TORQ®

User's Manual V1.1

Products covered in this manual:

ABRL03W · ABRL06W · ABRL06 · ABRL10 · ABRL20

TORQ Lite Rectractable Fall Arrest Device

ABTECH® SAFETY

Manufactured in the UK by Abtech Safety
Visit www.abtechsafety.co.uk

This instruction for use the retractable type fall arrester with interconnecting components conform to the PPE REGULATION (EU) 2016/425 requirements and also applicable standard of the PPE, i.e. EN355:2002, EN360:2002, and EN362:2004.

EC type examination of notified body that involved with the design stage and production control phase are performed by:

Retractable Fall Arrester: ABRL06, ABRL10, ABRL20, ABRL03W, ABRL06W; **Connector:** Swivel Snap Hook: RF-240; **Carabiner:** NO-01-2C

INSPEC INTERNATIONAL LTD.
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(Notified Body No: 0194)

Important Recommendations for All Personal Protective Equipment (PPE)

WARNING – IT IS NOT ALLOWABLE to make additions or modifications to the device

1. The manufacturer will not accept liability for defects that are the result of product abuse, misuse, alteration or modification, or for defects that are due to a failure to install, maintain, or use the product in accordance with the manufacturer's instructions.

2. It is the responsibility of the user to assure they are familiar with these instructions, and are trained in the correct care and use of this equipment. User must also be aware of the operating characteristics, application limits, and the consequences of improper use of this equipment. If you have any questions on the use, care, or suitability of this equipment for your application, contact the manufacturer before proceeding.

3. You must verify the suitability of this equipment for use in your application with regard to applicable governmental regulations and other standards on occupational safety. This equipment may not be used outside its limitations, or for any purpose other than that for which it is intended.

4. When using this equipment, the employer must have a rescue plan and means at hand to implement it and communicate that plan to users, authorized persons, and rescuers. The owner must ensure that a rescue plan that deal with any emergencies that could arise during work is in place and that the users are familiar with this.

5. Any activity carried out at a height requires the use of Personal Protection Equipment (PPE) as a protection against the risk of a fall. Before accessing the work station, all the risk factors must be evaluated.

6. There must be sufficient clearance below the worker to arrest a fall before striking the lower level or obstruction. The clearance required is dependent on the following factors: elevation of anchorage, connecting subsystem length, deceleration distance, free fall distance, worker height, movement of harness attachment element.

7. Activities at height are dangerous and can bring about serious accidents and injuries. No fall prevention system can guarantee that absolutely no injuries will be sustained should a sudden fall occur. Improper use of this equipment will increase the risk of serious injury.

8. Activities involving the use of this equipment are inherently dangerous. User is responsible for his own actions and decisions. The user must be medically capable to control his own security and any possible emergency situations. Gaining

an adequate apprenticeship in appropriate techniques and methods of protection is your own responsibility. Competent in the pre-use inspection of their equipment, including an understanding of when equipment should be withdrawn from service.

9. A fall arrest system consists of the illustrated individual components and may only be used with tested and approved components. Do not alter or intentionally misuse this equipment. Consult the manufacturer when using this equipment in combination with components or subsystems other than those described in this manual. Some subsystem and component combinations may interfere with the operation of this equipment.

10. The equipment is designed for use with approved components and subsystems. Substitutions or replacements made with non-approved components or subsystems may jeopardize compatibility of equipment and may effect the safety and reliability of the complete system. If a complete system is supplied, that components of any complete system shall not be substituted. Purchasers should ensure that components in any system are compatible and that the safe function of any one component does not interfere with the safe function of another.

11. After a significant fall, the device and all other elements of the fall arrest system must not be used further and must be immediately retired. The equipment which have been subjected to the forces of arresting a fall must be removed from service and destroyed. DO NOT repair equipment in the field. Defects, damage, excessive wear, malfunction, and aging are generally not repairable.

12. Use of this equipment in areas where environmental hazards exist may require additional precautions to reduce the possibility of injury to the user or damage to the equipment. Hazards may include, but are not limited to: high heat, caustic chemicals, corrosive environments, high voltage power lines, explosive or toxic gases, moving machinery, or sharp edges.

13. For user safety, workers with physical disabilities or muscular problems should receive medical advice prior to using fall arrest equipment. Under no circumstances should pregnant women or minors use fall arrest systems. A worker's ability to accommodate arrest forces inflicted on the body in the event of a fall are seriously affected by age and fitness of the user. Only those in good health should work at heights. Please contact your physician should there be reason to doubt your ability to absorb the shock load on your body in the event of a fall. Medical conditions that could affect the safety of the equipment user in normal and emergency use.

CAUTION:
Failure to heed any of these "WARNINGS" may result in severe injury or death. User is thus advised to re-read the instructions from time to time.

