Fall Protection

AS/NZS 1891.1:2020
Lic: BMP 537160

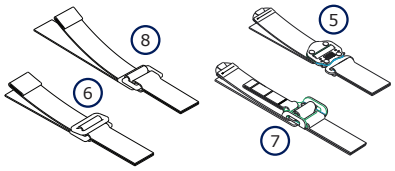
PRODUCT CERTIFICATION
BSI Certified Product

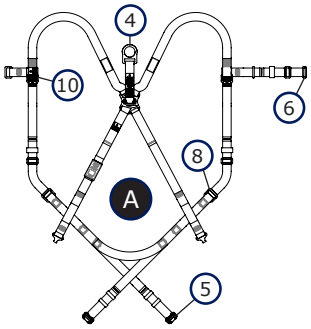
# 3M™ PROTECTA® P200
## FULL BODY HARNESS

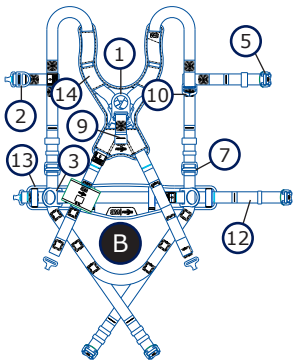
## USER INSTRUCTIONS
**9598808 Rev. A**

☑ *For identification of product codes, refer to Table 1. See "Table 1 - Product Specifications" for more product information.*

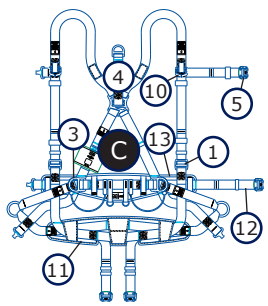
## Figure 1 - Product Overview

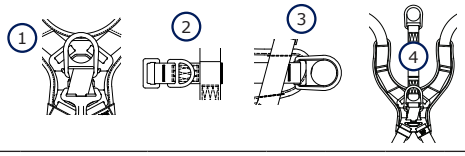



| Harness Style | Harness Model | (1) Dorsal | (2) Sternal | (3) Hip | (4) D-ring Extension | (5) Quick Connect | (6) Pass-Through Buckle | (7) Spring Bar Adjuster | (8) Pull-Thru Adjuster | (9) SRD Loop | (10) Lanyard Keeper | (11) Seat Sling | (12) Belt | (13) Hip | (14) Back and Shoulder |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Attachment Elements | | | | Buckles and Adjusters | | | | Other Elements | | | | Pads | |
| A | 1161234<br>1161235<br>1161236<br>1161237 | ✓ | ✓ | | ✓ | ✓ | ✓ | | ✓ | | ✓ | | | | |
| B | 1161668<br>1161669<br>1161670<br>1161671 | ✓ | ✓ | | | ✓ | ✓ | | | | ✓ | | | | ✓ |
| B | 1161676<br>1161677<br>1161678<br>1161679 | ✓ | ✓ | | | ✓ | | ✓ | | ✓ | ✓ | | | | ✓ |
| B | 1161680<br>1161681<br>1161682<br>1161683 | ✓ | ✓ | ✓ | | ✓ | | ✓ | | ✓ | ✓ | | ✓ | ✓ | ✓ |
| B | 1161688<br>1161689<br>1161690<br>1161691 | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | |
| C | 1161696<br>1161697<br>1161698<br>1161699 | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | | | ✓ | ✓ | ✓ | ✓ | |



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# SAFETY INFORMATION

**Please read, understand, and follow all safety information contained in these instructions, prior to the use of this product. FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY OR DEATH.**

**These instructions must be provided to the user of the equipment. Retain these instructions for future reference.**

## Intended Use:

This product is used as part of a complete Fall Protection system.

Use in any other application including, but not limited to, material handling, recreational or sports-related activities, or other activities not described in these instructions, is not approved by 3M and could result in serious injury or death.

This product is only to be used by trained users in workplace applications.

## ⚠ WARNING

This product is used as part of a complete Fall Protection system. All users must be fully trained in the safe installation and operation of their complete Fall Protection system. **Misuse of this product could result in serious injury or death.** For proper selection, operation, installation, maintenance, and service, refer to all instruction manuals and manufacturer recommendations. For more information, see your supervisor or contact 3M Technical Services.

- **To reduce the risks associated with using a Full Body Harness which, if not avoided, could result in serious injury or death:**
  - Inspect the product before each use and after any fall event, in accordance with the procedures specified in these instructions.
  - If inspection reveals an unsafe or defective condition, remove the product from service immediately and clearly tag it "DO NOT USE". Destroy or repair the product as required by these instructions.
  - Any product that has been subject to fall arrest or impact force must be immediately removed from service. Destroy or repair the product as required by these instructions.
  - Ensure that Fall Protection systems assembled from components made by different manufacturers are compatible and meet all applicable Fall Protection regulations, standards, or requirements. Always consult a Competent or Qualified Person before using these systems.
  - Ensure the lifeline is kept free from all hazards including, but not limited to: entanglement with users, other workers, moving machinery, other surrounding objects, or impact from overhead objects that could fall onto the lifeline or users.
  - Do not twist, tie, knot, or allow slack in the lifeline.
  - Do not twist, tie, or knot the product.
  - Do not exceed the number of allowable users specified in these instructions.
  - Ensure the harness is appropriately sized, adjusted, donned, and worn as described in these instructions.
  - Ensure the product is configured and installed properly for safe operation as described in these instructions.
  - Use caution when installing, using, or moving the product as moving parts may create pinch points.

- **To reduce the risks associated with working at height which, if not avoided, could result in serious injury or death:**
  - Your health and physical condition must allow you to safely work at height and to withstand all forces associated with a fall arrest event. Consult your doctor if you have questions regarding your ability to use this equipment.
  - Never exceed allowable capacity of your Fall Protection equipment.
  - Never exceed the maximum free fall distance specified for your Fall Protection equipment.
  - Do not use any Fall Protection equipment that fails inspection, or if you have concerns about the use or suitability of the equipment. Contact 3M Technical Services with any questions.
  - Some subsystem and component combinations may interfere with the operation of this equipment. Only use compatible connections. Contact 3M Technical Services before using this equipment in combination with components or subsystems other than those described in these instructions.
  - Use extra precautions when working around moving machinery, electrical hazards, extreme temperatures, chemical hazards, explosive or toxic gases, sharp edges, abrasive surfaces, or below overhead materials that could fall onto you or your Fall Protection equipment.
  - Ensure use of your product is rated for the hazards present in your work environment.
  - Ensure there is sufficient fall clearance when working at height.
  - Never modify or alter your Fall Protection equipment. Only 3M, or persons authorized in writing by 3M, may make repairs to 3M equipment.
  - Before using Fall Protection equipment, ensure a written rescue plan is in place to provide prompt rescue if a fall incident occurs.
  - If a fall incident occurs, immediately seek medical attention for the fallen worker.
  - Only use a full body harness for Fall Arrest applications. Do not use a body belt.
  - Minimize swing falls by working as directly below the anchorage point as possible.
  - A secondary Fall Protection system must be used when training with this product. Trainees must not be exposed to an unintended fall hazard.
  - Always wear appropriate Personal Protective Equipment when installing, using, or inspecting the product.
  - Never work below a suspended load or worker.
  - Always maintain 100% tie-off.

☑ *Always ensure you are using the latest revision of your 3M instruction manual. Visit www.3m.com/userinstructions or contact 3M Technical Services for updated instruction manuals.*

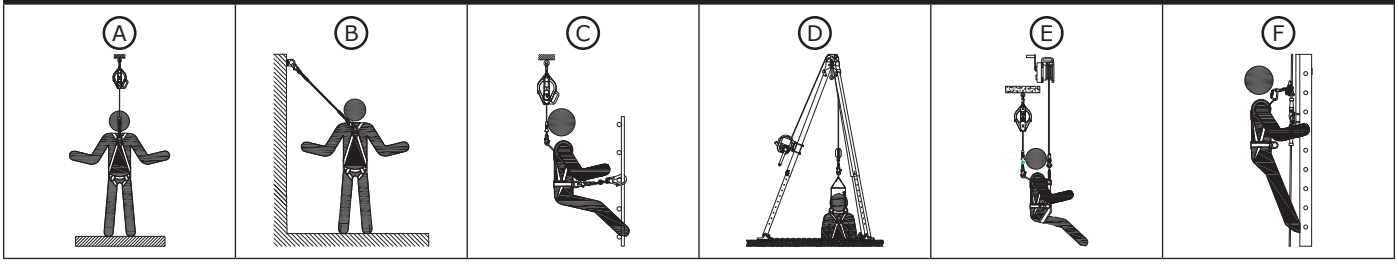
## *PRODUCT OVERVIEW:*

Figure 1 illustrates available 3M™ Protecta P200® Full Body Harness models. Harness models are defined by their general construction and available features. Within Figure 1, "Harness Style" illustrates general construction and "Harness Model" sorts models first numerically, then by available features.

