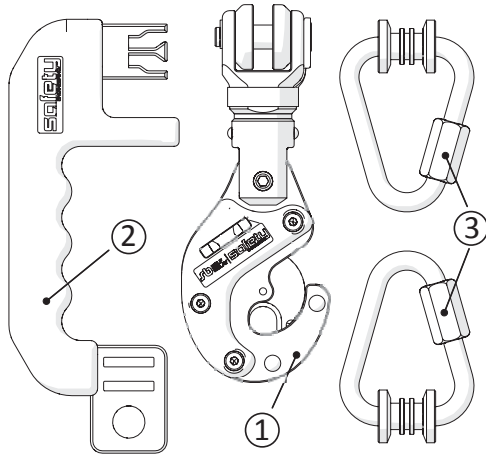


# USER INSTRUCTION MANUAL OF SELF BELAY CONNECTOR



## PACKAGE CONTENTS

- The package contains the following:
- ① Self Belay connector, 1 pc.
  - ② Self Belay key, 1 pc.
  - ③ Quick Link Delta assembly, 2 pcs.



You must read the following instruction before using this equipment. Failure to do so may result in injury or death. Keep this instruction for future reference.

## WARNING

This product is to be used as part of a personal fall protection system. It is intended to be used as a connector for either a shock-absorbing lanyard or self-retracting lifeline for fall arrest, or with a positioning lanyard for fall restraint. The length of the connector should be taken into account when used in any fall arrest system, as it will influence the length of a fall. This unit should not be used for material handling or any other use other than that of a fall protection. This product is intended to be used by a single person only and should only be used where the user does not have to attach and remove the connector frequently. Install the device only with the components supplied from the manufacturer and as intended—failing to do so may result in personal injury and/or death.

## SPECIFICATIONS OF THE PRODUCT

Dimensions as installed:

Width: 63 mm      Height: 200 mm (including quick link Delta assembly)  
Depth: 27 mm      Weight as installed: 320 g

### Main body

Material: AISI 304, EN AW 7075  
Device gate opening: 11 mm

Min. breaking strength: 20 kN axial load

This product meets the requirements of EN 362:2004/T.

### Quick link Delta assembly

Material: AISI 304  
Device Gate opening: 10 mm

Min. breaking strength: 30 kN axial load

This product meets requirements of EN 362:2004/Q.

Conformity assessment was done by notified body No. 1019, VVUU a.s., Pílkarska 1337/7, 716 07 Ostrava - Radvanice, Czech Republic  
Control according to Article 11A is done by notified body No 0158, DEKRA EXAM GmbH, Dinnendahl str. 9, D-44809 Bochum, Germany

## BASIC RULES OF USING THE SELF BELAY CONNECTOR

Using the Self Belay connector in connection with fall arrest system must be compatible with the instruction manuals of the fall arrest systems and the following compulsory standards:

- EN361 - for the safety harness;      • EN353-1, EN353-2, EN355, EN354, EN 360 - for the fall arrest systems;
- EN341 - for the rescue equipment;      • EN358 - for the work positioning equipment.

The product shall be used only with components certified according to the applicable EN standards outlined above.

The Self Belay connector must be checked daily before first use for the day. Check for the following:

- Missing or damaged components;      • Loosened Quick Link connectors;
- Smooth and proper operation of the locking mechanism;      • Any damage or bending of the fastening elements.

Adequate fall clearance needs to be provided below the operator.

- The product shall be used only by a person trained and competent in its proper use. There should be assurance that the medical condition of the user does not affect their safety during normal use of the equipment or in case of emergency. In case of doubt, consult a medical professional.
- Before use the fall arrest system, the rescue operation must be familiarized to avoid any danger that can happen during usage of the equipment.
- The product MUST be used only after becoming acquainted with the limitations presented in this instruction. The user is obliged to familiarize themselves with this instruction and observe its rules and warnings.
- Any repairing or modification of the product is strictly prohibited.
- The product must not be exposed during its use and storage to direct contact with open flame, hot objects, solvents, strong acids and bases.
- Do not use this product if:
  - ◊ Any doubts arise about its condition regarding its safe use;
  - ◊ It has been used to arrest a fall;
  - ◊ Any problem has occurred during checking before use (see part concerning checking of the product).

