

## ANSI/ASSE Z359 - Requirements for Proper Use and Maintenance of Full Body Harnesses

These are general requirements and information provided by ANSI/ASSE Z359, the Manufacturer of this equipment may impose more stringent restrictions on the use of the products they manufacturer, see the Manufacturer's instructions.

### 1 - GENERAL INFORMATION

**1.1** - The user's organization shall retain the manufacturer's instructions and make them readily available to all users. Users shall read and perfectly understand the information provided by the manufacturer before using the device, shall comply with all instructions regarding the inspection, maintenance and storage of the equipment and make sure that the device is in perfect condition and working properly.

**Warning:** rescue work, tree climbing and works at height are activities with a high degree of risk, which may lead to accidents and even death.

The user takes complete responsibility for the risks deriving from these activities and from using our devices. This device can be used only by individuals medically fit. It is essential that the users of this type of equipment receive proper training and instruction, including detailed procedures for the safe use of such equipment in their work application. ANSI/ASSE Z359.2 establishes guidelines and requirements for an employer's managed fall protection program, including policy statements, duties and responsibilities, training and evaluations, minimum requirements for fall protection procedures, eliminating and controlling fall hazards, rescue procedures, incident investigations, and evaluating program effectiveness.

**1.2** - If the user has the slightest doubt concerning the efficiency of the device, it shall be replaced immediately, particularly after having used it to arrest a fall.

**1.3** - Minimum resistance of anchoring points, on both natural and artificial elements, can be at least 12 kN. The assessment of those made on natural elements (rocks, plants, etc.) is possible only empirically, and can therefore be performed by a competent expert, while those on artificial elements (metal, concrete, etc.) can be calculated scientifically, and can therefore be performed by qualified personnel.

**1.4** - 8W0.320 SIERRA DUO ANSI is tested in accordance ANSI/ASSE



## 8W0.320 SIERRA DUO ANSI

ANSI USE

WWW.KONG.IT



read and always follow the information supplied by the manufacturer



Find the digital version of the information supplied by the manufacturer here:  
<https://www.kong.it/en/product/sierraduo>

Y5635000BAK

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Z359.11-2014 by testing laboratory no. 1539 DOLOMATICERT scarl - zona industriale Villanova - 32013 Longarone BL - Italia, meeting standard ISO 17025.

This device is inspected in accordance with the procedures of the Quality System certified according to the UNI EN ISO 9001.

**Warning:** laboratory tests, inspections, information and norms do not always manage to reproduce what actually happens in practice, and so performance under real usage conditions in a natural environment may differ, sometimes even considerably. The best information can be gained by continual practice under the supervision of skilled, expert, qualified individuals.

### 2 - WARNINGS

- It is strictly forbidden to alter and/or repair the device, only the equipment manufacturer, or persons or entities authorized by the manufacturer, are allowed to repair the equipment.

- Before use make sure that the device is suitable for the purpose: only the techniques that are not crossed out are permitted, any other use is considered improper and therefore potentially dangerous.

- Verify combinations of components or sub-systems, or both, they have not to affect or interfere with the safe function of each other.

- Improper use, deformation, falls, wear, contact with chemical substances, chemical contamination, exposure to direct sunlight (UV degradation), heat sources and flames, exposure to temperatures below -20°F or higher than +120°F, are some examples of other causes that may produce a harmful effect, or reduce, limit or end the life of the device. We strongly suggest using the device personally in order to continuously monitor the degree of protection and efficiency.

- At low temperatures, the presence of moisture can form ice that, on textile devices, can reduce flexibility and increases the risk of cutting and abrasion.

- Pay particular attention when using the equipment around moving machinery and electrical hazards, sharp edges or abrasive surfaces.

### 3 - MAINTENANCE AND STORAGE

- Equipment which is in need of, or scheduled for maintenance shall be tagged as "unusable" and removed from service.

- Maintenance and storage of equipment shall be conducted by the user's organization, consists of washing in warm drinking water (90°F), possibly with the addition of neutral detergent. Rinse and, without spinning, leave it to dry without leaving it in the direct sunlight.

- In addition, if necessary, disinfect the device, soaking it in warm water containing 1% of sodium hypochlorite (bleach). Rinse with drinking water and, without spinning, leave it to dry without leaving it in the direct sunlight. Avoid sterilising textile devices in an autoclave.

- Equipment shall be stored in a manner as to preclude damage from environment: maintain temperature between 5-30°C (40-85 °F) and relative humidity between 40-90%, avoid exposure to light, UV, sharp edges, excessive moisture, oil, chemicals and their vapours or other degrading elements.

- Exceptional maintenance and storage issues, which may arise due to unusual conditions of use, shall be addressed with the manufacturer.

### 4 - INSPECTION

Inspection criteria for the equipment shall be set by the user's organization. Such criteria for the equipment shall equal or exceed the criteria established by ANSI/ASSE Z359.2:13 or the manufacturer's instructions, whichever is greater. The outcome of these periodic inspections shall be recorded on the device's inspection chart or a designated register.

When inspection reveals defects in, damage to, or inadequate maintenance of equipment, the equipment shall be permanently removed from service or undergo adequate corrective maintenance, by the original equipment manufacturer or their designate, before return to service.

In addition to the inspection requirements set forth in the manufacturer's instructions, the equipment shall be inspected by the user before and after using the device and additionally by a competent person, other than the user, at interval of no more than one year for:

- absence or illegibility of markings,
- absence of any elements affecting the equipment form, fit or function,
- evidence of broken stitches fixed to load indicators,
- evidence of defects in or damage to hardware elements including cracks, sharp edges, deformation, corrosion, chemical attack, excessive heating, alteration and excessive wear,

- evidence of defects in or damage to strap or ropes including fraying, unspling, unlacing, knotting, roping, broken or pulled stiches, excessive elongation, chemical attack, excessive soiling, abrasion, alteration, excessive aging and excessive wear.

### 5 - DEVICE LIFE

The lifespan of metal components is indefinable, theoretically unlimited, while for those affected by aging the date beyond which the device must be replaced is calculated after 10 years from first use and in any case no later than 12 years from the date of manufacture as long as: maintenance and storage are carried out as described in point 3, the results of pre-use, post-use and periodic inspections are all positive, and the device is used correctly.

### 6 - LEGAL OBLIGATIONS

Professional and recreational activities are often regulated by specific national or governmental laws that may impose specific limits and/or requirements for the personal fall arrest systems, which includes the Full Body Harness in their components. The user is obliged to know and apply these laws, which may in some cases impose obligations different from those contained in this information.

