



If you have any doubts or difficulties
in understanding this manual, please contact XINDA

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ver.20260604



WORK HARNESS Manual

工作安全带使用说明书



WARNING:

- Activities involving this equipment are potentially hazardous and may result in serious injury or even death. You are solely responsible for your actions and decisions.

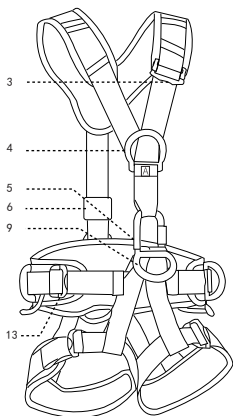
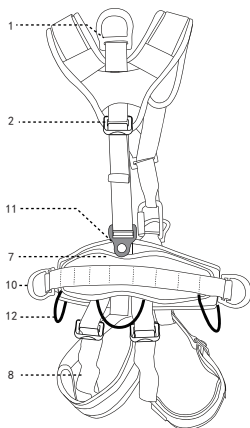
- You must read and understand the contents of this manual before using this product.

- Before using this equipment, you must undergo appropriate training to understand and master the basic principles of working at heights and the proper operation of the equipment.

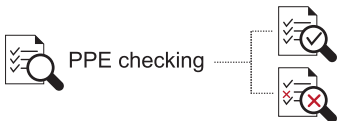
- Do not exceed the equipment's operating limits, and do not use it in environments other than those for which it was designed.



Component



Equipment Check

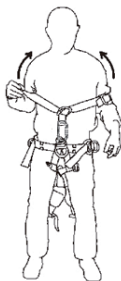


Harness Wear

1.



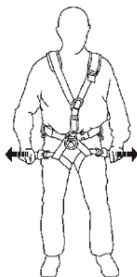
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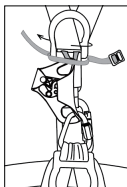
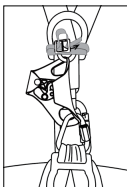
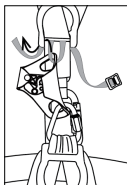
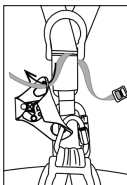
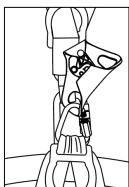
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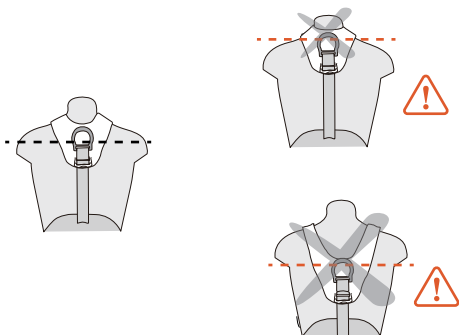
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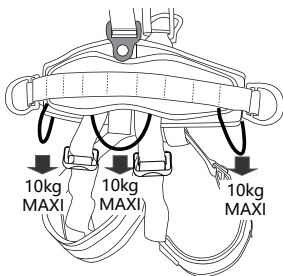
Chest-mounted wearable



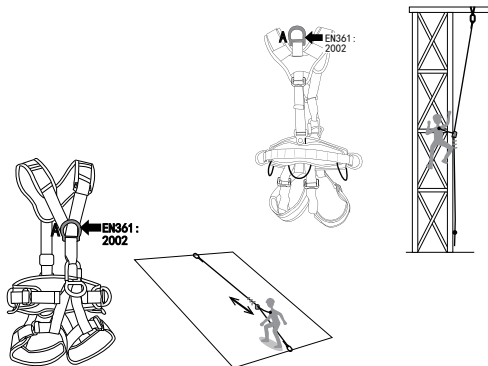
Note



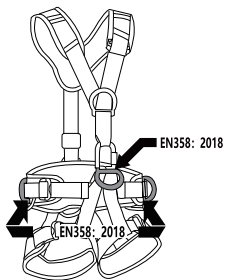
Load-bearing ring



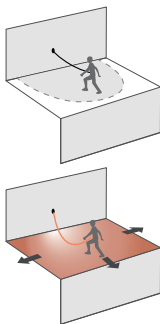
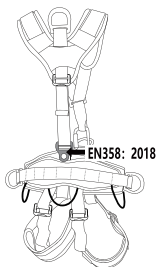
Full-body fall arrest harness



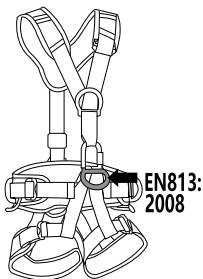
Positioning belt or work-area restriction belt