## MAINTENANCE, SERVICING AND STORAGE

All necessary maintenance operations must be carried out by competent persons explicitly authorized and following the operational instructions provided by the manufacturer.

- **Cleaning.** Rinse the exterior with clean water (maximum temperature 40°C) with mild detergent. Do not submerge in water! When the equipment becomes wet, either from being in use or when cleaned, it must be allowed to dry naturally, and must be kept away from direct heat.
- **Lubrication.** Lubrication must be done after cleaning and drying completely. Use general purpose, low viscosity silicone oil used for lubricating metal and non-metal surfaces (e.g. LOTCITE 8021). If the connector comes in contact with salt water, wash it immediately and lubricate it. Avoid spilling oil onto the fabric components (webbing, lanyards, etc.).
- **Storage.** Personal protective equipment should be stored loosely packed, in a dry, well-ventilated place, protected from direct light, extreme temperatures and corrosive or aggressive substances.
- **Transport.** During transport, the product should be placed in a transport bag to protect it from moisture and dust.

## LIFETIME

Due to differences in intensity and frequency of use, as well as operating environment, strict guidelines on the product lifetime cannot be provided. Some factors which are expected to cause performance deterioration and reduce safe working life of the product are: general wear; corrosion; chemical contamination; mechanical deformation; high impact load; lack of, or inadequate, maintenance.

Manufacturer's recommended maximum lifetime is 5 years from the date of manufacture.

## SIGNIFICATION OF MARKING

XXXX/MMYY  
 XXXX: Serial no. in batch      MM: Month of manufacture  
 YY: Year of manufacture      EN 362:2004/T: Complies with EN 362:2004/T  
 ↔ 20 kN: Major axis braking load

read the instructions for use

complies with European directive CEE/89/686

0158: No. of notified body involved in product conformity checking according to Article 11A

### Quick link Delta assembly

EN 362:2004/Q: complies with EN 362:2004/Q      ↔ 30 kN: Major axis braking load  
 MMYY: Month and year of manufacture      DM1: Model identification

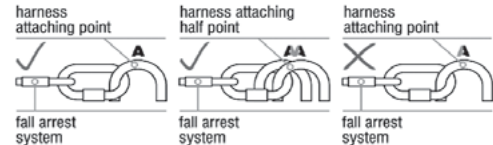
## MANUFACTURER

**safety**  
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# THE ESSENTIAL PRINCIPLES FOR USERS OF PERSONAL PROTECTIVE EQUIPMENT AGAINST FALLS FROM A HEIGHT

