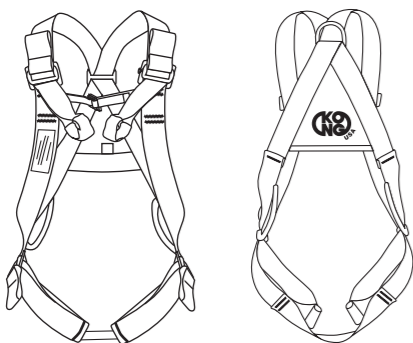


DESCRIPTION • DESCRIZIONE

1



SIZE

	M/L 8W0323****	XL 8W0325****
A (cm)	72-105	89-130
B (cm)	50-62	62-80
(g)	850	900

**** = colours indices

TAILLE • GRÖSSE

EN: Category III Personal Protective Equipment 8W0.320 "SIERRA DUO ANSI" (fig. 1) is:

- a full body harness for connection to fall arrest systems, fitted with a dorsal attachment point identified with (A) and with a sternal attachment point consisting of two attachment elements identified with (A/2);
- part of a system protecting against impact caused by fall from a height;
- certified according to standards EN 361:2002.

IT: Categoria III Il dispositivo di protezione individuale 8W0.320 "SIERRA DUO ANSI" (fig. 1) è:

- un'imbracatura a corpo intero per il collegamento ai sistemi anticaduta, dotata di un punto di attacco dorsale identificato con (A) e di un punto di attacco sternale costituito da due elementi di attacco identificati con (A/2);
- parte di un sistema di protezione contro gli urti causati dalle cadute dall'alto;
- certificato secondo le norme EN 361:2002.

FR: L'équipement de protection individuelle de catégorie III 8W0.320 «SIERRA DUO ANSI» (fig. 1) :

- est un harnais complet pour connexion aux systèmes d'arrêt des chutes, équipé d'un point d'attache dorsal identifié par (A) et d'un point d'attache sternal constitué de deux éléments d'attache identifiés par (A/2) ;
- fait partie d'un système de protection contre les chocs causés par une chute de hauteur ;
- certifiés selon les normes EN 361:2002.

DE: Kategorie III Persönliche Schutzausrüstung 8W0.320 „SIERRA DUO ANSI“ (Abb. 1) ist:

- ein Ganzkörper-Geschirr zur Verbindung mit Absturzschutzsystemen, das mit einem mit gekennzeichneten Befestigungspunkt am Dorsaler (A) und mit einem Befestigungspunkt am Sternum, der aus zwei mit (A/2) gekennzeichneten Befestigungselementen besteht, ausgestattet ist;
- ein Teil eines Systems zum Schutz von Stürzen aus großer Höhe;
- eine gemäß EN 361:2002 Typ A zertifizierte persönliche Schutzausrüstung

DESCRIPTION • BESCHREIBUNG



SIERRA DUO ANSI
8W0.320

EU USE

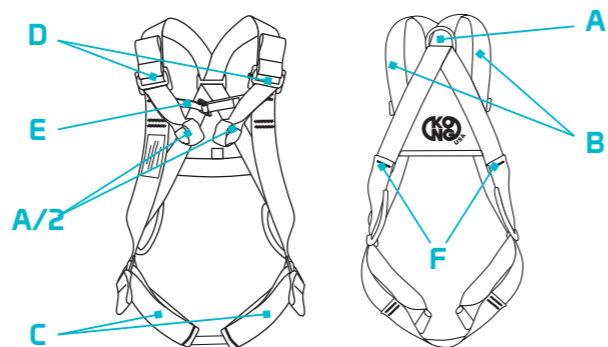
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NOMENCLATURE • NOMENCLATURA

2



EN: (A) Dorsal attachment point, (A/2) Sternal attachment elements, (B) Shoulder straps, (C) Thigh loops, (D) Adjustment buckles, (E) Sternal sling and buckle, (F) Load indicators.

Material of textile parts: polyester.
Material of metallic part: zinc plated carbon steel.

IT: (A) Punto di attacco dorsale, (A/2) Elementi di attacco sternale, (B) Spallacci, (C) Fibbie per gli anelli della coscia, (D) Fibbie di regolazione, (E) Imbracatura e fibbia sternale, (F) Indicatori di carico.

Materiale delle parti tessili: poliestere.
Materiale della parte metallica: acciaio al carbonio zincato.

FR: (A) Point d'attache dorsal, (A/2) éléments d'attache sternaux, (B) sangles d'épaule, (C) boucles de cuisses, (D) boucles d'ajustement, (E) anneau de sangle et boucle sternales, (F) Indicateurs de charge.

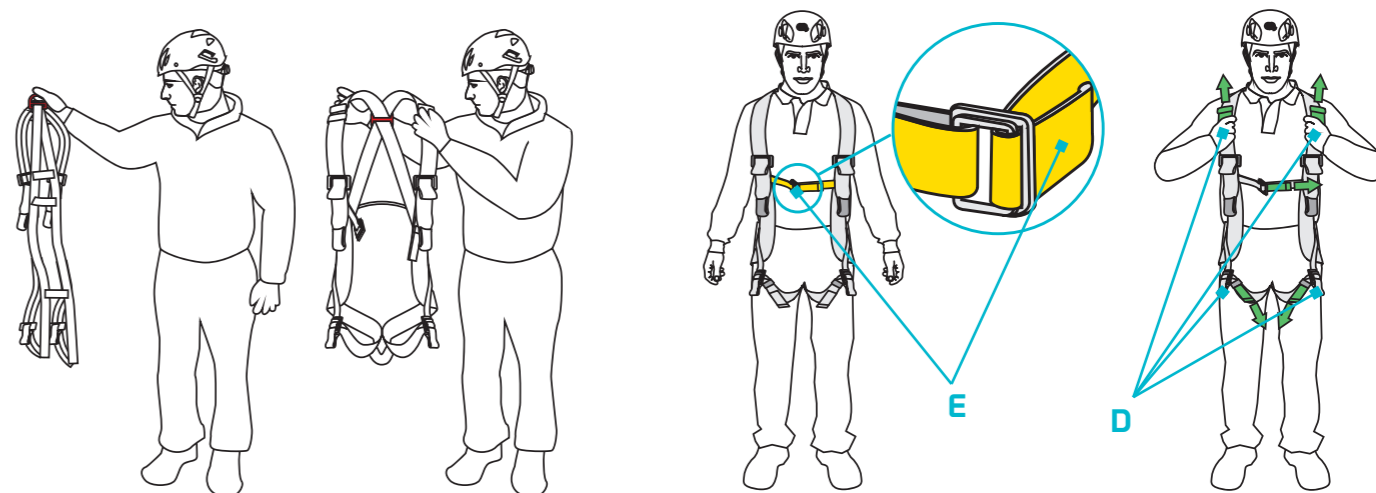
Matériau des pièces textiles : polyester.
Matériau de la partie métallique : acier au carbone zingué.