### 7 - GUARANTEE

The manufacturer guarantees that the device complies with regulations in force at the time of production. The guarantee covering faults is limited to production defects and raw materials. It does not include wear and tear, oxidation, damages caused by improper use and/or during competition, incorrect maintenance, transport, conservation, storage, etc. The guarantee becomes void as soon as the device is modified or tampered with. The validity corresponds to the legal guarantee of the country where the device was sold by the manufacturer, with effect from the date of sale. After this period no claim can be made against the manufacturer. Any request for repair or replacement under this warranty shall be accompanied by a proof of purchase. If the defect is accepted, the manufacturer, at its sole discretion, will repair, replace or refund the device. Under no circumstances does the manufacturer's liability extend beyond the invoice price of the device.

### 8 - SPECIFIC INFORMATION

**8W0.320 SIERRA DUO ANSI** (fig. 1) is a full body harnesses (FBH) compliant with ANSI/ASSE Z359.11:2014, fitted with two attachment points, one dorsal (D) and one sternal (C) consisting of two attachment elements.

It is intended to be used with other components of a personal fall arrest system that limit maximum arrest forces to 1800 pounds (8 kN) or less.

#### 8.1 - Nomenclature of the parts (fig. 1)

**A** Shoulder straps | **B** Leg loops | **C** Sternal attachment point composed by two elements | **D** Dorsal attachment point | **E** Leg loops adjustment buckles | **F** Sternal webbing | **G** Sternal webbing adjustment buckle | **H** Shoulder straps adjustment buckles | **I** Load indicators | **L** Gear loops.

**Metal material:** carbon steel

**Textile materials:** polyester, polyamide

#### 8.2 - Wearability

- Check the size suitability (SIZE table),
- loosen the shoulder straps (A) and the leg loops (B),
- unthread the sternal webbing (F) from its buckle (G) - (fig. 2),
- holding the harness by the dorsal attachment point (D) spread out the shoulder straps (A),
- slip your legs through leg loops (B),
- slip your arms into the shoulder straps (A),
- fasten the sternal buckle (G),
- tighten the adjustment straps (fig. 4),
- check that the attachment elements (dorsal and sternal) are correctly positioned (fig. 5),
- insert the excess webbing into the elastic loops.

#### Important:

- before using the harness, in an absolutely safe position, carry out movements and suspension tests to ensure that it is correctly adjusted and comfortable for the intended use;
- check the buckles regularly during use;
- when not in use, unused lanyard legs that are still attached to a Full Body

Harness D-ring should not be attached to a work positioning element or any other structural element on the Full Body Harness.

### 8.3 - Use in a fall arrest system

- For the sake of safety in case of risk of falls from a height, it is essential to:
- assess the risks and make sure that the whole system, where this device is only a component, is reliable and safe,
  - prepare a rescue plan to deal with any emergencies possibly arising while the device is being used,
  - have the means at hands to implement the rescue plan,
  - make sure that the anchor device or the anchor point is always positioned as high up as possible, and that work is done in such way as to reduce potential falls and relevant heights to a minimum,
  - connect the harness to other devices (e.g. energy absorbers, ropes, etc.) to achieve a fall arrest system, as it is only one component of a fall arrest system,
  - use an energy absorber to limit maximum arrest forces to 1800 pounds (8 kN),
  - carefully assess the free height under the user (clearance). Examples of main factors can be: height of a potential fall, Full Body Harness Stretch (Hs), rope paid out, the length of any attachment element extender, the stretch in any energy dissipaters or absorbers, the height of the user and the "pendulum" effect.

**Note:** Full Body Harness Stretch (Hs) is the amount the FBH component of a personal fall arrest system will stretch and deform during a fall (fig. 6 and 7), can contribute to the overall elongation of the system in stopping a fall. It is important to include the increase in fall distance created by FBH Stretch as well as the FBH connector length, the settling of the user's body in the FBH, and all other contributing factors when calculating total clearance required for a particular fall arrest system. 8W0.320 SIERRA DUO ANSI Full Body Harness Stretch (Hs) is by far less than 18 in. (457 mm).

**Important:** in a fall arrest system, it is mandatory to use a complete harness in compliance with current regulations.

**Warning:** if the load indicators (I) are unstitched, replace the device immediately (fig.8).

### 8.4 - Acceptable use for attachment elements

**Warning:** connect to the attachment point with soft loops carabiner connectors only. Plain hooks cannot be used!

#### 8.4.1 - Use with dorsal attachment

The dorsal attachment element shall be used as the primary fall arrest attachment (fig. 9), unless the application allows the use of an alternate attachment. It may also be used for travel restraint or rescue.

Post fall, supported by the dorsal attachment the user will result in an upright body position with a slight lean to the front with some slight pressure to the lower chest.

#### 8.4.2 - Use with sternal attachment

**Warning, danger of death!** The sternal attachment point (C) is composed by two attachment elements. Never connect to only one attachment element (fig. 10).

The sternal attachment may be used as an alternative fall arrest attachment in applications where the dorsal attachment is determined to be inappropriate by a competent person, and where there is no chance to fall in a direction other than feet first. Accepted practical uses for a sternal attachment include, but are not limited to, ladder climbing with a guided type fall arrestor, ladder climbing with an overhead self-retracting lifeline for fall arrest, work positioning, and rope access. The sternal attachment may also be used for travel restraint or rescue. Post fall, supported by the sternal attachment the user will result in roughly a sitting body position with weight concentrated on the thighs, buttocks and lower back. Supporting the user during work positioning by this sternal attachment will result in an approximate upright body position. When the sternal attachment is used for fall arrest, the competent person evaluating the application should take measures to ensure that a fall can only occur feet first. This may include limiting the allowable free fall distance.

