



KAPTURE[™] ESSENTIAL
LV1 || FULL BODY HARNESS

KAPTURE[™] ELITE
LV2 || FULL BODY HARNESS

KAPTURE[™] EPIC
LV3 || FULL BODY HARNESS

USER INSTRUCTION MANUAL
FULL BODY HARNESSES

THESE INSTRUCTIONS APPLY TO THE FOLLOWING MODEL:

AFH300101, AFH301101, AFH301102, AFH300103, AFH300121, AFH300122, AFH300250,
AFH300403, AFH300251, AFH300402, AFH300102, AFH300104, AFH300201, AFH300202,
AFH300203, AFH300401, AFH300204

CE 0598
EN 361:2002
EN 358:2018

Please read and understand the manufacturer's instructions for each component or part of the complete system. Manufacturer's instructions must be followed for proper use, care, and maintenance of this product. These instructions must be retained and be kept available for the user's reference at all times. Alterations or misuse of this product, or failure to follow instructions, may result in serious injury or death.

Note: The user is advised to keep this user instructions document for the life of the product.

1. **INTRODUCTION:** These full body harnesses (as mentioned below) are classed as Personal Protective Equipments (PPE's) by the European PPE Regulation (EU) 2016/425 and have been shown to comply with this Regulation through the Harmonized European Standard EN 361:2002, EN 358:2018 and EN 1497:2007.
2. **INSTRUCTIONS:** These full body harnesses are designed to minimize the risk of/provide protection against the danger of falling from heights. However, always remember that no item of PPE can provide full protection and care must always be taken while carrying out the risk related activity.
3. **PERFORMANCE AND LIMITATIONS OF USE:** This product has been tested in accordance with EN 361:2002, EN 358:2018 and EN 1497:2007 and has achieved the following performance levels :

EN 361:2002 & EN 1497:2007 test	Result/Comment
Clause 4.1 Design and Ergonomics	Achieves required performance requirement
Clause 4.2 Material & Construction	Achieves required performance requirement
Clause 4.3 Static strength	Achieves required performance requirement
Clause 4.4 Dynamic Performance	Achieves required performance requirement

EN 358:2018 test	Result/Comment
Clause 4.1 Design, Construction and Ergonomics	Achieves required performance requirement
Clause 4.2 Materials	Achieves required performance requirement
Clause 4.4 Static Strength	Achieves required performance requirement
Clause 4.5 Dynamic Strength	Achieves required performance requirement
Clause 4.6 Corrosion Resistance	Achieves required performance requirement

Note: Maximum Rated Load for the Harnesses is 140 Kg. including all tools (the corresponding models bear marked labels) and it is essential to use only 140 Kg compatible energy absorbing lanyards with these harnesses.

4. PRODUCT DESCRIPTION:-

CODE	CATEGORY	DESCRIPTION	STANDARDS
AFH300101	KAPTURE ESSENTIAL	FULL BODY HARNESS	EN 361:2002
AFH300102	KAPTURE ESSENTIAL	FULL BODY HARNESS	EN 361:2002
AFH301101	KAPTURE ESSENTIAL	FULL BODY HARNESS WITH TWISTED ROPE LANYARD ATTACHED	EN 361:2002 (HARNESS) and EN 354:2010 (Lanyard)
AFH301102	KAPTURE ESSENTIAL	FULL BODY HARNESS WITH SHOCK ABSORBING LANYARD STITCHED	EN 361:2002 (HARNESS) and EN 355:2002 (Lanyard)
AFH300103	KAPTURE ESSENTIAL	FULL BODY HARNESS	EN 361:2002
AFH300104	KAPTURE ESSENTIAL	FULL BODY HARNESS	EN 361:2002
AFH300121	KAPTURE ESSENTIAL	FULL BODY HARNESS	EN 361:2002
AFH300122	KAPTURE ESSENTIAL	FULL BODY HARNESS	EN 361:2002
AFH300201	KAPTURE ESSENTIAL	FULL BODY HARNESS	EN 361:2002
AFH300202	KAPTURE ESSENTIAL	FULL BODY HARNESS	EN 361:2002
AFH300203	KAPTURE ELITE	FULL BODY HARNESS WITH RESCUE LOOPS	EN 361:2002
AFH300204	KAPTURE ELITE	FULL BODY HARNESS	EN 361:2002
AFH300250	KAPTURE ELITE	FULL BODY HARNESS WITH WORK POSITIONING BELT	EN 361:2002, EN 358:2018
AFH300251	KAPTURE ELITE	FULL BODY HARNESS WITH WORK POSITIONING BELT	EN 361:2002, EN 358:2018
AFH300401	KAPTURE EPIC	FULL BODY HARNESS	EN 361:2002
AFH300402	KAPTURE EPIC	FULL BODY HARNESS WITH WORK POSITIONING BELT	EN 361:2002, EN 358:2018
AFH300403	KAPTURE EPIC	FULL BODY HARNESS WITH WORK POSITIONING BELT	EN 361:2002, EN 358:2018

