where applicable
	Bent tongues
	Open rollers
SEWING	Broken, cut or worn thread
	Damage or weakening of thread due to contact with heat, corrosives, solvents or mildew
ROPES	Cuts
	Abrasion or fraying
	Stretching
	Damage due to contact with heat, corrosives, solvents, etc
	Deterioration due to ultraviolet light or mildew



WARNINGS

Do not use this product until you have been trained by a competent person and have read and understood the following warnings in accordance with AS/NZS 1891.1.

- Working at heights can be dangerous. If you use Ferno equipment, you are responsible for learning and observing safe techniques. Ferno Australia disclaims all liability for any injury or loss arising from the use of this equipment when its hardware, stitching or webbing is frayed, damaged or in any way weakened by wear and tear.
- It is your responsibility to maintain the equipment in top condition. This product is specifically designed for height safety and must not be used for other purposes.
- You should be competent in the use of this lanyard assembly before beginning any tasks requiring its use.
- Do not make any alterations or additions to this product.
- A lanyard assembly should be secured to an anchorage point which is at a level which will result in the minimum free fall and the least total fall distance consistent with the wearer's ability to carry out work tasks.
- When making a connection to any point on a harness which cannot be seen by the wearer of the harness, it should either be made before putting the harness on, or the connection should be made or checked for security by a second person.
- If any part of an assembly is to be exposed to chemicals (eg. cleaning materials or hazardous atmospheres), the user should consult the manufacturer to determine whether the part is suitable for continued use.
- Harnesses and lanyard assemblies should be destroyed or returned to the manufacturer for inspection if a fall has been sustained.
- Energy absorbers that absorb energy by permanent deformation or destructive action must be discarded if that process has commenced.
- This Harness should be subjected to regular maintenance in accordance with Ferno Australia's recommendations and inspections at least every 6 months and withdrawn from use if not deemed by a competent person to be suitable for continued use.
- The free tail on any twin tail lanyards must not be back hooked to any point on the wearer, the wearer's equipment or the lanyard below the bifurcation other than a point specifically provided by Ferno Australia for that purpose.
- The Ferno Australia Energy Absorbing lanyard is designed to limit the shock sustained during a fall to under 6.0kN. You should never use a harness in a fall arrest situation without using an energy absorbing lanyard.
- If you are not sure whether this product is suitable for your application, refer to: AS/NZS 1891.4 - Selection use and maintenance.