DE: (A) Dorsaler (hinterer) Befestigungspunkt, (A/2) Sternum (vorn)-Befestigungselemente, (B) Schultergurte, (C) Oberschenkelschlaufen-Schnallen, (D) verstellbare Schnallen, (E) Sternum-Schlinge und -Schnalle, (F) Belastungsanzeigen.

Material der textilen Komponenten: Polyester.
Material der Metalles: verzinkter Kohlenstoffstahl.

NOMENCLATURE • TERMINOLOGIE

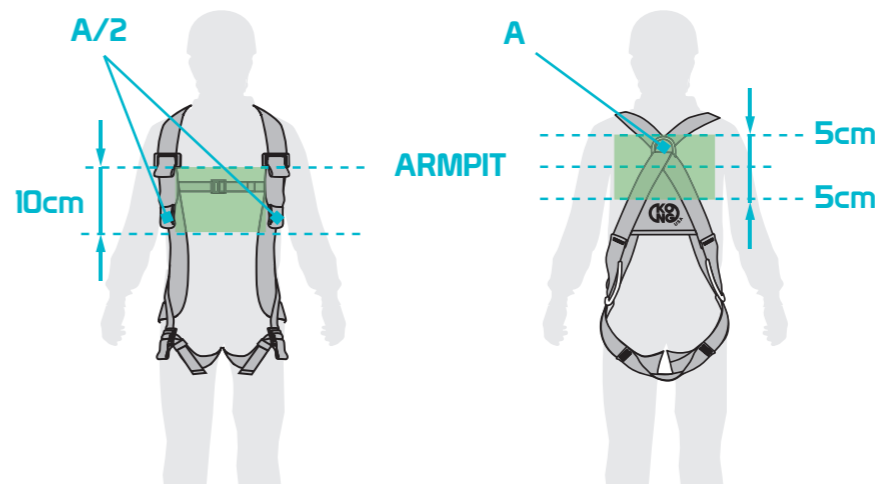
3



STERNUM

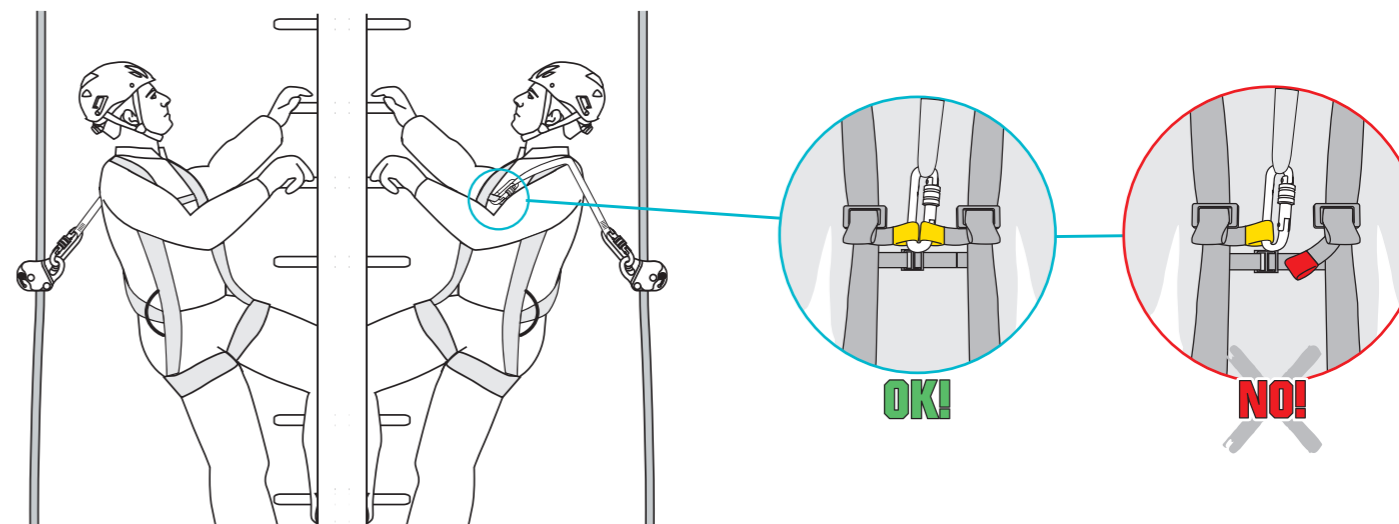
DORSAL

OK!



NO!

4



OK!

NO!

KONG s.p.a.

Via XXV Aprile, 4 - (zona industriale)
I - 23804 MONTE MARENZO (LC) - ITALY
Tel +39 0341630506 - Fax +39 0341641550 - info@kong.it

ZZV05633 Rev.1

8 – SPECIFIC INFORMATION

Fig. 3 – Dressing – First of all check the size, choosing the correct one for you (see SIZE table). To fit the harness correctly:

- loosen the buckles (D);
- unthread the sling (E) from its buckle;
- holding the harness by the dorsal attachment point (A) spread out the shoulder straps (B);
- slip your legs through thigh loops (C);
- slip your arms into the shoulder straps (B);
- thread the sternal sling (E) through its buckle;
- adjust the harness tightening the buckles (D) and check the attachment elements (dorsal and sternal) position;
- position the exceeding slings in the elastic loops.