- Personal protective equipment must only be used by a person trained and competent in its safe use.
- A rescue plan must be in place to deal with any emergencies that could arise during work.
- It is forbidden to make any alterations or additions to the equipment without the manufacturer's prior written consent.
- Personal protective equipment must not be used outside its limitations, or for any purpose other than that for which it is intended.
- Personal protective equipment should be a personal issue item.
- Before use ensure about the compatibility of items of equipment assembled into a fall arrest system. Periodically check the connections and adjust the fit of the equipment components to avoid accidental loosening or disconnections of the components.
- It is forbidden to use combinations of items of equipment in which the safe function of any one item is affected by or interferes with the safe function of another.
- Before each use of personal protective equipment it is obligatory to carry out a pre-use check of the equipment, to ensure that it is in a serviceable condition and operates correctly before it is used.
- During pre-use check it is necessary to inspect all elements of the equipment in respect of any damages, excessive wear, corrosion, abrasion, cutting or incorrect acting, especially taking into consideration:
  - ◊ In full body harnesses and belts—buckles, adjusting elements, attaching points, webbings, seams, loops;
  - ◊ In energy absorbers—attaching loops, webbing, seams, casing, connectors;
  - ◊ In textile lanyards or lifelines or guidelines—rope, loops, thimbles, connectors, adjusting element, splices;
  - ◊ In steel lanyards or lifelines or guidelines—cable, wires, clips, ferrules, loops, thimbles, connectors, adjusting elements;
  - ◊ In retractable fall arresters—cable or webbing, retractor and brake proper acting, casing, energy absorber, connector;
  - ◊ In guided type fall arresters—body of the fall arrester, sliding function, locking gear acting, rivets and screws, connector, energy absorber;
  - ◊ In connectors—main body, rivets, gate, locking gear acting.
- After every 12 months of use, personal protective equipment must be withdrawn from use to carry out periodical detailed inspection. The periodic inspection must be carried out by a competent person for periodic inspection. The periodic inspection can also be carried out by the manufacturer or their authorized representative.
- In case of some types of the complex equipment e.g. some types of retractable fall arresters the annual inspection can be carried out only by the manufacturer or his authorized representative.
- Regular periodic inspections are essential for equipment maintenance and safety of the users which depends upon the continued efficiency and durability of the equipment, during periodic inspection it is necessary to check the legibility of the equipment marking.
- In case the product is re-sold outside the original country of destination, it is of significance for the user's safety that the reseller provides instructions for use, etc.
- Personal protective equipment must be withdrawn from use immediately in case any doubt arises about its condition for safe use and must not be used until a detailed inspection has been carried out by the equipment manufacturer or his representative.
- Personal protective equipment must be withdrawn from use immediately and destroyed when it has been used to arrest a fall; a full body harness is the only acceptable body holding device that can be used in a fall arrest system.
- In full body harness use only attaching points marked with big letter "A" to attach a fall arrest system. Marking such as "A/21" or a half of "A" means that it is necessary to attach a fall arrest system to both attaching points together simultaneously. It is strictly forbidden to attach a fall arrest system to the single attaching point marked "A/21" or a half of "A". See the diagram below:



- The anchor device/point should be placed above the position of the user. The shape and construction of the anchor device/point must not allow self-acting disconnection of the equipment. Minimum static strength of the anchor device/point is 10 kN. It is recommended to use certified and marked structural anchor point which complies with EN795.
- It is obligatory to verify the free space required beneath the user at the workplace before any occasion in which the fall arrest system must be used, so that, in the case of a fall, there will be no collision with the ground or other obstacle in the fall path. The required value of the free space should be taken from instruction manual of used equipment.
- There are many hazards that may affect the performance of the equipment and corresponding safety precautions that have to be observed during equipment utilization, especially:
  - ◊ Trailing or looping of lanyards or lifelines over sharp edges;      ◊ Any mechanical defects such as cutting, abrasion and wear;
  - ◊ Exposure to the elements;      ◊ Pendulum falls;
  - ◊ Extreme temperature;      ◊ Chemical reagents;
  - ◊ Electrical conductivity.

## CONNECTING THE QUICK LINK DELTA ASSEMBLY

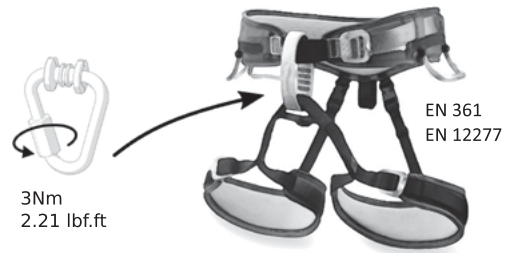
The Quick link Delta assembly must be fastened securely to the harness in order to complete the connection to the fall arrest device. Always use harnesses certified for the purpose for which the equipment is to be used (EN 361 or EN 12277, or equivalent national standards).