5. MATERIAL USED: Material of webbing used in these harnesses is High Tenacity Polyester.

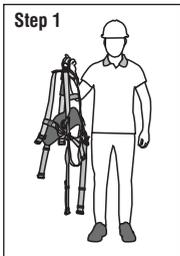
6. INSTRUCTIONS FOR USE :

- This class of products consist of Full Body Harnesses of various types incorporating Work Positioning Belts within the system. Thus the user gets the option of using the equipment both for fall arrest as well as for work positioning.
 - For Work Positioning, it is essential for safety of a user to use an anchor point positioned at or above waist level. The lanyard should be kept taut as shown in figure.
 - Ensure that the anchor point is always above the head of the user.
 - Ensure that the medical conditions of the user is fit for using the equipment.
 - Equipment shall be used by a person trained and competent in its safe use.
 - A rescue plan needs to be established to deal with any emergencies that could arise during the work.
 - Do not make any alterations or additions to the equipment without the manufacturer's prior written consent, and that any repair shall only be carried out in accordance with manufacturer's procedures.
 - The equipment shall not be used, outside its limitations, or for any purpose other than for which it is intended.
 - The equipment needs to be a personnel issue item.
 - Ensure compatibility of all other products used with the equipment when assembled into a system.
 - Ensure while choosing the combination of items that safe function of one item is not affected by or interferes with the safe function of another.
 - The user should 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.
 - Check that metal components are not rusted or mechanically distorted, the webbing should not have cuts or frays & that the stitching is not damaged anywhere.
 - Withdraw the equipment from use if there is any doubt about it's condition for safe use or if it has already arrested a fall and do not use it again until confirmed in writing by a competent person.
 - Ensure that the anchor point is strong enough & has a minimum strength for Metal 12kN & for Textile 18kN.
 - Connect to the reliable anchor point using lanyards (as per EN355:2002), Hooks (as per EN362:2004) etc.
 - The harnesses essentially have two types of attachment elements. All fall arrest attachment elements are marked 'A', these can be connected to fall arrest lanyards, retractable fall arresters etc. Where attachment elements are marked 'A/2', two of these have to be used together connected by a Karabiner to fall arrest systems. The other attachment elements provided at the sides of the waist are to be essentially used for only work positioning & not fall arrest. They need to be connected to Work Positioning Lanyards only.
 - Ensure that the anchor point is always above the head of the user.
 - A full body harness is the only acceptable body holding device that can be used in a fall arrest system.
 - It is essential to verify the free space required beneath the user at work place before each occasion of use, so that in the case of a fall, there will be no collision with the ground while using with a sub-system e.g. energy absorber or fall arrester.
 - Avoid using the product in extreme temperature, trailing or looping of lanyards or lifelines over sharp edges, chemical reagents, cutting, abrasion, climatic exposure & pendulum falls.
 - Ensure that during transportation, the product is preferably packed in manufacturer's, original packing or in a sealed polybag.
 - The life span of the product is 10 years but annual inspection is important to check if any damages have occurred during usage.
 - If the product is re-sold outside the original country of destination, the reseller shall provide instructions for use, for maintenance for periodic examinations & for repair in the language of country of sale.
- Note:** Work positioning belt attached with harness is approved for a user, including tools and equipment, with a weight of up to 150kg.

