K-STRONG®
UNRIVALED SAFETY.



EPIC
ELEMENT
ECOR
FULL BODY HARNESSES

USER INSTRUCTION MANUAL

FULL BODY HARNESSES

THESE INSTRUCTIONS APPLY TO THE FOLLOWING MODELS:

ANH300200, ANH300202, ANH300203, ANH300204, ANH300205, ANH300206, ANH300215, ANH300250, ANH300251, ANH300253, ANH300302, ANH300303, ANH300305, ANH300310, ANH300312, ANH300313, ANH300315, ANH300351, ANH300401, ANH300402, ANH300403, ANH300404, ANH300404C, ANH300405, ANH300407, ANH300409, ANH300410, ANH300411, ANH300412, ANH300413, ANH300414, ANH300701, ANH300702, ANH300703, ANH300704, ANH300705, ANH300706, ANH300707, ANH300708, ANH300709, ANH300721, ANH301121 and ANH301121(AD)

CERTIFIED PRODUCT

AUSTRALIA & NZ STANDARDS
Certified to AS/NZS 1891.1:2020
Issued by BSI
Vide Lic. No.: BMP 777769

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:** This manual must be read and understood in its entirety and used as part of fall protection training program as required by safety policy or any state regularity agency. These instructions are intended to meet the manufacturer's instructions as required by AS/NZS 1891.1:2020. The user must fully understand the proper equipment use and limitations

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:** The Full Body Harnesses (ref. as mentioned below) are classified as a Personal Protective Equipment (PPE's) against falls from a height according to AS/NZS 1891.1:2020.

4. **DESCRIPTION:** The Full Body Harnesses are classified as Personal Protective Equipments (PPE's) against falls from a height according to mentioned norms in front of each model in the table given as under:

MODEL	DESCRIPTION	MATERIAL	STANDARDS
ANH300200	Full Body Harness	Polyester	AS/NZS 1891.1:2020
ANH300202	Full Body Harness	Polyester	AS/NZS 1891.1:2020
ANH300203	Full Body Riggers Harness	Polyester	AS/NZS 1891.1:2020
ANH300204	Full Body Harness	Polyester	AS/NZS 1891.1:2020
ANH300205	Full Body Harness	Polyester	AS/NZS 1891.1:2020
ANH300206	Full Body Confined Space Harness	Polyester	AS/NZS 1891.1:2020
ANH300215	Full Body Rescue Harness	Polyester	AS/NZS 1891.1:2020
ANH300250	Full Body Harness	Polyester	AS/NZS 1891.1:2020
ANH300251	Full Body Construction Harness	Polyester	AS/NZS 1891.1:2020
ANH300253	Full Body Tower Harness	Polyester	AS/NZS 1891.1:2020
ANH300302	Full Body Harness	Polyester	AS/NZS 1891.1:2020
ANH300303	Full Body Harness	Polyester	AS/NZS 1891.1:2020
ANH300305	Full Body Harness	Polyester	AS/NZS 1891.1:2020
ANH300310	Full Body Harness	Polyester	AS/NZS 1891.1:2020
ANH300312	Full Body Harness	Polyester	AS/NZS 1891.1:2020
ANH300313	Full Body Harness	Polyester	AS/NZS 1891.1:2020
ANH300315	Full Body Harness	Polyester	AS/NZS 1891.1:2020
ANH300351	Full Body Harness	Polyester	AS/NZS 1891.1:2020
ANH300401	Full Body Riggers Harness	Polyester	AS/NZS 1891.1:2020
ANH300402	Full Body Construction Harness	Polyester	AS/NZS 1891.1:2020
ANH300403	Full Body Wind Energy Harness	Polyester	AS/NZS 1891.1:2020
ANH300404	Full Body Rescue Harness	Polyester	AS/NZS 1891.1:2020
ANH300404C	Full Body Rescue Harness	Polyester	AS/NZS 1891.1:2020
ANH300405	Full Body Tower Harness	Polyester	AS/NZS 1891.1:2020
ANH300407	Full Body Confined Space Harness	Polyester	AS/NZS 1891.1:2020
ANH300409	Full Body Derrickmans Harness	Polyester	AS/NZS 1891.1:2020
ANH300410	Full Body Derrickmans Harness	Polyester	AS/NZS 1891.1:2020

