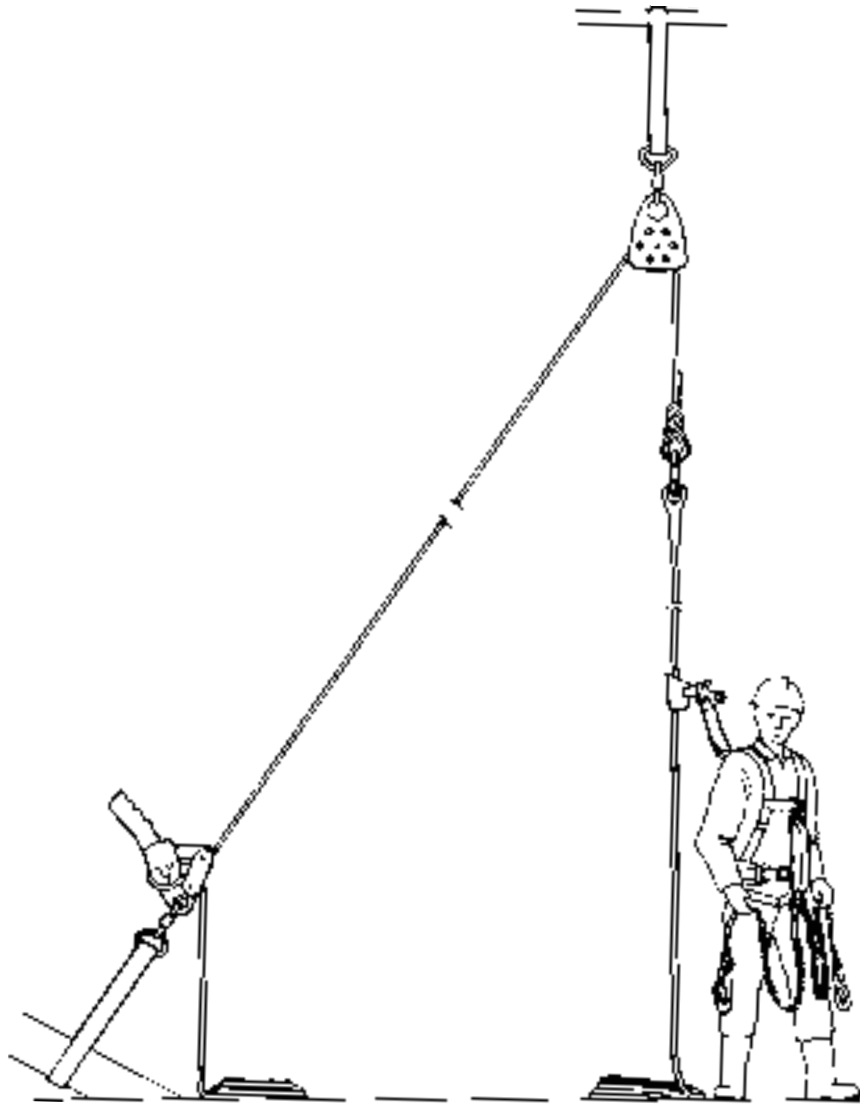




OPERATIONAL RAPID DESCENT SYSTEM USER INSTRUCTIONS



INTRODUCTION

The equipment provides a fall arrest protection system combined with the facility to rescue an operator who has become incapacitated whilst working at height or has fallen to an arrest position. A minimum number of two operators is required to use the equipment.

