



CHECKMATE
LIFTING &
SAFETY

FABX1 FABX2



Covering Models:

FABX1-8W, FABX1-10C, FABX1-10CS, FABX1-10F
FABX2-12W, FABX2-18C, FABX2-18CS, FABX2-18F



FABX1, FABX2

Index

Page

1.0	Installation, Use, Compatibility & Warning!	3
2.0	Introduction to FABX1 & FABX2 Scope of Use	4
3.0	Storage, Issue & Inspection	5
4.0	Quality, Legislation & Exclusions	6
5.0	Record card	7

Description/Explanation of Symbols



Inspect the device, life line, hook and anchorage for signs of wear, deformation, damage or corrosion.
Ensure hook swivels and twist gate operate and close correctly.
Ensure load indicator has not deployed.



The device will arrest a fall within 1.5metres. Do not use the device at full line pay out or in situations where there is less than 3 metres of ground clearance.



Pull line sharply to engage brakes and ensure device locks before each and every use.



Max. capacity 136Kg. (User, Tools & equipment).



The device should be fitted above the user.



This device must only be serviced by a trained and competent individual. Never attempt to service this unit or tamper with its function in any way.



Connect only to the Rear Dorsal "D" ring of a fall Protection Full Body Harness. Ensure that the hook of the device is secure in the Harness "D" Ring and that the gate of the hook is locked.



Install the device so that it is away from the edge, so avoiding swing hazards, the potential user must not have to lean out to reach the device or hook and endangering themselves with a fall hazard.
Check for sharp edges & use edge protection where required.



FABX1, FABX2

Installation, Use, Compatibility & Warnings !

Section 1.0

Installation

The Device must not be installed where the following hazards may endanger the user or prevent the efficient operation of the system.

The area below the device must be free of obstruction that will prevent the free pay-out of rope or may obstruct the movement of the user.

The environment must be free of heavy solvents or acids that will degrade the device, life line or the hook.

The device must be anchored to a point which will hold a load of 15kN and that is fixed preventing the device anchorage from moving whilst in use.

If there is any chance of the line becoming entangled in lifting equipment, passing vehicles or structure then do not install.

Install the device so that it is away from the edge, so avoiding swing hazards, the potential user must not have to lean out to reach the device or hook and endangering themselves with a fall hazard.

Never install where there is a possibility of electric shock hazards.

When installing ensure that you are not subjecting your self to potential fall hazards, wear a full body harness and shock absorbing lanyard anchoring your self whilst installing.

USE

Installed from an over head anchorage the device affords a user fall protection within a cone of 45 degrees from the vertical.

Fall Protection

Check the hook load indicator is not deployed, follow the inspection routine laid down in this manual.

The device will arrest a fall within 2.0 meters. Do not use the device at full line pay out or in situations where there is less than 3.0 metres of ground clearance below the feet of the user.

Connect only to the Rear Dorsal "D" ring of a fall Protection Full Body Harness. Ensure that the hook of the device is secure in the Harness "D" Ring and that the gate of the hook is locked.

Never work above the level of the device or tie off the life line to prevent it retracting. The line between the user and the device must be taught at all times.

Never run or jump whilst attached to the unit, walking at a moderate pace will ensure that the device does not sense a fall.

Never work outside of a 45 degree cone created from the device through vertical, if a fall were to occur the device would lock and the user would swing like a pendulum and may sustain injury from this hazard.

Compatibility

The FABX1 & 2 are suitable only as Fall arrest blocks if they are attached to an anchorage of 15kN by use of a connector conforming to EN362, and used with a Full Body Harness which conforms to EN361, such as the Checkmate PBH range.

Warnings

Read and understand manufacturers instructions before inspection, installation or use of this product.

Never use this product if you weigh more than 136kg.

Only use approved equipment with this product.

If there are any points in this manual that you are unsure of seek a competent, trained person to advise you before using.

Seek medical advice from a doctor before using this product if; you have sustained a spinal injury, suffer from a neck or back complaint, or you are taking prescription medication.

Never use if you are under the influence of alcohol or recreational drugs.

Extra care should be taken if welding whilst using this product, protect the Life Line from splatter and heat at all times. Never use this system unattended.

Never use this system unless you are supervised by a trained and competent person.

Ensure the lifeline is free to extend and retract from the device, and that the brake engages with a sharp jerk, before attempting to use as a fall arresting unit.

Rescue Planning

Before use, and when using the FABX1 & FABX2 Fall Arrest Blocks, users and supervisors should always make suitable provisions for rescue.

A full risk assessment should be carried out to determine the most effective, safe and quickest form of rescue.

For more information on specialist rescue systems or training please contact the Checkmate Safety technical team.

FABX1, FABX2

Introduction to FABX1 & 2 Scope of Use

Section 2.0

FABX2

The FABX1 & FABX2 have been designed for your safety when working at height. They have a unique sealed braking system that ensures the device pays out freely but locks on rapidly to minimise free fall and impact loads on both the anchorage and the body.