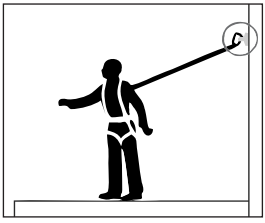
MODEL	DESCRIPTION	MATERIAL	STANDARDS
ANH300411	Full Body Harness	Polyester	AS/NZS 1891.1:2020
ANH300412	Full Body Linesman Harness	Polyester	AS/NZS 1891.1:2020
ANH300413	Full Body Linesman Harness	Polyester	AS/NZS 1891.1:2020
ANH300414	Full Body Transmission Harness	Polyester	AS/NZS 1891.1:2020
ANH300701	Full Body Welders Harness	Aramid	AS/NZS 1891.1:2020
ANH300702	Full Body Welders Harness	Aramid	AS/NZS 1891.1:2020
ANH300703	Full Body Anti Static Harness	Polyester	AS/NZS 1891.1:2020
ANH300704	Full Body Harness	Polyester	AS/NZS 1891.1:2020
ANH300705	Full Body Harness	Polyester	AS/NZS 1891.1:2020
ANH300706	Full Body Dielectric Harness	Polyester	AS/NZS 1891.1:2020
ANH300707	Full Body Dielectric Harness	Polyester	AS/NZS 1891.1:2020
ANH300708	Full Body Harness	Flame retardant	AS/NZS 1891.1:2020
ANH300709	Full Body Harness	Polyester	AS/NZS 1891.1:2020
ANH300721	Full Body Welders Harness	Aramid	AS/NZS 1891.1:2020
ANH301121	Full Body Harness With Lanyard	Polyester	AS/NZS 1891.1:2020 & AS 1891.5:2020
ANH301121(AD)	Full Body Harness With Lanyard	Polyester	AS/NZS 1891.1:2020 & AS 1891.5:2020

5. GENERAL USE INFORMATION AND WARNING: Fall Protection Equipment is essential for your safety so we recommend that prior to use you inspect your equipment for any of the following evidence, If any defects listed below are found remove from service and if in doubt contact KStrong.

- Involved in a fall remove from service and destroy.
- Labels removed, missing or illegible
- Exposed to high heat (Kilns, forge works and on the back seat of your car)
- Exposed to extreme cold (freezer rooms)
- Acid, caustic or organic solvent burns
- Excessive abrasive wear
- General corrosion, pitting, cracks, distortion, burrs, worn or broken hardware
- Old, hardened knots in any part
- Broken fibres, tears, cuts, snags, splinters, slivers, stitching unravelling
- Deterioration or stretching of any kind
- Weld burns
- Loss of resilience
- Discolouration that causes doubt
- Mechanisms not moving freely
- Reduction in cross-sectional area of rope or webbing
- Excessive contamination
- If the shock absorber looks like it has been used excessively or is beginning to unravel
- It is more than 10 years old If the maximum service life covered by this standard of 10 years from date of manufacture is reached.
- If any part of the equipment or assembly is exposed to chemicals, cleaning agents or hazardous substances/atmospheres, the user must consult the manufacturer to confirm that the equipment remains suitable and safe for continued use.

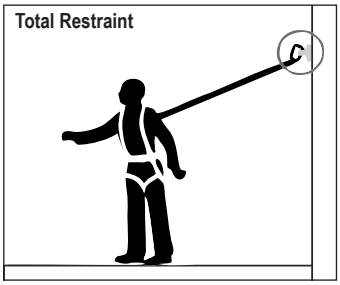
Warning: If you are in any doubt whatsoever about the safe condition of this product or if the product has been used to arrest a fall, it is essential for safety that it is withdrawn from use and returned to the manufacturer or discarded and destroyed immediately.
Ensure that the instructions for other components used in conjunction with these products are complied with as stated.
Note: Users must consult AS/NZS 1891.4 for guidance on the selection, use, maintenance and training requirements of height safety equipment. They must also be competent in the use of the equipment before commencing any task that requires use of height safety products.

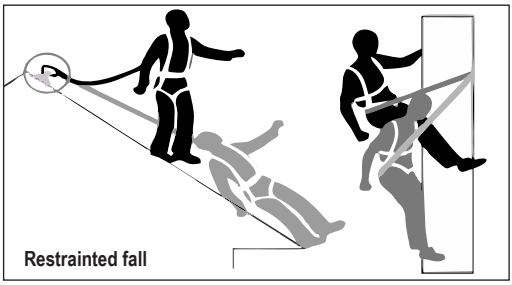
6. APPLICATION: The use of the full body harness with a fall arrest subsytem must be compatible with the operating instructions for each component of the system and the norm AS/NZS1891.1:2020.

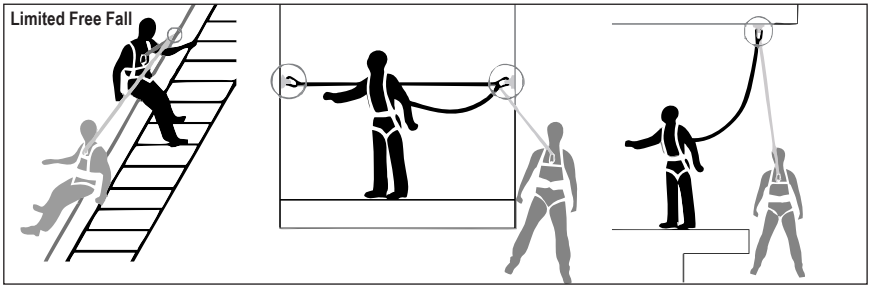


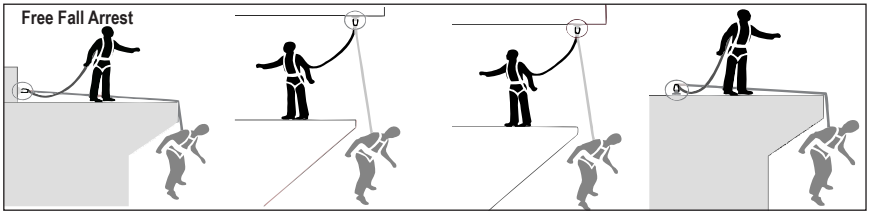
7. PRODUCT SELECTION:

Work Restraint: Working in restraint would be the preferred option when working at height. The purpose of working in restraint is to use PPE that will prevent or restrain a person from entering an area where a risk of falling from height exists.