## MARKINGS

**SIERRA DUO ANSI  
8W0.320**

**POLYESTER**



**MM/YYYY**



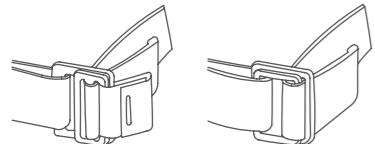
**Model**

**Material**

**Production date**

**Dorsal attachment point**

**Sternal attachment point**

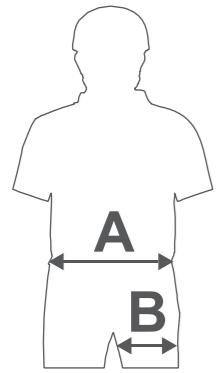


**Regulation and blocking of the webbing**



**Always read and follow the information supplied by the manufacturer**

## SIZE



**M/L**

**XL**

**A [in]**

**28.34 - 41.34**

**35.04 - 51.28**

**B [in]**

**19.69 - 24.41**

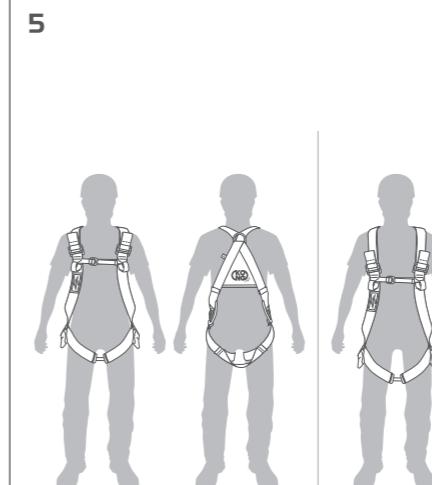
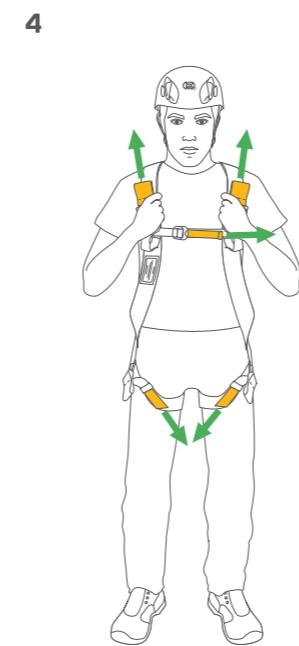
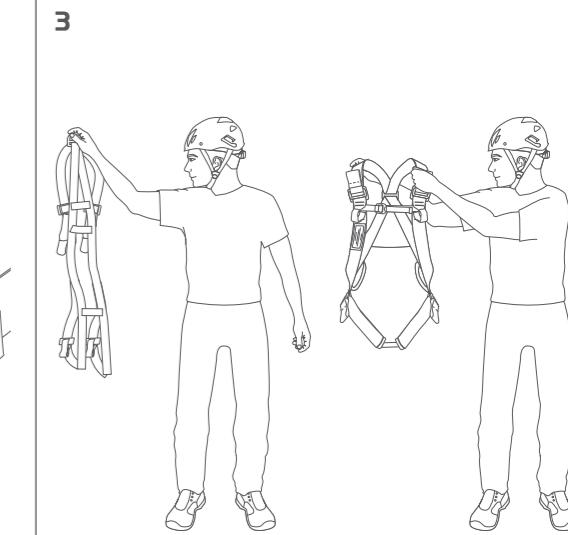
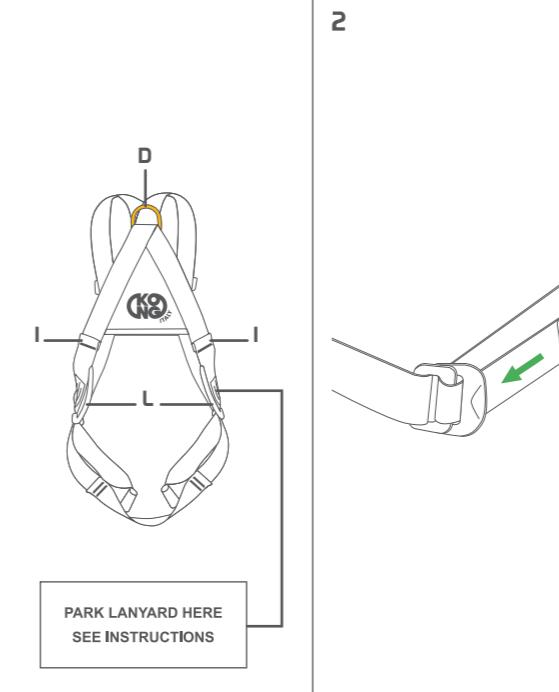
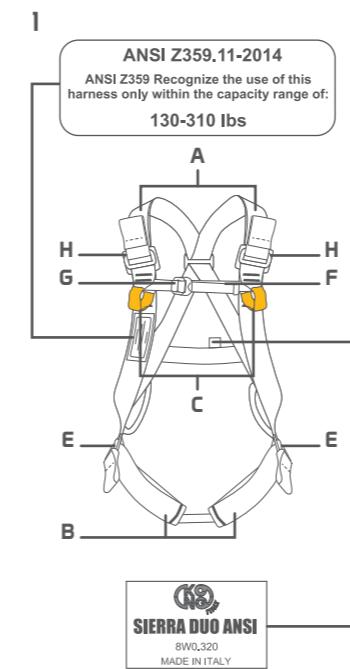
**24.41 - 31.49**