Harnesses are available with various combinations of the components listed within Table 1. "Attachment Elements" serve as connection points for securing a connecting subsystem. "Buckles and Adjusters" enable the harness to be secured and adjusted for proper fit. "Other Elements" includes miscellaneous features that serve a variety of purposes. "Pads" help ensure that the harness is comfortable.

See Table 1 for more information on Component Specifications.

**Figure 2 – System Applications**



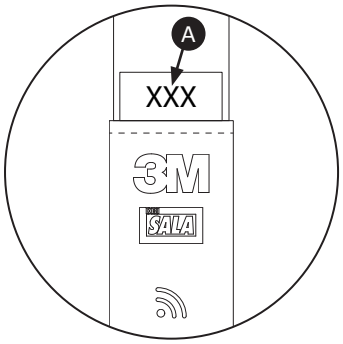

### *System Applications*

Full body harnesses may be used for a variety of system applications. Figure 2 illustrates the applications available to harnesses covered by these instructions. The availability of a specific application is determined by the attachment elements present on your harness, as outlined below. If your harness has one of the attachment elements specified for an application, then it may use that element for that application.

| | Application Type | Attachment Elements |
|---|---|---|
| Ⓐ | Fall Arrest | Dorsal, Sternal |
| Ⓑ | Restraint | Dorsal, Sternal |
| Ⓒ | Work Positioning | Sternal, Hip |
| Ⓓ | Rescue | Dorsal, Sternal, Shoulder |
| Ⓔ | Controlled Descent | Dorsal, Sternal |
| Ⓕ | Climbing | Sternal |

### *Available Harness Sizes*

Figure 1 organizes harness models into groups based on features. All harness models within the same group will include the same features but will vary in sizing options. To determine the size of your harness, refer to its product labels. An example label (A) is shown below. Size codes are identified in the "Product Size Codes" legend.




| Product Size Codes | |
|---|---|
| **XS** | Extra Small |
| **S** | Small |
| **M** | Medium |
| **L** | Large |
| **XL** | Extra Large |
| **2XL** | Extra Large (x2) |
| **3XL** | Extra Large (x3) |

### *Harness Capacity*

The user of this full body harness must have a combined weight (including clothing, tools, etc.) meeting the requirements set by the applicable standard or regulation. Always ensure the full body harness is adjusted to fit the user properly.

| | |
|---|---|
| **AS/NZS 1891.1:2020** | See the instruction manual of your connecting subsystem for more information. |

☑ *Before using this equipment, record the product identification information from the ID label in the "Inspection and Maintenance Log" at the back of this manual.*

## Table 1 - Product Specifications

| **System Specifications** | |
|---|---|
| **Standards:** | Each product model is certified to, or conforms with, the applicable standards and regulations listed within Figure 1. If none are listed within Figure 1, then each one listed on the cover applies. |
| **D-ring Extension Length:** | 30 cm (0.98 ft.) |

| **Component Specifications** | | | |
|---|---|---|---|
| **Figure 1 Category** | **Figure 1 Reference** | **Description** | **Materials** |
| Attachment Elements | ① | Dorsal D-ring | Alloy steel, stainless steel - 22.2 kN (5,000 lbf) Tensile Strength |
| | ② | Sternal D-ring | Alloy steel, stainless steel - 22.2 kN (5,000 lbf) Tensile Strength |
| | ③ | Hip D-rings | Alloy steel - 22.2 kN (5,000 lbf) Tensile Strength |
| | ④ | D-ring Extension (Dorsal) | **D-ring:** alloy steel, stainless steel - 22.2 kN (5,000 lbf) Tensile Strength<br>**Webbing:** polyester with polyester thread - 22.2 kN (5,000 lbf) Tensile Strength |
| Buckles and Adjusters | ⑤ | Quick Connect Buckles | Alloy steel, stainless steel - 18 kN (4,000 lbf) Tensile Strength |
| | ⑥ | Pass-Through Buckles | Alloy steel, stainless steel - 18 kN (4,000 lbf) Tensile Strength |
| | ⑦ | Spring Bar Adjusters | Alloy steel - 18 kN (4,000 lbf) Tensile Strength |
| | ⑧ | Pull-Thru Adjusters | Alloy steel, stainless steel - 18 kN (4,000 lbf) Tensile Strength |
| Other Elements | ⑨ | SRD Loop | Polyester webbing |
| | ⑩ | Lanyard Keeper | Injection-molded nylon |
| | ⑪ | Seat Sling | Blend of nylon and polyester |
| | ⑫ | Belt | Polyester webbing |
| Pads | ⑬ | Hip Pad | Blend of nylon and polyester |
| | ⑭ | Back and Shoulder Pad | Blend of nylon and polyester |

| ***Additional Materials*** | |
|---|---|
| **Description** | **Materials** |
| Webbing | Polyester - 27 kN (6,000 lbf) Tensile Strength |
| Stitching | Polyester thread on polyester webbing |
| Label Covers | Blend of nylon and polyester |

| **Performance Specifications** | |
|---|---|
| **Maximum Free Fall Distance:** | See the instruction manual of your connecting subsystem for more information on Maximum Free Fall Distance requirements. Always ensure that free fall distance is kept to a minimum. Never exceed the maximum of 2.0 m (6.6 ft.). |
| **Maximum Arresting Force:** | See the instruction manual of your connecting subsystem for more information on Maximum Arresting Force requirements. |
| **Maximum Harness Stretch:** | 30 cm (0.98 ft.) |

## *1.0 PRODUCT APPLICATION*

**1.1** **PURPOSE:** Full body harnesses provide users with the means to connect to Fall Protection systems. The attachment elements of the full body harness serve as connection points for the connecting subsystem, which secures the user to an anchorage point. Full body harnesses may be used for a variety of Fall Protection systems. System application is determined by the make of your full body harness and the attachment elements present on your harness. See the "Product Overview" and Figure 2 for a full list of Fall Protection applications available for your full body harness model.

**1.2** **STANDARDS:** Your product conforms to the national or regional standards identified on the front cover of these instructions. If this product is resold outside the original country of destination, the re-seller must provide these instructions in the language of the country in which the product will be used.

☑ *For more information on certification or conformance requirements, refer to the applicable standards and regulations listed for your product (e.g. the ANSI/ASSP Z359 Fall Protection codes).*

**1.3** **TRAINING:** This equipment must be installed and used by persons trained in its correct application. These instructions are to be used as part of an employee training program as required by national, regional, or local standards. It is the responsibility of the users and installers of this equipment to ensure they are familiar with these instructions, trained in the correct care and use of this equipment, and are aware of the operating characteristics, application limitations, and consequences of improper use of this equipment.

**1.4** **RESCUE PLAN:** When using this equipment and connecting subsystems, the employer must have a written rescue plan and the means to implement and communicate that plan to users, authorized persons, and rescuers. A trained, on-site rescue team is recommended. Team members should be provided with the equipment and techniques necessary to perform a successful rescue. Training should be provided on a periodic basis to ensure rescuer proficiency. Rescuers should be provided with these instructions. There should be visual contact or means of communication with the person being rescued at all times during the rescue process.

## *2.0 SYSTEM REQUIREMENTS*

**2.1** **CAPACITY:** The user capacity of a complete Fall Protection system is limited by its lowest-rated maximum capacity component. For example, if your connecting subsystem has a capacity that is less than your harness, you must comply with the capacity requirements of your connecting subsystem. See the manufacturer instructions for each component of your system for capacity requirements.

**2.2** **CONNECTING SUBSYSTEMS:** Connecting subsystems (self-retracting devices, energy-absorbing lanyards, lifeline subsystems, etc.) must be suitable for your application. Refer to the subsystem manufacturer instructions for additional information.

**2.3** **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: high heat, chemicals, corrosive environments, high voltage power lines, explosive or toxic gases, moving machinery, sharp edges, or overhead materials that may fall and contact the user or equipment. Contact 3M Technical Services for further clarification.

**2.4** **EXTENDED SUSPENSION:** A full body harness should not be used in extended suspension applications. Extended suspension can cause suspension trauma. 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. 3M recommends a seat board, suspension work seat, seat sling, or a boatswain chair. Contact 3M Technical Services for more information.

**2.5** **COMPONENT COMPATIBILITY:** 3M equipment is designed for use with 3M equipment. Use with non-3M equipment must be approved by a Competent Person. Substitutions made with non-approved equipment may jeopardize equipment compatibility and may affect the safety and reliability of your Fall Protection system. Read and follow all instructions and warnings for all equipment prior to use.

**2.6** **CONNECTOR COMPATIBILITY:** Connectors are compatible with connecting elements when the size and shape of either component does not cause the connector to inadvertently open, regardless of orientation. Connectors must comply with applicable standards. Connectors must be fully closed and locked during use.

