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## ACTION ONE BELT

EN 358; EN 813

### IMPORTANT POINTS

In order for this product to meet all your requirements, we ask you **BEFORE EACH USE**, to follow the instructions in this manual.

Disregarding the instructions described in this manual could give rise to some serious repercussions. We advise that you re-read these instructions from time to time. In addition JMP International declines all responsibility for any use, storage methods or maintenance carried out in any other manner than that described in this manual.

If the buyer is not the end user, it is important that these instructions are given to the latter. Check that the PPE you have acquired is compatible with the recommendations of all other components of the fall arrest system. It is necessary to be completely sure before use that the recommendations specific to each element associated with this product, such as defined in their instructions, are respected. Whenever possible, it is strongly advised to personally attribute the PPE to an individual user. While in use, protect your PPE against all risks connected with the work environment: thermal, electrical, or mechanical shocks, acid discharges, etc.

### PUTTING ON THE FULL BODY HARNESS

Follow the instructions of the manufacturer showed on the picture 5. So that the harness is completely reliable, it must be correctly adjusted (neither too tight, nor too loose). Correctly putted seat belt must be positioned on the hips and adjusted to the user's needs. After adjusting your harness, check that no webbing is twisted or crossed over that all the buckles are correctly attached and that the back „D” is situated at the level of the shoulder blades. For your safety do not hesitate to seek help to ensure that your harness is correctly fitted.

### WORK POSITIONING - EN 358

These attachment points (see pic. 7) are designed to either hold the user in position at the work or to prevent the worker from get to the area where a fall is possible. These attachment points are not designed for fall arrest usage. It may be necessary to use additional collective or personal fall arrest systems. To use positioning lanyard connect the extremity of the adjustable lanyard to one of the „D” rings (the adjustable element can either be connected to the right or left side „D” ring). Pass the positioning lanyard behind the structure (post, trunk etc.) and attach the second „D” ring. Before climbing check functioning of the work position system. Check that the geometry of the structure allows the use of a positioning system (structures with small diameters and exposed edges must be prohibited). Adjust the lanyard so as to work comfortably, with both hands free. In the work position the adjustment of the positioning lanyard must not allow a free fall of a distance superior to 0,5m (see pic. 4). It is necessary to use a belt equipped with a comfort pad when the work position must be maintained for a long time.

### SEAT HARNESES EN 813

Nominal maximum load: 150 kg. Designed for ascending on rope and work positioning. Use the attachment bridge to attach a descenders (eg. EN341), positioning lanyards, or ascender devices and ropes. This attachment point is not suitable for fall arrest. Using seat harness in fall arrest systems (according to EN 363 - eg. with lanyard and energy absorbers which meets EN 355), have to use the chest harness (according to EN 361).

### Fall arrest harness EN 361

To use full body harness for fall arrest have to attach ACTION ONE TOP. It must be used in conjunction with instruction of the equipment. Only dorsal and sternal points may be used to attach a fall arrest system, for example a mobile fall arrester, an energy absorber, or other system described in the EN 363 standard. For easy identification, these points are marked with the letter 'A' or 'A/2' (half of attachment point – you have to connect two of them for proper use).

### ATTENTION

Verify that this product is compatible with the other elements of the system in your application (compatible = good functional interaction). Equipment used with your harness must meet current standards in your country (e.g. EN 362 carabiners).

Activities at height are dangerous and can bring about serious accidents and injuries. We remind that you are personally responsible in the case of an accident, injury or fatality to either yourself or a third party during or following the use of one of our products. It is recommended that training in the use of our products is done under the supervision and instruction of a competent and experienced person. Ensure that you have been adequately trained in the use of this PPE and make sure that you have fully understood how it works. If there is any doubt, do not take any risks but seek advice. A good physical condition is obligatory in order to carry out work from a height.

### IMPORTANT:

Before each use user have to carry out a visual examination in order to assure the integrity of the PPE. Check all webbings, especially at the attachment points, at the adjustment buckles, and at the safety stitching. Any PPE that has been subjected to a fall must not be used. Never try to modify or repair a piece of PPE yourself; only the manufacturer or a repair centre are able to carry out these repairs. These instructions must be kept with the product.

This PPE must be examined at least once a year by the manufacturer/distributor or by a competent person. The check must be recorded on the table which can be found on the back of this instruction. Confirmation of this review must be found in the Charter of the User of this product

### Anchorage point:

It is preferable to use an anchorage point situated above the user. If possible use structural anchorage points that conform to the standard EN 795 (minimum strength of 12 kN) or EN516 (minimum strength 10kN) intended for this purpose. The clearance below the user must be sufficient to prevent the user from striking any obstacle in case of a fall. Specific details on calculating clearance are found in the technical notices for the other components (energy absorbers, mobile fall arrester, etc.).