**oz**

**29.98**

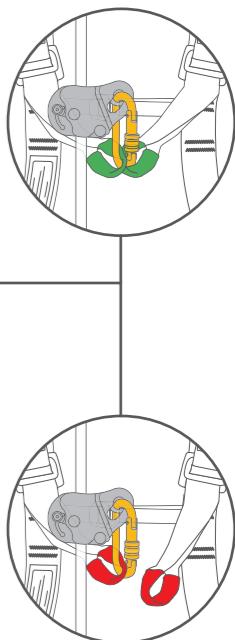
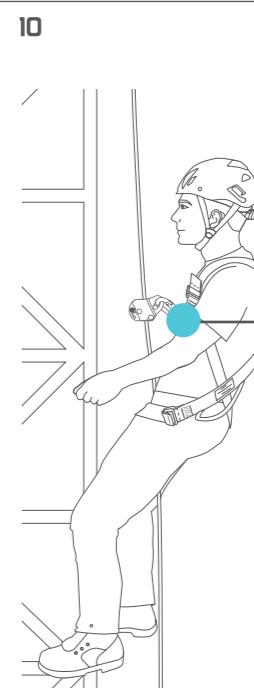
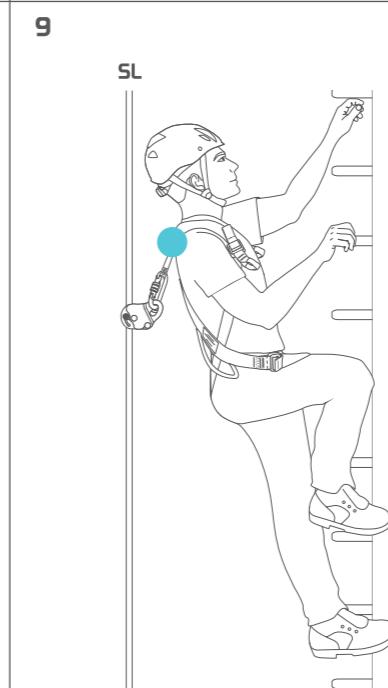
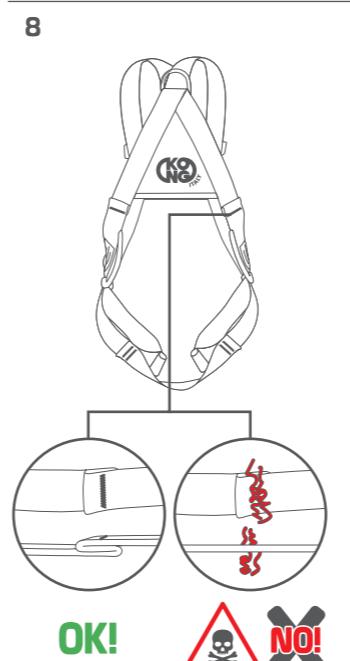
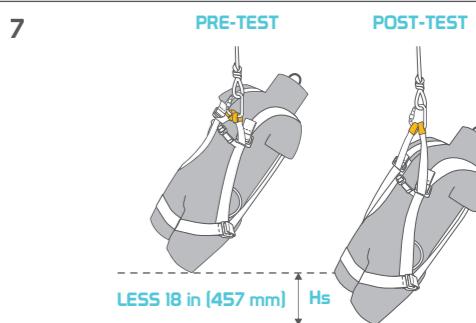
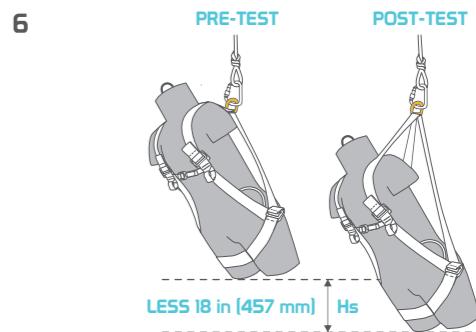
**31.75**

## DRAWINGS

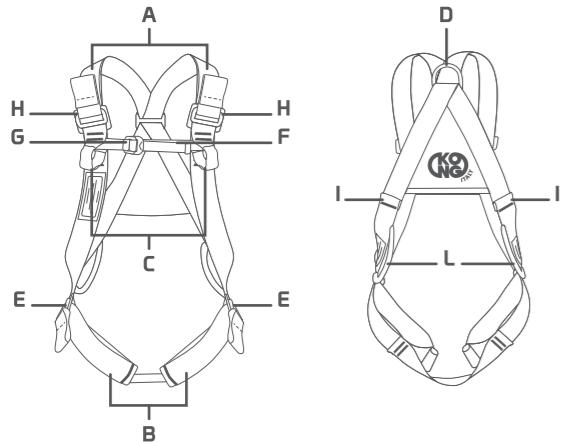


**OK!**

**NO!**



## NOMENCLATURE



**A** Shoulder straps | **B** Leg loops | **C** Sternal attachment point composed by two elements | **D** Dorsal attachment point | **E** Leg loops adjustment buckles | **F** Sternal webbing | **G** Sternal webbing adjustment buckle | **H** Shoulder straps adjustment buckles | **I** Load indicators | **L** Gear loops

Metal material: carbon steel

Main textile materials: polyester, polyamide

**A** Spallacci | **B** Cosciali | **C** Punto di attacco sternale composto da due elementi | **D** Punto di attacco dorsale | **E** Fibbie di regolazione dei cosciali | **F** Fettuccia sternale | **G** Fibbia di regolazione della fettuccia sternale | **H** Fibbie di regolazione degli spallacci | **I** Indicatori di carico | **L** Porta-materiale

Materiale metallico: acciaio al carbonio

Principali materiali tessili: poliestere, poliammide

**A** Bretelles | **B** Passages de jambe | **C** Point d'attache sternal composé de deux éléments | **D** Point d'attache dorsal | **E** Boucles d'ajustement des passages de jambe | **F** Sangle sternale | **G** Boucle d'ajustement de la sangle sternale | **H** Boucles d'ajustement des bretelles | **I** Indicateurs de charge | **L** Porte-matériels

Matériau métallique : acier au carbone

Principaux matériaux textiles : polyester, polyamide

**A** Schultergurte | **B** Beinschlaufen | **C** Sternaler Befestigungspunkt, bestehend aus zwei Elementen | **D** Dorsaler Befestigungspunkt | **E** Beinschlaufen Verstellsschnallen | **F** Sternum-Gurtband | **G** Sternumschnalle | **H** Schultergurte Verstellsschnallen | **I** Lastindikatoren | **L** Materialschlaufen

Metallisches Material: Kohlenstoffstahl

Haupttextilmaterialien: Polyester, Polymid

**A** Hombreras | **B** Perneras | **C** Punto de enganche esternal formado por dos elementos | **D** Punto de enganche dorsal | **E** Hebillas de ajuste de las perneras | **F** Correa esternal | **G** Hebilla de ajuste de la correa esternal | **H** Hebillas de ajuste de las hombreras | **I** Indicadores de carga | **L** Anillos portamaterial

Material metálico: acero al carbono

Principales materiales textiles: poliéster, poliamida



## 8W0.320 SIERRA DUO ANSI

### EU USE

[WWW.KONG.IT](http://WWW.KONG.IT)



Read and always follow the information supplied by the manufacturer  
Leggere e seguire sempre le informazioni fornite dal fabbricante  
Toujours lire et suivre les informations fournies par le fabricant  
Die Angaben des Herstellers müssen immer gelesen und befolgt werden  
Lea siempre y respete la información proporcionada por el fabricante



Download the declaration of conformity at:  
Scarica la dichiarazione di conformità da:  
Télécharger la déclaration de conformité sur:  
Laden Sie die Konformitätserklärung herunter von:  
Descargar la declaración de conformidad en:  
[www.kong.it/conformity](http://www.kong.it/conformity)



Please calculate the lifespan of the device according to:  
Calcola la vita utile del dispositivo in accordo con:  
Calculer la durée de vie du dispositif selon:  
Berechnen Sie die Lebensdauer der Vorrichtung nach:  
Calcular la vida útil del dispositivo según:  
[www.kong.it/en/life/](http://www.kong.it/en/life/)

Y5633000BEK

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## SPECIFIC INFORMATION

Master Text

Category III Personal Protective Equipment 8W0.320 SIERRA DUO ANSI (fig. 1) is a full body harness equipped with a dorsal attachment point (D) – marked with letter A – and a sternal attachment point (C) composed by two elements (marked with letter A/2) certified according to the norm EN 361:2002, suitable for connection with fall arrest systems conforming to EN 363.