REMINDER:

If the equipment is modified or this manual or the applicable accident prevention regulations is/are or not complied with, the extended product liability coverage of the manufacturer will be rendered null and void.

These instructions have to be translated (by the reseller) in the language of the country where the product is sold.

This manual is intended to meet the manufacturer's Instructions as required by EN365 and should be used as part of an employee training program.

- "Competent person" mentioned in this instruction notes should be a person who is capable of identifying hazardous or dangerous conditions in the personal fall arrest system or any component thereof, as well as in their application and use with related equipment.
- Users and purchasers of this equipment must be trained in the correct care and use of this equipment.
- To work at height safely requires personnel to have an appropriate attitude, aptitude, physical capability and training.
- Training should include but not be limited to the following: Application limits; proper anchoring and tie-off techniques; estimation of free fall distance, including determination of deceleration distance, and total fall distance to prevent striking a lower level; methods of use; and inspection and storage of the system.
- Training must be provided on a periodic basis to ensure proficiency of the users. Training must be conducted without exposing the trainee to a fall hazard.
- You must have a rescue plan and the means to rapidly implement it in case of difficulties encountered while using this equipment. This implies an adequate training in the necessary rescue techniques.
- As part of on-going training, rescue procedures should be practiced at regular intervals and before the start of any work in situations that are unfamiliar to any of the work team.

CAUTION:

That it is impossible to show or imagine all improper utilizations and that this product should be used only in the way specified by the manufacturer in this instruction. You personally assume all risks and responsibilities for all damage, injury or death which may occur during or following incorrect use of our products in any manner whatsoever. If you are not able, or not in a position to assume this responsibility or to take this risk, do not use this equipment.

Application, Purpose and Limitation

Application

Retractable Type Fall Arresters are used as a component in a Personal Fall Protection System where a combination of worker mobility and fall protection is required.

- The Retractable Type Fall Arrester meets the requirements of PPE REGULATION (EU) 2016/425 and complies with harmonized standard EN360.
- Workers using the equipment while working at height must be additionally protected with person protective equipment against falls from a height, according to EN363.
- EN361 - for the full body harness
- EN362 - for the connectors
- EN795 - for anchorages

CAUTION:
It is important that the selection of a device is made after the purchaser and supplier have both fully understood the application of the equipment.

Limitations

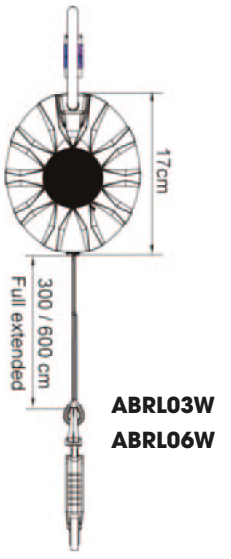
Whenever possible, it is strongly advised that the equipment be assigned personally to one and only one user.

- Never connect more than one person to the fall arrester.
- Must be used with an approved full body harness.
- Recommended working temperature is -30°C to 50°C.
- Avoid lanyard contact with sharp edges.
- The device should be anchored directly overhead to reduce swing fall hazard.
- Swing hazard should be considered and is possible angle should not exceed 30°
- The product cannot stop a sinking into soft material. To stop a fall the brakes have to achieve activation speed.

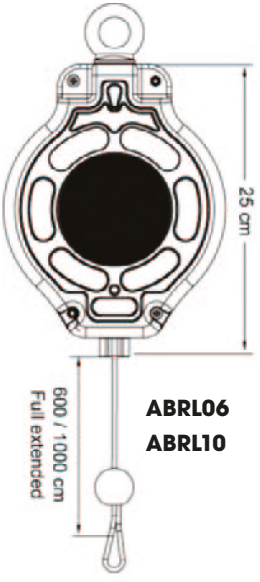
Instruction Manual

Personal Fall Protection Systems used with this equipment must meet EN363 requirements. A full body harness must be worn when this equipment is used as a component of a personal fall protection system. The personal fall protection equipment must be capable of arresting the user's fall with a maximum arresting force of 6kN and limit the free fall to 2 m or less.

- Non compliance with instructions concerning use storage maintenance may damage and/or alter the proper operation of the equipment. The consequences of not observing these instructions may be grave and serious, and we recommend that you read them over again periodically. Moreover, the manufacturer disclaims any liability for the result of utilization, storage, or maintenance performed otherwise than in the manner described here.
- Plan your fall protection systems before starting your work. Account for all factors that may affect your safety before, during, and after a fall. Consider all requirements defined at the start of these instructions.
- This product should be used by trained and competent people.
- Before use, height of falls must be anticipated. The user must always check the open space below himself to avoid any clash with obstacles.
- Equipment should be inspected before each use (BEFORE USE) and more thoroughly at regular intervals (PERIODIC EXAMINATION). Results of all detailed inspections should be recorded and records should also be kept of use and maintenance.
- Equipment should be returned to the service agent or manufacturer at least every 12 months.
- Do not open the fall arrester under any circumstances.