### To attach:

- Loosen the quick link nut by means of a spanner wrench
- Attach it to the loop intended for fall arrest systems. Refer to the harness user manual for the location of said attachment point(s).
- Tighten the quick link nut by using a spanner wrench. Tightening torque: 3 Nm (2.21 lbf.ft)

### To remove:

- Loosen the quick link nut by means of a spanner wrench
- Remove the quick link from the harness attachment point



## INSTALLATION OF SELF BELAY KEY

The Self Belay key is intended to be attached securely at a safe location where the user connects and disconnects themselves from the device. The key features rectangular openings for attachment by means of a webbing, or a circular hole for a connector or other attachment type.

For maximum comfort during use by adults, the recommended height of installation of the key is around 800–900 mm (2 ft. 8 in.–3 ft.) from the floor. Adjust accordingly to accommodate users of other mean heights (e.g. children or adolescents).



To avoid the possibility for accidents and misuse, ALWAYS make sure that the Self Belay key is attached securely to an unmovable structure or object—failure to observe this requirement may lead to personal injury or death.

## PRODUCT INSPECTION

The product needs to be inspected at least once a year by a qualified person - either the manufacturer, or their designated representative. The following equipment record must be kept with these instructions.

|                                   |                   |                         |
|-----------------------------------|-------------------|-------------------------|
| Product name:                     | Model number:     | Manufacturer:           |
| Name of user:                     | Date of purchase: | Year of manufacture:    |
| Date of first use:                | Supplier name:    |                         |
| Approved on (date) by (signature) | Comments          | Date of next inspection |
|                                   |                   |                         |

## INSTALLATION OF SELF BELAY CONNECTOR

The Self Belay connector can be installed on a fall arrest system that utilizes either steel wire cable or a textile webbing.