Fig. 4 –Attachment points – The dorsal attachment point (A) and the attachment elements (A/2) are suitable to be used in fall arrest systems.

Compatibilità – This device has been designed to be used with:

- belts according to EN358;
- connectors according to EN362;
- energy absorbers according to EN355;
- rope adjustment devices according to EN12841 type A;
- guided fall arresters according to EN353-1 o EN353-2.

Important:

- if load indicators (F) are unstitched replace the device;
- The PPEs composing the fall prevention/protection system must properly be selected according to the weight of the user and the condition of application, paying specially attention to energy absorbing elements;
- this device is only a part of a system preventing/protecting against impact caused by fall from a height and therefore it shall be connected to other devices (i.e. shock absorber, ropes, etc.) in order to obtain a fall arrest system suitable to the situation and conform to current regulations;
- during use regularly check:
 - the fastening of the buckles (D);
 - if the device is undamaged.

Warning:

- **do not connect one only attachment element, they shall be used as a pair: the sternal attachment (A/2) consists of two attachment elements;**
- **prolonged suspension on the harness, especially in motionless conditions, may cause harness hang syndrome (or suspension trauma) that can lead to loss of consciousness and even death.**

9 – PRE AND POST USE CHECKS

Before and after use, make sure that the device is in an efficient condition and that it is working properly, in particular, check that:

- it is suitable for the intended use;
- load indicators (F) are intact;
- has not been mechanically deformed;
- does not show cracks, wear, corrosion and oxidation;
- stitching are intact, and there are no cut or loose threads;
- buckles (D) function correctly (locking, adjusting and locking);
- textile parts do not have cuts, burns, chemical residues, excessive hair, wear, in particular check the areas in contact with metal components (buckles, attachment point, etc.);
- markings are legible.

Before use and in a position that is completely safe, on each occasion check that the device holds correctly by putting your weight on it.

8 – INFORMATIONS SPÉCIFIQUES

Fig. 3 - Vestizione - Prima di tutto controllare la taglia, scegliendo quella giusta per se stessi (vedere tabella DIMENSIONI). Per montare correttamente l'imbracatura:

- allentare le fibbie (D);
- sfilare l'imbracatura (E) dalla sua fibbia;
- tenendo l'imbracatura per il punto di attacco dorsale (A) stendere gli spillacci (B);
- far scivolare le gambe attraverso i cosciali (C);
- infilare le braccia nelle bretelle (B);
- infilare l'imbracatura sternale (E) attraverso la sua fibbia;
- regolare l'imbracatura stringendo le fibbie (D) e controllare la posizione degli elementi di fissaggio (dorsale e sternale);
- posizionare le imbracature in eccesso nei loop elastici.

Fig. 4 - Punti di attacco - Il punto di attacco dorsale (A) e gli elementi di attacco (A/2) sono adatti ad essere utilizzati nei sistemi di arresto caduta.

Compatibilità - Questo dispositivo è stato progettato per essere utilizzato con:

- cinghie secondo norma EN358;
- connettori secondo norma EN362;
- assorbitori di energia secondo norma EN355;
- dispositivi di regolazione della fune secondo norma EN12841 tipo A;
- dispositivi anticaduta guidati secondo norma EN353-1 o EN353-2.

Importante:

- se gli indicatori di carico (F) sono senza cuciture, sostituire l'apparecchio;
- I DPI che compongono il sistema di prevenzione/protezione anticaduta devono essere opportunamente selezionati in funzione del peso dell'utente e delle condizioni di applicazione, prestando particolare attenzione agli elementi che assorbono energia;
- questo dispositivo è solo una parte di un sistema che previene/protegge dagli urti causati da una caduta dall'alto e quindi deve essere collegato ad altri dispositivi (ossia ammortizzatore, funi, ecc.) per ottenere un sistema anticaduta adatto alla situazione e conforme alle normative vigenti;
- durante l'uso controllare regolarmente:
- il fissaggio delle fibbie (C e D);
- se il dispositivo non è danneggiato.

Avvertenze:

- **non collegare un solo elemento di fissaggio, essi devono essere utilizzati in coppia: l'attacco sternale (A/2) è costituito da due elementi di fissaggio;**
- **la sospensione prolungata sull'imbracatura, soprattutto in condizioni di immobilità, può causare la sindrome da sospensione dell'imbracatura (o trauma da sospensione) che può portare alla perdita di coscienza e persino alla morte.**

9 - VERIFICHE PRE E POST UTILIZZO

Prima e dopo l'uso, assicurarsi che il dispositivo sia in condizioni di efficienza e che funzioni correttamente, in particolare, verificare che:

- è adatto all'uso previsto;
- gli indicatori di carico (F) sono intatti;
- non è stato deformato meccanicamente;
- non mostra crepe, usura, corrosione e ossidazione;
- le cuciture sono intatte e non ci sono fili tagliati o allentati;
- le fibbie (C e D) funzionano correttamente (bloccaggio, regolazione e bloccaggio);
- le parti tessili non presentano tagli, bruciature, residui chimici, peluria in eccesso, usura, in particolare controllare le zone a contatto con i componenti metallici (fibbie, punto di attacco, ecc.);
- i segni sono leggibili.

Prima dell'uso e in una posizione completamente sicura, verificare ogni volta che l'apparecchio regga correttamente appoggiandovi sopra il proprio peso.

8 – SPEZIFISCHE ANGABEN

Fig. 3 – Habillage – Avant de mettre le harnais, vérifier que la taille soit adéquate (voir le tableau des tailles « SIZE ») Pour que le harnais soit bien ajusté :

- desserrer les boucles (D) ;
- détacher l'anneau de sangle sternal (E) de la boucle correspondante ;
- en tenant le harnais par le point d'attache dorsal (A), écarter les sangles d'épaule (B) ;
- glissez vos jambes dans les boucles des cuisses (C) ;
- glisser vos bras dans les bretelles (B) ;
- enfiler l'anneau de sangle sternal (E) dans la boucle correspondante ;
- ajuster le harnais en tirant sur les boucles (D) et vérifier la position des éléments d'attache (dorsale et sternale) ;
- positionner les anneaux de sangle excédentaires dans les boucles élastiques.