### ADDITIONAL INFORMATIONS

You must have a rescue plan to rapidly implement it in case of difficulties encountered while using this equipment. In a fall arrest system, it is essential to check the required clearance below the user before each use, to avoid any impact with the ground or an obstacle in case of a fall. Make sure that the anchor point is correctly positioned in order to limit the risk and the height of a fall. A fall arrest harness is the only device enable to protect user against fall down in a fall arrest system. **WARNING:** ensure that your products do not rub against abrasive or sharp surfaces. Inert suspension in a harness can result in serious injury or death. The instructions for use for each item of equipment used in conjunction with this product must be respected. The instructions for use must be provided to users of this equipment in the language of the country in which the product is to be used. Make sure the markings on the product are legible.

While using the textile elements must be protected before contact with oils, solvents, acids and alkalis, open flame, splashes of hot metal and sharp objects. It is forbidden to make any repairs or modifications to the equipment itself. Making any repairs or changes or additions should be entrusted with the equipment manufacturer or a competent person, authorized by the manufacturer

### MAINTENANCE AND STORAGE

Good maintenance and storage of your PPE will prolong the working- life of your product, while ensuring your safety:

- The harness should be cleaned with water and mild soap. Never use acid, solvents or anything based on this.

- The lifetime is depending on frequency and conditions of using. For determination of life time user have to cheque product and to evaluate eventual damage according to the previous chapters.

The using lifetime of the products is dependent on the frequency and conditions under which it is used (salt, moisture, chemicals, etc.) and the method of storage and transportation (if it is dry and transported in appropriate boxes or bags). The using lifetime of metal products specified by the manufacturer is unlimited. Products with elements of textile or plastic parts after 10 years from the date of using start (this date must be entered in the card user) and not later than 13 years from the production date, must be submitted to the control of the manufacturer or the person / company authorized by the manufacturer to determine the suitability of the product for further use. A product must be retired when: It is over 10 years old and it is made of plastic or textiles - after this time has to be checked by manufacturer or by the person authorized by the manufacturer for further use. When it has been subjected to a major fall (or load). It fails to pass inspection. You have any doubt as to its reliability. When it becomes obsolete due to changes in legislation, standards, technique, or incompatibility with other equipment. Destroy retired equipment to prevent further use.

- **WARNING:** an exceptional event can lead you to retire a product after only one use, depending on the type and intensity of usage and the environment of usage (harsh environments, marine environment, sharp edges, extreme temperatures, chemical products...).

- Leave it to dry in a well ventilated area, away from sources of heat. Store the harness away from humidity ultraviolet light.

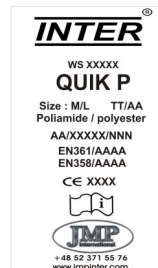
- Avoid any corrosive atmosphere and excessive heat or cold. The product is covered by a 12 months warranty. Against all material or manufacturing defects. Exclusions: normal wear and tear, oxidation, modifications or alterations, incorrect storage, poor maintenance, negligence, uses for which this product is not designed.

A conformity assessment was performed by notified body 1019 VVUU a.s. Pikarska 1337/7, 716 07 Ostrava Radwanice, The Czech Republic

Declarations of conformity are available on the manufacturer's website [www.jmpinter.com](http://www.jmpinter.com) and / or are attached to the product and / or to the email address: [jmpinter@jmpinter.com](mailto:jmpinter@jmpinter.com)

**Manufacturer:** JMP international sp z o.o., address: Czyżykowa 9, 85-449 Bydgoszcz, Poland, [www.jmpinter.com](http://www.jmpinter.com)

Trade mark  
Catalogue no  
name  
Size Production date(TT – week; AA – year)  
material  
serial no (AA/XXXX/NN)  
conformity with standards (AAAA – year )  
no of supervision notified body  
please read the instruction manual  
manufacturer logo  
manufacturer phone no  
manufacturer web site



User name:

Purchase date:

Start of using:

PERIODIC CONTROL

inspection date	NOTES AND SINGATURE	next inspection date



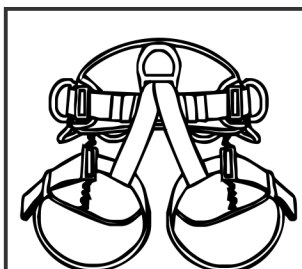
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Product name:

Produkt code:

Serial number:

Production date:



EN 358:1999  
EN 813:2008