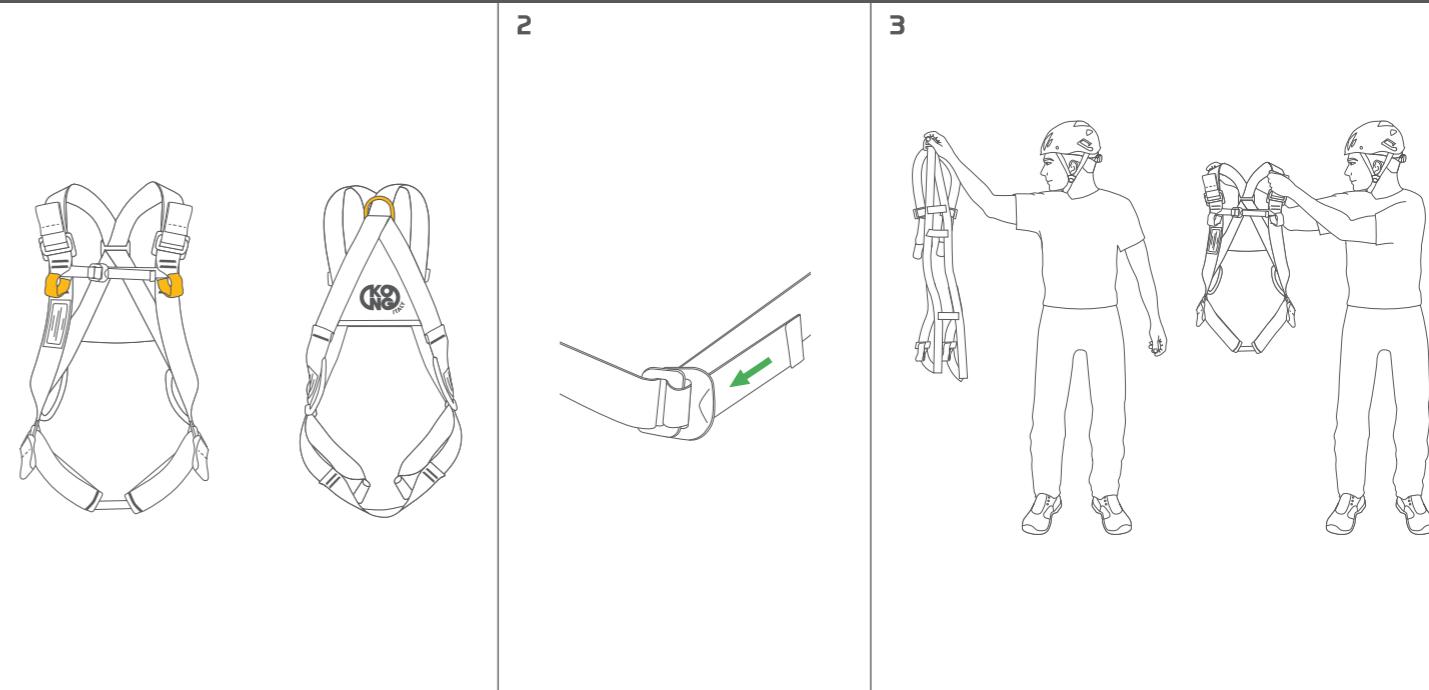
### Wearing

- Check the size suitability (SIZE table);
- loosen the shoulder straps (A) and the leg loops (B);
- remove the sternal webbing (F) from its buckle (G) - (fig. 2);
- holding the harness by the dorsal attachment point (D) spread out the shoulder straps (A);
- slip your legs through leg loops (B);
- slip your arms into the shoulder straps (A);
- fasten the sternal buckle (G);
- tighten the adjustment straps (fig. 4);
- check that the attachment elements (dorsal and sternal) are correctly positioned (fig. 5);
- insert the excess webbing into the elastic loops.

### Important:

- before using the harness, in an absolutely safe position, carry out movements and suspension tests to ensure that it is correctly adjusted and comfortable for the intended use;
- check the buckles regularly during use.