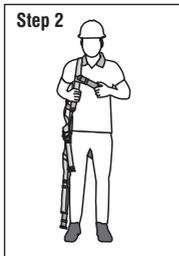


- 7. PROPER HARNESS FIT:** It is extremely important that your harness fits and is properly adjusted. Failure to do so can result in Serious injury or death, and proper connection of both types of straps is essential to fall safety. After donning a harness, make sure to check:
- **Chest Strap:** Should be positioned in the middle of your chest [6" (152mm) to 8" (203mm) below the trachea but not below the sternum]. If the chest strap is positioned too high, the strap may move upwards during a fall arrest causing you to run the risk of strangulation. **If the chest strap is too low or not connected at all, you could fall out of your harness during a fall.**
 - **Leg Straps:** Proper adjustment of the leg straps is critical for safety. Leg straps should be snug, but not snug to the point that they obstruct normal blood circulation in the legs. **Failure to wear leg straps will not secure your body within the harness during a fall and could lead to serious injury or death.**
 - **Sub-Pelvic Strap:** Provides support in the event of a fall, and also provides support when used for positioning. In a seated position, the sub pelvic strap should comfortably provide a "seat" for the buttocks. In the event of a fall, simply lift up your legs to transfer weight to the sub-pelvic strap.
 - **Suspension Test:** User is advised to proper fit the harness & carry out a suspension test on safe place to check the harness is suitably sized, properly donned, has sufficient adjustment, every strap is positioned on its intended area, is of an acceptable comfort level for the intended use.
 - **Size:** The full body harness is of S-M, L-XL, XXL+ size.
Size of the Waist Belt of AFH300250, AFH300251, AFH300402, AFH300403 ranges from 70 cm to 120 cm.

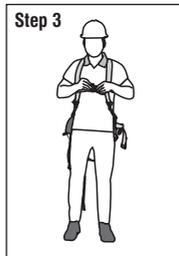
How to wear a full body harness:



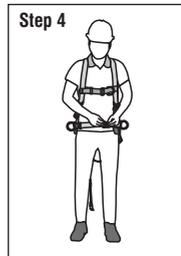
Step 1
Untangle the harness by holding it from the dorsal D-ring.



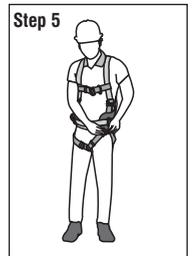
Step 2
Insert your arms into the shoulder straps



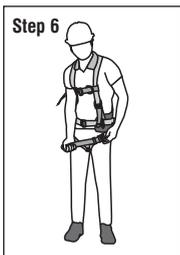
Step 3
Close the buckle on the chest strap.



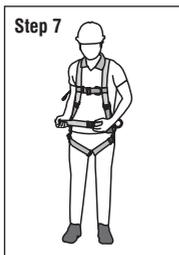
Step 4
close the buckle on the waist belt.



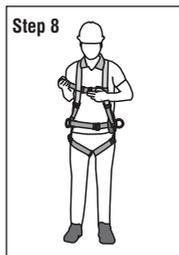
Step 5
Pull the leg straps one by one around your thighs outwards to your front.



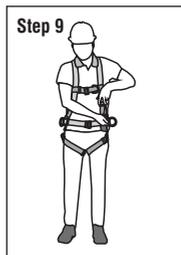
Step 6
Close the buckles of the leg straps & tighten them by pulling the free ends of the straps until the harness fits perfectly to the body.



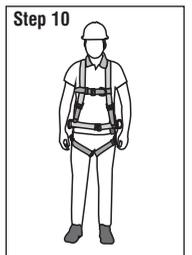
Step 7
To check & adjust all the straps of the harness to your body adjustment, refer to Step 7 to Step 10.