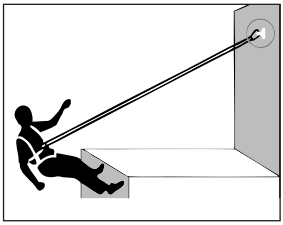




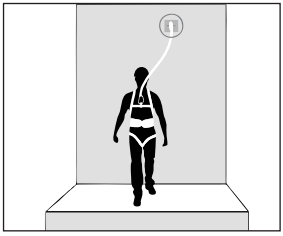




Work Positioning: Work Positioning is a technique using PPE to support the worker by means of tension. An example of Work Positioning is using a Pole Strap attached to side D rings. This technique must be used in conjunction with a fall arrest system.

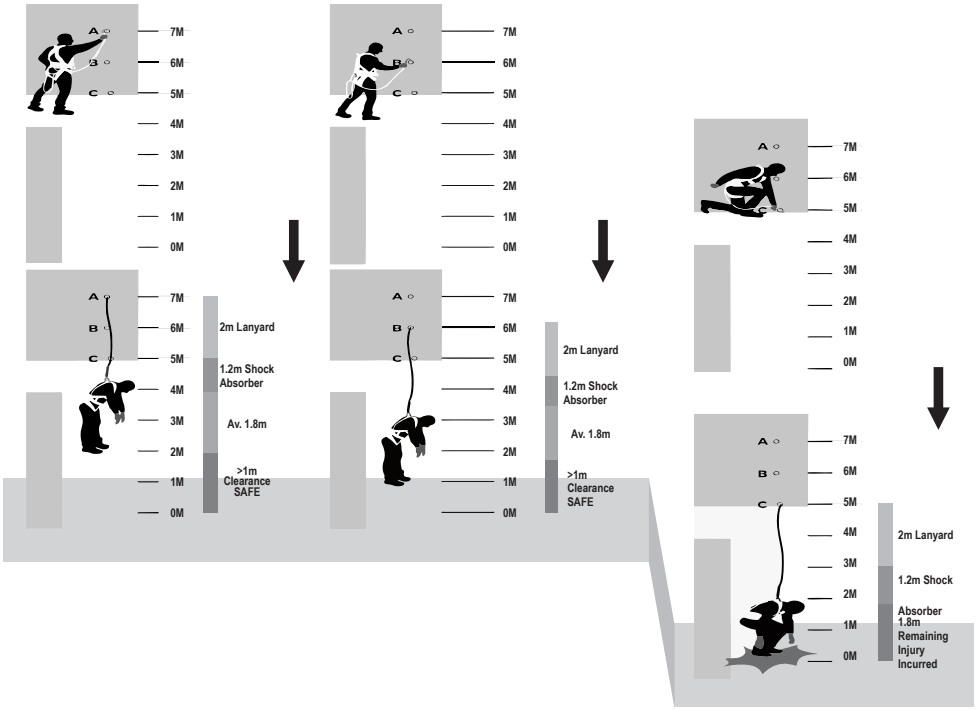


Fall Arrest: Fall Arrest is the form of fall protection which involves using PPE resulting in the safe stopping of a person already falling.



8. MINIMUM FREE SPACE

- **Harnesses:** Full Body Harnesses are designed to hold you in upright position if you're involved in a fall. If there is a risk of fall using this group of products you must use a shock absorbing lanyard, inertia reel block or a system that will absorb most of the forces that could be generated during a fall. The maximum force permitted to be transferred to a person during a fall is 6kN.
- **Energy Absorber:** The Energy Absorber will tear apart up to a Maximum of 1.2m keeping the force on the body to below 6kN at all times when the fall is less than 2m. If an energy absorbing lanyard of 2 meters is used with a harness and attached to an anchor point at foot level it is possible to have a fall distance of as much as 5.75m from anchor point.



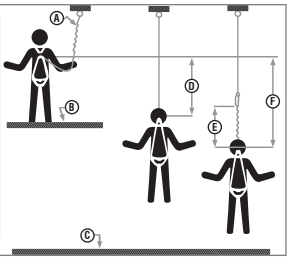
9. FREE FALL:

- Personal Fall Arrest System (PFAS's) used with this equipment must be rigged to limit the free fall to a maximum of 2m per AS/NZS 1891.1.2020.
- Restraint systems must be rigged so that no vertical free fall is possible.
- Work positioning systems must be rigged so that free fall is limited to 0.6m or less.
- Personnel riding systems must be rigged so that no vertical free fall is possible.
- Climbing systems must be rigged so that free fall is limited to 0.46cm or less.
- Rescue systems must be rigged so that no vertical free fall is possible.