### Required tools

- Screwdriver
- Pliers

### General recommendations and guidelines

#### Webbing installation

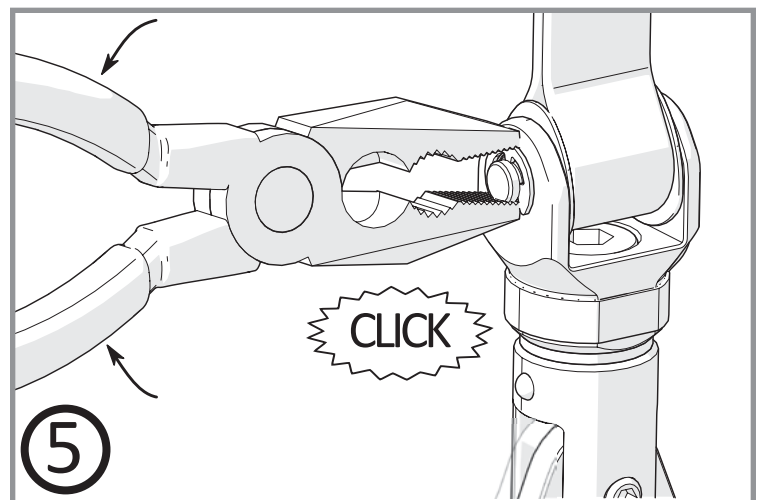
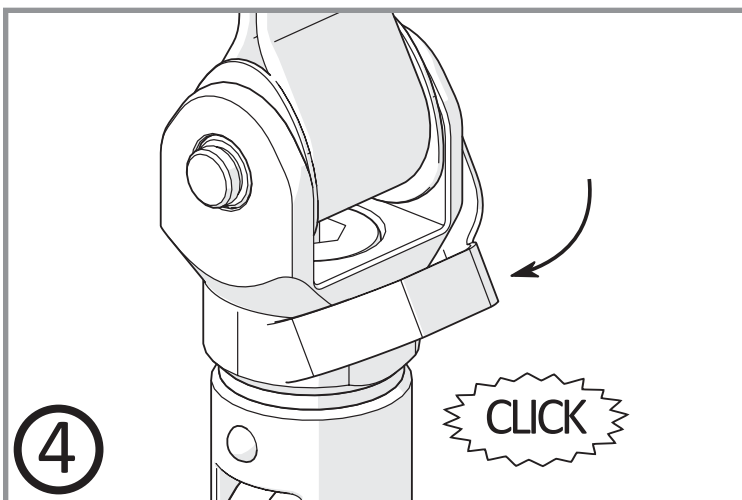
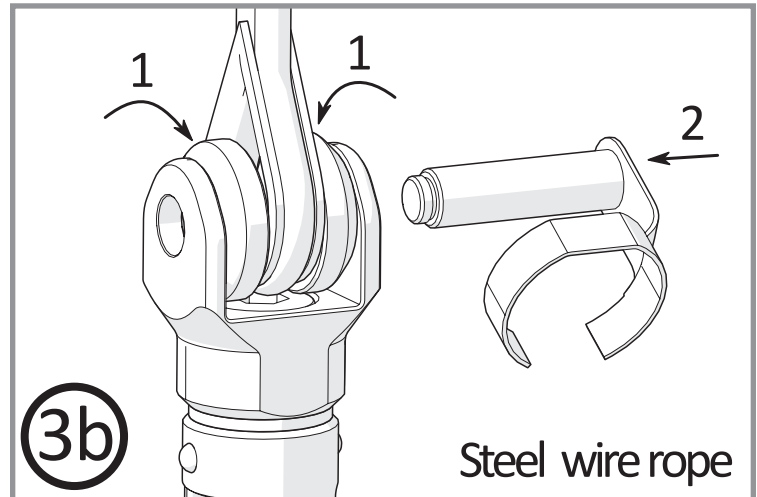
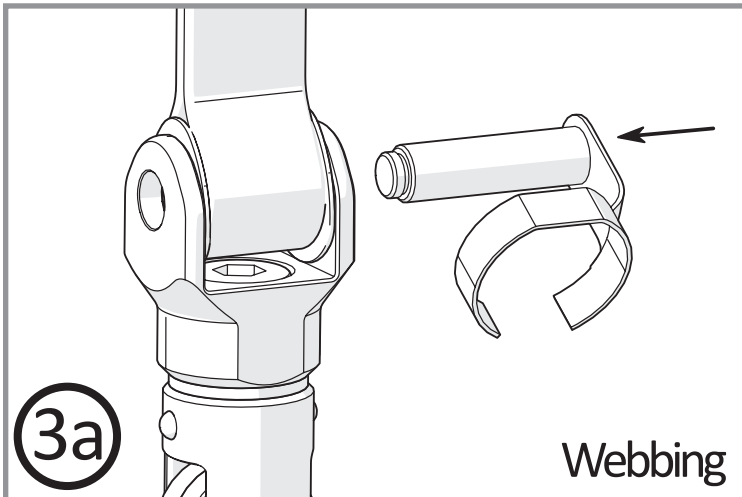
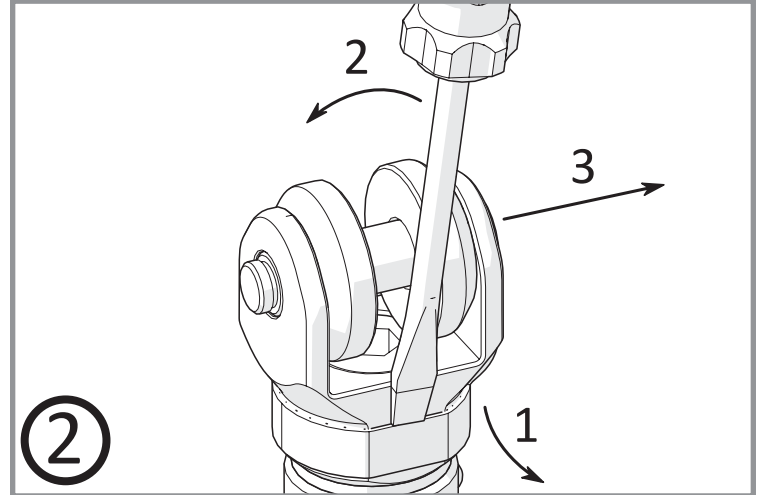
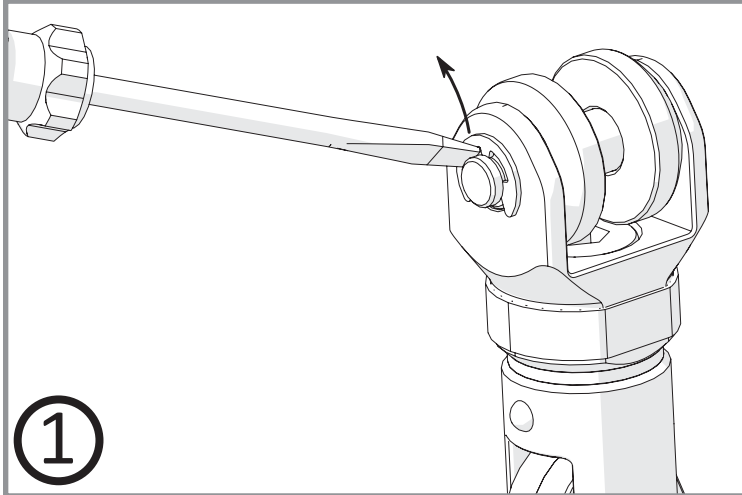
- Make sure the webbing of your fall arrest device is equipped with the designated plastic thimble for attachment of Self Belay. If that's not the case, contact your fall arrest device vendor and request a compatible webbing.
- Inspect the webbing as per vendor's instruction prior to attachment.