Fig. 4 – Points d'attache – Le point d'attache dorsal (A) et les éléments de fixation (A/2) peuvent être utilisés dans les systèmes d'arrêt des chutes.

Compatibilité – Ce dispositif a été conçu pour être utilisé avec :

- des ceintures conformément à la norme EN358 ;
- des connecteurs conformément à la norme EN362 ;
- des absorbeurs d'énergie selon la norme EN355 ;
- des dispositifs de réglage des cordes selon la norme EN12841 type A ;
- des antichutes guidés selon la norme EN353-1 ou EN353-2.

Important :

- si les indicateurs de charge (F) sont décousus, remplacer le dispositif ;
- Les EPI composant le système de prévention/protection contre les chutes doivent être choisis correctement en fonction du poids de l'utilisateur et des conditions d'application, en accordant une attention particulière aux éléments d'absorption d'énergie ;
- ce dispositif ne constitue qu'une partie d'un système de prévention/protection contre les chocs provoqués par une chute de hauteur et doit donc être connecté à d'autres dispositifs (c'est-à-dire amortisseur, cordes, etc.) afin d'obtenir un système d'arrêt des chutes adapté à la situation et conforme aux réglementations en vigueur ;
- lors de l'emploi, vérifier régulièrement :
- la fixation des boucles (C et D) ;
- si le dispositif n'est pas endommagé.

Attention :

- **ne jamais se lier à un seul élément d'attache, ils doivent être utilisés en paire : l'attache sternale (A/2) se compose de deux éléments d'attache ;**
- **une suspension prolongée au harnais, en particulier dans des conditions d'immobilité, peut provoquer le syndrome du harnais (ou syndrome de suspension) qui peut causer une perte de conscience et même la mort.**

9 - VÉRIFICATIONS AVANT ET APRÈS L'UTILISATION

Avant et après utilisation, s'assurer que le dispositif est en bon état et fonctionne correctement, vérifier notamment que :

- il convient à l'utilisation prévue ;
- les indicateurs de charge (F) sont intacts ;
- il n'a pas été tordu mécaniquement ;
- il ne présente pas de fissures, d'usure, de corrosion et d'oxydation ;
- les coutures sont intactes, et qu'il n'y a pas de fils coupés ou détachés ;
- les boucles (C et D) fonctionnent correctement (verrouillage, réglage et blocage) ;
- les parties textiles ne présentent pas de coupures, de brûlures, de résidus chimiques, d'excès de fil, d'usure, vérifier notamment les parties en contact avec les composants métalliques (boucles, point d'attache, etc.) ;
- les marques sont lisibles.

Avant l'emploi et dans une position de sécurité absolue, s'assurer que le dispositif tienne correctement en effectuant des essais de suspension.

Abb. 3 - Ausrüsten - Überprüfen Sie zunächst die Größe und wählen Sie die, für Sie, richtige Größe aus (siehe Größentabelle). Um das Geschirr richtig zu befestigen:

- lösen Sie die Schnallen (D);
- ziehen Sie die Schlinge (E) aus ihrer Schnalle heraus;
- halten Sie den Gurt an dem dorsalen (hinteren) Befestigungspunkt (A) und spreizen der Schultergurte (B);
- die Beine sind durch die Oberschenkelschlaufen (C) zu führen;
- schlüpfen Sie Ihre Arme in die Schultergurte (B);
- fädeln Sie die Brustschlinge (E) durch die entsprechende Schnalle;
- justieren Sie das Geschirr durch die Regulierung der Schnallen (D) und überprüfen die Position der Befestigungselemente (vorne und hinten);
- platzieren Sie die überstehenden Schlingen in den elastischen Schlaufen.

Abb. 4 - Befestigungspunkte - Der hintere (dorsale) Befestigungspunkt (A) und die Befestigungspunkte (A/2) eignen sich zur Verwendung in Absturzschutzsystemen.

Kompatibilität - Dieses Gerät wurde für die Verwendung mit den folgenden Einrichtungen konzipiert:

- Gurten nach EN 358;
- Verbindungsstücken nach EN 362;
- Energieaufnahmeeinrichtung gemäß EN 355;
- Seileinstellvorrichtungen nach EN 12841 Typ A;
- Steigschutzeinrichtung nach EN 353-1 oder EN 353-2.

Wichtig:

- wenn der Lastenanzeiger (F) sich löst, ersetzen Sie das Geschirr;
- die persönlichen Schutzeinrichtungen, aus denen sich das Absturzicherungssystem zusammensetzt, müssen entsprechend dem Gewicht des Benutzers und der Bedingungen der Nutzung richtig ausgewählt werden, wobei besonders auf die energieabsorbierenden Elemente geachtet werden muss;
- diese Vorrichtung ist nur ein Teil eines Systems, das einen Aufprall durch einen Sturz aus der Höhe verhindert bzw. davor schützt, und muss daher mit anderen Vorrichtungen (d. h. Stoßdämpfern, Seilen usw.) verbunden werden, um ein, der Situation angepasstes und den geltenden Vorschriften entsprechendes, Absturzschutzsystem zu erhalten;
- während der Benutzung muss regelmäßig überprüft werden:
- die Verschlüsse der Schnallen (C und D);
- ob das Geschirr unbeschädigt ist.

Warnung:

- **verbinden nicht nur ein einziges Befestigungselement, sie sind als Paar zu verwenden: Die Befestigung am Brustbein (A/2) besteht aus zwei Befestigungselementen;**
- **längeres Hängen an einem Geschirr, insbesondere bei Bewegungslosigkeit, kann das Hängegurt-Syndrom (oder ein Hängetrauma) verursachen. Dieses kann zum Verlust des Bewusstseins und sogar zum Tod führen.**

9 - KONTROLLEN VOR UND NACH DER VERWENDUNG

Vergewissern Sie vor und nach der Verwendung, dass sich das Produkt in einem funktionstüchtigen Zustand befindet und ordnungsgemäß arbeitet.