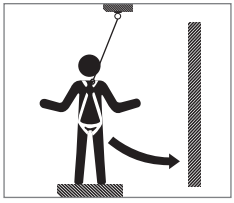
NOTE: See subsystem manufacturer's instructions for more information. Below figure illustrates fall clearance requirements. There must be sufficient clearance below the user to allow the system to arrest a fall before the user strikes the ground or other obstruction. Clearance required is dependent on the following factors:

- Elevation of Anchorage
- Connecting Subsystem Length
- Deceleration Distance
- Free Fall Distance
- Worker Height
- Movement of Harness Attachment Element

A	Connecting Subsystem (Energy Absorbing Lanyard Shown)
B	Working Level
C	Lower Level or Obstruction
D	Free Fall 4 mts max as per ANSI Z359.1
E	Deceleration Distance
F	Total Fall Distance Free Fall (D) + Deceleration (E)



10. SWING FALLS: Swing falls occur when the anchorage point is not directly above the point where a fall occurs. The force of striking an object in a swing fall may cause serious injury or death. Minimize swing falls by working as close to the anchorage point as possible. Do not permit a swing fall if injury could occur. Swing falls will significantly increase the clearance required when a self retracting lifeline or other variable length connecting subsystem is used.



11. EXTENDED SUSPENSION: A full body harness is not intended for use in extended suspension applications. If the user is going to be suspended for an extended length of time it is recommended that some form of seat support be used. KStrong recommends an Easy seat. Contact KStrong for more information on this item.

12. ENVIRONMENTAL HAZARDS: Use of this equipment in areas with environmental hazards may require additional precautions to prevent injury to the user or damage to the equipment. Hazards may include, but are not limited to; heat, chemicals, corrosive environments, high voltage power lines, gases, moving machinery, and sharp edges.

13. COMPATIBILITY OF COMPONENTS: Unless otherwise noted, KStrong equipment is designed for use with KStrong approved components and subsystems only. Substitutions or replacements made with non-approved components or subsystems may jeopardize compatibility of equipment and may affect safety and reliability of the complete system.

14. COMPATIBILITY OF CONNECTORS: 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. Connectors (hooks, karabiners, and D-rings) must be capable of supporting at least 23 kN. 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 (see Figure 3). Connectors must be compatible in size, shape, and strength. Double locking snap hooks and karabiners are required as per EN 362:2004 (with a Minimum Gate strength of 6kN) or Refer to ANSI Z359. D-Rings used with the equipment must comply ANSI Z 359.12.

NOTE: Large throat opening snap hooks should not be connected to standard size D-rings or similar objects which will result in a load on the gate if the hook or D-ring twists or rotates. Large throat snap hooks are designed for use on fixed structural elements such as rebar or cross members that are not shaped in a way that can capture the gate of the hook. (Refer 7 & 8)

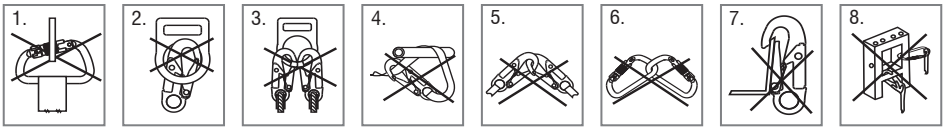


Figure 3.

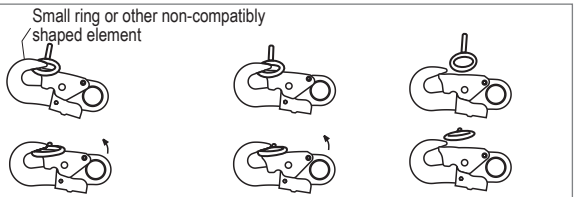
15. MAKING CONNECTIONS:

- Use only double locking snap hooks and karabiners (must be in accordance with EN 362:2004 (with a Minimum Gate strength of 6kN) or Refer to ANSI Z359 with this equipment. Only use connectors that are suitable to each application. Ensure all connections are compatible in size, shape and strength. Do not use equipment that is not compatible. Ensure that all connectors to Harness are fully closed and locked before each use.
- KStrong connectors (snap hooks and karabiners) are designed to be used only as specified in each product's user's instructions. See Figure 3 for illustration of the inappropriate connections stated below. KStrong snap hooks and karabiners should not be connected:
  - In a manner that would result in a load on the gate.
  - In a false engagement, where features that protrude from the snap hook or karabiners catch on the anchor and without visual confirmation seems to be fully engaged to the anchor point.
  - To a D-ring to which another connector is attached.
  - To any object which is shaped or dimensioned such that the snap hook or karabiners will not close and lock, or that roll-out could occur.
  - Directly to webbing or rope lanyard (as per AS 1891.5:2020) or tie-back (unless the manufacturer's instructions for both the lanyard and connector specifically allow such a connection) to each other.

16. OTHER RESTRICTIONS:

- Do not make connections where the hook locking mechanism can come into contact with a structural member or other equipment and potentially release the hook.
- Do not connect a snap hook into a loop or thimble of a wire rope or attach in any way to a slack wire rope.
- The snap hook must be free to align with the applied load as intended (regardless of the size or shape of the mating connector)
- A karabiner may be used to connect to a single or pair of soft loops on a body support such as a body belt or full body harness, provided the karabiner can fully close and lock. This type of connection is not allowed for snap hooks.
- A karabiner may be connected to a loop or ring connector that is already occupied by a choker style connector. This type of connection is not allowed for snap hooks.