3M Connectors (snap hooks and carabiners) are designed to be used only as specified in each instruction manual. Ensure connectors are compatible with the system components to which they are connected. Do not use equipment that is non-compatible. Use of non-compatible components may cause the connector to unintentionally disengage (see Figure 3). If the connecting element to which a connector attaches is undersized or irregular in shape, a situation could occur where the connecting element applies a force to the gate of the connector (A). This force could then cause the gate to open (B), disengaging the connector from the connecting element (C).

**2.7 MAKING CONNECTIONS:** All connections must be compatible in size, shape, and strength. See Figure 4 for examples of inappropriate connections. Do not attach snap hooks and carabiners:

A. To a D-ring to which another connector is attached.

B. In a manner that would result in a load on the gate. Large-throat snap hooks should not be connected to standard-size D-Rings or other connecting elements, unless the snap hook has a gate strength of 16 kN (3,600 lbf) or greater.

C. In a false engagement, where size or shape of the connector or connecting element is not compatible and, without visual confirmation, would seem to be fully engaged.

D. To each other.

E. Directly to webbing or rope lanyard or tie-back material, unless the instruction manuals for both the lanyard and connector specifically allow such a connection.

F. To any object whose size or shape does not allow the connector to fully close and lock, or that could cause connector roll-out.

G. In a manner that does not allow the connector to align properly while under load.

**2.8 LANYARD PARKING ATTACHMENT:** Figure 5 illustrates lanyard parking. The lanyard parking attachment is for attaching the free end of a lanyard or harness-mounted Self-Retracting Device when not connected to an anchorage connection point for purposes of Fall Protection. Lanyard parking attachments must never be used as a Fall Protection attachment element on the harness for connecting a lanyard or Self-Retracting Device (A).

When not connected to an anchorage connection point, an unconnected lanyard leg must be properly parked on the Harness (B) or secured in the user's hands as in 100-percent tie-off applications (C). Free-hanging Lanyard Legs (D) can trip the user or catch on surrounding objects resulting in a fall.

**Figure 3 - Connector Compatibility**

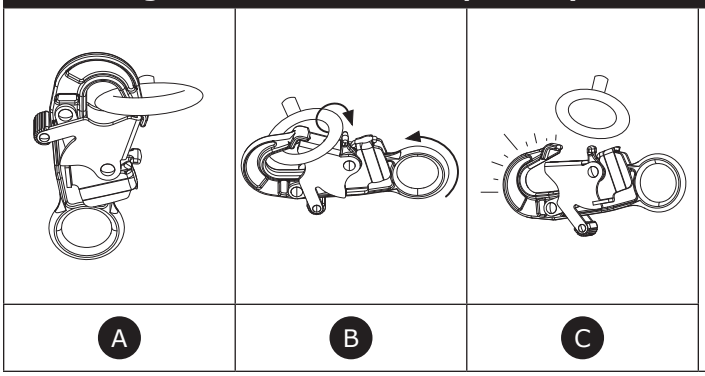



**Figure 4 - Making Connections**

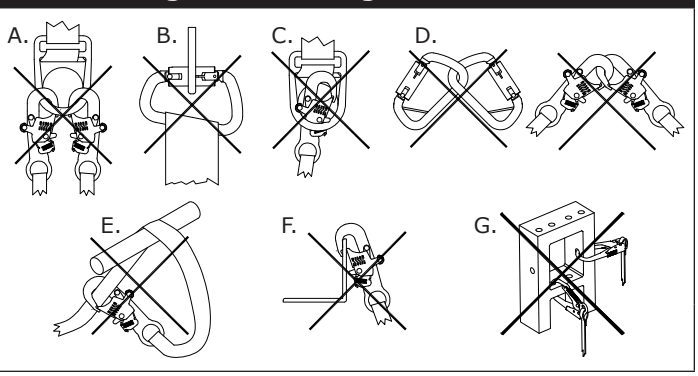
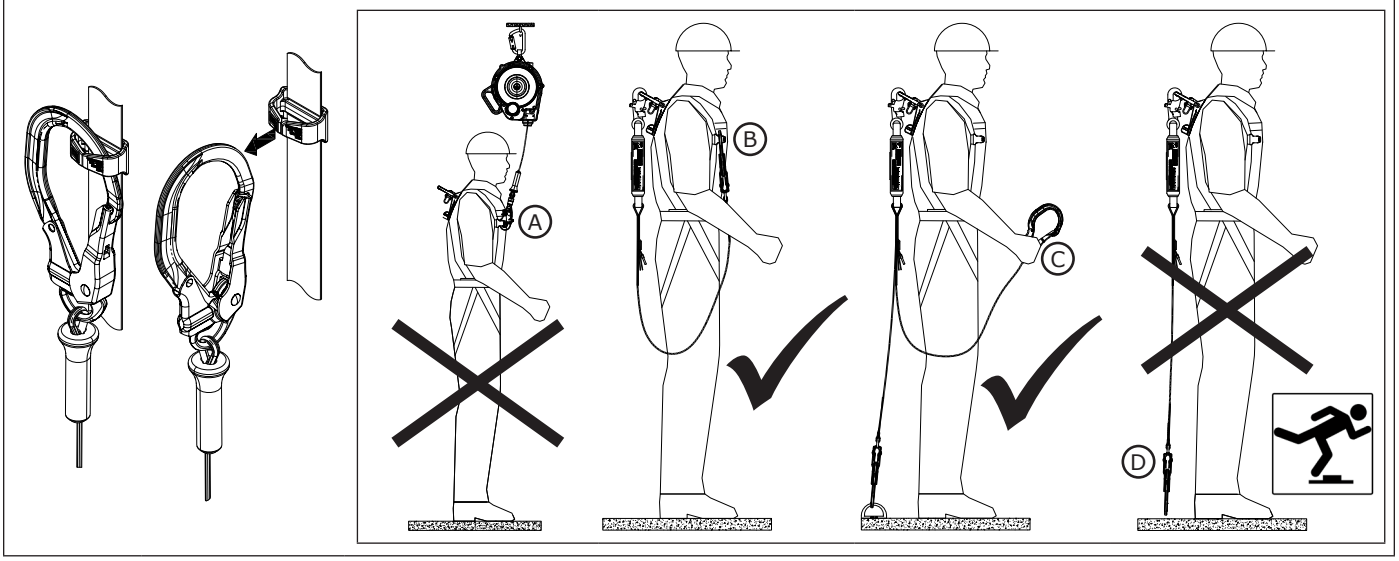



**Figure 5 – Lanyard Parking Attachment**



## *3.0 INSTALLATION*

**3.1 OVERVIEW:** Full body harnesses are to be used as part of a Fall Protection system. Ensure each component of your Fall Protection system is installed per the manufacturer instructions.

☑ *Users should consult AS/NZS 1891.4 for selection, use, maintenance, and training requirements.*

**3.2 PLANNING:** Plan your Fall Protection system before installation. Account for all factors that may affect your safety before, during, and after a fall. Consider all requirements and limitations specified in these instructions.

**A. ANCHORAGE:** Select an anchorage capable of sustaining the static load requirements of the intended Fall Protection application. See the manufacturer instructions for each component of your Fall Protection system for more information. The anchorage location should address all requirements specified in these instructions.

**B. SHARP EDGES:** Avoid working where system components may be in contact with, or scrape against, unprotected sharp edges and abrasive surfaces. All sharp edges and abrasive surfaces should be covered with protective material.

**C. CONNECTING SUBSYSTEMS:** Connecting subsystems used with the harness must be suitable for your system application. See the Product Overview and Figure 2 for more information, as well as the manufacturer instructions for your connecting subsystem.

**D. HARNESS STRETCH:** Some amount of harness stretch should be expected when using this product as part of a Fall Arrest system during fall arrest. See "Table 1 – Product Specifications" for how much harness stretch should be expected when using this product. Harness stretch should be added to all fall clearance requirements for your system, unless it is already accounted for by the connecting subsystem or another component. See the manufacturer instructions of your connecting subsystem for more information on fall clearance requirements.

☑ *Maximum harness stretch is determined by the applicable standard or regulation.*

**E. D-RING EXTENSIONS:** When used, D-ring extensions increase fall clearance requirements by increasing the amount of free fall present in the Fall Arrest system. The length of the D-ring extension must be added to all fall clearance requirements as part of the system's free fall value. If there is an upper limit for free fall within the system, then system use must be adjusted to remain below that limit. See Table 1 for the length of your D-ring extension. See the manufacturer instructions of your connecting subsystem for more information on free fall and fall clearance requirements.

☑ *Never use D-ring extensions in leading edge applications.*

**3.3 FASTENING BUCKLES:** 3M Harnesses are equipped with a variety of Buckles for fastening and adjusting Leg Straps and Chest Straps. See Figure 1 for the buckle types present on your harness. Figure 6 illustrates operation of each of the following buckles:

**1. Quick Connect Buckles:**

**A. To fasten the Quick Connect Buckle:** Insert the Tab into the Receptor until a click is heard.

**B. To adjust the attached Web Strap:** Pull the Web Strap forward or backward through the Buckle Slot to tighten or loosen.