1. Remove the lock washer from the device by using a screwdriver, as shown on figure 1.
2. Place the screwdriver at the back of the spring bolt and remove the bracket of the spring bolt from the stem of the swivel. Pull the spring bolt from the swivel opening; see figure 2.
3. Insert the webbing into the swivel opening and replace the spring bolt; see figure 3a.
4. Push the spring part of the bolt into the stem until it clicks. To avoid injury, pliers may be used; see figure 4.
5. Replace the lock washer. Make sure it has clicked into place and cannot be removed by hand; see figure 5.

#### Wire rope installation

- The Self Belay connector is intended to be used with steel wire ropes of 6 mm diameter.
- Make sure the rope terminates with properly attached thimble. Check for damage of the thimble and wire rope before installation of the Self Belay, and replace as necessary.

1. Remove the lock washer from the device by use of a screwdriver, as shown on figure 1.
2. Place the screwdriver at the back of the spring bolt and remove the bracket of the spring bolt from the stem of the swivel. Pull the spring bolt from the swivel opening; see figure 2.
3. Insert the thimble into the swivel opening between the two plastic spacers, and replace the spring bolt; see figure 3b.
4. Push the spring part of the bolt into the stem until it clicks. To avoid injury, pliers may be used; see figure 4.
5. Replace the lock washer. Make sure it has clicked into place and cannot be removed by hand; see figure 5.



## USAGE OF THE SELF BELAY

### Prerequisites

- Make sure the Quicklink Delta assembly is securely attached to the harness and cannot be undone by hand.
- The Self Belay must be attached to the belay device as described in this manual.
- The Self Belay key must be affixed to a safe location, e.g. the base of the climbing structure, a physical barrier or other permanent fixture. For this purpose the Self Belay key has a round hole for e.g. a quicklink connector, and two rectangular apertures for textile webbing.
- Insert the Self Belay key in the Self Belay device and remove the Quicklink Delta assembly. The Self Belay and the key now cannot be separated without inserting the Quicklink Delta assembly.

### To connect:

- Insert the Quicklink Delta assembly in the Self Belay gate all the way down until a click is heard.
- Take away the Self Belay key.
- You are now safely connected to the Self Belay and the autobelay device, and may start climbing.

### To disconnect:

- Insert the Self Belay key in the device all the way in.
- Remove the Quicklink Delta assembly from the device gate.
- You are now disconnected from the Self Belay and may move to another autobelay location.