If the connecting element to which a snap hook (shown) or karabiner attaches is undersized or irregular in shape, a situation could occur where the connecting element applies a force to the gate of the snap hook or karabiner. This force may cause the gate (of either a self-locking or a non-loking snap hook) to open, allowing the snap hook or karabiner to disengage from the connecting point.



1. Force is applied to the snap hook.
2. The gate presses against the connecting Ring.
3. The gate opens allowing the snap hook to slip off.

17. CONNECTING SUB-SYSTEMS:

Connecting subsystems (self-retracting lifeline, lanyard, Rope Grab and lifeline, cable sleeve) must be suitable for your application. See subsystem manufacturer's instructions for more information. Some harness models have textile loops connection points. Use a snap hook or double locking karabiners as per EN362:2004 (with a Minimum Gate strength of 6kN) or Refer to ANSI Z359) to connect to a textile loop. Ensure the karabiners cannot cross-gate load (load against the gate rather than along the backbone of the karabiners). Some lanyards are designed to choke onto a textile loop to provide a compatible connection. Lanyards (as per AS 1891.5:2020), may be sewn directly to the web loop forming a permanent connection. Do not make multiple connections onto one textile loop, unless choking two lanyards onto a properly sized web loop and is permitted by manufacturer.

18. RESCUE PLAN: Rescue operation must be performed by the trained and competent personal. The rescue operation must be performed under the supervision of the rescue expert team or personal. It is advised that while working on site work in pairs. Before going for the work the user must have the rescue plan according to the work.

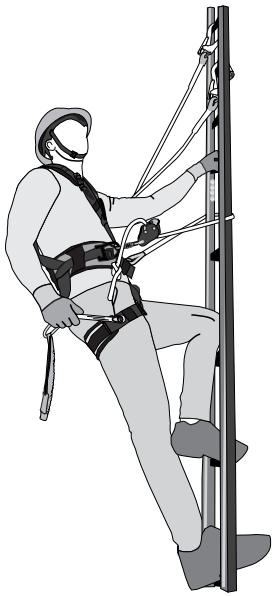
19. IF EQUIPMENT IS SUBJECTED TO A FALL: Remove the equipment from service immediately if it has been subjected to the forces of a fall arrest. Contact your distributor or KStrong about policies regarding replacement of KStrong components involved in a fall.

20. SPECIFIC INSTRUCTIONS: KStrong harness is designed to arrest the victim of fall and hold the user till the rescue process has been performed, till then the harness needs to be attached to the anchorage through a proper attachment system. So this is important that the whole system must have all the essential components before going for the use. The whole fall arrest system must be used by the trained/competent person. It is advisable to make a checklist of the essential components according to one's use before going for work.

21. USE OF FALL ARREST SYSTEM: The fall arrest system MUST ONLY be connected to the back attaching element on the harness provided for the purpose ("D" ring or webbing attachment extension) or to the chest anchorage points (webbing link or "D" link). The chest anchorage points must imperatively be used together. The D-rings on the belt and the ventral anchorage point must only be used for the attachment of a work positioning or retaining system and never with a fall arrest system.
During use, check regularly the adjustment and/or attachment points.

22. 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 15kN & for Textile 22kN.
- Connect to the reliable anchor point using lanyards (as per AS 1891.5:2020), Hooks as per EN 362:2004 (with a Minimum Gate strength of 6kN) or Refer to ANSI Z359) etc.
- The harnesses essentially have two types of attachment elements. 1. All fall arrest attachment elements are marked as "FALL ARREST "and can be connected to fall arrest systems such as fall arrest lanyards and retractable fall arresters. Where two fall arrest attachment elements are required to be used together, such as the soft loops on the front of a harness then both must be connected using a karabiner to the fall arrest system. 2.The attachment elements provided at the sides of the waist are intended for work positioning only and marked " Restrained fall-arrest, or pole strap attachment " and must not be used for fall arrest. These must only be connected to work positioning lanyards.
- Some harnesses have shoulder retrieval points and are marked "Retrieval Point "these are not for fall arrest or work position but should only be used together for retrieval or rescue .
- 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.



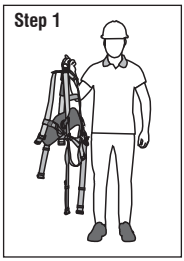
- Ensure that during transportation, the product is preferably packed in manufacturer's, original packing or in a sealed polybag.
- The life span of the product is 10 years but annual inspection is important to check if any damages have occurred during usage.
- If the product is re-sold outside the original 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.

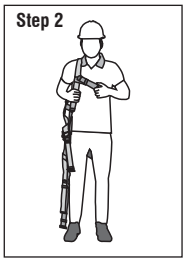
23. PROPER HARNESS FIT:

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:

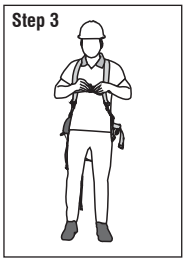
- **Chest Strap:** Should be positioned in the middle of your chest [6" (152mm) to 8" (203mm) below the trachea but not below the sternum]. If the chest strap is positioned too high, the strap may move upwards during a fall arrest causing you to run the risk of strangulation. **If the chest strap is 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-XXL, 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:**



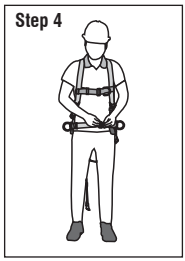
Untangle the harness by holding it from the dorsal D-ring.