**C. To release the Quick Connect Buckle:** Squeeze the Lock Levers on either side of the Receptor. Pull the Tab out of the Receptor.

**2. Pass-Through Buckles:**

A. Insert the Male Buckle through the slot in the Female Buckle.

B. Tighten the free strap so that the Male Buckle is flush against the Female Buckle. Secure the free strap in the Strap Keeper.

**3.4 HARNESS ADJUSTMENTS:** harnesses are equipped with a pair of Torso Adjusters for adjusting the Shoulder Straps. Figure 7 illustrates operation of the Torso Adjusters:

**1. Pull-Thru Adjusters:** To adjust Shoulder Straps with Pull-Thru Adjusters:

**A. Tightening:** Pul on the loose web end as illustrated in Figure 7 to tighten the Shoulder Strap.

**B. Loosening:** Rotate the buckle as illustrated in Figure 7 to loosen the Shoulder Straps.

**2. SPRING BAR ADJUSTERS:** To adjust the Shoulder Straps with the Spring Bar Adjusters:

**A. Adjustment:** Pull on the free strap to tighten the Shoulder Strap. To loosen the Shoulder Strap, pull on the free strap and then back the strap through the Spring Bar Adjuster.

**B. To secure:** When properly adjusted, secure the free strap in the Strap Keeper.

**3.5 DONNING AND FITTING THE FULL BODY HARNESS:** Figure 8 illustrates donning and fitting of the harness. When donning your harness, ensure that it has a snug, comfortable fit. To don and fit the harness:

☑ *Procedures for buckling and adjusting the straps on your harness will vary with the harness model. See Sections 3.3 and 3.4 for more information, as well as Figures 6 and 7.*

1. Lift up and hold the harness by its Dorsal D-ring. Prevent any harness straps from twisting through the following steps.
2. Grasp the Shoulder Straps and slip the harness onto one arm. The Dorsal D-ring should be placed on your back. Ensure that the harness straps are not tangled and that they hang freely. Slip your free arm into the harness and position the Shoulder Straps on top of your shoulders. The Chest Strap and Chest Buckle will be positioned on your

front when worn properly.

3. Reach between your legs and grasp the Leg Strap on your right side. Bring the strap up between your legs and connect it to the mating buckle on your right hip. Adjust the Leg Strap for a snug, comfortable fit. When comfortably adjusted, tuck the loose end of the Leg Strap under the Strap Keeper.

   Repeat this process to buckle and adjust the left Leg Strap.

4. If present, adjust and fasten the Tongue Buckle Waist Belt.
5. Fasten and adjust the Chest Strap. The Chest Strap should be approximately 6.0 in. (15 cm) down from the top of your shoulders. When comfortably adjusted, tuck the loose end of the Chest Strap under the Strap Keeper.
6. Adjust the Shoulder Straps for a snug, comfortable fit with the Torso Adjusters. Each Shoulder Strap should be adjusted to the same length. The Chest Strap should be centered across your lower chest, approximately 6.0 in. (15 cm) down from your shoulders. The Dorsal D-ring should be centered between your Shoulder Blades. The Sternal D-ring, if present, should be located laterally within 2.0 in. (51 mm) of the vertical centerline of the harness.