ABRL03W
ABRL06W



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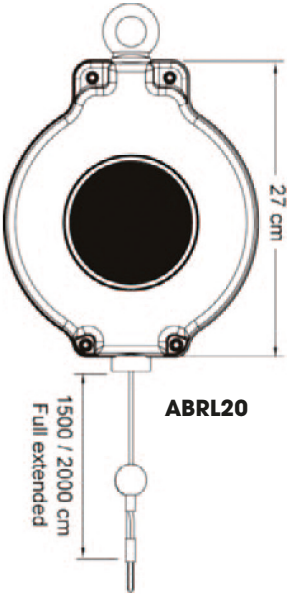


ABRL20

Before Use

Before each use of personal protective equipment it is obligatory to carry out a pre-use check of the equipment, to ensure that it is in a serviceable condition and operates correctly before it is used. Ensure that the recommendations for use of each of the components is complied with as stated in the user instruction. It is strongly recommended that components used on the system come from the same manufacturer to ensure product reliability and performance consistency.

- You must read and understand, or have the following instructions explained to you before using this equipment. Failure to do so could result in injury or death.
- Do not use personal fall arrest devices where, during an unexpected fall, the body could strike obstructions that will cause injuries or be fatal to the user.
- In a fall protection system, it is essential to check the required clearance under the user before each use, to avoid any impact with the ground or an obstacle in case of a fall.
- The pre-use check consists of a visual and tactile inspection, which should be carried out before first use each day.
- Inspect the full body harness in accordance with the manufacturer's instructions. Check the buckle, the webbing, the D-rings, and the manufacturer's label. If the harness is damaged or worn, do not wear it.
- Before each use inspect the fall arrester, including locking function (pull sharply to test), retraction function, lanyard condition, function and condition of connectors, housing and fasteners, legibility of labels, and any evidence of defects, damage, or missing parts.
- Verify that all labels are present and are fully legible.
- Inspect anchorage connectors for damage, corrosion, and proper working condition.
- The entire device is in perfect condition and make sure no foreign matter has entered the casing. All of the visible assembly screws and rivets are present and properly tightened.
- The connector at top of the fall arrester and ensure freedom of movement. Check for signs of distortion, cracks, burns, or worn parts and ensure that keeper is closed.
- Inspect the connectors before each use. Make sure it is free of damage, deformities, or excessive wear or corrosion. The gate and lock should operate smoothly, with no difficulty. Gates must fully close and engage nose of hook.
- Ensure the lanyard extracts freely throughout its full range. Pull sharply in lanyard to test locking, ensure proper, smooth retraction.
- Inspect the lanyard for damage. Under no circumstances should the fall arrester be used if the lanyard has any defect, i.e. broken or flattened lanyard strands, cut fibers, or is not retracting correctly.
- Should there ever be any doubt about the continued serviceability of an item of equipment, the matter should be referred to a competent person or the equipment should be quarantined or discarded.
- Users must be medically fit for activities at height. Warning, inert suspension in a harness can result in serious injury or death.

CAUTION:

Remove from service if inspection reveals unsafe conditions, unit is not user-serviceable. Defects, damage, excessive wear, malfunction, and aging are generally not repairable.

Fall Clearance

- The clearance required is dependent on the type of connecting subsystem, the anchorage location, and the elongation characteristics of the lanyard. Make sure that the anchor point is correctly positioned, in order to limit the risk and the height of a fall.
- The necessary minimum clearance below the feet of the user, in order to avoid collision with the structure or ground in a fall from a height, should be 3 meters, 2 meters for the height of the worker plus an extra distance of 1 meter.

Usage

This equipment should be used only by trained and competent persons.

