

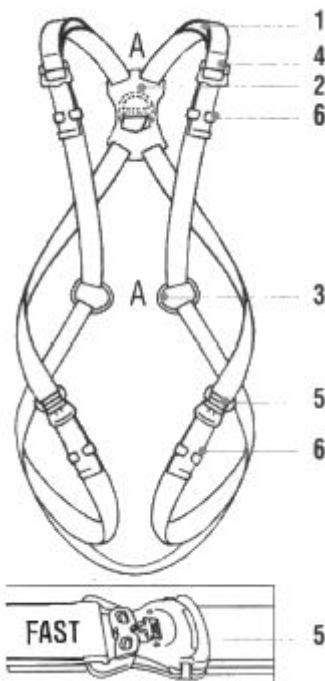
## CLIMBING EQUIPMENT

**NOTE. This equipment is for safety purposes only. It is not to be used as a working harness to support the wearer while working aloft.**

The equipment has three components;

1. Harness
2. Automatic locking fall arrest karabiner
3. Two lanyards, each with energy absorber, karabiner and 1 hook.

### Harness



#### Harness Parts

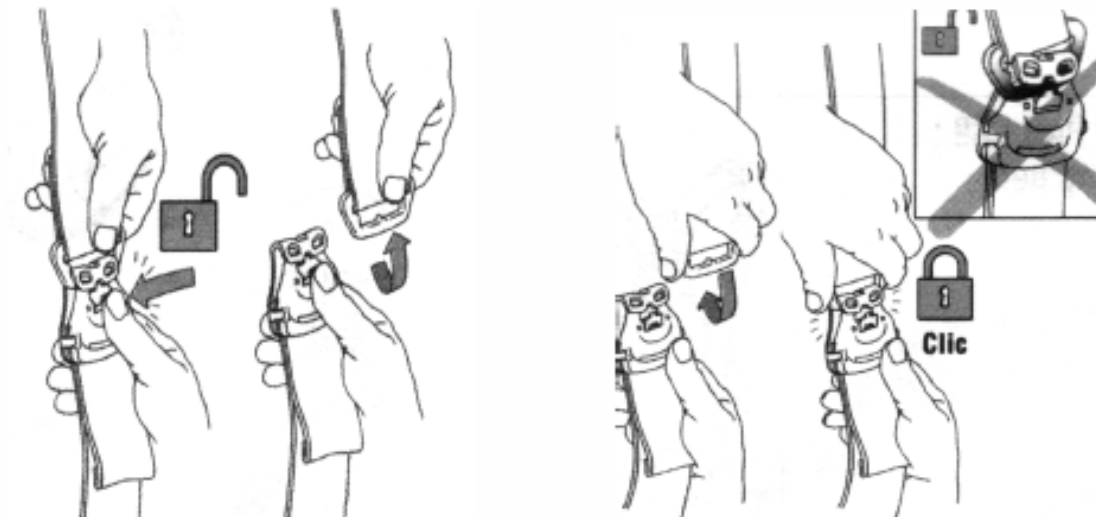
1. Attachment loops for optional lifting spreader.
2. Rear fall arrest attachment.
3. Sternal fall arrest attachment loops.
4. Double back adjustment buckle.
5. Rapid-action fast buckles.
6. Sliders.
- A. Fall arrest points.

### Checking and Fitting harness.

1. Check the condition of the webbing and safety stitching. Look for cuts in the webbing, wear and damage due to use, to heat, and to contact with chemical products etc. If you are unsure of the harness's condition, remove the harness assembly from service and present the harness to the first mate at sea or the "James Craig" operations manager alongside, for inspection by the rigger. If in doubt do not use the harness

2. Ensure that the leg strap buckles are not obstructed and operate smoothly.

3. Check for correct locking of rapid action fast buckles. Point 5 in diagram above.



4. Check sternal fall arrest loops for chafe or damage. Arrest point A3 in diagram above.
5. Check rear fall attachment point for damage. Arrest point A2 in diagram above.

#### **Sternal Fall Arrest Karabiner.**

6. The sternal fall arrest karabiner has a triple-action opening system with automatic locking. Slide the sleeve along the gate and turn it to unlock. The gate should open smoothly in one continuous motion.