**Figure 6 – Buckles**

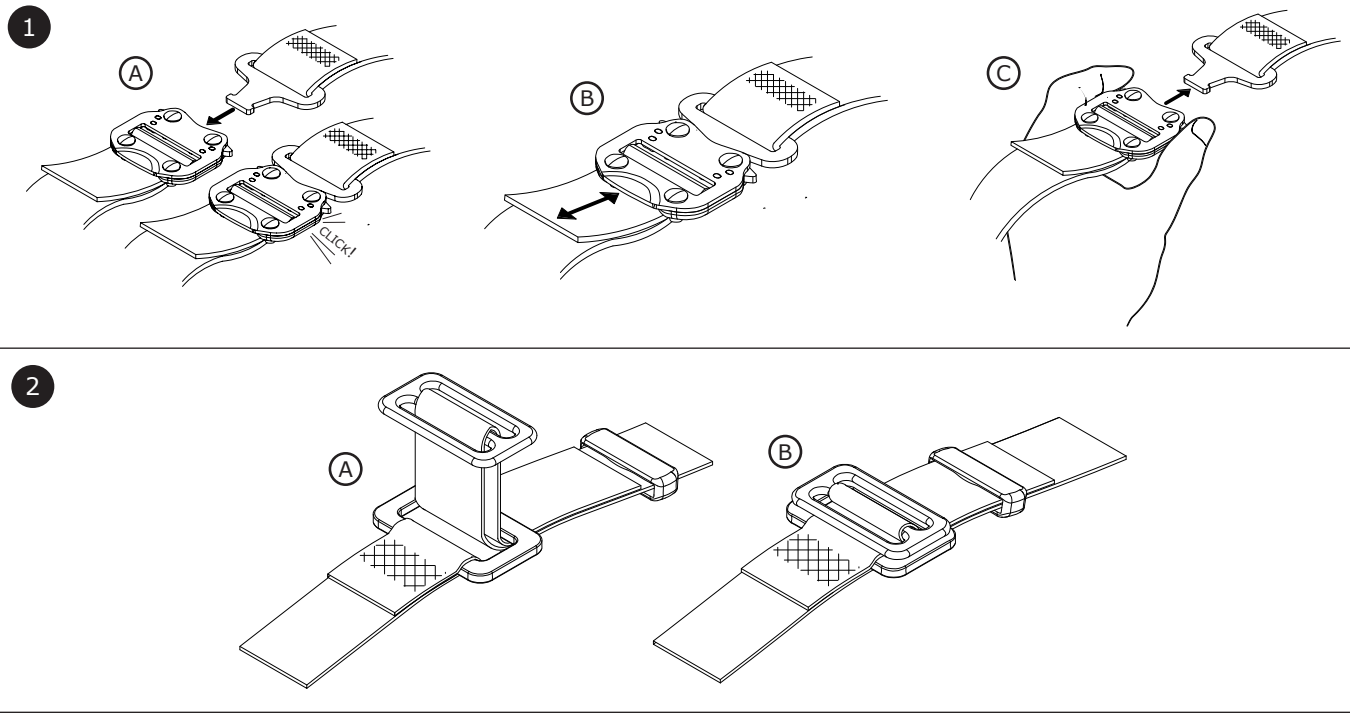


**Figure 7 - Adjusters**

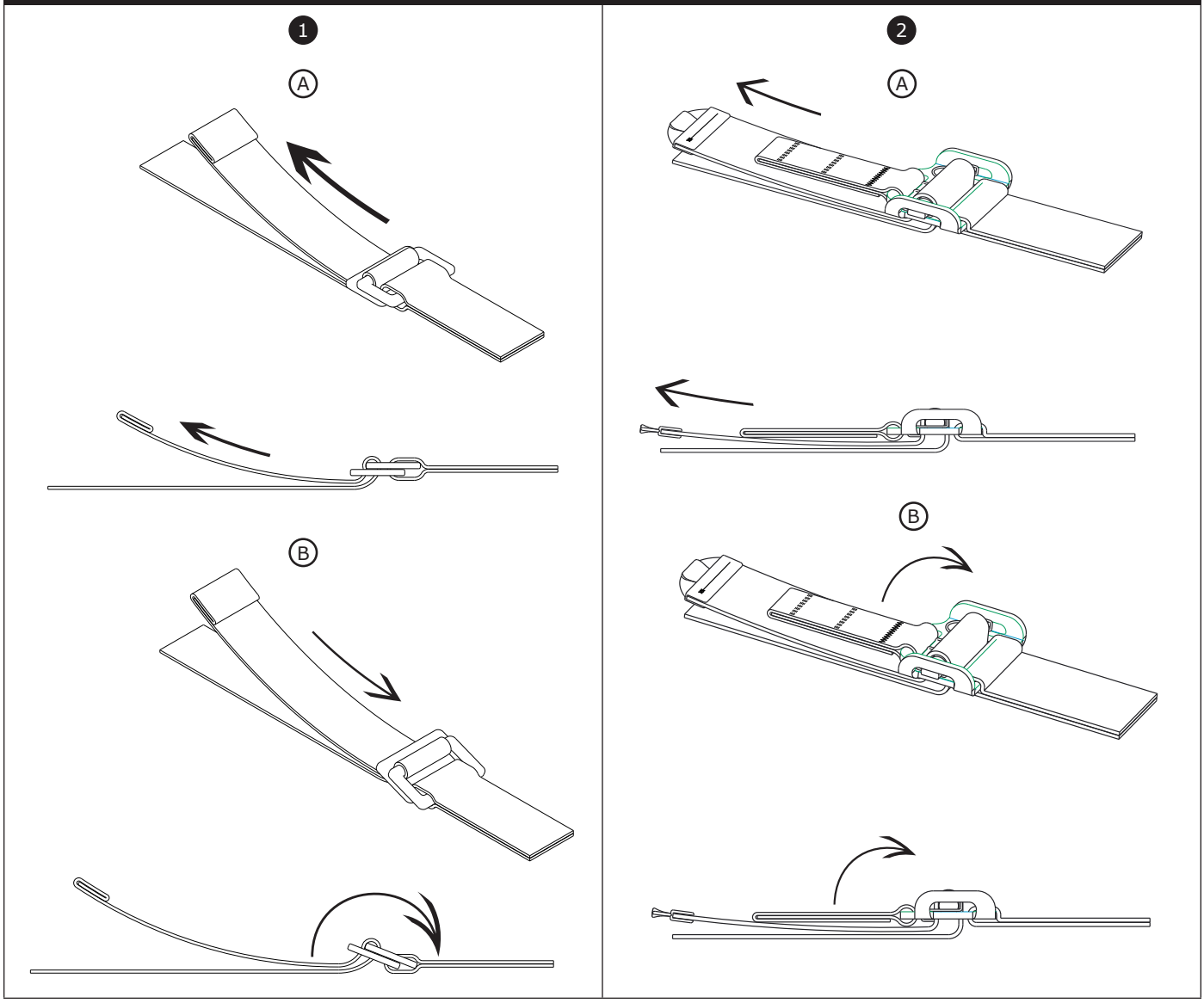


**Figure 8 - Donning the Harness**

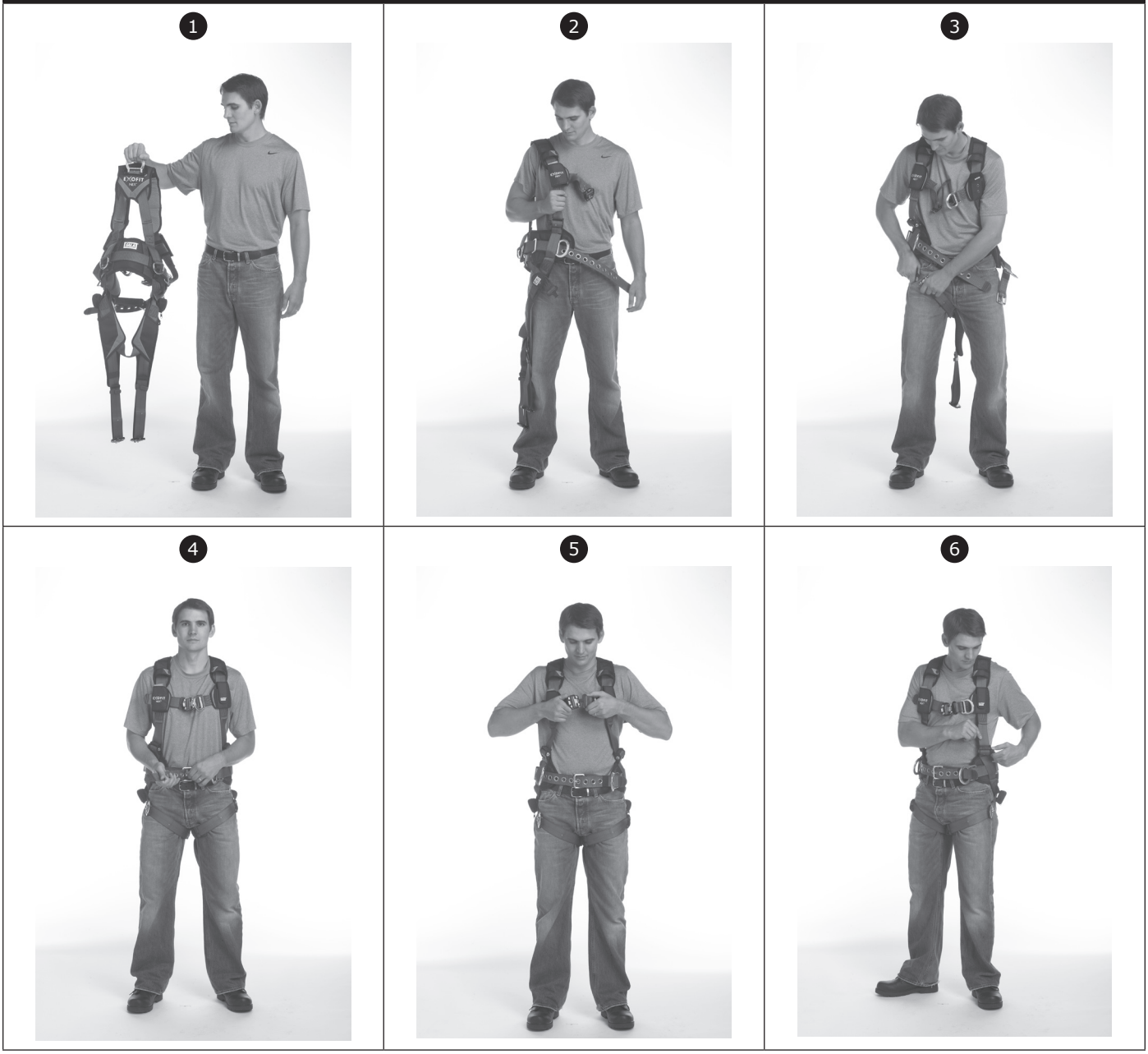
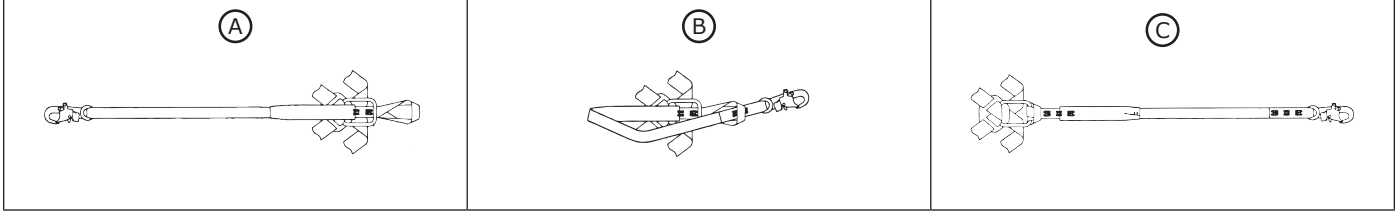



**Figure 9 - Securing Lanyards with Loop Ends**



**3.6 INSTALLING A HARNESS-MOUNTED SRD:** Harness-mounted SRDs are secured directly to harnesses by means of a harness interface. Harness interfaces are a type of connector specially designed for this purpose. In general, there are two types of harness interface: straight-pin and carabiner. Instructions for each style are provided below.

☑ *Instructions may vary per harness interface model. For more information on how to use your harness interface, see the manufacturer instructions for the harness interface or for the product it was provided with.*

☑ *Do not remove the backplate from the harness when installing a harness-mounted SRD.*

**A. STRAIGHT-PIN INTERFACE:** Straight-pin harness interfaces include a locking pin for securing to the harness. Straight-pin interfaces may be used with Single-SRD or Twin-SRD formats, depending on the harness interface used. See Figure 10 for reference.

1. Press both Locking Buttons (A) on the front of your harness interface to open. With the Locking Buttons held down, remove the Locking Pin (B) from the harness interface.
2. Thread the Locking Pin (B) behind both Harness Straps (C), capturing the straps as you reinsert the pin into the harness interface. An audible click should be heard when the Locking Pins are reengaged.
3. Verify that the harness interface is secure and that both Harness Straps (C) are captured by the harness interface.

**B. CARABINER INTERFACE:** Carabiner interfaces are carabiners that function as harness interfaces. Carabiner interfaces may be used with Single-SRD or Twin-SRD formats, although methods will vary slightly. See Figure 11 for reference, which shows how to install the carabiner interface using a Twin-SRD format.

1. Open the Gate (A) of the carabiner interface. Slide the SRD (C) over the open Arm (B) of the carabiner. Then, slide the SRD to the opposite side of the carabiner.
2. Hold the Gate (A) of the carabiner interface open, then slide the open Arm (B) behind and around both Harness Straps (D), capturing the straps within the carabiner interface.
3. Thread the second SRD (E) onto the open Arm (B) of the carabiner interface. Then, release the Gate to close and secure the carabiner interface.
4. Verify that the carabiner interface is secure and that both Harness Straps (D) are captured by the interface.

☑ *For Single-SRD formats, only one SRD should be attached to the carabiner interface. In this format, the carabiner interface may be secured as outlined above, or directly to your Dorsal D-ring instead. If securing to your Dorsal D-ring, do not capture the harness straps.*

Certain harness models covered in these instructions include additional features for securing harness-mounted SRDs. See below for how these features should be used:

- **SRD LOOP:** Some Full Body Harnesses are equipped with an SRD Loop that integrates the Dorsal D-Ring with attachment elements for Harness-Mounted Self-Retracting Devices (SRDs). Figure 12 illustrates attachment of common SRD configurations: (A) Nano-Lok™ Edge SRDs, (B) Twin Nano-Lok™ SRDs, (C) Single Nano-Lok™ SRDs, (D) Rebel™ SRDs. Other manufacturers' SRDs can also be mounted on the harness in similar fashion. See the manufacturer instructions for your SRD for more information.