- This is essential for safety that the anchor device or anchor point should always be positioned, and the work carried out in such a way, as to minimise both the potential for falls and potential fall distance.
- Swing falls can be minimized by working as directly below the anchorage as possible.
- Before using this personal fall protection system make sure to wear an approved harness
- Avoid working where system components may be in contact with, come in contact with, or abrade against, unprotected sharp edges.
- It is important to regularly monitor the condition of the product and its connections to the other equipment in the system. Make sure that all pieces of equipment in the system are correctly positioned with respect to each other.
- Verify the good working conditions of the device comprising the correct placing of the other components included in the system. Check the connector regularly to verify that it is securely locked.
- Avoid working where your lanyard may cross or tangle with that of another worker.
- Do not allow any lanyard to pass under arms, legs or between feet during use.
- As the user moves up and down, the lanyard will be held taut by the retraction spring in the device. While using, always ensure that there is constant tension on the lanyard. Slack in the lanyard could result in an increase in fall distance.
- Ensure that you move normally as sudden or quick movements will activate the locking mechanism.
- Avoid where possible the lanyard being extended for long periods of time while device is not in use. Allowing the lanyard to be fully extended for long periods of time may cause premature weakening of the retraction spring.
- Never attach clips, etc., as a positioning device to the lanyard which will prevent the lanyard from retracting automatically.
- Always keep the lanyard clean and free of dry mud, cement, etc. Failure to do so could result in premature locking and rewinding failure.
- It is essential to avoid contact with any chemical that could affect the performance of the equipment. These include all acids and strong caustic substances. The equipment should be withdrawn from service if contact does occur or is even suspected.
- If any damager or faults are found during operation, or in case of circumstances which may jeopardize safety:
  - Immediately stop the work in progress.
  - Contact the site responsible e.g. the owner or the site foreman.

CAUTION:

Be aware of hazards in the work area that could cause injury to the user or damage to the system, such as; high heat, electrical hazards, chemical hazards, or moving machinery.

Precaution for Use

Do not tie or knot lanyard. Dirt, contaminants, and water can lower dielectric properties of lanyard, use caution near energized lines. Avoid lanyard contact with sharp or abrasive surfaces. Inspect the lanyard frequently for cuts, fraying, burns, or signs of chemical damage. Failure to heed these warnings may result in injury or death.

- Any persons working at a height must never remain alone at the place of work, including after a fall.
- The equipment requires periodic servicing to ensure safe and proper working condition.
- Pull sharply on lanyard to test locking before each use, Ensure proper smooth retraction
- Do not use personal fall arrest devices where obstructions may slow down the user and prevent the mechanism of the device from locking.
- Should a fall occur, the device will lock and arrest the fall. Any equipment subjected to the forces of arresting a fall or exhibiting damage consistent with the effect of fall arrest forces must be removed from service immediately.
- Should a fall occur, the employer must have a rescue plan and the means at hand to implement it.
- Use caution when using this equipment around moving machinery, electrical hazards, chemical hazards, and sharp edges.
- The personal fall protection systems may not be used by persons under influence of alcohol or drugs that may jeopardize working safety.

CAUTION:

Techniques that could result in a fall should be used only after specific hazard identification and risk assessment and the appropriate choice of personal fall protection equipment.

Installation and Operation

The user must read and follow the manufacturer's instructions for each component or part of the complete system. These instructions must be provided to the user and installer of this equipment. The user and installer of this equipment must read and understand these instructions before use or installation. Follow the manufacturer's instructions for safety equipment used with this system.

- This equipment is intended to be installed and used by persons who have been trained in its correct application and use.
- Anchoring points should as far as possible be directly above the user. Swing falls occur when the anchorage point is not directly above the point where a fall occurs.
- When possible, avoid working at more than 30° from the vertical. The force of striking an object in a swing fall may cause serious injury or death.
- Never allow the lanyard to contact sharp abrasive edges, i.e. girders, roofing panels, etc. which could damage and ultimately weaken the lanyard. If working with this equipment around sharp edges is unavoidable, provide protection by using a heavy pad over the exposed sharp edge.
- Situations which do not allow for an unobstructed fall path should be avoided. Working in confined or cramped spaces may not allow the body to reach sufficient speed to cause the fall arrester to lock if a fall occurs. Working on slowly shifting material, such as sand or grain, may prevent the worker from falling at sufficient speed to cause the fall arrester to lock. A clear path is required to assure positive locking of the fall arrester.
- Consider hazards associated with connecting and disconnecting from the system. Ensure adequate anchor points, landing platforms, or other means are available at connection and disconnection points to allow safe transitions to and from the system.
- Before installing this equipment make a visual inspection to ensure the serviceable condition of the device. Check for deformations, signs of wear, and the locking system of connectors are correctly in place. Test the locking mechanism several times by jerking down on the lanyard.
- The system is designed for use by persons with a combined weight (clothing, tools, etc.) of no more than 136 kg. Make sure all of the components in your system are rated to a capacity appropriate to your application.
- In connection with the personal fall protection systems only full body harnesses approved according to EN361 may be used. After securing the Fall Arrester to a rigid anchorage point, attach the connector end of the lanyard to the dorsal D-ring on the Full Body Harness. For ease of identification, this point is marked with the capita letter "A".
- When using a hook to connect to an anchorage or when coupling components of the system together, ensure accidental disengagement cannot occur. Do not use hooks or connectors that will not completely close over the attachment object. Ensure all connectors are fully closed and locked.
- The weakest part of most connectors is the gate and loading against it should be avoided. The connectors must be free to move without

interference; any constraint, loading over an edge, or external pressure reduces its strength.

