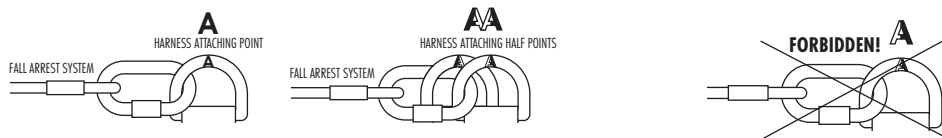


- in full body harness use only attaching points marked with big letter "A" to attach a fall arrest system. Marking like "A/2" or a half of "A" means the necessity of attaching a fall arrest system to both attaching points together simultaneously. It is strictly forbidden to attach a fall arrest system to the single attaching point marked "A/2" or a half of "A". See drawings below:



- the anchor device or anchor point for the fall arrest system should always be positioned, and the work carried out in such a way, as to minimise both the potential for falls and potential fall distance. The anchor device/point should be placed above the position of the user. The shape and construction of the anchor device/point shall not allowed to self-facting disconnection of the equipment. Minimal static strength of the anchor device/point is 15 kN. It is recommended to use certified and marked structural anchor point complied with EN795.
 - it is obligatory to verify the free space required beneath the user at the workplace before each occasion of use the fall arrest system, so that, in the case of a fall, there will be no collision with the ground or other obstacle in the fall path. The required value of the free space should be taken from instruction manual of used equipment.
 - there are many hazards that may affect the performance of the equipment and corresponding safety precautions that have to be observed during equipment utilization, especially:
 - trailing or looping of lanyards or lifelines over sharp edges,
 - any defects like cutting, abrasion, corrosion,
 - climatic exposure,
 - pendulum falls,
 - extremes of temperature,
 - chemical reagents,
 - electrical conductivity.
 - personal protective equipment must be transported in the package (e.g.: bag made of moisture-proof textile or foil bag or cases made of steel or plastic) to protect it against damage or moisture.
 - the equipment can be cleaned without causing adverse effect on the materials in the manufacture of the equipment. For textile products use mild detergents for delicate fabrics, wash by hand or in a machine and rinse in water. Plastic parts can be cleaned only with water. When the equipment becomes wet, either from being in use or when due cleaning, it shall be allowed to dry naturally, and shall be kept away from direct heat. In metallic products some mechanic parts (spring, pin, hinge, etc.) can be regularly slightly lubricated to ensure better operation.
- Other maintenance and cleaning procedures should be adhered to detailed instructions stated in the manual of the equipment.
- personal protective equipment should be stored loosely packed, in a well-ventilated place, protected from direct light, ultraviolet degradation, damp environment, sharp edges, extreme temperatures and corrosive or aggressive substances.

IT IS THE RESPONSIBILITY OF THE USER ORGANISATION TO PROVIDE THE IDENTITY CARD AND TO FILL IN THE DETAILS REQUIRED.

THE IDENTITY CARD SHOULD BE FILLED IN BEFORE THE FIRST USE BY A COMPETENT PERSON, RESPONSIBLE IN THE USER ORGANIZATION FOR PROTECTIVE EQUIPMENT.

ANY INFORMATION ABOUT THE EQUIPMENT LIKE PERIODIC INSPECTIONS, REPAIRS, REASONS OF EQUIPMENT'S WITHDRAWN FROM USE SHALL BE NOTED INTO THE IDENTITY CARD BY A COMPETENT PERSON.

THE IDENTITY CARD SHOULD BE STORED DURING A WHOLE PERIOD OF EQUIPMENT UTILIZATION.

DO NOT USE THE EQUIPMENT WITHOUT THE IDENTITY CARD.

ALL RECORDS IN THE IDENTITY CARD CAN BE FILLED IN ONLY BY A COMPETENT PERSON.