☑ *Contact 3M Tech Services with any questions regarding compatibility of your SRD with the SRD Loop.*

**3.7 DEPLOYING THE SUSPENSION TRAUMA STRAPS:** Figure 13 illustrates deployment of the Suspension Trauma Straps. In the event of a fall, the Suspension Trauma Straps should be used by the fallen worker to alleviate suspension trauma. To deploy the Suspension Trauma Straps on your harness:

1. Locate the Suspension Trauma Straps (A) on your harness. The Suspension Trauma Straps should be located in a zipped container on your front, near the two intersection points of the leg straps.
2. Deploy the Suspension Trauma Straps by opening the zipped compartments located on the containers' sides. Guide the Straps (B) out from within each container to a length long enough for you to stand upon. Bring the two Straps together and secure them to each other by means of the Strap Hook (C).
3. Extend the connected Straps as necessary to create a length of webbing for you to stand upon. Press your heels upon either side of the connection point and stand up straight. This should transfer a significant amount of weight to the user's feet, diminishing the likelihood of suspension trauma.

**3.8 SECURING LANYARDS WITH LOOP ENDS:** Some lanyards are designed to choke onto a web loop to provide a compatible connection. Lanyards may be sewn directly to the web loop forming a permanent connection. Do not make multiple connections onto one web loop, unless choking two lanyards onto a properly sized web loop. See Figure 9 for reference. To choke a lanyard onto a web loop:

1. Insert the lanyard web loop through the web loop or D-Ring on the harness.
2. Insert the appropriate end of the lanyard through the lanyard web loop.
3. Pull the lanyard through the connecting web loop to secure.

**3.9 CONNECTING SYSTEM COMPONENTS:** After donning the harness, the user may connect to their Fall Protection System. Observe all requirements as specified in these instructions and any manufacturer's instructions included with the system components. See the Product Overview for more information on System Applications.