- While attached to the fall arrester, the worker is free to move about within recommended working areas at normal speeds. The lanyard should extend smoothly and retract without hesitation.
- Any device with suspected faults should be immediately withdrawn from use. When detaching from the fall arrester do not quick-release the lanyard allowing uncontrolled rewind back into the device. This can be dangerous and there is a probability that the lanyard will rewind unevenly. Uneven rewind of lanyard can prevent full retraction. Let the lanyard reel it back in under tension, restraining it by hand when it is fully extended.

Reminder:

- Instructions on handling are supplied with all safety equipment. For better control of your equipment, we advise you to keep an " INSTRUCTION FOR USE " for each product. The instructions for use for each item of equipment used in conjunction with this product must be respected.
- It is the purchaser's responsibility to ensure that his workers understand these instructions, have been trained in the correct use of all equipment and have been made aware of the importance of connecting to suitable structural anchorages.
- The different elements of the protection system chosen must comply with European standards and CE approved, and understand the various uses of the equipment they use and its limitations. Please check that the device is compatible with the recommendations of the other system components. When using multiple pieces of equipment together, a dangerous situation can result if the safety function of one piece of equipment is affected by the safety function of another piece of equipment.
- Consult the manufacturer when using this equipment in combination with components or subsystems other than those described in this manual. Some subsystem and component combinations may interfere with the operation of this equipment. Substitutions or replacements made with non-approved components or subsystems may jeopardize compatibility of equipment and may effect the safety and reliability of the complete system.
- A waist or chest belt is not authorized for use with the fall arrester.
- Remove from service if the lanyard is damaged, does not retract, or does not lock when cable or web is pulled on sharply.
- Remove the equipment if it shows any sign of reduced strength or impaired function. Destroy or return equipment to the service agent or manufacturer.
- Avoid any violent handling motions or impacts. Equipment subjected to a high impact force, e.g. in a fall or by a load being dropped on to it, should be withdrawn immediately from use.
- After a fall, immediately remove from service all equipment used to arrest the fall. Do not disassemble the fall arrester. Under no circumstances shall the user carry out repairs or modifications.

CAUTION:
Alterations, substitutions, or misuse of this equipment, or failure to follow instructions, may result in serious injury or death.

Anchorage Point

The inspection and examination should also focus on the construction of the anchorage and its connectors. Evidence of alteration, absence of parts, or defect in, damage to or improper function of mechanical devices and connectors should be looked for to ensure that the anchorage is fitted for providing support in case of a fall should occur.

- The anchorage location must be carefully selected to reduce possible swing impact hazards and to avoid striking an object during a fall.
- Before choosing an anchorage point survey the surrounding area for hazards that could interfere with your safety.
- Select a location on a suitable strength anchorage that will provide overall safety and proper loading. The anchorage must be free of deformities or defects that may weaken the structure.
- The anchor point for the system should preferably be located above the user's position and should meet the requirements of the EN 795 standard (minimum strength of 12 kN).
- Anchorage point should allow end user to move without interfering with other workers. Never allow your lanyard to cross the lanyard of another worker.
- Do not expose a mobile anchor point to corrosive environments for extended periods. Organic materials and salt water in particular will cause metal components to corrode. If the mobile anchor point is regularly used in a corrosive environment, more frequent inspections, cleaning, and drying is required.

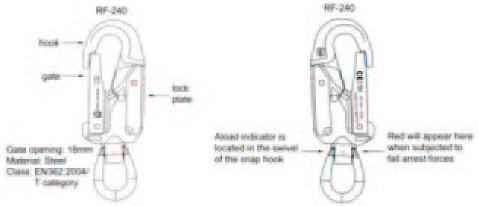
Connectors / EN362

Approved connector must be used with personal fall protection systems such as a personal fall arrest, restraint, work positioning, suspension, or rescue system. The user must read and understand the manufacturer's instructions for each component or part of the complete system. These connectors are designed to be used only as specified in each product's user instructions.

- Swivel Snap Hook Load Indicator RF-240 (used at the end of the lanyard). A load indicator is located in the swivel of the snap hook. The swivel eye will elongate and expose a red area when subjected to fall arresting forces as shown.
  - Material : Steel
  - Loading :22kN
  - Gate Opening :18mm
  - EN362 :2004/T

*Class T means : Termination connector operation

(Snap Hook & Swivel Snap Hook)



- Action 1: To connect the snap hook to the connection point, depress the locking mechanism on the back side with finger and press in on the gate with thumb.
- Action 2: When positioned around a connection point, release the gate to close by automatically lock.
- Action 3: Inspect the installation. The hook

should completely enclose the connection point and be securely closed and locked.
- Always check!