Positioning belt or work-area restriction belt



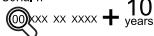
Seat belt



Additional Information

A.Lifespan

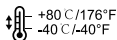
Serial n°



B.Mark



C.Operating temperature range



D.Precautions for Use



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E.Cleaning and Disinfection



+30 °C maxi
+86 °F maxi



30 °C
86 °F



F.Drying



+30 °C maxi
+86 °F maxi



G.Storage and Transportation

+30 °C / 86 °F
+10 °C / +50 °F



H.Maintenance and Repair



I.Questions - Contact Us





This manual explains how to use your equipment correctly. It describes only proven techniques and methods of use. Warning labels inform you of potential hazards associated with using this equipment, but they are not exhaustive. It is your responsibility to read every warning and use your equipment correctly. Any misuse will result in additional hazards. If you have any questions or difficulty understanding these documents, please contact us.

SCOPE OF APPLICATION

Personal protective equipment (PPE) for fall protection. A full-body fall arrest harness designed for positioning and restricting movement during work at heights. Maximum weight capacity: 140 kg. Do not exceed the load limit when using this product, and do not use it for purposes other than those for which it was designed.

Warning: Any activity involving the use of this equipment is inherently dangerous. You are solely responsible for your own actions, decisions, and safety.

Before using this equipment, you must:

- Read and understand the entire user manual;
- Receive specialized training on the correct use of the product;
- Familiarize yourself with the product's performance and operational limitations;
- Understand and accept the risks involved.

Failure to heed the above warnings may result in serious injury or death.

This product must be used by a competent and responsible person, or under the direct or visual supervision of a competent and responsible person. You are responsible for your own actions, decisions, and safety, and must accept the consequences. If you cannot assume this responsibility or do not fully understand these instructions, do not use this equipment. When using this product, the user should assess in advance whether they will require rescue in the event of a hazard.

PART NAME

Chest harness: (1) Back attachment point, (2) Back strap adjustment buckle, (3) Chest strap adjustment buckle, (4) Chest attachment point, (5) Chest strap-to-seat harness connection buckle, (6) Elastic strap.

Lap harness: (7) Lap strap, (8) Crotch strap, (9) Abdominal metal attachment point, (10) Side attachment point for lap strap, (11) Rear restraint attachment point, (12) Adjustment buckle, (13) Equipment loop.

Main materials: Webbing: Polyester; Adjustment buckles: Steel.
Metal attachment points and connectors: Aluminum alloy.

INSPECTION AND CHECKING GUIDELINES

Your safety is closely tied to the condition of your equipment. We recommend having

Ta professional perform a comprehensive inspection at least once every 12 months.
Warning: Frequent use requires more frequent inspections of your PPE.

Before Each Use

Inspect the webbing connection points, adjustment buckles, and safety stitching of the safety harness. Carefully check for any broken or frayed threads. Inspect for cuts, wear, and damage caused by use, exposure to high temperatures, or contact with chemicals.

Check the carabiner body, rivets, gate, and locking sleeve for cracks, deformation, or corrosion. Verify that the gate opens and closes fully on its own.

Check that the locking sleeve locks and unlocks properly.

During each use

Ensure the buckle is always under tension on its main shaft. Frequently check that the locking sleeve is engaged. Avoid pressure or friction that could cause the latch to open or damage the locking sleeve.

Regularly check that the adjustment buckles are properly secured. It is critical to regularly inspect the condition of the product and its connections to other equipment within the system. Ensure that all equipment within the system is correctly connected to one another.

COMPATIBILITY

Verify the product's compatibility with other components during operation (compatibility = proper functional interaction). Equipment used in conjunction with safety harnesses must comply with current standards in your country (e.g., EN362 carabiner standard).

WEARING THE SAFETY HARNESS

Ensure that excess webbing is properly stowed (folded) within the elastic lanyard.

The buckle achieves maximum strength when loaded in the direction of the main axis and with the latch closed.

Loading the buckle in other ways is dangerous and reduces its strength, such as when loaded on the short axis or when the latch is open.

Initial adjustment of the back attachment point: Adjust the back attachment point to match your height and build—it should be level with your shoulder blades.

Note: If using the back attachment point, special attention must be paid to adjusting the leg loops and waist belt straps. Adjustment and suspension test: The harness must be adjusted to fit properly to minimize the risk of injury in the event of a fall. You must walk around in a safe area and perform a suspension test using each attachment point to ensure the harness fits properly, provides sufficient comfort for the task, and is adjusted to its optimal state.

Fall Arrest Harness: According to EN 363, this is a component of a fall arrest system (personal fall protection system).