**Figure 10 - Straight-Pin Interface**

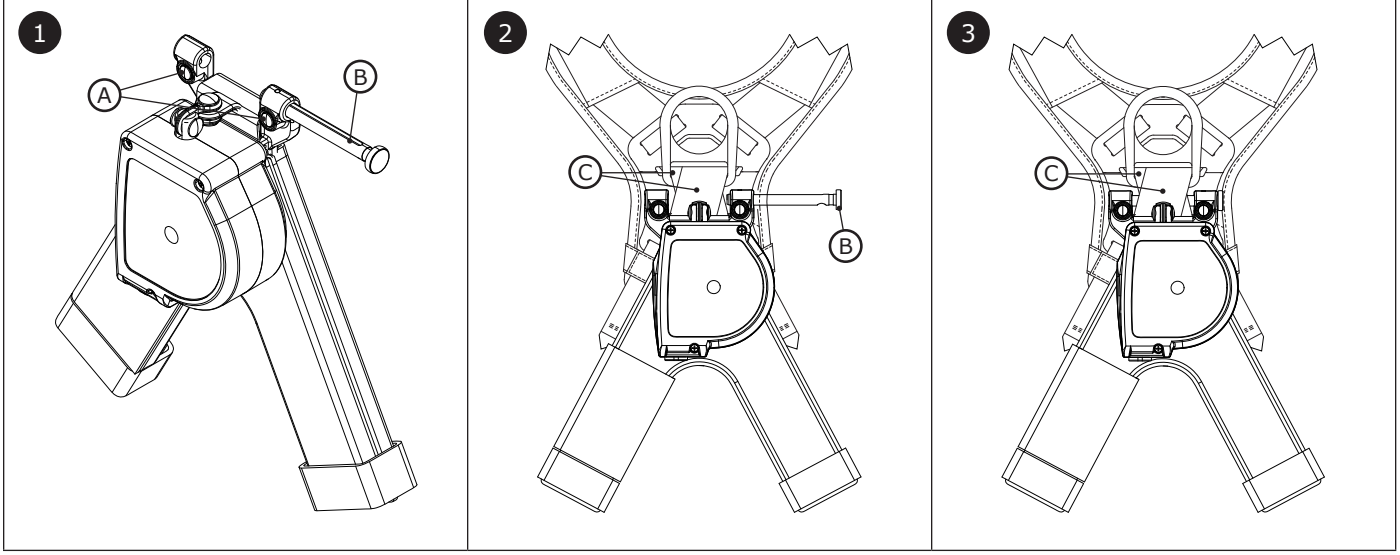



**Figure 11 - Carabiner Interface**

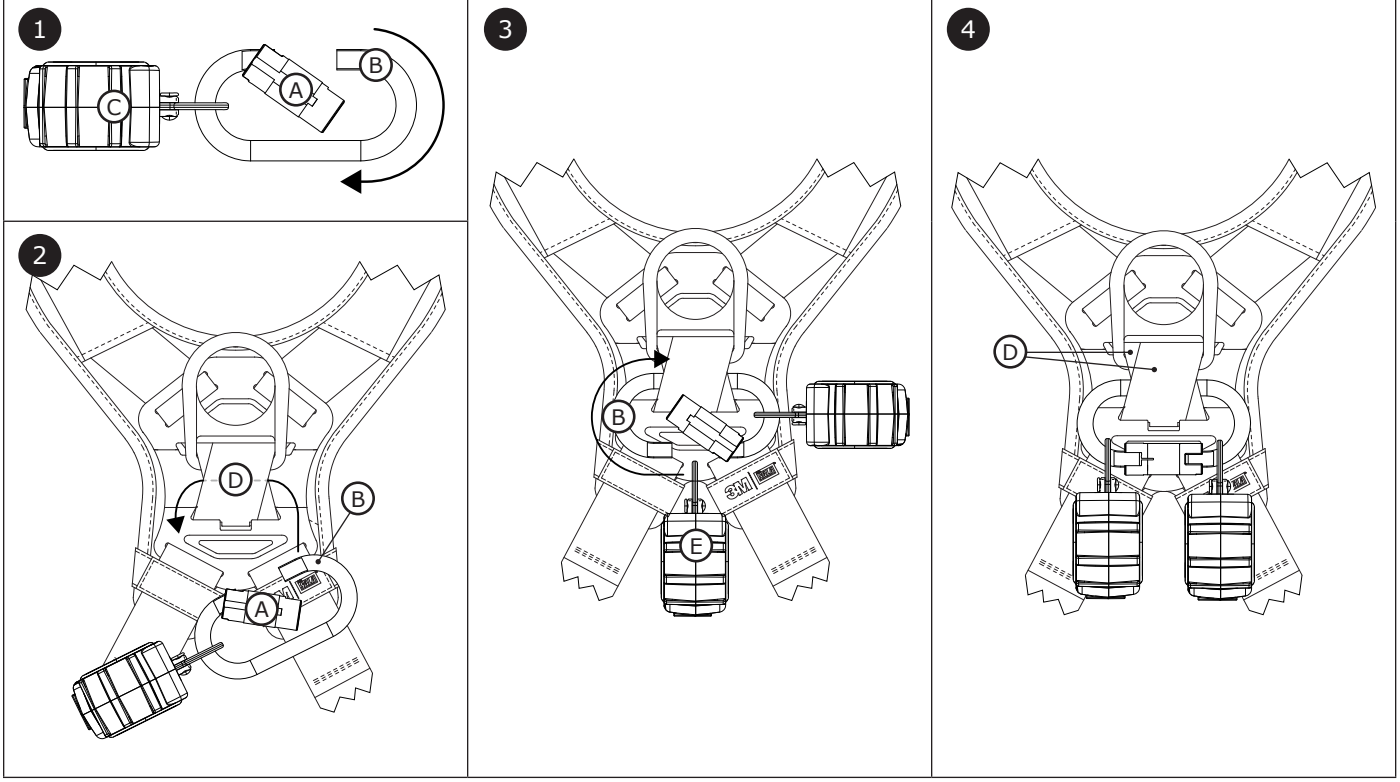


**Figure 12 - SRD Loop**

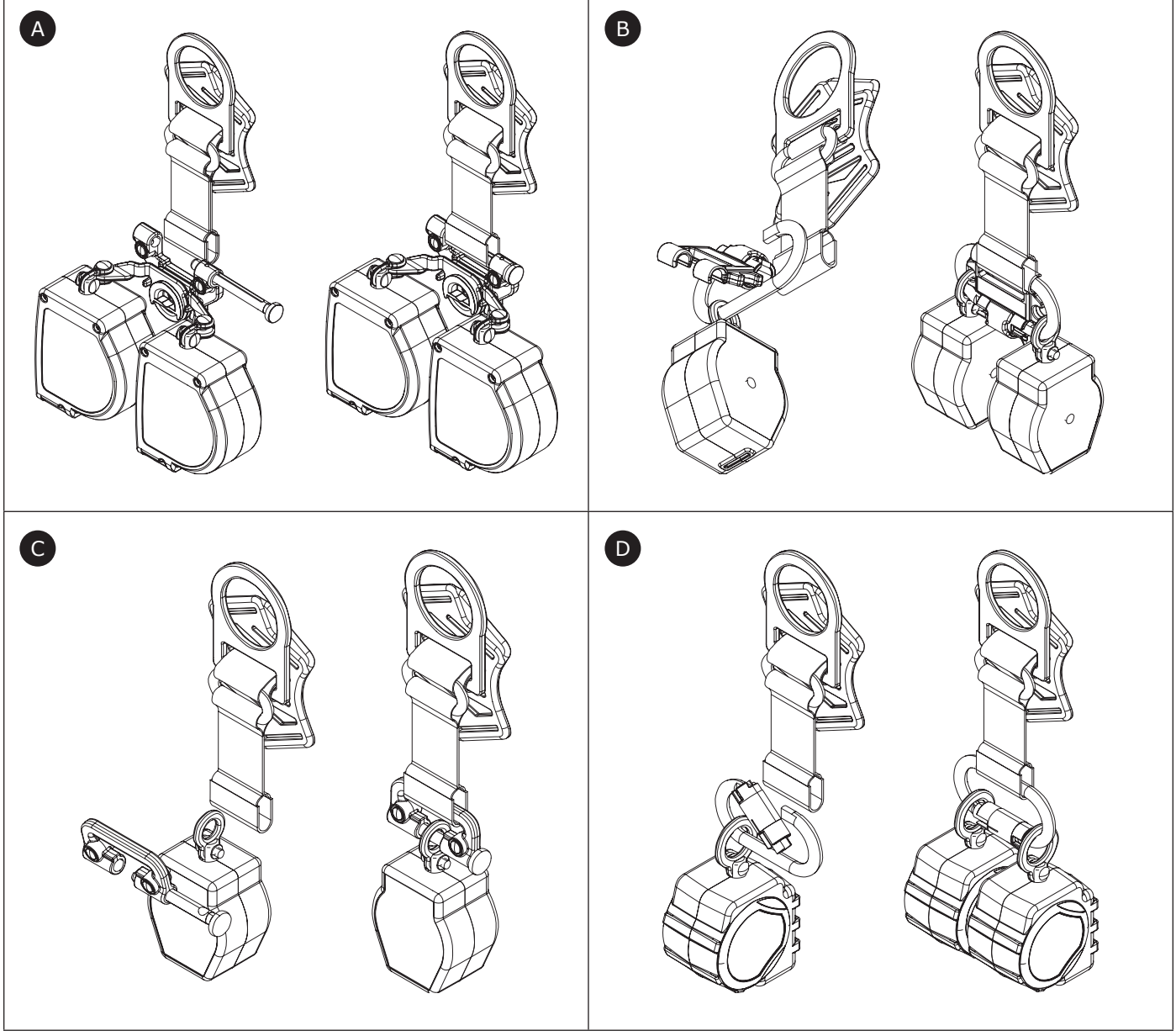
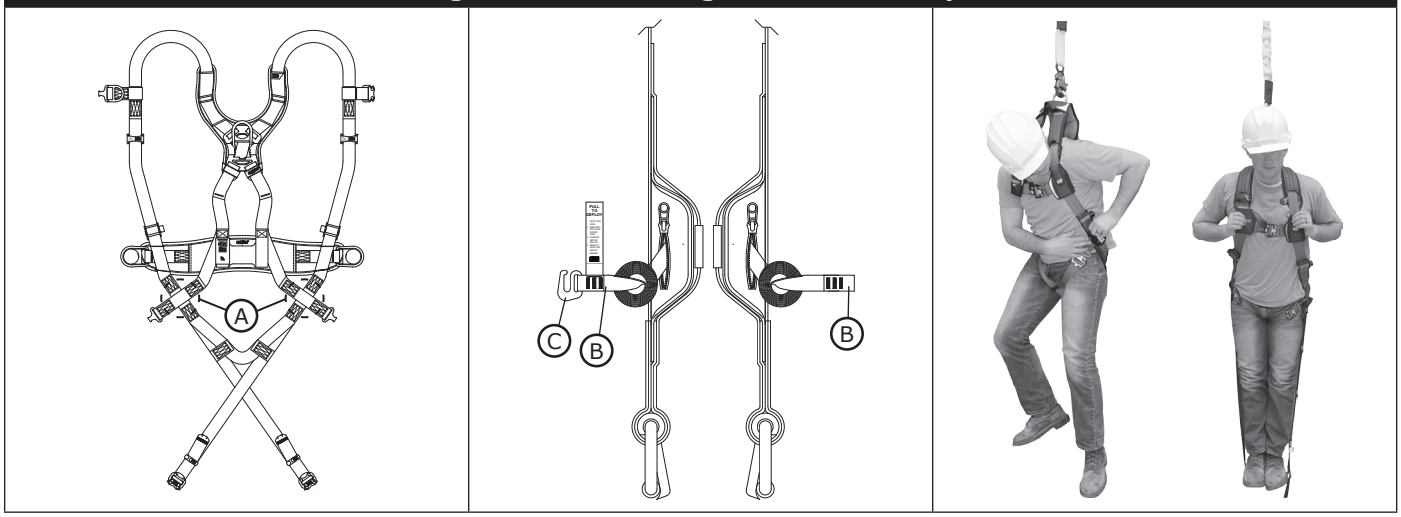



**Figure 13 - Activating the Trauma Straps**



## *4.0 USE*

**4.1** **BEFORE EACH USE:** Verify that your work area and Fall Protection system meet all criteria defined in these instructions. Verify that a formal Rescue Plan is in place. Inspect the product per the points of the *"Inspection and Maintenance Log"*. If inspection reveals an unsafe or defective condition, or if any doubt should arise about its condition for safe use, remove the product from service immediately. Clearly tag the system "DO NOT USE". See Section 5 for more information.

**4.2** **MAKING CONNECTIONS:** When using a hook to connect to an anchorage or when coupling components of the system together, ensure roll-out cannot occur. Roll-out occurs when interference between the hook and mating connector causes the hook gate to unintentionally open and release. Self-locking snap hooks and carabiners should be used to reduce the possibility of roll-out. Do not use hooks or connectors that will not completely close over the attachment object. See subsystem manufacturer's instructions for more information on making connections.

**4.3** **AFTER A FALL:** If this equipment is subjected to fall arrest or impact force, remove it from service immediately. Clearly tag it "DO NOT USE". See Section 5 for more information.

## *5.0 INSPECTION*

☑ *After equipment has been removed from service, it may not be returned to service until a Competent Person confirms in writing that it is acceptable to do so.*

**5.1** **INSPECTION FREQUENCY:** The product shall be inspected by the user before and after each use and, additionally, by a Competent Person other than the user at intervals of no longer than six months. A higher frequency of equipment use and harsher conditions may require increasing the frequency of Competent Person inspections. The frequency of these inspections should be determined by the Competent Person per the specific conditions of the worksite.

**5.2** **INSPECTION PROCEDURES:** Inspect this product per the procedures listed in the *"Inspection and Maintenance Log"*. Documentation of each inspection should be maintained by the owner of this equipment. An inspection and maintenance log should be placed near the product or be otherwise easily accessible to users. It is recommended that the product is marked with the date of next or last inspection.

**5.3** **DEFECTS:** If the product cannot be returned to service because of an existing defect or unsafe condition, then the product must be either destroyed or sent to 3M for replacement.

**5.4** **PRODUCT LIFE:** The functional life of the product is determined by work conditions and maintenance. As long as the product passes inspection criteria, it may remain in service, up to a maximum of 10 years from the date of manufacture.

## *6.0 MAINTENANCE, SERVICE, and STORAGE*

☑ *Equipment that is in need of maintenance or scheduled for maintenance should be tagged "DO NOT USE". These equipment tags should not be removed until maintenance is performed.*

☑ *Do not clean or disinfect the product by any method other than described in the following cleaning instructions. Other methods may have adverse effects on the product or user.*

**6.1** **CLEANING:** 3M Full Body Harnesses must be cleaned in accordance with 3M instructions. To clean the harness, wash in a mild, bleach-free detergent and then rinse. The harness should afterwards be hung to air-dry. Water used for cleaning and temperatures used to air-dry must never exceed 130°F (54.4°C). For more information, please refer to the technical bulletin on our website: *http://www.3M.com/FallProtection/WebCleaning*

☑ *For any questions about cleaning procedures, please contact 3M Technical Services.*

**6.2** **SERVICE:** This equipment cannot be repaired. Upon permanent removal from service, cut the harness straps or otherwise render the harness unusable before disposing of it.

**6.3** **STORAGE AND TRANSPORT:** Store and transport the product in a cool, dry, clean environment out of direct sunlight. Avoid areas where chemical vapors may exist. Thoroughly inspect components after extended storage.