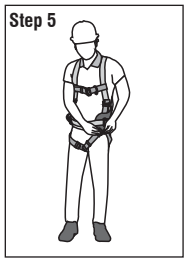
Insert your arms into the shoulder straps



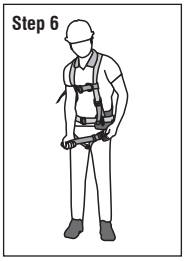
Close the buckle on the chest strap.



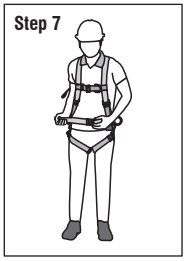
close the buckle on the waist belt.

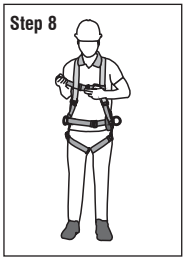


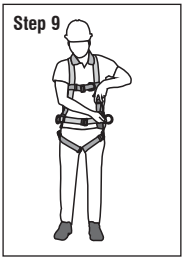
Pull the leg straps one by one around your thighs outwards to your front.

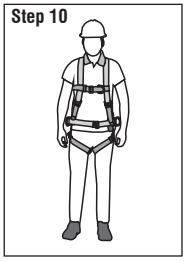


Close the buckles of the leg straps & tighten them by pulling the free ends of the straps until the harness fits perfectly to the body.



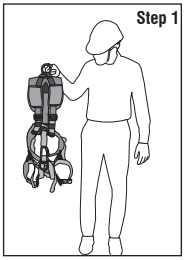




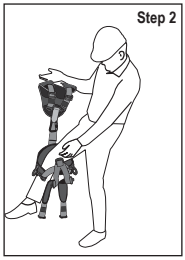


To check & adjust all the straps of the harness to your body adjustment, refer to Step 7 to Step 10.

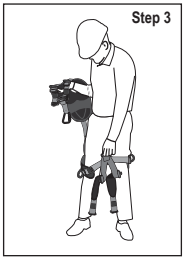
HOW TO WEAR RESCUE HARNESS



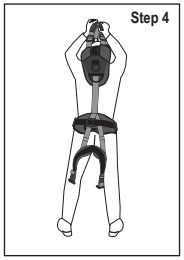
Untangle the harness by holding it from the dorsal D-ring.



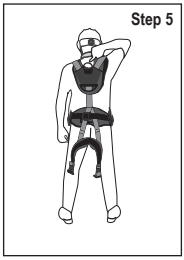
Insert your feet into the waist belt such that the right foot enters into the right leg strap and similarly left foot into the left leg strap.



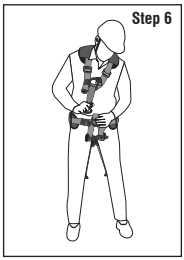
Hold the ventral D-ring and sternal karabiner to pull up the harness.



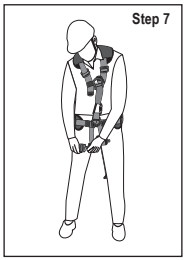
Now insert your head between the two front shoulder straps such that the harness lies completely on your shoulders.



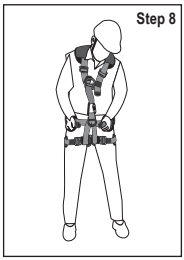
Dorsal D-ring should be in line with both the shoulder blades in order to avoid chocking of shoulder straps on neck region in case of an arrest of fall from Dorsal D-ring.



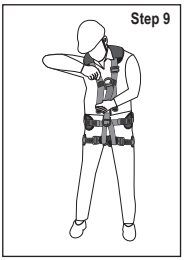
Connect and close the karabiner on the webbing loop provided above the ventral D-ring.



Adjust and close the automatic buckle on the leg strap for proper fit.



Now the adjust the combination buckle provided on the waist belt according to your body fit.



Tighten shoulder straps by means of adjustment provided to obtain tight fit.

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.

24. 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.
- Harness must be inspected before each use as well as by a competent person every 6 months. Equipment used in harsh environments such as heat, corrosive or chemical exposure may require more frequent inspections . Please refer to AS/NZS1891.4 clause 8 in this regard.
- It is important to check the legibility of the markings during inspection.

25. INSPECTION RECORD GUIDELINES:

Kstrong harnesses, lanyards and pole straps must be inspected before each use by the user and 6 monthly by a competent person and recorded on a register. If the equipment has been involved in a free fall or fails any of the general inspection criteria it must be removed from service and destroyed. Although the harnesses, lanyards and pole straps have a recommended withdraw from service date marked on them, this is only for storage purposes and will be reviewed and updated by regular inspections done by a competent person at 6 monthly intervals.