Reminder:
Connectors must be compatible with the anchorage or other system components. Do not use equipment that is not compatible. Non-compatible connectors may unintentionally disengage.

- Follow the manufacturer's instructions for associated equipment used in your personal fall arrest, restraint, work positioning, suspension, or rescue system.
- Consult the manufacturer when using this equipment in combination with components or subsystems other than those described in this instruction. Some subsystem and component combinations may interfere with the operation of this equipment.
- Do not attach the connector to objects or openings that may abrade or wear the hook material. Make sure the body, gate, and locking sleeve are free of any cracks, deformation, corrosion, etc.
- The connector must always be used with the gate closed and locked; its strength is greatly reduced if the gate is open.
- Open the gate and verify that it closes itself automatically when released. Systematically verify the gate is fully closed and locked by pressing it with your hand.
- When closed, the connector has greatest strength along its long axis. Loading in any other direction reduces its strength.
- The connector must be able to move freely and without interference; any constraint or external pressure is dangerous.
- Connectors are considered to be compatible with connecting elements when they have been designed to work together in such a way that their sizes and shapes do not cause their gate mechanisms to inadvertently open regardless of how they become oriented. An incompatible connection can cause accidental disconnection, breakage, or affect the safety function of another piece of equipment.
- Alterations or misuse of this product or failure to follow instructions may result in serious injury or death.

CAUTION:
Remove the equipment from use if it shows any sign of reduced strength or impaired function. Destroy or return to the manufacturer or service agent for inspection. The equipment should be put in quarantine to prevent use.

Maintenance, Servicing and Storage

Equipment should be correctly stored and maintained, and should be traceable back to the manufacturer or an authorised representative. Good maintenance and appropriate storage of your PPE will prolong the life of your product, while guaranteeing your safety. Non compliance with instructions concerning storage and maintenance may damage or alter the proper operation of these products. The consequences of not observing these instructions may be grave and serious.

Service Life

The lifetime is difficult to predict without taking into account the conditions of use. It depends on the intensity and frequency of use, and on the environment where the product is used. To prolong the life of this product, take care when transporting and using it. Avoid impacts, and rubbing against abrasive surfaces or sharp edges, etc.

- The product has a maximum lifespan of 10 years after the date of manufacture, provided it is correctly stored and maintained.
- The lifespan of the equipment greatly depends on the frequency of use, how well it is cared for, and the environment in which it is used and stored. Failure to provide proper service may considerably shorten product life and could endanger performance.
- A equipment in use undergoes effort, tensions, shocks, and lots of mechanical stress. Friction, abrasion, UV, and humidity cause aging and inevitable wear.
- These products deteriorate slowly with age regardless of use and this ageing is accelerated by heavy and dynamic loadings.
- Certain environmental factors will greatly accelerate wear: salt, sand, snow, ice, moisture, chemicals, etc. (list not exhaustive).
- A product must be removed from service when:
  - It is over 10 years old after the date of manufacture.
  - It has been subjected to a major fall (or load).
  - It fails to pass inspection.
  - Product showing excessive wear or deterioration.
  - You have any doubt as to its reliability.
  - You do not know its full usage history.
  - When it becomes obsolete due to changes in legislation, standards, technique or incompatibility with other equipment, etc..

CAUTION:

The product should be removed from use and returned to the manufacturer or service agent if it is used to arrest a fall and the indicator hook activates or, if there is a major impact on the product, it is exposed to extreme temperatures, or it suffers any damage etc.

Care

This product must be protected from extreme temperatures, mechanical forces, chemical substances, sharp objects,

and UV radiation at all times. These equipments requires no particular maintenance, but it is recommended to:

- Do not expose the device to corrosive environments for prolonged periods. Organic substances and salt water are particularly corrosive to metal parts. When working in corrosive environments, more frequent inspection, cleaning and drying of the equipment is required.
- To help maintain product traceability, do not remove any markings or labels. You must check to ensure that the product markings remain legible during the entire lifetime of the product.
- Check the carefully inspection after each use to assure that it is in serviceable condition.
- Avoid allowing the lanyard to contact paints, concrete, bitumen, oils, etc. which will adversely affect the fall arrester if it enters the mechanism.

- An excessive buildup of dirt, paint, etc. may prevent the equipment from working properly, and in severe cases degrade the product to a point where it weakens and should be removed from service.
- Do not leave the device out in bad weather.
- If the equipment becomes wet, either from being in use or when due to cleaning, it shall be allowed to dry naturally, and shall be kept away from direct heat.
- Transport the component or system in a package to protect it from any cuts, moisture or ultraviolet light. Avoid corrosive, overheated or refrigerated atmospheres (freezing temperatures).
- If you have any questions concerning the condition of your product, or have any doubt about putting it into service, contact the manufacturer.