☑ *It is recommended that the user limit exposure of the product to UV light. Prolonged exposure to UV light could cause webbing material to degrade at a faster rate.*

## *7.0 LABELS and MARKINGS*

**7.1** **LABELS:** Figure 14 illustrates product labels and their location on the harness. All labeling must be present and fully legible. Information on each label is as follows:

☑ *Label images are intended to be representative. Please refer to your product labels for specific information.*

| | |
|---|---|
| A | 1) In order of appearance: Serial Number, Lot Number, Date of Manufacture, Destroy Before Date<br>2) Read all instructions.<br>3) Harness donning instructions<br>4) Inspection Log |

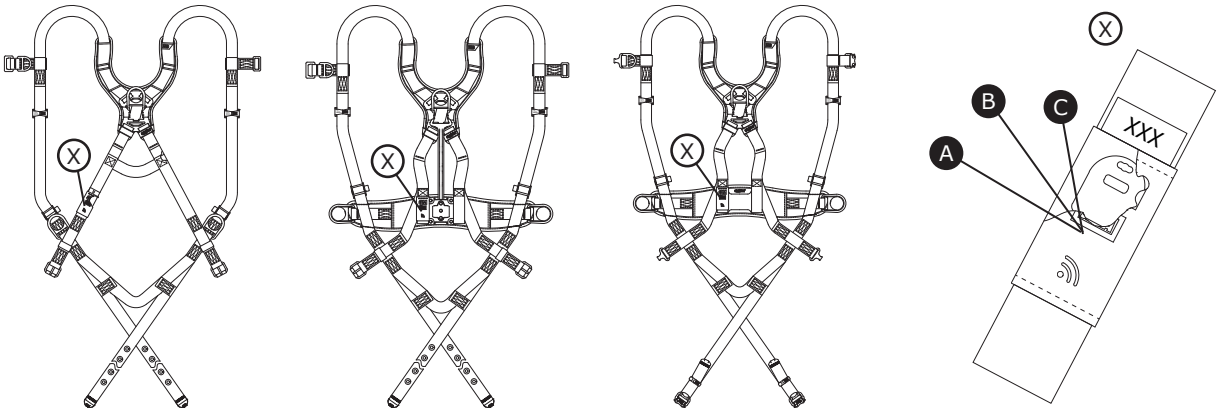
## *8.0 GLOSSARY OF TERMS*

**8.1** **DEFINITIONS:** The following terms and definitions are used in these instructions.

☑ *For a comprehensive list of terms and definitions, please visit our website: www.3m.com/FallProtection/ifu-glossary*

- **AUTHORIZED PERSON:** A person assigned by the employer to perform duties at a location where the person will be exposed to a fall hazard.
- **COMPETENT PERSON:** One who is capable of identifying existing and predictable hazards in the surroundings or working conditions which are unsanitary, hazardous, or dangerous to employees, and who has authorization to take prompt corrective measures to eliminate them.
- **FALL ARREST SYSTEM:** A collection of Fall Protection equipment configured to protect the user in the event of a fall.
- **QUALIFIED PERSON:** A person with a recognized degree, certificate, or professional standing, or who by extensive knowledge, training, and experience has successfully demonstrated their ability to solve or resolve problems relating to Fall Protection and Rescue systems to the extent required by applicable national, regional, and local regulations.
- **RESCUE SYSTEM:** A collection of Fall Protection equipment configured to remove a person from hazards to a safe location. No free fall is permitted.
- **RESCUER:** A person using the Rescue system to perform an assisted rescue.
- **RESTRAINT SYSTEM:** A collection of Fall Protection equipment configured to prevent the user from reaching a fall hazard. No free fall is permitted.
- **USER:** A person who performs activities while protected by a Fall Protection system.
- **WORK POSITIONING SYSTEM:** A collection of Fall Protection equipment configured to support a user at a work position.

## Figure 14 - Product Labels




A

3M PROTECTA Fall Protection
P/N:
ID:
DESCRIPTION
DESCRIPTION
1 Serial No.: See RFID
Lot No: XXXXXXXXX
Date of Mfg: dd/mm/yyyy
Destroy Before:dd/mm/yyyy

ONLY COMPETENT USERS SHOULD USE THIS EQUIPMENT
MANUFACTURER'S INSTRUCTIONS MUST BE FOLLOWED
FALL NOT TO EXCEED 2 METRES
2
AS/NZS 1891.1:2020
BMP 537160
PRODUCT CERTIFICATION
BSI Certified Product

3 1. Pick harness up by rear D-ring and ensure there are no tangles in the webbing. Disconnect all straps. 2. Hold the harness from behind with the shoulder straps in each hand and don like a jacket. 3. Adjust the shoulder straps to position the sub-pelvic strap underneath the buttocks. Connect and adjust the leg straps to fit snugly. 4. Fasten chest strap buckle and adjust to fit.

INSPECTION LOG
4
Initial
Date
DO NOT REMOVE THIS LABEL

**Table 2 – Inspection and Maintenance Log**

| | |
|---|---|
| **Model Number (Serial Number):** | |
| **Date Purchased:** | **Date of First Use:** |
| ... | |
| ☑ *This product must be inspected by the user before and after each use. Additionally, a Competent Person other than the user must inspect this equipment at least once every six months.* | |
| ... | |

| **Component** | **Inspection Procedure** | **Inspection Result** | |
|---|---|---|---|
| | | **Pass** | **Fail** |
| Harness Hardware (Table 1) | Inspect all harness hardware for damage, including all attachment elements, buckles, adjusters, and other elements. Each of these items must not be damaged, broken, or distorted. Each item must also be free of any sharp edges, burrs, cracks, worn parts, or corrosion. PVC-coated hardware must be free of cuts, rips, tears, and holes in the coating to ensure non-conductivity. Ensure all buckles and adjusters operate smoothly. | ☐ | ☐ |
| Webbing & Stitching (Figure 15) | Inspect the webbing of the harness across all areas. All webbing material must be free of cuts (A), fraying (B), heavy soiling (C), and welding burns (D). Check for tears, abrasions, mold, burns, discoloration, and broken fibers. Check for pulled or cut stitches. Broken stitches may indicate that the harness has been impact loaded and must be removed from service. | ☐ | ☐ |
| Stitched Impact Indicators (Figure 16) | Verify all Impact Indicators are intact. Impact Indicators are sections of webbing lapped back on themselves and secured with a specific stitch pattern. This stitch pattern is designed to release when the harness arrests a fall or is exposed to equivalent force. If an Impact Indicator has been activated (indicated), then the harness must be removed from service and destroyed. | ☐ | ☐ |
| Labels (Figure 14) | All labels are present and fully legible. | ☐ | ☐ |
| Fall Protection Equipment | Additional Fall Protection equipment that is used with the product is installed and inspected per the manufacturer instructions. | ☐ | ☐ |

| | | | | | |
|---|---|---|---|---|---|
| ... | | | | | |
| ☑ *If the product fails an inspection procedure, then the product fails overall inspection. If the product fails inspection, remove it from service immediately. Clearly tag the product "DO NOT USE". See Section 5 for more information.* | | | | | |
| ... | | | | | |
| **Inspection Type:** | ☐ User | ☐ Competent Person | **Overall Inspection Result:** | ☐ Pass | ☐ Fail |
| **Inspected By:** | | | **Date of Inspection:** | | |
| **Signature:** | | | **Next Inspection Due:** | | |
| ... | | | | | |
| **Additional Notes:** | | | | | |

**Figure 15 - Webbing**

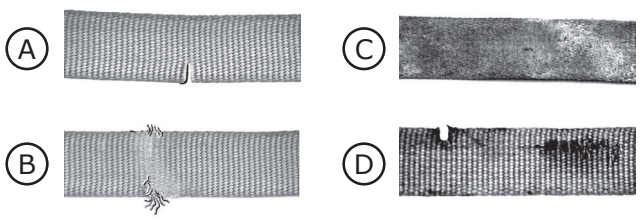
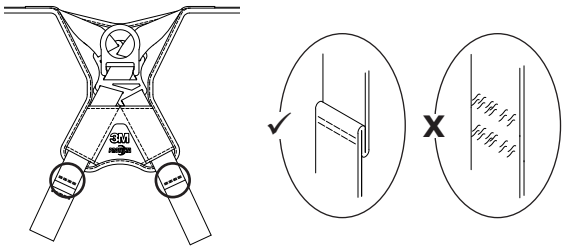



**Figure 16 - Impact Indicators**



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To the extent permitted by law, 3M's liability and the liability of the person who sold you this product, is limited at 3M's option, to the repair or replacement of the goods or the refund of the purchase price of the goods. 3M will not be liable for any equipment damage resulting from wear, abuse, damage in transit, failure to maintain the product or other damage beyond the control of 3M.

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3M reserves the right to require that the equipment be returned to its plant for inspection before determining the appropriate course of action.

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