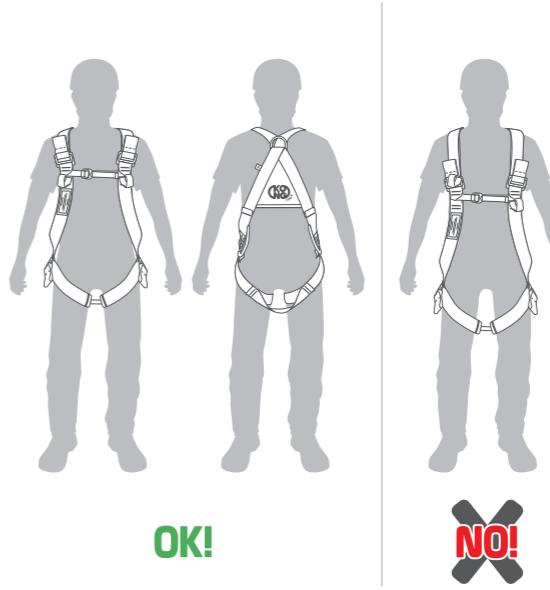
## DRAWINGS



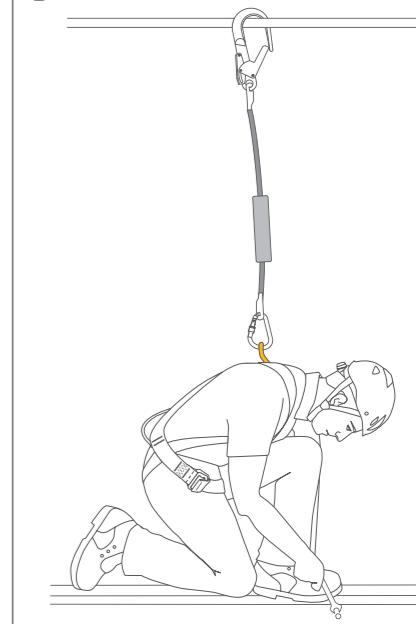
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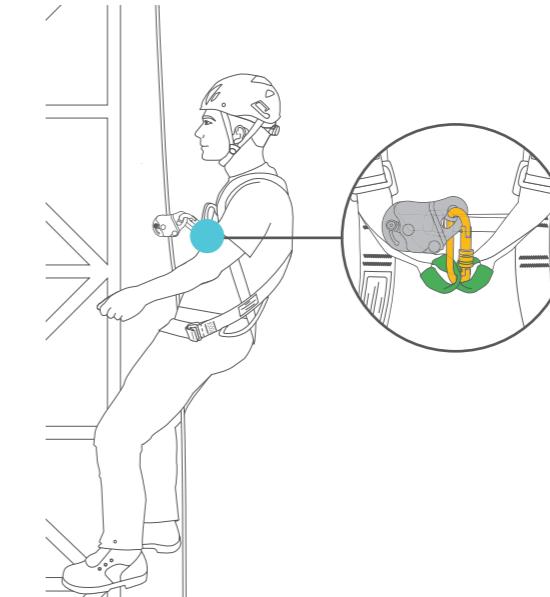
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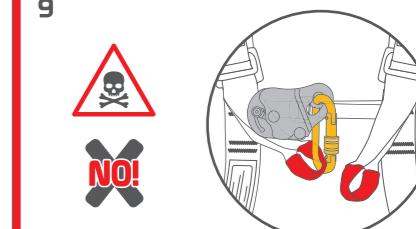
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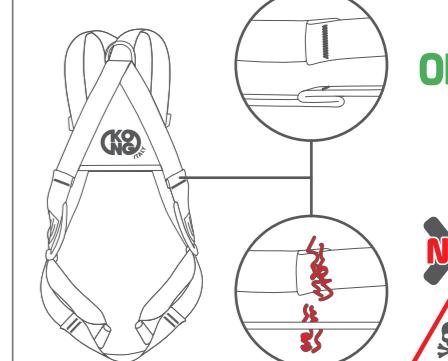
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## INFORMAZIONI SPECIFICHE

Il Dispositivo di Protezione Individuale di III categoria 8W0.320 SIERRA DUO ANSI (fig. 1) è un'imbracatura completa dotata di un punto di attacco dorsale (D) – contrassegnato dalla lettera A – e uno sternale (C) formato da due elementi (contrassegnati dalla lettera A/2) certificati in accordo alla norma EN 361:02, adatti al collegamento con sistemi di arresto caduta conformi alla norma EN 363.

### Vestibilità

- Verificare l'idoneità della taglia (tabella SIZE);
- allentare le fettucce degli spallacci (A) e dei cosciali (B);
- sfilare la fettuccia sternale (F) dalla sua fibbia (G) - (fig. 2);
- tenendo l'imbracatura per il punto di attacco dorsale (D) stendere gli spallacci (A) - (fig. 3);
- infilare le gambe nei cosciali (B);
- infilare le braccia nelle bretelle (A);
- chiudere la fibbia sternale (G);
- tensionare le fettucce di regolazione (fig. 4);
- controllare che i punti di attacco (sternale e dorsale) siano posizionati correttamente (fig. 5);
- inserire le eccedenze delle fettucce nei relativi passanti elastici.

### Importante:

- prima dell'utilizzo, in posizione di assoluta sicurezza, effettuare movimenti e prove di sospensione per accertarsi che l'imbracatura sia correttamente regolata e comoda per l'utilizzo previsto;
- durante l'utilizzo controllare regolarmente la chiusura delle fibbie.

### Utilizzi

I punti di attacco sternale (C) e dorsale (D) dell'imbracatura - contrassegnati con la lettera A/2 e A - sono adatti al collegamento con sistemi di arresto caduta che permettono all'utilizzatore di raggiungere zone o posizioni in cui esiste il rischio di caduta e ne limitano la lunghezza e la forza d'urto sul corpo dell'utilizzatore nel caso essa avvenga.

Esempi di corretto utilizzo con collegamento al punto di attacco dorsale (D) - (fig. 6) e sternale (C) - (fig. 7 e 8).

### Compatibilità

Questo dispositivo è stato progettato per essere utilizzato con:

- corde conformi alla norma EN 1891;
- cordini conformi alla norma EN 354;
- connettori conformi alla norma EN 362;
- dispositivi di regolazione della fune conformi alla norma EN 12841/A;
- dispositivi antcaduta conformi alle norme EN 353, EN 360;
- dissipatori di energia conformi alla norma EN 355.

### Attenzione, pericolo di morte:

- il punto di attacco sternale (C) è formato dai due elementi di attacco contrassegnati con A/2. Non collegarsi mai ad un solo elemento di attacco (fig. 9);
- se gli indicatori di carico (I) sono scuciti, sostituire immediatamente il dispositivo (fig. 10);
- questo dispositivo è solo un componente di un sistema di arresto cadute e come tale deve essere collegato ad altri dispositivi (es. dissipatori di energia, corde, ecc.) per realizzare un sistema di arresto caduta conforme alla norma EN 363.

### Controlli pre e post uso

Prima e dopo l'uso assicurarsi che il dispositivo sia in condizioni efficienti e che funzioni correttamente, in particolare verificare che:

- sia adatto all'uso previsto;
- le parti tessili non presentino tagli, bruciature, residui di prodotti chimici, eccessiva peluria, usura, in particolare verificate le zone in contatto con componenti metallici (fibbie, anelli, ecc.);
- le cuciture siano integre e che non vi siano fili tagliati o allentati;
- le cuciture degli indicatori di carico (I) non siano strappate;
- le parti metalliche non presentino cricche, tracce di corrosione, deformazioni meccaniche e che l'eventuale usura sia esclusivamente di carattere estetico;
- le fibbie funzionino correttamente (chiusura, regolazione e bloccaggio);
- le marcature, comprese le etichette, siano leggibili.