IDENTITY CARD

MODEL AND TYPE OF EQUIPMENT	
REF. NUMBER	
SERIAL NUMBER	DATE OF MANUF.
USER NAME	
DATE OF PURCHASE	DATE OF PUTTING INTO OPERATION

PERIODIC EXAMINATION AND REPAIR HISTORY

	DATE	REASON FOR ENTRY PERIODIC EXAMINATION OR REPAIR	DEFECTS NOTED, REPAIRS CARRIED OUT AND OTHER RELEVANT INFORMATIONS	NAME AND SIGNATURE OF COMPETENT PERSON	PERIODIC EXAMINATION NEXT DUE DATE
1					
2					
3					
4					

EC type examination carried out by INSPEC UK - 0194

Notified body controlling manufacturing of the device
CETE APAVE SUDEUROPE
BP 193, 13322 Marseille, France
No. 0082

PROTEKT
93-403 LODZ
ul. Starorudzka 9
POLAND

TEL: (48 42) 680 20 83
FAX: (48 42) 680 20 93
www.protekt.com.pl

Instruction Manual

EN 795:1996 Class B

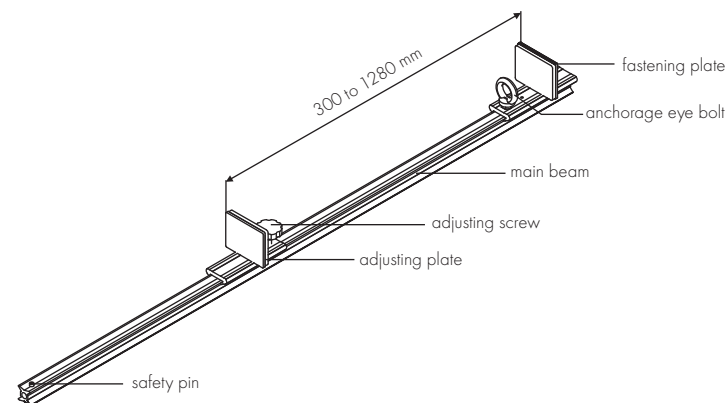
CE 0082

Ref.: AT 061

PROTEKT[®] ANCHOR BEAM

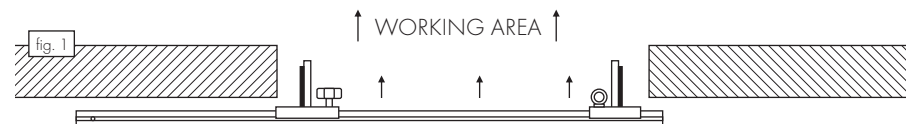
The anchor beam is designed as a portable anchor point. The anchor beam has been tested in according to EN 795:1996 class B as a transportable temporary anchorage. The anchor beam has to be used in conjunction with fall arrest equipment. The anchor beam has to be installed inside the door or window opening of width from 300 to 1280 mm. The anchor beam could be the protection for only one person.

The person connected to anchor beam must be protect against fall by at least energy absorber conforming to EN 355.



INSTALLATION - The anchor beam installed in the stable door or window must have minimum static resistance 10 kN. The anchor beam must be situated horizontally on the ground. It is strictly forbidden to instal the beam in vertical direction.

- Place the anchor beam inside the opening on the ground. The beam must be placed outside of the area (room) which we are going to work and the anchorage eye bolts should be directed to the workers (fig. 1).



- Make sure the anchor beam is situated horizontally and fit close to the wall. Push the fastening plate to one side of the opening (fig. 2).