SYSTEM COMPONENTS (Fig 1)

- 1) Full body harness
- 2) Twin-tailed, shock absorbing lanyard
- 3) Rope grab, complete with shock absorber
- 4) Main rope (16 mm dia)
- 5) Pulley unit
- 6) Sling
- 7) Descender unit
- 8) Rescue rope (11mm dia)
- 9) Sling (optional)
- 10) Connector (x3)

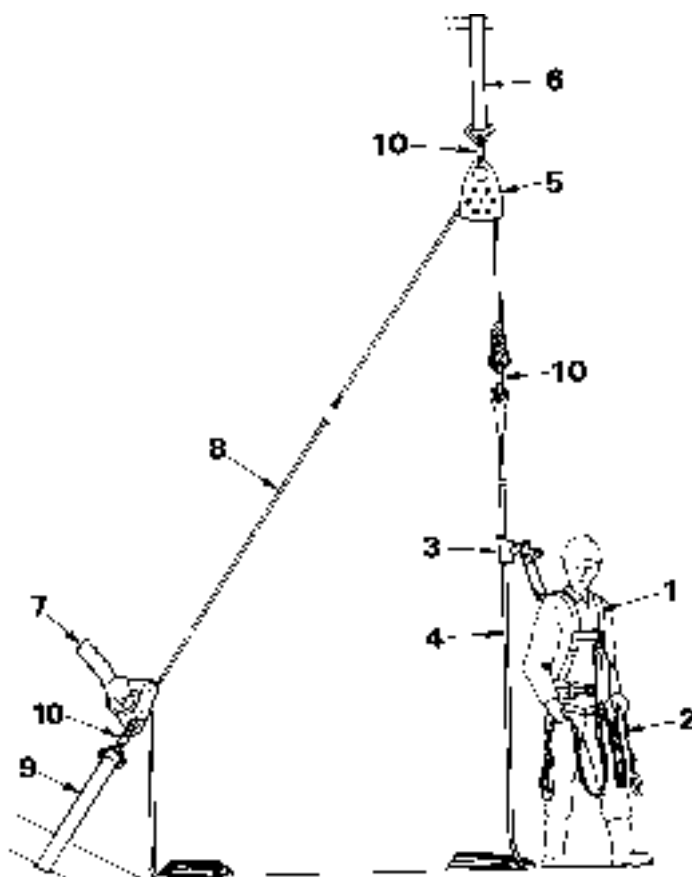


Fig 1

USING THE EQUIPMENT

1- Fitting the full body harness (Fig 2)

The waist, leg and chest strap fastenings should be undone prior to fitting the harness.

Pick up by rear 'D' ring and ensure that straps are not twisted. Pass arms through shoulder straps (1). Fasten chest strap (2). Adjust position of rear 'D' ring plate (3) using straps (4) so that 'D' ring is central between shoulder blades. Fasten waist belt using buckle (5) and secure any surplus strap using the velcro loop. Draw leg straps (6) between legs and thread buckles (7) pulling end of strap to tighten snugly around thigh. Secure all loose straps in holders provided.

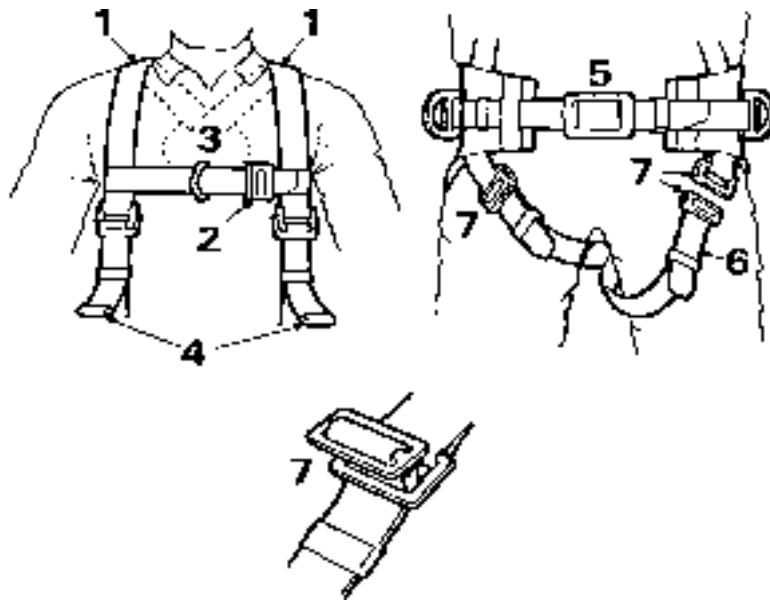


Fig 2

- 2- Remove the rescue rope from the descender unit and pass the plain end of the rope through the pully unit.
- 3- Connect the knotted end of the rescue rope to the thimble of the main rope using the connector already fitted to the rescue rope.
- 4- Attach pully unit and sling, using the fitted connector, to a waist attachment point on the full body harness.
- 5- Place the main rope and the rescue rope in two separate neat coils close to the base of the structure to be climbed.