### Certificazione

Questo dispositivo è stato certificato dall'organismo accreditato no. 0123 - TÜV SÜD Product Service GmbH Daimlerstraße 11 - 85748 Garching - Germania

## INFORMATION SPÉCIFIQUES

L'Équipement de Protection Individuelle de Catégorie III 8W0.320 SIERRA DUO ANSI (fig. 1) est un harnais complet équipé d'un point d'attache dorsal (D) – (marqué par la lettre A) et un point d'attache sternal (C) composé de deux éléments (marqués par la lettre A/2), certifié conformément à la norme EN 361:02, adapté à la connexion aux systèmes d'arrêt des chutes conformément à la norme EN 363.

### Port du harnais

- Vérifier que la taille soit idoine (tableau SIZE) ;
- Desserrer les sangles des bretelles (A) et des passages des jambes (B) ;
- Retirez la sangle sternale (F) de sa boucle (G) - (fig. 2) ;
- En tenant le harnais par le point d'attache dorsal (D), étendre les bretelles (A) - (fig. 3) ;
- Enfiler les jambes dans les passages des jambes (B) ;
- Glisser les bras dans les bretelles (A) ;
- Fermer la boucle sternale (G) ;
- Tendez les sangles de réglage (fig. 4) ;
- Vérifier que les points d'attache (sternal et dorsal) sont correctement positionnés (fig. 5) ;
- Insérer l'excédent de sangle dans les boucles élastiques.

### Important :

- Avant d'utiliser le harnais, dans une position absolument sûre, effectuer des mouvements et des tests de suspension pour s'assurer qu'il est correctement réglé et confortable pour l'utilisation prévue ;
- Vérifier régulièrement les boucles pendant l'utilisation.

### Utilisations

Les points d'attache sternal (C) et dorsal (D) du harnais (marqués A/2 et A) conviennent à la connexion à des systèmes antichute qui permettent à l'utilisateur d'atteindre des zones ou des positions où il y a un risque de chute et de limiter la longueur et la force de l'impact sur le corps de l'utilisateur en cas de chute. Exemples d'utilisation correcte avec connexion aux points d'attache dorsal (D) – (fig. 6) et sternal (C) - (fig. 7 et 8).

### Compatibilité

Ce dispositif est conçu pour être utilisé avec :

- Des cordes conformes à la norme EN 1891 ;
- Des longes conformes à la norme EN 354 ;
- Des connecteurs conformes à la norme EN 362 ;
- Des dispositifs de réglage de corde conformes à la norme EN 12841 ;
- Des dispositifs antichute conformes aux normes EN 353, EN 360 ;
- Des absorbeurs d'énergie conformes à la norme EN 355.

### Attention, danger de mort :

- Le point d'attache sternal (C) est formé par les deux éléments d'attache marqués A/2. Ne jamais se connecter à un seul élément de d'attache (fig. 9) ;
- Si les indicateurs de charge (I) sont décousus, remplacez immédiatement l'appareil (fig. 10) ;
- Ce dispositif n'est qu'un composant d'un système d'arrêt des chutes et, en tant que tel, doit être connecté à d'autres dispositifs (par exemple, absorbeurs d'énergie, cordes, etc.) afin de créer un système d'arrêt des chutes conforme à la norme EN 363.

### Contrôles avant et après l'emploi

Avant et après l'utilisation, assurez-vous que le dispositif est dans un état efficace et qu'il fonctionne correctement, en particulier, vérifiez que :

- Il est adapté à l'utilisation prévue ;
- Les parties textiles ne présentent pas de coupures, de brûlures, de résidus chimiques, de poils excessifs, d'usure, en vérifiant notamment les zones en contact avec les composants métalliques (boucles, point d'attache, etc.) ;
- Les coutures sont intactes, et il n'y a pas de fils coupés ou détachés ;
- Les coutures des indicateurs de charge (I) ne sont pas déchirées ;
- Les parties métalliques sont exemptes de fissures, de corrosion, de déformation mécanique et que l'usure éventuelle est purement esthétique ;
- Les boucles fonctionnent correctement (réglage, fermeture, verrouillage) ;
- Les marquages, y compris les étiquettes, sont lisibles

### Certification

Ce dispositif a été certifié par l'organisme accrédité no. 0123 TÜV SÜD Product Service GmbH Daimlerstraße 11 - 85748 Garching - Allemagne

## SPEZIFISCHE INFORMATIONEN

Die persönliche Schutzausrüstung die Kategorie III 8W0.320 SIERRA DUO ANSI (Abb. 1) ist ein Auffanggurt für den ganzen Körper mit einem dorsalen Befestigungspunkt (D) – (gekennzeichnet mit dem Buchstaben A) und einem sternalen Befestigungspunkt (C) bestehend aus zwei Elementen (gekennzeichnet mit dem Buchstaben A/2), die nach EN 361:02 zertifiziert sind, und für die Verbindung mit Auffangsystemen nach EN 363 geeignet sind.

### Anlegen

- Prüfen Sie die Eignung der Größe (SIZE-Tabelle);
- lösen Sie die Schultergurte (A) und die Beinschlaufen (B);
- entfernen Sie das Stornumband (F) aus der Schnalle (G) - (Abb. 2);
- halten Sie den Auffanggurt am dorsalen Befestigungspunkt (D) und spannen Sie die Schultergurte (A) - (Abb. 3);
- stecken Sie die Beine in die Beinschlaufen (B);
- stecken Sie die Arme in die Schultergurte (A);
- schließen Sie die Sternumschnalle (G);
- spannen Sie die Verstellbänder (Abb. 4);
- überprüfen Sie, ob die Befestigungspunkte (sternal und dorsal) richtig positioniert sind (Abb. 5);
- führen Sie die überschüssigen Gurtbänder in die elastischen Schlaufen ein.

### Wichtig:

- führen Sie vor dem Gebrauch in absolut sicherer Position auf Bewegungen und Tests für das Hängen um sicherzustellen, dass der Gurt richtig eingestellt und für den vorgesehenen Gebrauch bequem ist;
- prüfen Sie während des Gebrauchs regelmäßig den Verschluss der Schnallen.

### Verwendungen

Der dorsale und sternale Befestigungspunkt (D und C) des Auffanggurts (mit A und A/2 gekennzeichnet) eignen sich für die Verbindung mit Auffangsystemen, die es dem Benutzer ermöglichen, Bereiche oder Positionen zu erreichen, in denen die Gefahr eines Sturzes besteht, und die Länge und Stärke des Aufpralls auf den Körper des Benutzers im Falle eines Sturzes zu begrenzen. Beispiele für korrekte Verwendung beim Anschluss an den dorsalen (Abb. 6 und 7) und sternalen Befestigungspunkt (Abb. 8).