- Prüfen Sie insbesondere, dass:
- es für den vorgesehenen Verwendungszweck geeignet ist;
- die Belastungsindikatoren (F) intakt sind;
- keine mechanischen Verformungen vorhanden sind;
- keine Risse, kein Verschleiß, keine Korrosion und keine Oxidation vorhanden sind;
- die Nähte intakt sind und keine abgeschnittenen oder losen Fäden vorhanden sind;
- die Schnallen (C und D) korrekt arbeiten (Verriegelung, Einstellung und Verriegelung);
- die textilen Teile keine Schnitte, Verbrennungen, chemische Rückstände, übermäßige Haare, Abnutzung aufweisen, insbesondere in den Bereichen, die mit den Metallkomponenten in Berührung kommen (Schnallen, Befestigungspunkte usw.);
- Markierungen gut lesbar sind.

Prüfen Sie vor jeder Benutzung und in einer vollkommen gesicherten Position, ob das Gerät richtig hält, indem Sie es mit Ihrem Gewicht belasten.

CERTIFIED BY • CERTIFICATO DA

NB n° 0123 TÜV SÜD Product Service GmbH
Daimlerstraße 11
85748 Garching - Germany



www.kong.it/conformity

CERTIFIÉ PAR • ZERTIFIZIERT VON

MARKING • MARCATURA

EN 361:2002

Conformity to the European Standard EN 361:2002, Full body harnesses for fall arrest systems
Conformità alla norma europea EN 361:2002, Imbracature a corpo intero per sistemi anticaduta
Conforme à la norme européenne EN 361:2002, Équipement de protection individuelle contre les chutes de hauteur - Harnais d'antichute
Konformität mit der Europäischen Norm EN 361:2002, Ganzkörper-Geschirr für Auffangsysteme

MARKIERUNG • MARQUAGE

A

Attachment point for fall arrest systems
Punto di attacco per sistemi anticaduta
Point d'attache pour les systèmes d'arrêt des chutes
Befestigungspunkte für Absturzicherungssysteme

A/2

Attachment element for fall arrest systems
Elemento di fissaggio per sistemi anticaduta
Élément de fixation pour les systèmes d'arrêt des chutes
Befestigungselemente für Absturzicherungssysteme



Adjusting and locking of the buckles
Regolazione e bloccaggio delle fibbie
Ajustement et verrouillage des boucles
Verstell- und verschließbare Schnallen



Dorsal attachment point
Punto di attacco dorsale
Point d'attache dorsal
Dorsaler (hinterer) Befestigungspunkt



Sternal attachment point
Punto di attacco sternale
Point d'attache du sternum
Sternaler (vorderer) Befestigungspunkt

EN.....

ANSI/ASSE Z359 - Requirements for Proper Use and Maintenance of Full Body Harnesses

These are general requirements and information provided by ANSI/ASSE Z359, the Manufacturer of this equipment may impose more stringent restrictions on the use of the products they manufacturer, see the Manufacturer's instructions.

1 - GENERAL INFORMATION

1.1 - The user's organization shall retain the manufacturer's instructions and make them readily available to all users.

Users shall read and perfectly understand the information provided by the manufacturer before using the device, shall comply with all instructions regarding the inspection, maintenance and storage of the equipment and make sure that the device is in perfect condition and working properly. **Important:** this information relates to the characteristics, services, assembly, disassembly, maintenance, conservation, disinfection, etc. of the device. Although it does include some suggestions on how to use the device, it cannot be considered a true to life instruction manual (the same as an operating and maintenance handbook for a car does not teach how to drive it and does not replace a driving school). **Warning: rescue work, tree climbing and works at height are activities with a high degree of risk, which may lead to accidents and even death.** The user takes complete responsibility for the risks deriving from these activities and from using our devices. This device can be used only by individuals medically fit. 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 establishes guidelines and requirements for an employer's managed fall protection program, including policy statements, duties and responsibilities, training and evaluations, minimum requirements for fall protection procedures, eliminating and controlling fall hazards, rescue procedures, incident investigations, and evaluating program effectiveness.

1.2 - If the user has the slightest doubt concerning the efficiency of the device, it shall be replaced immediately, particularly after having used it to arrest a fall.

1.3 - Minimum resistance of anchoring points, on both natural and artificial elements, can be at least 12 kN. The assessment of those made on natural elements (rocks, plants, etc.) is possible only empirically, and can therefore be performed by a competent expert, while those on artificial elements (metal, concrete, etc.) can be calculated scientifically, and can therefore be performed by qualified personnel.

1.4 – **8W0.050 SIERRA DUO ANSI** is tested in accordance ANSI/ASSE Z359.11-2014 by testing laboratory no. 1539 DOLOMITICERT scarl - zona industriale Villanova - 32013 Longarone BL - Italia, meeting standard ISO 17025.

This device is inspected in accordance with the procedures of the Quality System certified according to the UNI EN ISO 9001.

Warning: laboratory tests, inspections, information and norms do not always manage to reproduce what actually happens in practice, and so performance under real usage conditions in a natural environment may differ, sometimes even considerably. The best information can be gained by continual practice under the supervision of skilled, expert, qualified individuals.

2 - WARNINGS

- It is strictly forbidden to altering and/or repair the device, only the equipment manufacturer, or persons or entities authorized by the manufacturer, are allowed to repair the equipment.
- Before use make sure that the device is suitable for the purpose: only the techniques that are not crossed out are permitted, any other use is considered improper and therefore potentially dangerous.
- Verify combinations of components or sub-systems, or both, they have not to affect or interfere with the safe function of each other.
- Improper use, deformation, falls, wear, contact with chemical substances, chemical contamination, exposure to direct

sunlight (UV degradation), heat sources and flames, exposure to temperatures below -20°F or higher than +120°F, are some examples of other causes that may produce a harmful effect, or reduce, limit or end the life of the device. We strongly suggest using the device personally in order to continuously monitor the degree of protection and efficiency.