Refer to AS/NZS 1891.4 for inspection on entry or re-entry into service.

Harness must be withdrawn from service 10 years from date of manufacture in accordance with AS/NZS 1891.1 standards. The Inspection Record can be found on the last two pages of this document.

26. INSTRUCTIONS FOR REPAIR: The product has no repairable features hence the manufacturer does not allow any repair or modifications to be carried out on the product whatsoever. If this occurs the product will no longer be compliant and the safety of the product may be affected. Also see warranty information in this instruction manual as this will also be affected by this action .

27. 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 40ºC 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.

28. 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.
- Once segregation done, arrange to send them for recycling or disposal (as appropriate) through authorized agencies as per local or national law.

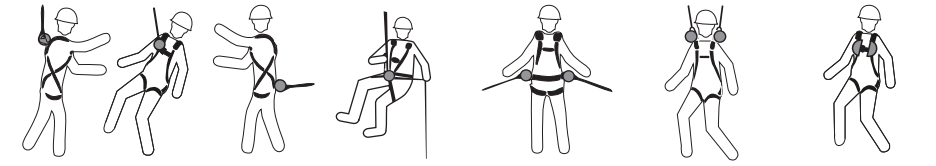
29. WARNINGS:

- 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.

30. HARNESS ATTACHMENT POINTS- USE & PURPOSE:

Sl.	Attachment Point Position /Type	Usage Designation	Remarks
A	Centre-line front or dorsal	Fall-arrest	Attachment points on full body harness and combination harnesses are only suitable for fall-arrest when both upper and lower body components are fitted
B	Centre-line rear waist	Restraint	Not to be used for fall-arrest or limited fall-arrest
C	Centre-line – lower body harness	Suspended Use	Not to be used for fall-arrest
D	Side-waist (Pole Strap Attachment)	Restrained fall-arrest, or pole strap attachment	Not to be used for free fall-arrest or limited free fall-arrest. Only to be used as a pair for work positioning
E	Shoulder (Retrieval)	Retrieval point	Only to be used as a pair for retrieval
F	Front Loops (on chest)	Fall-arrest / Retrieval point	Only to be used as a pair for fall-arrest / retrieval



31. WARRANTY:

All KStrong products are manufactured under strict quality control and tested in accordance with relevant international standards to ensure reliability, durability, and user safety.

KStrong warrants that its products are free from manufacturing defects in material and workmanship for a period of two (2) years from the date of purchase, unless otherwise specified. This warranty applies under normal conditions of use, storage, and maintenance as described in the User Instruction Manual (UIM).

Warranty Conditions - This warranty is valid only when:

- The product has been used strictly in accordance with manufacturer guidelines and safety instructions.
- The product has been installed, maintained, and inspected by trained and competent personnel.
- The product has not been altered, modified, or repaired by any unauthorized party.
- The product has not been exposed to misuse, negligence, or abnormal conditions (e.g. chemical contamination, fire, impact, or excessive loading).
- The product is registered with KStrong at the time of purchase or installation, where applicable.

Exclusions - This warranty does not cover:

- Normal wear and tear resulting from regular use.
- Damage due to improper installation, storage, or maintenance.
- Products that have been subjected to a fall arrest or load event.
- Unauthorized modifications or repairs.
- Damage, corrosion, deterioration or system failure caused or contributed to by a failure to complete and document the inspection, cleaning and maintenance required by the site-specific risk assessment. The assessment must set an interval of one to three months based on environmental exposure, with earlier cleaning where significant contamination is found.
- Consequential or incidental damages arising from product failure.

Warranty Claims - To make a warranty claim:

- The client must notify KStrong or the authorized distributor in writing, providing full details of the issue, including proof of purchase, serial number, and system identification.
- The product must be returned to KStrong or its designated service centre for inspection and evaluation.
- If the defect is confirmed to be due to faulty materials or workmanship, KStrong will, at its discretion, repair or replace the product free of charge.
- KStrong reserves the right to determine the validity of all warranty claims, and its decision shall be considered final and binding.

Warranty Disclaimer

This warranty is in addition to, and does not affect, the consumer's statutory rights under applicable local laws.

KStrong liability under this warranty is limited strictly to the repair or replacement of the defective product and does not extend to any indirect, incidental, or consequential damages.

32. **INSPECTION & CLEANING REQUIREMENTS:** The end user must keep all fall protection equipment clean, serviceable and stored in accordance with the product's User Instruction Manual (UIM). This includes anchors, harnesses, lanyards, connectors, self-retracting lifelines, winches and installed systems.

    Inspect equipment before each use, and annually by a competent person. Check for cuts, abrasion, burns, damaged stitching or wire strands, corrosion, deformation, loose fixings and correct operation.

    Clean major dirt and deposits when found, using the method specified in the product's UIM. Clean accessible metal components with a soft cloth or soft nylon brush, clean water and mild soap/detergent. Rinse and dry them thoroughly. Clean textile components only as directed in their product UIM and allow them to dry naturally before storage. Do not immerse self-retracting devices or other enclosed mechanisms unless their UIM expressly permits it. Do not use abrasive tools, bleach, strong acids, alkaline cleaners or high-pressure washing. Do not dismantle equipment, loosen system fixings or release lifeline tension during cleaning.