### Kompatibilität

Dieses Gerät wurde für die Verwendung mit folgenden Geräten entwickelt:

- Seilen gemäß EN 1891;
- Verbindungsstück gemäß EN 354;
- Verbindungslemente gemäß EN 362;
- Seileinstellvorrichtungen gemäß EN 12841;
- Auffangeräte nach EN 353, EN 360;
- Falldämpfer gemäß EN 355.

### Achtung, Lebensgefahr:

- der sternale Befestigungspunkt (C) wird durch die beiden mit A/2 gekennzeichneten Befestigungslemente gebildet. Verbinden Sie niemals nur mit einem Befestigungslement (Abb. 9);
- wenn die Nähte der Lastindikatoren (I) gerissen sind, ersetzen Sie das Gerät sofort (Abb. 10);
- dieses Gerät ist nur ein Bestandteil eines Auffangsystems und muss als solches mit anderen Geräten (z. B. Falldämpfern, Seilen usw.) verbunden werden, um ein Auffangsystem zu schaffen, das der EN 363 entspricht.

### Kontrollen vor und nach dem Gebrauch

Vergewissern Sie sich vor und nach der Benutzung, dass sich das Gerät in einem effizienten Zustand befindet und ordnungsgemäß funktioniert, und prüfen Sie insbesondere, ob:

- es für die vorgesehene Verwendung geeignet ist;
- die Textilteile keine Schnitte, Verbrennungen, chemischen Rückstände, übermäßige Behaarung oder Abnutzung aufweisen; insbesondere sind die Bereiche zu prüfen, die mit Metallteilen in Berührung kommen (Schnallen, Befestigungspunkte usw.);
- die Nähte intakt sind und keine abgeschnittenen oder losen Fäden vorhanden sind;
- die Nähte der Lastindikatoren (I) nicht gerissen sind;
- die Metallteile frei von Rissen, Korrosion und mechanischen Verformungen sind und dass etwaige Abnutzungerscheinungen rein ästhetischer sind;
- die Schnallen einwandfrei funktionieren (Einstellung, Schließen, Verriegelung);
- die Markierungen, einschließlich der Etiketten, lesbar sind.

### Zertifizierung

Zertifiziert von der akkreditierten Stelle Nr. 0123 TÜV SÜD Product Service GmbH Daimlerstraße 11 - 85748 Garching - Deutschland

## INFORMACIÓN ESPECÍFICA

El Equipo de Protección Individual de categoría III 8W0.320 SIERRA DUO ANSI (fig. 1) es un arnés de cuerpo entero con un punto de enganche dorsal (D) – (marcado con la letra A) y un punto de enganche esternal (C) compuesto por dos elementos (marcados con la letra A/2), certificado conforme a la norma EN 361:02, apto para la conexión a sistemas anticaída según la norma EN 363.

### Vestimenta

- Compruebe la idoneidad de la talla (tabla SIZE);
- afloje las hombreras (A) y las perneras (B);
- quite la correas esternal (F) de su hebilla (G) - (fig. 2);
- mientras sostiene el arnés desde el punto de enganche dorsal (D), extienda las hombreras (A) - (fig. 3);
- introduzca las piernas en las perneras (B);
- introduzca los brazos en las hombreras (A);
- cierre la hebilla esternal (G);
- tense las correas de ajuste (fig. 4);
- compruebe que los puntos de enganche (esternal y dorsal) están correctamente colocados (fig. 5);
- introduzca el exceso de cincha en los lazos elásticos.

### Importante:

- antes de utilizar el arnés, en una posición absolutamente segura, realice movimientos y pruebas de suspensión para asegurarse de que él sea correctamente ajustado y es cómodo para el uso previsto;
- durante el uso, compruebe regularmente el cierre de las hebillas.

### Uso

Los puntos de enganche dorsal (D) y esternal (C) del arnés (marcados A y A/2) son adecuados para la conexión a sistemas anticaídas que permiten alcanzar zonas o posiciones con riesgo de caída y limitar la longitud y la fuerza de impacto sobre el cuerpo del usuario en caso de caída.

Ejemplos de uso correcto con conexión a los puntos de enganche dorsal (D) – (fig. 6) y esternal (C) – (fig. 7 y 8).

### Compatibilidad

Este aparato ha sido diseñado para ser utilizado con:

- cuerdas según EN 1891;
- elementos de amarrar según EN 354;
- conectores según EN 362;
- dispositivos de ajuste de cuerdas según EN 12841;
- dispositivos anticaídas según EN 353, EN 360;
- absorbidores de energía según EN 355.

### Atención, peligro de muerte:

- el punto de enganche esternal (C) está formado por los dos elementos de enganche marcados A/2. No lo conecte nunca a un solo elemento de enganche (fig. 9);
- si los indicadores de carga (I) están descocidos, sustituya inmediatamente el aparato (fig. 10);
- este dispositivo es sólo un componente de un sistema anticaídas y, como tal, debe conectarse a otros dispositivos (por ejemplo, absorbidores de energía, cuerdas, etc.) para crear un sistema anticaída que cumpla con la norma EN 363.

### Comprobaciones antes y después del uso

Antes y después del uso, asegúrese de que el aparato está en condiciones eficientes y funciona correctamente, en particular compruebe que:

- es adecuado para el uso previsto;
- las partes textiles no presentan cortes, quemaduras, residuos químicos, vello excesivo, desgaste; en particular, compruebe las zonas en contacto con componentes metálicos (hebillas, punto de enganche, etc.);
- las costuras están intactas y no hay hilos cortados o sueltos;
- las costuras de los indicadores de carga (I) no están descocidas;
- las piezas metálicas no presentan grietas, corrosión ni deformaciones mecánicas y que el desgaste sea puramente estético;
- las hebillas funcionan correctamente (ajuste, cierre, bloqueo);
- las marcas, incluidas las etiquetas, sean legibles.

### Certificación

Este dispositivo ha sido certificado por el organismo acreditado nº 0123 TÜV SÜD Product Service GmbH Daimlerstraße 11 - 85748 Garching - Alemania

## MARKINGS

### EN 361:2002

Conformity to European Norm  
Conformità alla Norma Europea  
Conforme à la norme européenne  
Entspricht der Europäischen Norm  
Conformidad con la normativa europea

### A

Attachment point for fall arrest systems  
Punto di attacco per sistemi antic