- At low temperatures, the presence of moisture can form ice that, on textile devices, can reduce flexibility and increases the risk of cutting and abrasion.
- Pay particular attention when using the equipment around moving machinery and electrical hazards, sharp edges or abrasive surfaces.

3 – MAINTENANCE AND STORAGE

- Equipment which is in need of, or scheduled for maintenance shall be tagged as “unusable” and removed from service.
- Maintenance and storage of equipment shall be conducted by the user's organization, consists of washing in warm drinking water (90°F), possibly with the addition of neutral detergent. Rinse and, without spinning, leave it to dry without leaving it in the direct sunlight.
- In addition, if necessary disinfect the device, soaking it in warm water containing 1% of sodium hypochlorite (bleach). Rinse with drinking water and, without spinning, leave it to dry without leaving it in the direct sunlight. Avoid sterilising textile devices in an autoclave.
- Equipment shall be stored in a manner as to preclude damage from environment: maintain temperature between 5-30°C (40-85 °F) and relative humidity between 40-90%, avoid exposure to light, UV, sharp edges, excessive moisture, oil, chemicals and their vapours or other degrading elements.
- Exceptional maintenance and storage issues, which may arise due to unusual conditions of use, shall be addressed with the manufacturer.

4 – INSPECTION

Inspection criteria for the equipment shall be set by the user's organization. Such criteria for the equipment shall equal or exceed the criteria established by ANSI/ASSE Z359.2:13 or the manufacturer's instructions, whichever is greater. The outcome of these periodic inspections shall be recorded on the device's inspection chart or a designated register.

When inspection reveals defects in, damage to, or inadequate maintenance of equipment, the equipment shall be permanently removed from service or undergo adequate corrective maintenance, by the original equipment manufacturer or their designate, before return to service.

In addition to the inspection requirements set forth in the manufacturer's instructions, the equipment shall be inspected by the user before and after using the device and additionally by a competent person, other than the user, at interval of no more than one year for:

- absence or illegibility of markings,
- absence of any elements affecting the equipment form, fit or function,
- evidence of broken stitches fixed to load indicators,
- evidence of defects in or damage to hardware elements including cracks, sharp edges, deformation, corrosion, chemical attack, excessive heating, alteration and excessive wear,
- evidence of defects in or damage to strap or ropes including fraying, unsplicing, unlaying, kinking, knotting, roping, broken or pulled stitches, excessive elongation, chemical attack, excessive soiling, abrasion, alteration, excessive aging and excessive wear.

5 - DEVICE LIFE

The lifespan of this device is 10 years from the date of production (indicated in the serial number) as long as: maintenance and storage are carried out as described in point 5, the results of pre-use, post-use and periodic inspections are all positive, and the device is used correctly.

6 – LEGAL OBLIGATIONS

Professional and recreational activities are often regulated by specific national or governmental laws that may impose specific limits and/or requirements for the personal fall arrest systems, which includes the

Full Body Harness in their components. The user is obliged to know and apply these laws, which may in some cases impose obligations different from those contained in this information.

7 – GUARANTEE

The manufacturer guarantees that the device complies with regulations in force at the time of production. The guarantee covering faults is limited to production defects and raw materials. It does not include wear and tear, oxidation, damages caused by improper use and/or during competition, incorrect maintenance, transport, conservation, storage, etc. The guarantee becomes void as soon as the device is modified or tampered with. The validity corresponds to the legal guarantee of the country where the device was sold by the manufacturer, with effect from the date of sale. After this period no claim can be made against the manufacturer. Any request for repair or replacement under this warranty shall be accompanied by a proof of purchase. If the defect is accepted, the manufacturer, at its sole discretion, will repair, replace or refund the device. Under no circumstances does the manufacturer's liability extend beyond the invoice price of the device.

8 - USE INFORMATION

8W0.050 SIERRA DUO ANSI (fig. 1) is a full body harnesses (FBH) meet ANSI/ASSE Z359.11:2014, fitted with two attachment points, one dorsal (C) and one sternal (D) consisting of two attachment elements. It is 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. Fig. 1 – Nomenclature and main materials: (A) Shoulder straps of polyester, (B) Sit harnesses of polyester, (C) Dorsal attachment point of carbon steel, (D) Sternal attachment point of polyester, (E) Adjustment buckles of carbon steel, (F) Sternal sling of polyester, (G) Loops of nylon or polyester, (H) Slings of polyester, (I) Load indicators.

Warning: a prolonged suspension onto a harness, above all if unconscious, may cause the suspension syndrome, also called suspension trauma or orthostatic intolerance, that can lead to fatal consequences!

It is a serious condition that can be controlled by post fall suspension relief devices and prompt rescue. A conscious user may remove tension from around the legs, freeing blood flow, which can delay the onset of suspension intolerance.

8.1 - Wearability

First of all check the size-choosing the correct one for you (see SIZE table), 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 (fig.5), and leg straps are positioned and snug to avoid contact with the genitalia should a fall occur.

To wear the harness correctly:

- loosen the slings (H),
- unthread the sternal sling (F) from its buckle,
- holding the harness by the dorsal attachment point (C) spread out the shoulder straps (A) – (fig.2),
- slip your legs through the belt (B),
- slip your arms into the shoulder straps (A),
- thread the sternal sling (F) through its buckle (fig. 3),
- adjust the harness tightening the slings (H) - (fig. 4) and check attachment elements (dorsal and sternal) correct positioning,
- position the loops (G) to hold the exceeding sling, which can get caught or cause accidental disengagement of an adjuster.

Important:

- before using the harness, find a completely safe position and carry out movements and suspension tests on each attachment point to make sure the harness is of the right size, adjusted properly and comfortable for your intended use,
- regularly check the closure of the adjustment buckles when in use,
- 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.

