

PRODUCT NAME: BODY HARNESS

DESCRIPTION: RAPID DON HARNESS

PRODUCT CODE: PBH 11

PRODUCT FEATURES



Padded Areas

The PBH 11 incorporates padded leg loops to reduce post fall trauma and a slimline body pad which keeps the harness form.



Waist Belt with "D"s

The PBH 11 incorporates a comfort waistbelt and two "D" connections when used as a work positioning harness.



Click Lock Buckles

All entry points are fitted with click lock buckles which speeds up the donning of the harness.



Adjustable Rear & Chest Strap

This adjustment area allows the user the capability of the correct fit of the harness to the individual user.



Adjustable "D" Ring

The rear "D" ring is compatible for safe connection to any EN/ANSI compliant fall protection system.



Powder Coated Fittings

All fittings are black powder coated to minimise abrasion wear of the webbing and to provide superior corrosion resistance.



Polyester Webbing

- High strength.
- High Abrasion Resistance.
- Resistance to UV, Acids, Alkalis, Oil.
- Resistance to water/mildew.



Contrast Stitching

Grey contrast stitching is used so that on inspection, prior to donning, the user can determine the integrity of the Harness.

PRINCIPAL FEATURES

Anchorage Connection

Front and rear "D" attachment points.
Waist belt with two work positioning "D"s.

Fittings

Easy to don via click lock buckle entry.
Carbon steel fittings black powder coated.
Stainless or composite fitting options.

Pads

Padded leg loops.
Body/shoulder pad.

Webbing

Polyester webbing with two colour body to leg.

Weight

1.4kg

User Weight

150kg maximum.

Standards

EN 361, EN 358, AS/NZS 1891

HARNES INSPECTION

BUCKLES

Check for damage, distortion, cracks or corrosion, any of these are deemed a failure.

TRACEABILITY

Check that the label is present and readable and the serial number is visible.



STITCHING

Look for loose or damaged threads and uneven stitch pattern.

WEBBING TIDIES

Look for damaged or missing tidies, if incomplete they can be replaced.

WEBBING

Ensure that the webbing is free from cuts, abrasion, wear and tears. Special attention should be given to the webbing under every buckle for rubbing and general deterioration. Check that the weave of the webbing is even and shows no sign of distortion or "necking" resulting from loading.

ATTACHMENT POINTS

Check for damage, distortion, cracks or corrosion, any of these are deemed a failure.

DONNING A HARNES



1. Unfasten leg and chest buckles.

2. Hold harness up by the rear "D" attachment point, check that the webbing is not twisted.

3. Don harness as you would a waistcoat.



5. Pull leg straps through and buckle back to form loops about each leg. DO NOT twist or cross straps.

6. Adjust all webbing so that the harness fits comfortably without restricting free movement or pinching.

7. Adjust rear "D" so that it is between shoulder blades and within the users reach.

A rear "D" that is too high or low will cause the body to take an undesirable position during a fall arrest situation.



4. Fasten chest strap buckle.

SCOPE OF USE

The PBH 11 is designed to support the body and distribute the forces to prevent serious injury and keep the worker in a safe position ready for rescue in the event of a fall. Certified fall arrest points are clearly marked with an A, the rear "D" should always be your primary anchorage, although front "D" connection is permitted for fall arrest but is primarily for work positioning. The PBH 11 must only be used in conjunction with an energy absorber or load limiting device, maximum impact force 6kN. Recommended anchorage strength 15kN

ORDERING INFORMATION

Part No.	Description
PBH 11 S	Checkrig - Pro Body Harness Small
PBH 11 M	Checkrig - Pro Body Harness Medium
PBH 11 L	Checkrig - Pro Body Harness Large
PBH 11 XL	Checkrig - Pro Body Harness Extra Large



For Harness Sizing Chart ask for Technical Data Sheet TDS 17

CHECKMATE LIFTING & SAFETY LLP

New Road, Sheerness, Kent, England, ME12 1PZ Tel: +(0) 1795 580333 Fax: +(0) 1795 668280
email: sales@checkmateuk.com www.checkmateuk.com