    Record scheduled inspections and cleaning, including the date, product or system identification, work completed, defects found and the person completing the work. Keep the records with the product or system history.

    Remove any equipment that has arrested a fall, fails inspection or may have been weakened by contamination from service immediately. Follow its UIM for assessment and disposal. Cleaning does not replace required competent person inspections.

    Furthermore where this product is used within environments where acid condensation, acidic vapours, chemical emissions, corrosive substances or elevated temperatures may be present, a documented site specific risk assessment must determine the inspection and cleaning frequency. Based on the assessed level of exposure, inspections and cleaning must be carried out at intervals of one to three months, and sooner if significant contamination is found. Each inspection and cleaning must be documented. Review the risk assessment and frequency if site conditions change.

33. **LIFESPAN:** Products containing any textile component have a strict 10 year lifespan from date of manufacture. All-metal products, without any textile components, have a 10 year lifespan from date of purchase/commissioning/installation, which may be extended, year to year, conditional to annual competent person inspection. The following factors can reduce the lifespan of the product: intense use, contact with chemical substances, specially aggressive environments, extreme temperature exposure, UV exposure, abrasions, cuts, violent impacts, bad use or maintenance.

34. **DISCLAIMER:** Prior to use, the end user must read and understand the manufacturer's instructions supplied with this product at the time of shipment and seek training from their employer's trained personnel on its proper use. Users are required to complete and record the pre-use inspection as outlined in this UIM. Failure to follow these inspection and usage requirements significantly increases the user's liability exposure, as improper or undocumented use may not be supported during an incident investigation and could affect warranty or service outcomes. The manufacturer is not liable or responsible for any loss, damage, or injury caused or incurred by any person due to improper usage or installation of this product.

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

(a) **Main Product Label**

- (i) The mark showing that the product meets Australia and New Zealand Standards
- (ii) Trademark of the manufacturer
- (iii) Type or product code
- (iv) Month and Year of Manufacture
- (v) Pictogram that indicates to read the instructions
- (vi) UID for Traceability
- (vii) Material
- (viii) Size
- (ix) Identification of the manufacturer and address
- (x) Number of the standard

(b) QR codes

(c) Warning for Harness

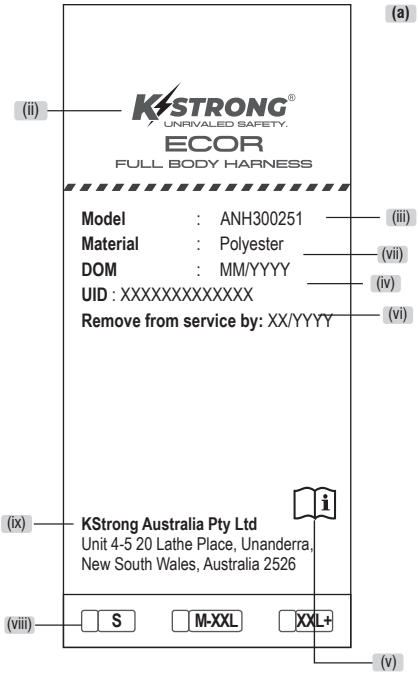
(d) How to wear a harness (Part-1)

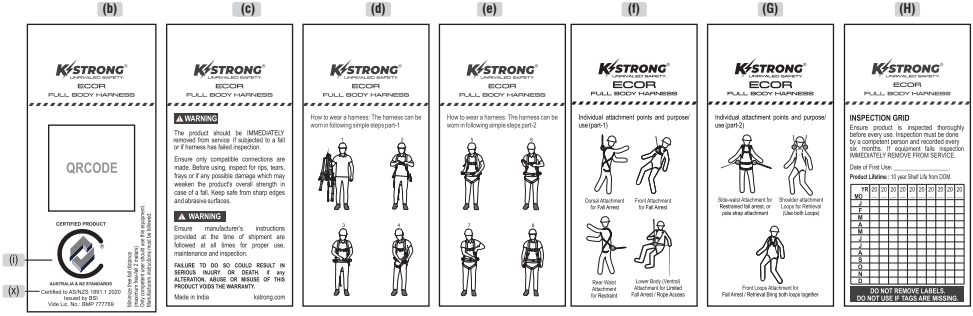
(e) How to wear a harness (Part-2)

(f) Individual attachment points and purpose of use (Part-1)

(g) Individual attachment points and purpose of use (Part-2)

(h) Inspection Grid Label







EQUIPMENT RECORD		
Product		
Model & type/Identification	Trade Name	Identification number
Manufacturer	Address	Tel, email into use
Year of manufacture	Purchase Date	Date first put into use
Other relevant information (eg. document number)		

PERIODIC EXAMINATION AND REPAIR HISTORY

Date	Reason for entry (periodic examination or repair)	Defects noted, repairs carried out and other relevant information	Name and signature of competent person	Periodic examination next due date

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*Updates to the UIM are part of our regular revision cycle to keep the manual current and aligned with evolving best practices. While the UIM has always been compliant with the equipment's intended design and safety requirements, periodic updates are important to ensure continued clarity, accuracy, and optimal user guidance.

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