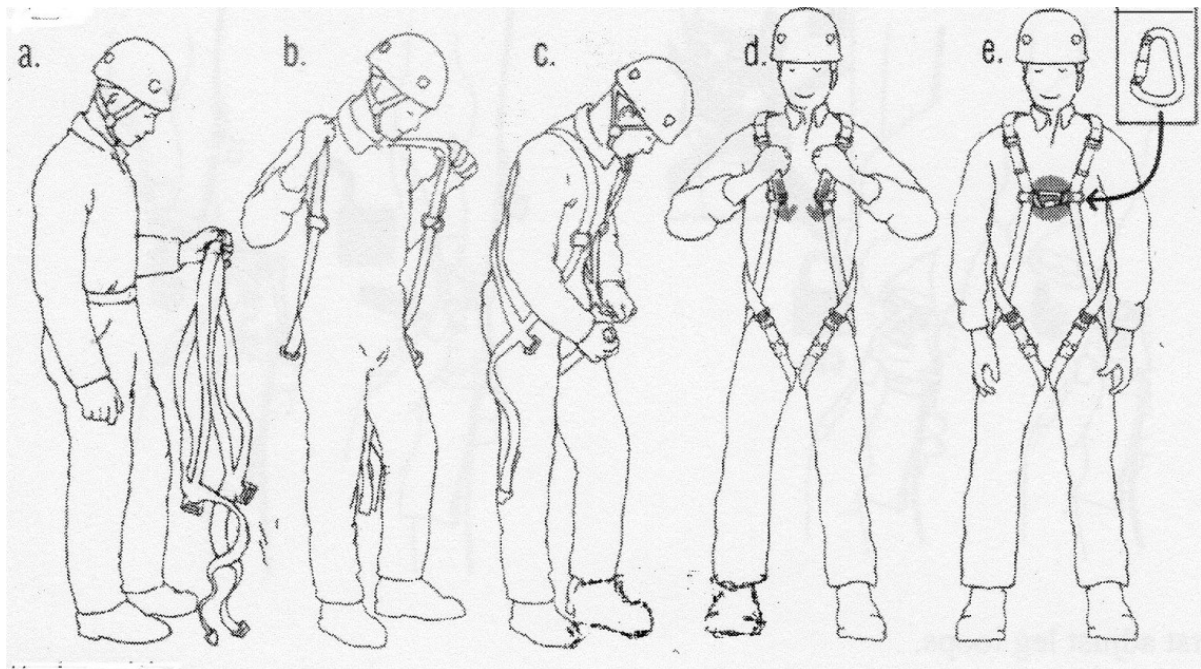
7. Check for damage and distortion. Do not use a damaged karabiner.
8. Fit to join the two harness loops as shown in diagram (e) below.

#### **Fall arrest lanyard (with screw lock karabiner & hook).**

9. Check fall arrest lanyards, energy absorbers and hooks for damage and distortion.
10. Ensure that hooks are not damaged or bent and operate smoothly.
11. On each lanyard check that karabiner connecting lanyard and scaffold hook is closed and secure. You must not be able to open the nut by hand.
12. Report any defects/ damage. If in doubt do not use suspect lanyard, remove from service and present the assembly to the first mate at sea or the “James Craig” operations manager alongside for inspection by the rigger.

## Fitting harness

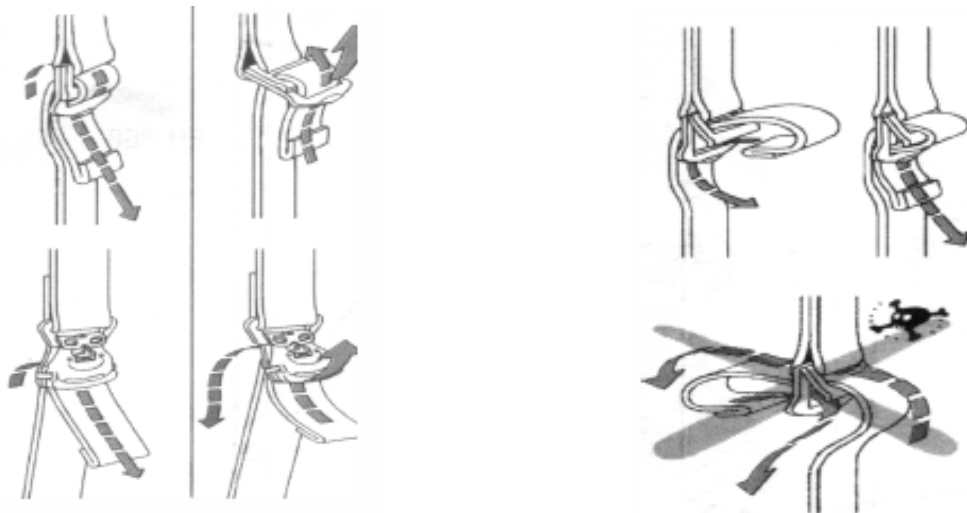
Fitting diagrams.



13. Diagram b – Put body on.

14. Diagram c – First adjust leg loops.

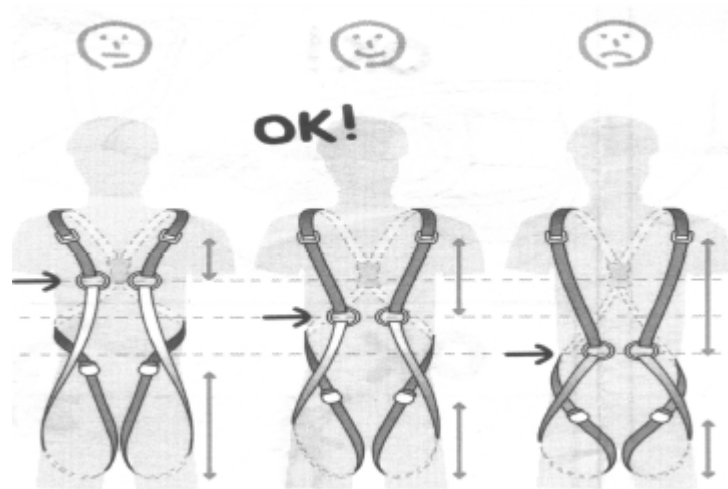
15. Diagram d - Adjust shoulder loops.