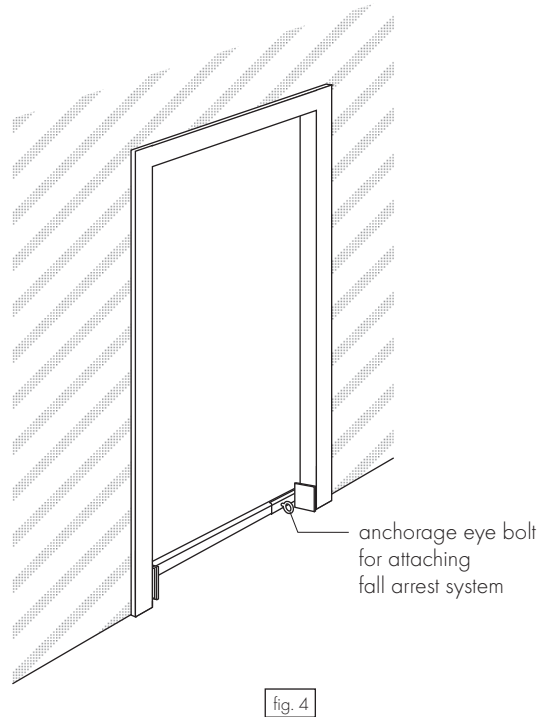


- Shift the adjusting plate close to the other side of the opening. Tighten it with the adjusting screw to stabilize the beam inside the opening (fig.3). Ensure that the fastening and adjusting plates fit close to the surfaces of the opening. The shape and construction of the opening shall not allowed to the self-existent disconnection of the beam.



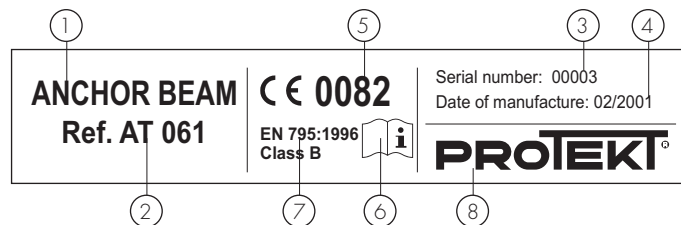
CONNECTING THE FALL ARREST SYSTEM (fig. 4).

1. The worker must be equipped with safety harness complied with EN 361.
2. Fall arrest system must be connected to the anchorage eye bolt of the anchor beam with certified snap hook complied with EN 362.
3. Fall arrest system must be connected to the back or front attaching point of the safety harness. It is strictly forbidden to connect fall arrest system to the side buckles of work positioning belt.
5. To avoid a danger of collision of falling worker with any object or a ground there must be a free clearance below the working level. The minimal distance of the free clearance must be conformable with instructions of fall arrest system which is currently used.
4. The working rope should be tensioned during the work to eliminate the slack of it and to reduce the distance of a free fall.



CONTENT OF THE IDENTITY LABEL

1. type of the device
2. reference number of the device
3. number of the manufacturing series
4. month/year of the device manufacture
5. CE marking and number of a notified body controlling manufacturing of the equipment (art. 11)
6. caution: read the manual
7. European standard
8. name of the manufacturer or distributor



BASIC RULES OF USING THE ANCHOR BEAM AT061

- the anchor beam can be used only by a trained worker.
- the anchor beam can be the protection for one person only.
- before use the fall arrest system contained the anchor beam, the rescue operation must be introduced to avoid any danger that can happen during use of the equipment.
- before the first use the identity card of the anchor beam must be filled in by a person responsible in company for the fall arrest equipment and kept during the whole period of the beam use.
- before each use, a close visual examination of the anchor beam must be carried out in respect of wear, corrosion or any damage that could impair proper performance. There is a necessity to check the proper fastening of the anchor beam inside the door opening. Ensure that the anchor beam is situated horizontally on the ground outside the working area and the fastening plates are completely tightened to protect the beam against accidental disconnection. Check the tightening of eye bolts/nuts. The examination must be carried out by a person who is going to use the anchor beam. In case of any defect or doubt of the correct condition of the anchor beam, do not use it.
- periodical check the connection and adjusting between all elements in your protective equipment to avoid the accidental loosening or disconnection of the equipment.
- annual inspection of the anchor beam must be carried out by a person responsible in company for the safety equipment. Whole parts of the anchor beam: beam, fastening plates, eye bolts, side plates, must be controlled in respect of mechanical, chemical and thermal defects. The result of inspection must be recorded in the Identity Card.
- there is no limit of usage time but after the first five years of using the anchor beam must be made a subject to detailed manufacturer's inspection. The fabric control can be made by:
 - manufacturer
 - or person recommended by manufacturer
 - or company recommended by manufacturer.During fabric control, will be established time of usage till next inspection.
- after arresting a fall the anchor beam must be taken out of service to make detailed manufacturer's inspection. The anchor beam must be taken out of service when any defects appear during the everyday inspection. Out of service can be carried out by a person responsible for safety equipment in the company.
- during use the anchor beam must be protected from contact of acids, solvents, bases or any caustic liquids, open fire and hot metal drops.
- using the anchor beam in connection with fall arrest system must be compatible with manual instructions of the fall arrest systems and obligatory standards:
 - EN 361 - for safety harness.
 - EN 362 - for connectors.
 - EN 354, EN 355, EN 360, EN 353-2 - for fall arrest equipment.
 - EN 795:1996 - for anchorages.
- the anchor beam must be stored in a dry place, ventilated, in room temperature and free of sun. Before the first use the device should be stored in manufacturer's package.
- the anchor beam must be transported in a package to protect it from mechanical or chemical damages. Avoid any corrosive, overheated or moisture mechanical and chemical or other defects.
- clean the anchor beam with wet cotton textile. Do not use any acid or basic solvents. After cleaning the device must dry in natural conditions away from any fire and heat. For conservation the beam can be slightly lubricated.
- it is strictly forbidden to make any modifications or repairs to the anchor beam yourself.