FULL-BODY FALL ARREST HARNESS

6A. Chest Attachment Point

6B. Back Attachment Point

Only these types of connection points may be used to connect fall arrest systems, such as rope-mounted fall arresters, energy absorbers, or other systems compliant with EN 363. For easy identification, these connection points are marked with the letter 'A'.

Clearance: Free fall distance below the user There must be sufficient clearance

below the user to prevent collision with any obstacles in the event of a fall. Detailed information on calculating clearance can be found in the user manuals for other components (energy absorbers, fall arresters, etc.).

WORK POSITIONING OR WORK AREA RESTRICTION HARNESSES

These attachment points may only be used to connect to a work positioning system or a work area restriction system. Refer to the user manual of the lanyard being used for specific usage instructions. Do not use the positioning harness if there is a risk of the user becoming suspended from the harness or experiencing uncontrolled pulling forces on the harness. When used for work positioning, use an anchor point located at or above the waist. These attachment points are not designed for fall arrest purposes. If necessary, supplement the work positioning or movement restriction system with a collective or personal fall arrest system. The harness is certified for single-person use only, including tools and equipment, with a maximum load of 150 kg.

7A. Waist connection point

7B. Side connection points

Using a positioning lanyard to connect both side connection points simultaneously allows the harness to provide more comfortable support.

7C. Rear Restraint Attachment Points

The attachment points on the rear of the harness are designed solely to prevent the worker from entering areas where a fall may occur.

SEAT HARNESS

The abdominal attachment points are designed for rope access and work positioning. Use the abdominal attachment points (knitted or metal) to connect descenders, positioning lanyards, access lanyards, and work seats. This attachment point must not be used for fall arrest.

CHEST ASCENDER INSTALLATION

Attach the chest ascender to the front waist webbing attachment point using a carabiner. Thread the included chest ascender lanyard through the ascender and secure the webbing in the figure-eight buckle. Note: The webbing must be threaded through the figure-eight buckle in the reverse direction.

EQUIPMENT LOOP

The equipment loop must be used exclusively for storing tools. **WARNING:** The equipment loop must never be used for protection, descent, connection, or as an anchor point. The shoulder attachment loop is used to keep the energy absorber of the mobile fall arrester in an elevated position.

FALL ARREST LANYARD CARABINER ATTACHMENT POINT

- A. Use only as an attachment point for the carabiner at the end of an unused lanyard.
- B. In the event of a fall, the carabiner attachment point releases the carabiner to prevent obstruction of the energy absorber's deployment.

Note: This connection point must not be used for fall arrest.

Anchor points for the system should ideally be positioned above the user and must comply with the EN 795 standard (minimum breaking strength of 12 kN).

- In a fall arrest system, it is essential to check before each use that there is sufficient clearance below the user to prevent impact with the ground or obstacles in the event of

a fall.

- Ensure that the anchor point is correctly positioned to reduce the risk of a fall and minimize the fall distance.

- The fall arrest harness is the only piece of equipment in the fall arrest system designed to support the body.

- When multiple pieces of equipment are used in combination, the safety function of one piece may interfere with that of another, potentially creating a hazardous situation. Warning: Avoid direct friction between this product and rough surfaces or sharp objects.

- The user must be physically fit for work at heights. Warning: Unintentional suspension in the harness may result in serious injury or death.

- When using any equipment in conjunction with this product, strictly follow its instructions for use.

- Ensure that the product's labels are clearly visible.

RETIRING YOUR EQUIPMENT:

Warning: A single accident may render the product unusable after its first use, depending on the manner and intensity of use, as well as the operating environment (harsh conditions, marine environments, sharp edges, extreme temperatures, chemical exposure, etc.).

WHEN TO RETIRE YOUR EQUIPMENT:

- Plastic or textile products that are more than 10 years old from the date of manufacture.

- The product has been subjected to severe impacts (or loads).

- The product fails inspection.

- You have doubts about its safety.

- You are unsure of the product's full usage history.

- The product must be retired due to legal, standard, technical, or compatibility issues with other equipment.

Dispose of these products to prevent future misuse.

WARNING SYMBOLS

1. Indicates a risk of serious injury or death. 2. Indicates a potential risk of accident or injury. 3. Indicates important information regarding the product's function or performance. 4. Indicates equipment incompatibility.

Icons:

A. Service life: 10 years B. Labeling C. Operating temperature range D. Usage precautions E. Cleaning/disinfection F. Drying G. Storage/transportation H. Maintenance L. Modification/repair J. Issues/contact

3-YEAR WARRANTY

Covers defects in materials or workmanship. The warranty does not cover: normal wear and tear, oxidation, unauthorized modifications or alterations, improper storage, poor maintenance, negligent use, or use for purposes other than those for which the product was designed.