- 6- Attach the delta connector item 1, fig 3 at the twin-tailed lanyard to the chest 'D' on the full body harness. Ensure connector screw-gate is fully closed.

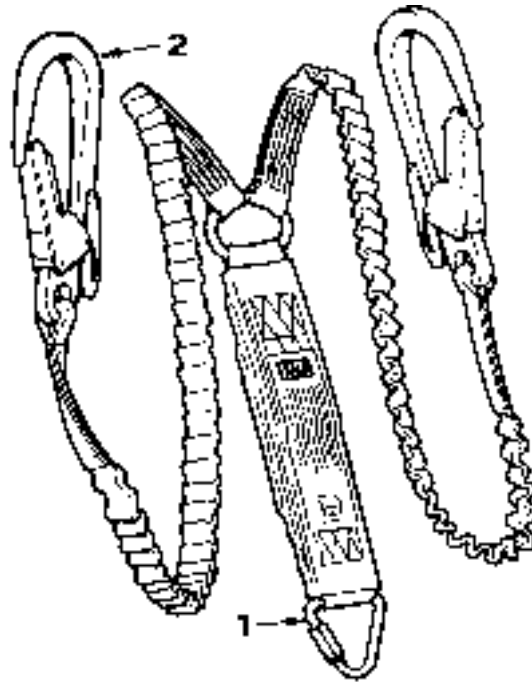


Fig 3

- 7- Attach the rope grab to the main rope following the numbered sequence in Fig 4. After attaching the rope grab check grab operation by pulling firmly down on lever 'A' in Fig 4. The rope grab must lock immediately.

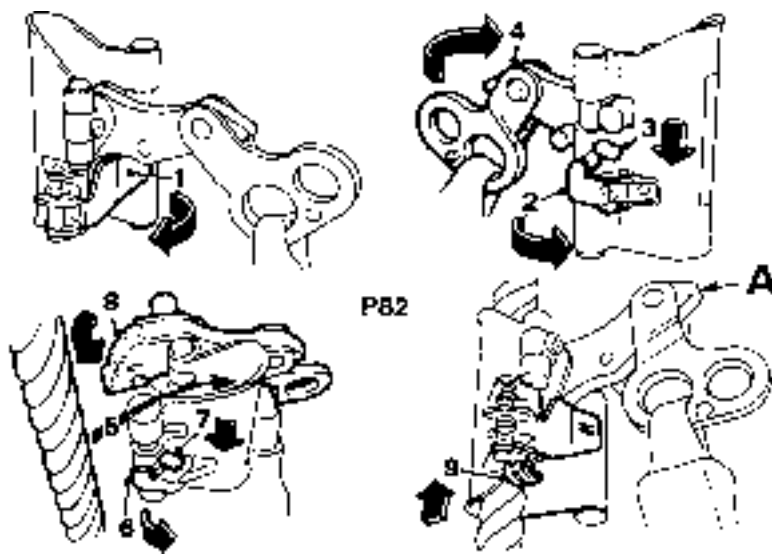


Fig 4

- 8- Attach the connector of the rope grab shock absorber to the dorsal 'D' ring of the full body harness. Ensure that the connector is securely locked.
- 9- Reach above you and connect one hook item2, fig 3 to a suitable anchorage on the structure. Allow the hook safety mechanism to engage. Begin ascent. At a point where the first attached hook is still within comfortable reach, reach above and attach the second hook in the same manner as the first. Disconnect the first hook and continue ascending repeating alternate use of the hooks. On completing the ascent attach both hooks as high above you as possible to minimise risk of falling.
WARNING :DO NOT exceed a height of 70M above ground level.