If the unit has been deployed, the hook load indicator will show on the swivel hook. If this is visible DO NOT USE



FABX1 - 10m (33ft) max. working length.

FABX2 - 18m (59ft) max. working length.

MAX user weight 136kg.

Sleek and modern design.

Anchorage karabiner as standard.

Range of alternative karabiners.

Light weight (inc swivel hook)

FABX1 - Wire Rope <4.1Kg. Webbing <3.4Kg

FABX2 - Wire Rope <6.5Kg. Webbing <4.5Kg.

Composite housings UV stabilised.

Internal steel chassis.

Alloy swivel hook as standard.

Sealed Braking System.

Cleaning brushes to reduce debris entering the unit.

Carrying handle & shoulder strap available as an accessory.

Fully serviceable

Tested for Vertical use.

Device will function horizontally.

Manufactured in the UK

Meets and exceeds

EN 360 ANSI OSHA



FABX1, FABX2

Storage, Issue & Inspection

Section 3.0

Storage

Storage in a central protected location allows assurance of inspection on issue and return.

The device should be stored in a clean dry place where it can be protected from damage by chemical attack and sharp objects . It should be stored with its instructions and record card at all times.

Return the device back to it's original box or other suitable container for storage & transportation. After use return to the store, Never leave the device lying around site.

Issue

This and associated equipment must be visually inspected by a competent person when initially delivered to site, there after the product must be inspected before and after use. A record card is printed in section 5.0 of this manual and should be updated after each routine inspection. Follow the points laid down in the section headed "Inspection" without deviation.

The supervisor must ensure that the equipment is being used correctly by a trained and/or otherwise competent person who is aware of its safe use and inspection. Additionally the supervisor must ensure that there are suitable and accessible anchorages in the working environment to allow safe anchorage of the device.

Inspection

Inspect the device, life line, hook and anchorage for signs of wear, deformation, damage or corrosion.

Webbing (Polyester) - Ensure that the webbing is free from cuts, abrasion & wear marks.

Wire Rope (Galvanised Steel or Stainless Steel)- Ensure that the wire rope is free from cuts, abrasion & kinks.

Fibre Rope (Dyneema)- Ensure that the fibre rope is free from cuts, abrasion & wear marks.

Ensure hook swivels and twist gate operate and close correctly.

Ensure hook load indicator is not deployed.

Pull line sharply to engage brakes and ensure device locks before each and every use.

Pull out line to ensure that it pays out and recoils smoothly.

All housing screws must be secure.

Check the user instructions are clear & legible.

If the webbing or fibre rope becomes wet in use, ensure webbing or fibre rope is extended & left to dry naturally.

To clean the housing, webbing or fibre rope, a mild detergent can be used with warm or cold water. The webbing or fibre rope must be extended from the device & left to dry naturally.

Ensure that device certification is current before use, the device must have been serviced and inspected within the last 12 months and 6 months if used in corrosive or off-shore environments.

If for any reason the inspection of this device shows signs for concern or doubt then the device must be quarantined and removed from service immediately. Advice should be sought from the supervisor and if still concerned the device must be sent to the supplier, an approved service agent or the manufacturer for service and re-calibration.

The device has an expected useable lifetime of up to five years subject to inspection, providing it has been serviced & maintained to Checkmate's recommendations.

**This device must only be serviced by a trained and competent individual,
Never attempt to service this unit or tamper with its function in any way.**

FABX1, FABX2

Quality, Legislation & Exclusions

Section 4.0

4.1 Quality

All Checkmate products are manufactured under ISO 9001:2000 and to the highest standards. The scope of use within the certification held allows Checkmate to design, manufacture and test Personal Protection Equipment.

Horizontal tensile test machine, abrasion tester and dynamic drop test rig are just part of the full range of test facilities used to ensure ultimate safety of our product range.

All Checkmate devices must only be installed by Checkmate personnel or a trained operator. Strict training is given and written exams are completed before full certification can be given to operators. (EC type examination for Directive 89/686/EEC by SGS UK Ltd. Weston-super-Mare, BS22 6WA. UK. (Notified Body No. 0120.)

4.2 Legislation and Standards

The FABX1 & FABX2 have been designed to meet the requirements of BS EN 360: 2002.

For clarification on any certification issues contact Checkmate or SGS UK.

4.3 Exclusions

Checkmate holds global product liability cover for your safety.

Checkmate will NOT however be responsible for:

- a) Users who are out of the scope of any written manuals of training given.
- b) Any device that has NOT been inspected under the current legislation and manufacturers guidelines.
- c) Devices that have been damaged.
- d) When the maximum weight in Kg has been exceeded.
- e) Devices that have NO serial number markings, and the manufacturers name, Checkmate Lifting & Safety LLP, is not present.



Approved service company:

