



ATOMIC
SAFETY



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**Fall Protection Harness User Manual
Bronze; Silver; Gold and Platinum Series
ASNZS1891.1:2020**

HEIGHT SAFETY DO'S AND DON'T'CHECKLISTS



- 1. Hook on to the highest anchorage point available.**
- 2. Ensure the fall space below you is free from dangers, hazards and obstructions in the event of a fall.**
- 3. Ensure there is plenty of clearance beneath your work area (Consult ATOMIC SAFETY Lanyard User Manual)**
- 4. Use only components that are compatible with ATOMIC Safety Fall Protection Equipment.**
- 5. Ensure the Anchorage point is capable of holding a shock load of 15kN**



- 1. DON'T** attach to anything below the level of your feet
- 2. DON'T** use SIDE-MOUNTED connection points for FALL ARREST applications. Side mounted connection points on a harness are only for use with a pole strap
- 3. DON'T** extend your lanyard beyond 2m length.
- 4. DON'T** use your Fall Protection equipment if it is showing any signs of wear or damage. PLEASE return such equipment to ATOMIC SAFETY or a certified authority for inspection. No unauthorised modifications allowed.
- 5. DON'T** expose yourself to unnecessary danger or the risk of a fall.

NOTES

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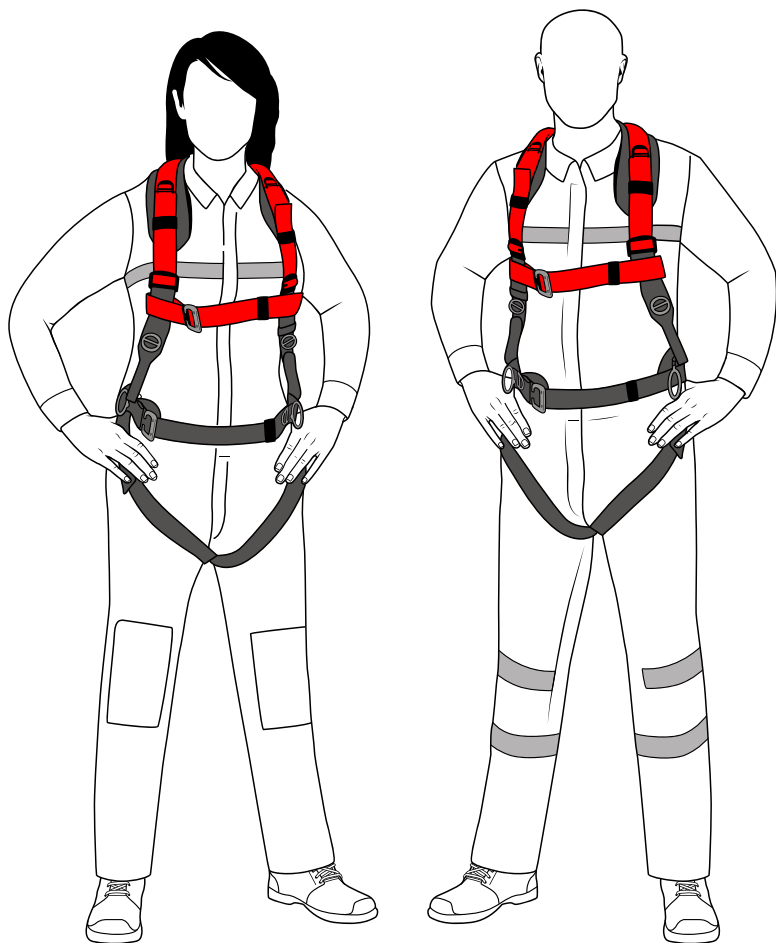
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Bronze series harness owners: - Consider to purchase and add a retro-fit Atomic Safety suspension trauma strap to your Bronze harness.

HARNESS FITTING

NOTE: Correctly fitting the harness is dependent on correct training, observation of recommendations and personal responsibility.

This instruction document does not substitute or eradicate the need for competence based training.



**Ill fitting or harnesses in a poor state of repair
can cause death or serious injury.**

NOTES

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CORRECT FITTING OF ATOMIC SAFETY HARNESS

1. Inspect harness to make sure it is fit for your height safety application and that all components are in excellent working condition.
2. Hold harness by the rear / dorsal dee ring and arrange it to avoid any crossed or twisted straps.
3. Don the harness as you would put on a jacket.
4. Connect the chest strap across the upper body, and then connect the waist strap (if fitted - "02" versions) Adjust shoulder strap to approximately 100mm of extra webbing above the shoulder buckle, to ensure sub-pelvic strap is positioned correctly and forms a bum-strap seat.
5. Secure left leg strap to left leg buckle and right leg strap to right leg buckles, making sure the webbing is not twisted.
6. Adjust all straps and buckles for a firm, comfortable fit.
7. The belay loops must be brought together and fixed with an approved connector, ALWAYS USE BELAY LOOPS IN PAIRS.
8. When securing the buckles on the ATOMIC SAFETY harness, the pointy end must click into the female end first.