- 10- Remove pully unit and sling from waist attachment point.
- 11- Remove sling from pully connector and pass it over the intended anchor point.
WARNINGS :
 - a) The anchor point must be part of the permanent structure and capable of withstanding a force of 12KN.
 - b) The path of the suspended main rope should be unobstructed.
- 12- Connect the pully unit to the sling with the connector ensuring that the connector locking mechanism is secured.

The following actions are to be carried out by a second operative at ground level.

- 13- Ensure the rescue rope is fitted in the descender unit as shown in Fig 5.

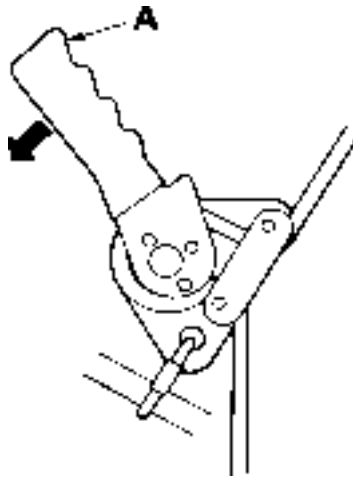


Fig 5

- 14- Using the fitted connector attach the descender unit to a suitable anchor point capable of withstanding a force of 12KN. The descender unit may be directly connected to the anchor point or, optionally (see Fig 1) a sling may be used.
WARNING : Check that the rope fitted to the descender has a clear path to the pully unit and does not come into contact with any sharp edges or run the risk of becoming trapped in any part of the structure.

- 15- Adjust rescue rope position using descender unit so that the connector linking the rescue and main rope is as near the pulley unit as possible. Take care that the knotted end of the rescue rope does NOT enter the pulley unit. Ensure descender handle 'A' is positioned as shown in Fig 5 i.e. locked position. The equipment is now ready for use.

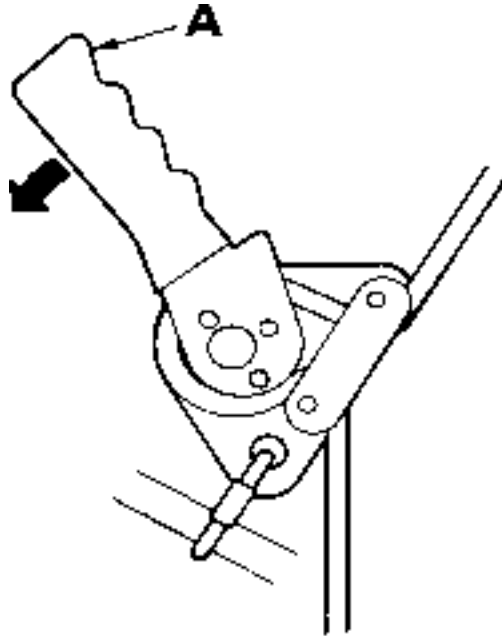


Fig 5

- 16- In the event of a fall or other emergency the second operator may safely lower the climber using the descender unit as follows :
- Push handle 'A' SLOWLY down in direction of arrow (Fig5)
 - The speed of descent is controlled by carefully adjusting the pressure applied to handle 'A'.
To increase rate of descent, increase pressure on handle in direction of arrow, to reduce rate of descent reduce pressure on handle 'A'.
 - To stop, release handle 'A'.
AVOID SUDDEN MOVEMENT OF THE HANDLE.
- 17- Descend the structure using twin-tailed lanyard in a reverse manner to that described in step 7.
- 18- Whilst lowering a climber ensure descent is unobstructed.

NOTE : The harness attachment points for the two Fall Arrest systems may be interchanged dependent on prevailing circumstances and determined by individual Risk assessment.

WARNING : IF THIS EQUIPMENT OR ANY PART OF IT IS SUBJECTED TO A FALL ARREST IT MUST BE WITHDRAWN FROM SERVICE AND INSPECTED.