CAUTION:
Pay attention to the effects of humidity and ice, extreme temperatures, sharp edges, chemical reagents, electrical conductivity, cuts, abrasions, UV rays etc., because they may prejudice the safety of the device.

Cleaning and Disinfection

Contaminants such as mud, sand, paint, ice, dirty water, etc. may prevent the device from working properly. Clean and dry the product if necessary.

- Periodically clean the exterior of these devices with a soft damp cloth without using solvents, acids or alkaline solutions.
- Wipe off all surface dirt, mud, dust, etc. with a damp sponge. Complete by sponging with clear water and completely dry with a clean cloth.
- Do not lubricate any parts in the device.
- The metal parts should be wiped with a cloth impregnated with rust preventive oil.
- If the device contacts chemical reagents, grease or oil remove the device from service and wash with water and a mild soap solution. Rinse and thoroughly air dry. Inspect the product before returning it to service. Do not return the system to service without first being inspected by a qualified inspector.
- If required, apply a mild solution of sterile disinfectant, such as 70%-75% ethyl alcohol, and allow to remain for 10 minutes for 100% kill of vegetative organisms by sponge, cloth, pressure sprayer, fogging device, portable sprayer.

- Do not submerge it into water or any other liquid that could alter the lanyard strength or the fall arrester operating mechanism.
- Do not force dry with heat. Let any equipment that becomes wet dry naturally and do not dry these products in a laundry dryer or with the help of any type of heat source.

CAUTION:
The above is necessary to strictly follow these instructions to keep the safety performance of the device.

Storage

These devices must be stored in a clean, cool, and dry area away from exposure to UV, chemicals, extreme temperatures or corrosive elements. Never store in areas exposed to direct sunlight.

- Store the fall arrester, hanging up, in a ventilated area away from moisture.
- It is preferred that the devices be kept, when not required for use, in storage container which allow for adequate ventilation.
- Do not subject a fall arrest device to unnecessary strain or pressure during storage. Do not expose the fall arrest device to excessive heat, cold, or humidity during storage. Do not allow the equipment to contact sharp edges, corrosives, or other likely causes of damage while the device is in storage.

CAUTION:
Thoroughly inspect this equipment after extended storage.

Periodic Examination

According to EN365 requires a periodic examination of the product by a competent person other than the user. More frequent inspections by a competent person may be required based on the nature and severity of workplace conditions affecting the equipment and the modes of use and exposure time of the equipment.

- In addition to the inspection before each use, at least every 6 months, a rigorous examination of the device must be carried out by a competent person. This frequency can vary depending on the frequency and intensity of usage. Performing periodic examination on a regular basis is essential to ensure the continued efficiency and durability of the device, on which the safety of the user depends. The results of the examination must bedocumented.
- Record the inspection results with the following details: type & model of equipment, trade name, serial number, manufacturer contact information, year of manufacture, date of purchase, date of first use, date of next periodic inspection, problems, comments, the name and signature of the inspector.

CAUTION:
Extreme working conditions (harsh environment, prolonged use, etc.) may require increased frequency of inspections.

Examination Steps

Periodic examination is essential for the safety of the user. This examination guarantees the efficiency and trouble-free operation of the system or component. Be sure to fill in and preserve carefully the descriptive sheet, making a note of any periodic examination, and periodic examination shall be performed by a competent person for periodic examination. The periodic examination must include (but is not limited to):

- Inspect entire device, including connectors, fasteners, casing, etc. Inspect the entire equipment for damage, corrosion, or rust. Look for cracks, bends, or wear that could affect strength and operation of the system.
  - Begin the inspection procedure at the ferrule, check that it is correctly fitted and there are no signs of distortion, cracks, or corrosion.
  - Inspect the housing for distortion; cracks; or other damage.
  - That main body housings fit evenly and that there are no gaps between sections.
  - Inspect the fall arrester for loose bolts and bent or damaged parts.
  - Check for contact with acids or other chemicals.
  - Pull out total length of lanyard to ensure it is not damaged.
  - Any component with a cut or substantial abrasion should be scrapped.

- Inspect the Webbing:
  - The webbing must be free of knots, excessive soiling, heavy paint buildup, and rust staining.
  - All Webbing should be free of frayed, cut or broken fibers. Check for tears, abrasions,

mold, burns, discoloration, etc.
- Look for cuts in the webbing, wear and damage due to use, to heat, and to contact with chemical products, etc.. Be particularly careful to check for cut threads, and loose or broken stitching.
- Inspect stitching for pulled or cut stitches. Broken stitches may be an indication the energy absorber component has been impact loaded and must be removed from service.