THE ESSENTIAL PRINCIPLES FOR USERS OF PERSONAL PROTECTIVE EQUIPMENT AGAINST FALLS FROM A HEIGHT

- personal protective equipment shall only be used by a person trained and competent in its safe use.
- personal protective equipment must not be used by a person with a medical condition that could affect the safety of the equipment user 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 forbidden to make any alterations or additions to the equipment without the manufacturer's prior written consent.
- any repair shall only be carried out by equipment manufacturer or his certified representative.
- personal protective equipment shall not be used outside its limitations, or for any purpose other than that for which it is intended.
- personal protective equipment should be a personal issue item.
- before use ensure about the compatibility of items of equipment assembled into a fall arrest system. Periodically check connecting and adjusting of the equipment components to avoid accidental loosening or disconnecting of the components.
- it is forbidden to use combinations of items of equipment in which the safe function of any one item is affected by or interferes with the safe function of another.
- before each use of personal protective equipment it is obligatory to carry out a pre-use check of the equipment, to ensure that it is in a serviceable condition and operates correctly before it is used.
- during pre-use check it is necessary to inspect all elements of the equipment in respect of any damages, excessive wear, corrosion, abrasion, cutting or incorrect acting, especially take into consideration:
 - in full body harnesses and belts - buckles, adjusting elements, attaching points, webbings, seams, loops;
 - in energy absorbers - attaching loops, webbing, seams, casing, connectors;
 - in textile lanyards or lifelines or guidelines - rope, loops, thimbles, connectors, adjusting element, splices;
 - in steel lanyards or lifelines or guidelines - cable, wires, clips, ferrules, loops, thimbles, connectors, adjusting elements;
 - in retractable fall arresters - cable or webbing, retractor and brake proper acting, casing, energy absorber, connector;
 - in guided type fall arresters - body of the fall arrester, sliding function, locking gear acting, rivets and screws, connector, energy absorber;
 - in connectors - main body, rivets, gate, locking gear acting.
 - in tripods - legs, safety pins, eye bolts, feet, chain, connecting elements.
- after every 12 months of utilization, personal protective equipment must be withdrawn from use to carry out periodical detailed inspection. The periodic inspection must be carried out by a competent person for periodic inspection. The periodic inspection can be carried out also by the manufacturer or his authorized representative. In case of some types of complex equipment e.g. some types of retractable fall arresters the annual inspection can be carried out only by the manufacturer or his authorized representative.
- regular periodic inspections are essential for equipment maintenance and the safety of the users which depends upon the continued efficiency and durability of the equipment.
- during periodic inspection it is necessary to check the legibility of the equipment marking.
- it is essential for the safety of the user that if the 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 to be used.
- personal protective equipment must be withdrawn from use immediately when any doubt arises about its condition for safe use and not used again until confirmed in writing by equipment manufacturer or his representative after carrying out the detailed inspection.
- a full body harness is the only acceptable body holding device that can be used in a fall arrest system.