8.2 – Use in a fall arrest system

For the sake of safety in case of risk of falls from a height, it is essential to:

- assess the risks and make sure that the whole system, where this device is only a component, is reliable and safe,



SIERRA DUO ANSI

8W0.050

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- prepare a rescue plan to deal with any emergencies possibly arising while the device is being used,
- have the means at hands to implement the rescue plan,
- make sure that the anchoring device or the anchoring point is always positioned as high up as possible, and that work is done in such way as to reduce potential falls and relevant heights to a minimum,
- a harness is only a component of a fall arrest system, therefore it shall be connected to other devices (i.e. shock absorber, ropes, etc.) in order to obtain a fall arrest system,
- an energy absorber can be used to limit maximum arrest forces to 1800 pounds (8 kN),
- in order to avoid all possible problems (e.g. ground, material rubbing against the rock face, abrasions, etc.), carefully assess the free height under the user (clearance). Examples of main factors can be: height of a potential fall, Full Body Harness Stretch (Hs), rope paid out, the length of any attachment element extender, the stretch in any energy dissipaters or absorbers, the height of the user and the “pendulum” effect.
- Full Body Harness Stretch (Hs) is the amount the FBH component of a personal fall arrest system will stretch and deform during a fall (fig. 6, 7), 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.

8W0.050 SIERRA DUO ANSI Full Body Harness Stretch (Hs) is by far less than 18 in. (457 mm).

Important: in a system for protection against falling from heights, it is obligatory to use a complete harness in compliance with current regulations.

8.3 – Acceptable use for attachment elements

Warning: connect to the attachment point with soft loops carabiner connectors only. Plain hooks cannot be used!

8.3.1 - Use with dorsal attachment

The dorsal attachment element shall be used as the primary fall arrest attachment (fig. 8), unless the application allows the use of an alternate attachment. It may also be used for travel restraint or rescue. Post fall, supported by the dorsal attachment the user will result in an upright body position with a slight lean to the front with some slight pressure to the lower chest.

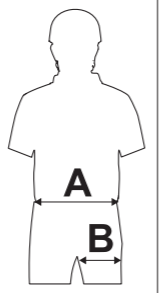
8.3.2 - Use with sternal attachment

Warning: death danger! Do not connect one only attachment element: they shall be used as a pair (fig. 9B). The sternal attachment (D) consists of two attachment elements.

The sternal attachment may be used as an alternative fall arrest attachment (fig. 9A) 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 arrestor, 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.

Post fall, supported by the sternal attachment the user will result in roughly a sitting 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.

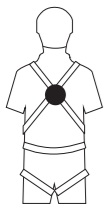

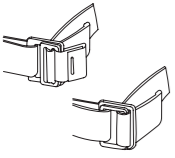

When the sternal attachment is used for fall arrest, the competent person evaluating the application should take measures to ensure that a fall can only occur feet first. This may include limiting the allowable free fall distance.

SIZE			
		M/L	XL
	A (cm)	72-105	89-130
	B (cm)	50-62	62-80
	(g)	850	900

S/N: LLLLLL YY XXXX	SERIAL NUMBER
LLLLLL	Batch Number
YY	Year of production
XXXX	Progressive no.

CONTROL CARD			
1 - Item			
2 - Year of production		3 - Serial N°	
4 - Date of purchase		5 - Place of purchase	
6 - Date of first use		7 - Name of the user	
8 - Date of inspection	9 - result	10 - Comments	11 - Signature
	☺ ☹		
	☺ ☹		
	☺ ☹		
	☺ ☹		

LEGEND	
n°	Figures number
OK!	Correct use
X	Absolutely no correct use
⊗	Anchor point
⚠	Improper use may be very dangerous
☠	Never do it: risks fatal accident!

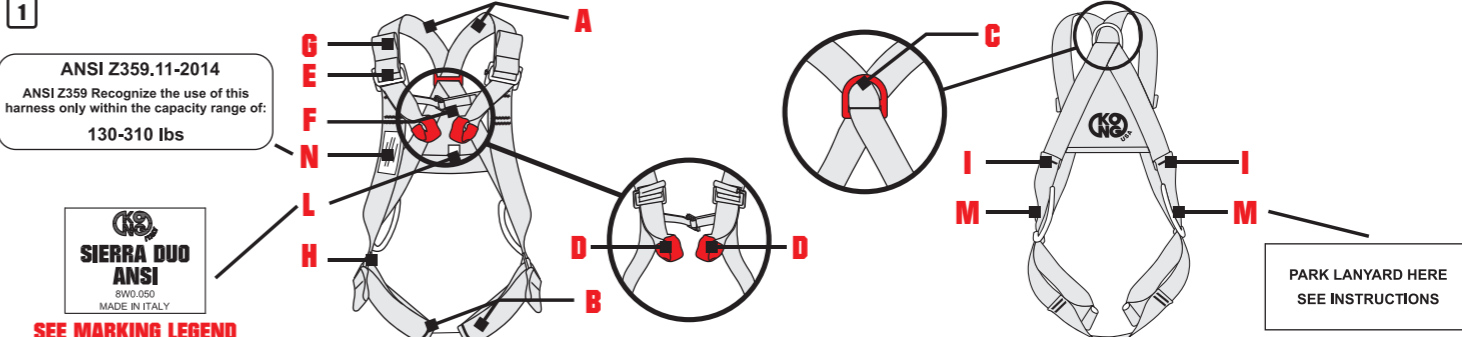
MARKING LEGEND	
SIERRA DUO ANSI 8W0.050	Model
POLYESTER	Material
MM/YYYY	Production date
MM/KKKK	Expiry date
	Dorsal attachment point
	Sternal attachment point
	Regulation and blocking of the webbing
	Always read and follow the information supplied by the manufacturer

1

ANSI Z359.11-2014
ANSI Z359 Recognize the use of this harness only within the capacity range of: 130-310 lbs