- The condition of the wire rope(when making this check, always wear gloves to avoid the possibility of laceration by broken wire strands):
  - Check by pulling entire length of lanyard out and allowing its slow retraction thorough your protected hand. Do not allow the lanyard to retract uncontrolled. Doing so can cause damage to the lanyard or the rewind spring.
  - Inspect the wire rope for cuts, kinks, burns, broken wires or strands, chemical damage, and
    severe abrasion.
  - Cracked or distorted wire rope thimbles may indicate that the lanyard has been impact loaded and must be removed from service.

- Inspection of metal components :
  - The hardware must not be damaged, broken, distorted, or have any sharp edges, burrs, cracks, worn parts, or corrosion.
  - For plated components, check for deterioration in the protection and for signs of corrosion.
  - Check locking system of the connectors, ensure that the return spring is functioning properly and that there is not sideways play on the latch in the closed position. Open and release the gate to verify it is closing and locking properly.
  - The gate must not be blocked by foreign matter. Contaminants such as mud, sand, paint, ice, dirty water, etc. can prevent the locking system from working.

- Inspect the locking function:
  - Verify that the lanyard pulls out and retracts fully without hesitation or slack in the line.
  - Pull the lanyard out fast enough to lock the system; repeat operation 3-5 times to ensure satisfactory operation.

- The requirement to check the legibility of the equipment marking during the periodic examination. Always make sure the product marking is present showing both the serial number and date of manufacture and that it matches your user instructions. If the numbers are not legible on the product body or do not match the user instructions DO NOT USE.

- Equipment found to be defective at inspection, or if its serviceability is compromised or in doubt, should be withdrawn from service and referred for further inspection. Such equipment should be marked as not fit for service and, if not repairable, should be destroyed to ensure it cannot be used again. Records should be updated immediately.

- If there is any doubt concerning any one of the above checks, the device must not be put into service and the vendor organization or approved service center should be contacted. Only competent and skilled persons may decide on the possibility of return to service, given in writing.

CAUTION:

Any component with any significant defect must be withdrawn from service immediately, and should be tagged or marked as unusable, or destroyed. Defects, damage, excessive wear, malfunction, and aging are generally not repairable. If the device has been subjected to fall arrest or impact forces it must be immediately removed from service and destroyed.

Limitations of Use

This product complies with EN360 standard “Personal protective equipment against falls from a height – Retractable type fall arresters.” It is not intended for any other use. If unsure about the safe use of any item seek advice from a suitably trained and competent person or contact the manufacturer.

Explanation of Marking: Retractable Fall Arresters

Model/family: ABRL06, ABRL10, ABRL20, ABRL03W, ABRL06W

Test the retractor function by dynamic pulling the lanyard. The lanyard should stop. After releasing the lanyard should retract.

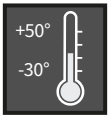
Use only a full body harness conformed to EN361. Always ensure that only the upper dorsal D-ring marked with capital “A” on the full body harness shall be used in a fall arrest attachment.

Pull the lanyard vertically and check the retracting and locking function of the cable/webbing.

The lanyard does not show any sign of wear(tear, fraying, breaking, corrosion, discoloration, etc)

Don’t tamper with the device.
Don’t repair the device yourself.

During moving of the worker, the working lanyard deflection from the vertical line up to 30° is recommended.



Recommended working temperature is -30°C to 50°C

Cannot stop a sinking into soft material.

Ensure that the device is connected to a fixed anchorage point that conforms to EN795 that can resist up to 12 kN pulling force.

- ABTECH SAFETY (manufacturer logo)
- Retractable type fall arresters (product type)
- Type/ Model:
  ABRL06 (cable length 6m),
  ABRL10 (cable length 10m),
  ABRL20(cable length 20m),
  ABRL03W (webbing length 3m), ABRL06W
  (webbing length 6m)
- Length: 3m, 6m, 10m, 20m
  (the maximum length of lanyard along its
  entire length)
-  (caution, read instructions)

Notified Body involved with the design stage and involved in the production control phase:

INSPEC INTERNATIONAL LTD.
56 Leslie Hough Way, Salford, Gt
Manchester M6 6AJ, England
(Notified Body No: 0194)

Product Name	
Product Code	
Serial Number	
Date of Manufacture	

The personal protective equipment shall be examined and serviced at least every 12 months by the manufacturer or an approved service agent.

Type of Use	Type of Use	Detailed	Factory Service
Infrequent to Light	Good storage, indoor, clean environment	Bi Annually	Annually
Moderate to Heavy	Fair storage, extended outdoor use, dusty environments	Quarterly	Annually
Severe to Continuous	Poor storage, harsh conditions, prolonged outdoor use, all temperatures, dirty environment	Monthly	Bi Annually

The Manufacturer Information

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PRODUCT RECORD CARD

SUPPLIER:..... DATE PURCHASED:...../...../..... USER NAME:..... DATE FIRST USED:...../...../.....