**REFER TO THE SCHEMATIC FITTING INSTRUCTION SEWN ONTO ALL
ATOMIC SAFETY HARNESSES OF IN DOUBT.**

ATOMIC SAFETY HARNESS AND ACCESSORIES

A) HARNESSSES: Full Body harnesses are designed to hold the worker in an upright position in the event of a fall. In a situation where falling is a risk, you must use either an item from option **C** (below) or an inertia reel (SRL) block or other device that will absorb most of the forces that could be generated during a fall from height incident.

The maximum force permitted to be transferred to the wearer during an incident, is less than 6kN when utilising an ATOMIC SAFETY energy absorbing lanyard from option C).

Maximum free fall should be limited to 2m.
 Make certain that any connection to the harness is checked before use. Maximum life of textile components of ATOMIC SAFETY products under the 1891 suite of standards is **10 years from date of manufacture.**

B) A pole strap: must be used in such a way so that only restrained fall will occur.

Ensure that no free fall is possible and that the connection is secure and visible to the user.

C) ENERGY ABSORBER LANYARDS:

Refer to the LANYARD user manual for details regarding energy absorber deployment and minimum free clearance below anchor point.

WARNING AND DISCLAIMER: ATOMIC SAFETY cannot guarantee the effectiveness of these devices if any additions or alterations are made to any part of the harnesses.

The lanyard assembly should be secured to an anchorage point which is at least level to ensure the minimum free fall and the smallest total fall distance at which the wearer can carry out their work tasks.

WARNING: Chemicals eg cleaning materials or hazardous atmospheres that come in to contact with the harness can compromise their effectiveness. Consult ATOMIC SAFETY if exposure occurs.

WARNING : For a falling incident the harness and lanyard should be destroyed or returned to ATOMIC SAFETY for inspection if they have been involved in a falling incident.

When connecting to a point on a harness which cannot be seen by the wearer, either connection should be made before donning the harness of the connection should be checked by a second responsible person.

After each wearing, the inspection log supplied must be completed (at the end of this user document)

If the inspection identified any faults of requirements for maintenance then the harness must be returned to your ATOMIC SAFETY exclusive supplier to expedite and necessary corrective action.

Only remedial action recommended or authorised by ATOMIC Safety, the manufacturer, can guarantee the claimed / stated effectiveness of the product. No repairs may proceed until and before such repair may proceed

**For Australian New Zealand, ATOMIC SAFETY Pty Ltd
recommend consultation and the reading of
ASNZS1891.4; AS2626 or NZA 5811.2**

ATOMIC SAFETY INSPECTION LOG

SUBSEQUENT INSPECTIONS SHALL BE WITHIN 6 MONTHS OF EACH PRECEDING INSPECTION.

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IMPORTANT INFORMATION

CARE AND TRAINING:

The serviceable life of ATOMIC SAFETY fall protection equipment will be maximised with proper care, cleaning and storage.

CLEANING

Rinse in clean potable water (maximum temp 40 deg C) using a mild neutral detergent.

Dry naturally away from direct heat.

LUBRICATION

Lubricate moving parts with a silicone-based lubricant only, after cleaning and drying. Avoid any oil contact to textile parts.

STORAGE:

Do not store wet.

Avoid direct sunlight and salt environments.

After cleaning and drying, store unpacked in a dark, cool, dry environment away from chemicals.

Storage in high humidity and excessive heat will reduce the effective life of the product.

TRAINING:

Anyone working at height must undergo proper training in the use and proper fitting of ATOMIC SAFETY equipment and in the approved safety procedures for prevailing working conditions.

INSPECTION OF FALL PROTECTION EQUIPMENT

FREQUENCY : Inspection must be made by the person using the equipment before and after each use. A nominated, competent person is also required to inspect at approved intervals to ensure the equipment remains in good condition.

All fall arrest / restraint component should be inspected prior to each use.

Harnesses and lanyards : 6 monthly documented inspection.

Type 1; 2 & 3 retractable lanyards and reels
3 monthly inspections and 12 monthly service by an approved trained technician

Anchorage points and static lines and rail systems 12 monthly documented and inspection by approved and trained technician.

DEFINITIONS

FALL ARREST: A fall arrest system consists of a harness and a subsystem designed to arrest a fall safely, limiting the risk of injury by dissipating the energy product and holding the person in a suitable position.

SUB-SYSTEM OF FALL ARRESTER

- Retractable fall arrester

- Fall Arrest on a wire rope

Fall arrest on a synthetic rope
Rope lanyard with energy absorber

1. BACK POINT: For use with fixed anchor or mobile and absorbing lanyard.

2. CHEST POINT: For use on patched roof or vertical ladder systems. Always check the load capacity of the attachment point prior to use.

SIDE WAIST POINT: For use on a pylon and monopole or similar with the help of a pole strap.

INERTIA BLOCK

CLEANING AND STORING:

Clean with warm water and delicate detergent for textiles

Dray naturally, keep away from sun and heat

Do not store the body harness in contact with any chemicals.

VISUAL VERIFICATION

- Check the webbing for cuts, abrasions, tears.

- Check the buckles for abrasion and distortion break.

FITTING:

Adjust the harness correctly to the body.