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SEE MARKING LEGEND

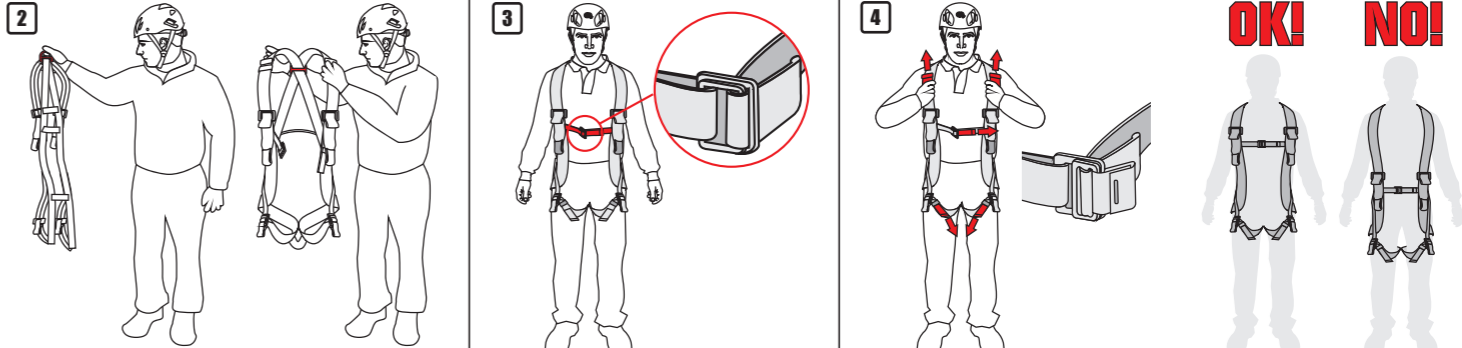


2

3

4

OK! **NO!**



5

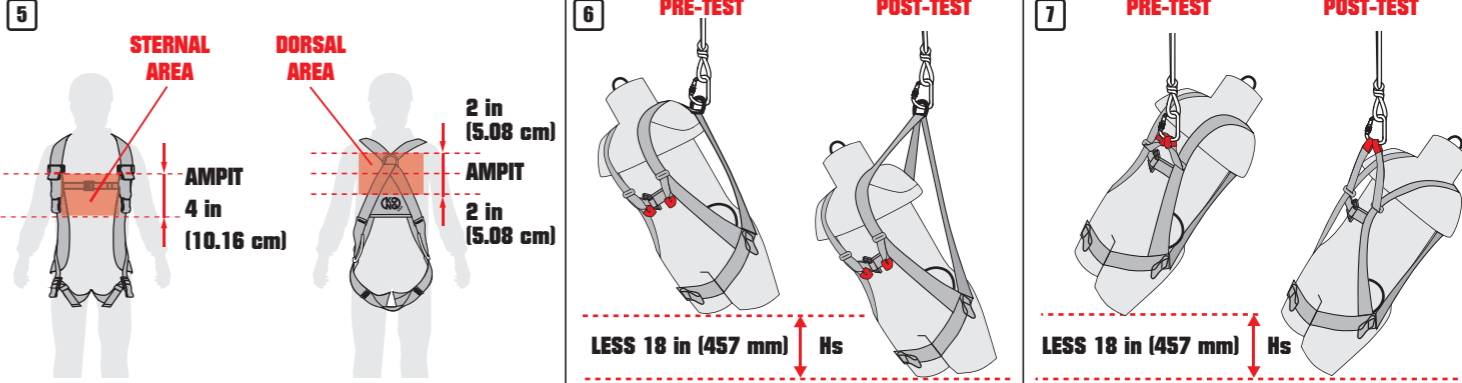
6 PRE-TEST POST-TEST

7 PRE-TEST POST-TEST

Sternal Area AMPIT 4 in (10.16 cm)

Dorsal Area AMPIT 2 in (5.08 cm)

LESS 18 in (457 mm) Hs



8

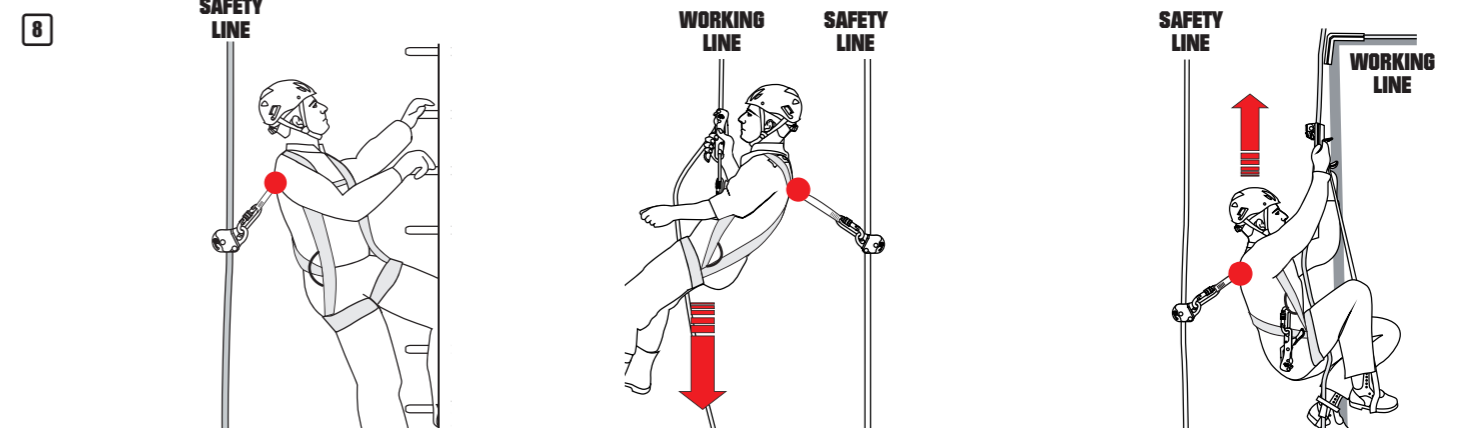
SAFETY LINE

WORKING LINE

SAFETY LINE

SAFETY LINE

WORKING LINE



9A

OK!

SAFETY LINE

WORKING LINE

9B

NO!