Step 8
To check & adjust all the straps of the harness to your body adjustment, refer to Step 7 to Step 10.



Step 9
To check & adjust all the straps of the harness to your body adjustment, refer to Step 7 to Step 10.



Step 10
To check & adjust all the straps of the harness to your body adjustment, refer to Step 7 to Step 10.

Note: To locate the anchor points on the harness, check for the "A" marking near them.
The harness with front anchor point can be used in specific situations along with a fall arrester that needs a front attachment point. **While in use, it is important to regularly check fastening and adjustment elements of the harness.**

7. INSTRUCTIONS FOR PERIODIC EXAMINATION:

- The product should be necessarily examined as the safety of the user depends upon the continued efficiency and durability of the equipment.
- It needs to be inspected at least once a year.
- Periodic examination are to be conducted by a competent person and strictly in accordance with manufacturer's procedures.
- It is important to check the legibility of the markings during inspection.

8. INSTRUCTIONS FOR REPAIR: The product has no repairable features hence the manufacturer does not allow any repair that can be carried out on the product whatsoever.**9. INSTRUCTIONS FOR MAINTENANCE :**

- In case of minor soiling, wipe the harness with cotton cloth or soft brush. Do not use abrasive material. For intensive cleaning, wash the harness in water at temperature not more than 40°C using a neutral detergent (pH7).
- If the equipment become wet either from being in use or when due to cleaning, it should be allowed to dry naturally and should be kept away from heat.
- Preferably store in a cool dry place packed in sealed polybags, and away from damp environment, sharp edges, vibrations, ultra violet rays.

10. HOW TO DISPOSE A HARNESS:

When the harness becomes unfit or in case of any wear and tear, dispose the harness immediately.

Follow the steps for Disposal:

- Segregate the equipment in three different crates for placing components in them respectively as- Textile, Metal and Plastic.
- Hold the Harness from Dorsal D-ring.
- Inspect the wear & tear present on the Harness.
- Now, using a sharp pair of scissors first cut the Textile and dismantle the harness.
- Now remove the metal & plastic components separately from the harness.
- Put the Textile, Plastic & Metal components in their respective plastic crates.

11. WARNINGS:

- Ensure the Medical condition of the user does not affect his safety in normal and emergency use.
- A rescue plan shall be in place to deal with any emergencies that could arise during the work.
- It is essential for the safety of the user that if a product is re-sold outside the original country of destination the reseller shall provide instructions for use for maintenance, for periodic examination and for repair in the language of the country in which the product is sold.
- The equipment shall not be used outside its limitation, or for any purpose other than that for which it is intended.
- The device should be used with appropriate combinations only. The user should not make any combination which compromises safe function of any other devices used in combination or entire fall protection system or rescue system.
- In the event of fall, the system must have a shock absorbing unit intact, which shall limit the maximum fall arrest load upto 6kN. After the fall, the victim must be rescued within 15 min of the fall to avoid jamming of blood vessels caused by stress. This is referred as state of Suspension Trauma, which can lead to serious injury or death.
- While using a work positioning system, the user normally relies on the equipment for support, therefore it is essential to consider the need of using a back-up e.g. fall arrest system.

Note: The Rescue Harness Attachment shall not be used in a fall arrest system.

12. MARKING ON PRODUCT: The Full Body Harnesses are marked with the following information:

(a) **Main Product Label**

- (i) The CE mark showing that the product meets the requirements of the European PPE Regulation (EU) 2016/425
- (ii) Trademark of the manufacturer
- (iii) Type or product code
- (iv) Month and Year of Manufacture
- (v) Pictogram showing max. rated load
- (vi) UID for Traceability
- (vii) Material
- (viii) Size
- (ix) Identification of the manufacturer and address
- (x) Number of the ongoing assessment body
- (xi) Pictogram that indicates to read the instructions
- (xii) Number of the standard

(b) QR codes

(c) Warning for Harness

(d) How to wear a harness Part-1

(e) How to wear a harness Part-2

(f) Inspection Grid Label

(b)

(c)

(d)

(e)

(f)

(xi)