16. Place fall arrest lanyards (2) onto fall arrest karabiner.



17. Diagram e - Close the harness by clipping the sternal fall arrest karabiner through the sternal (front) fall arrest attachment loops.
18. Adjust harness to achieve the correct fitted position.



19. Double check that karabiner is operating correctly and has closed correctly.
20. Carry out “buddy” check. (Refer to working aloft check list above.)
21. Test the harness prior to use, and before climbing aloft, by moving and hanging in it (but not from the fall arrest lanyard), from all attachment points to ensure harness is the correct size and fit and comfortable for use.  
***Fall arrest lanyards should not be hung in as it can damage the fall arrest mechanism.***

**Fall arrest points in use.**

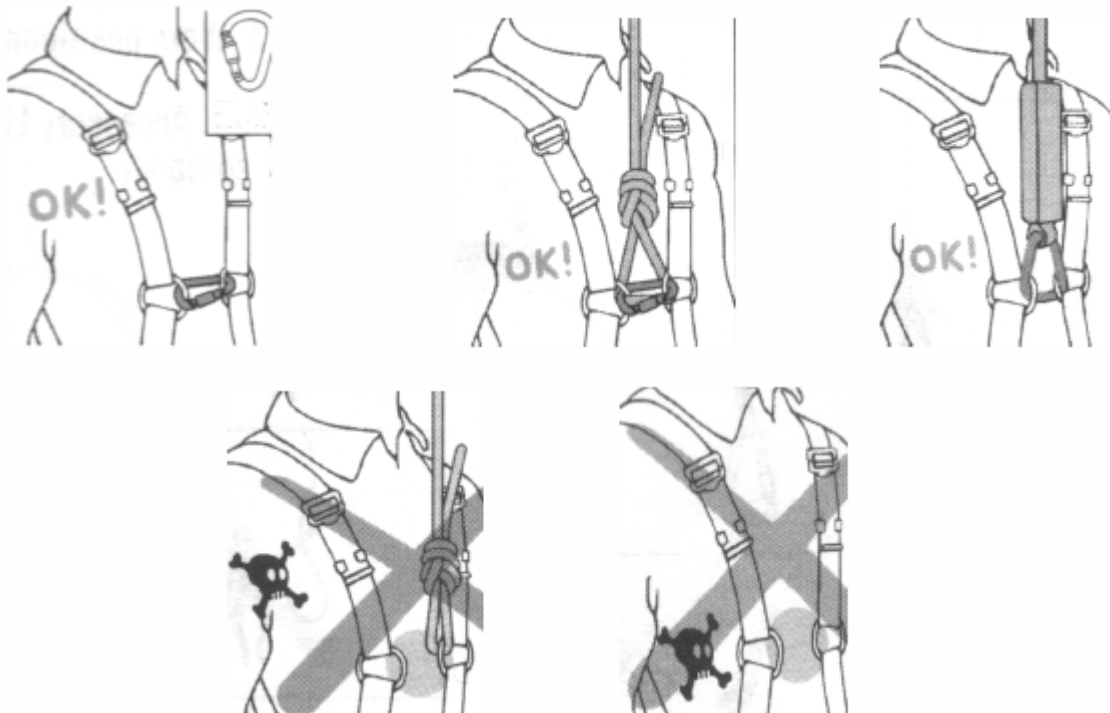
Back fall arrest point.



Front fall arrest point



Alternate hitching methods, good and bad.



### Care and maintenance of equipment.

1. Do not drag harness or lanyards on the deck or ground.
2. Do not expose to high temperatures.
3. Do not expose to solvents, paints or strong cleaning compounds.
4. Avoid impacts, or rubbing against abrasive surfaces or sharp edges.
5. Wash off salt and dirt etc with soap and fresh water. Do not use solvents. Dry thoroughly before storing.
6. Lubricate hook and carabiner.
7. Store on rack.
8. Do not use a harness, lanyard or karabiner after a major fall or a major impact. Report the incident and present the equipment to the first mate at sea and the “James Craig” operations manager alongside for inspection by the rigger.
9. Do not carry out modifications to the harness or lanyards.
10. When stowing place scaffold hooks in the rear fall arrest attachment point and hang the harness on the rack pin using the fall arrest attachment point.

**REMEMBER, ACTIVITIES AT HEIGHTS ARE DANGEROUS AND MAY LEAD TO SEVERE INJURY OR EVEN DEATH. GAINING AN ADEQUATE APPRECIATION IN APPROPRIATE TECHNIQUES AND METHODS OF PROTECTION IS YOUR OWN RESPONSIBILITY.**

**TAKE CARE OF THE EQUIPMENT AND ACT WITH CARE AT ALL TIMES.**

**ALSO REMEMBER, THE HARNESS YOU ARE PUTTING ON THIS TIME WILL HAVE BEEN USED BY SOMEBODY ELSE – DID THEY LOOK AFTER IT????????**