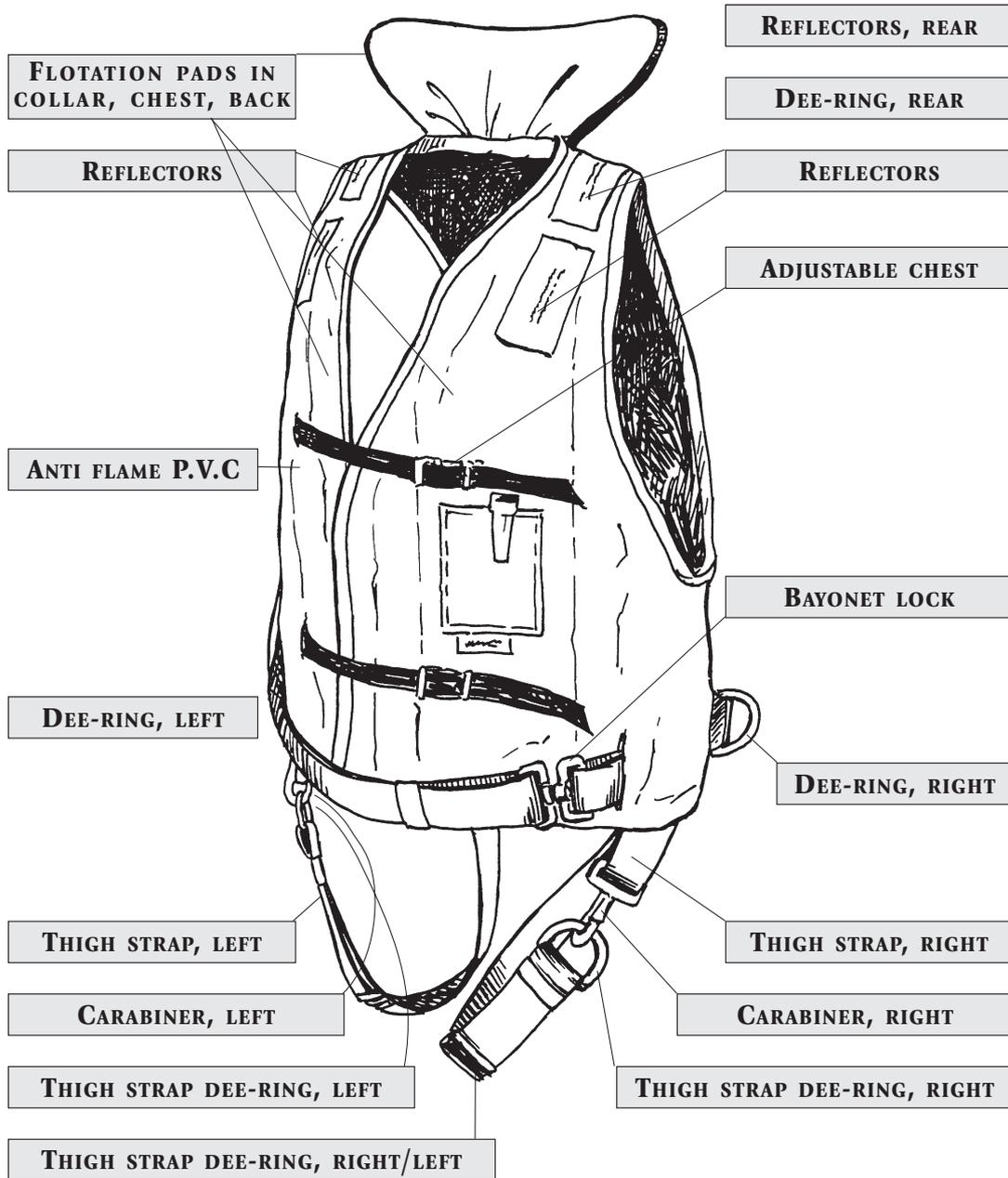


SEMA 5010 - 100 N

Full-body harness with integral flotation pads

FITTING INSTRUCTIONS No. 4 • 1999



Note: This full-body harness with integral flotation meets the provisions in EC Directive 89/686/EEC and European Standards EN 358, 361 and 395, and must therefore only be used as prescribed in those documents.

We recommend that the harness should only be used by a single person; if several people must use it, then each person should follow the manufacturer's directions regarding fitting, use, inspection, etc as if they were the sole user.

Note: Do not make use of substitute parts on this equipment. To ensure correct use and handling of this safety equipment, be sure to read and carefully follow the directions for use below.

Note: Do not attach tools to harness (destroy buoyancy!)

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**DIRECTIONS
FOR USE:**

Personal protective equipment used for fall-arrest purposes must be assembled with connectors meeting EN 362 and attached to an anchorage point capable of sustaining the dynamic forces involved in an arrested fall.

ANCHORAGES MUST FULFIL THE FOLLOWING REQUIREMENTS:

1. Comply with EN 795 or subsequent EN standard.
2. Be located above the user if possible.
3. Be selected to avoid risk of swing falls and collision with obstructions above.

IF IN DOUBT SEEL ADVIE FROM A COMPETENT ENGINEER.

Shown overleaf are examples of correct anchorages and a selection of approved connectors. Ensure that, whichever type is used, it has been correctly closed and locked.

STORAGE:

Store in a clean, dry environment, avoiding direct sunlight, corrosive fumes, chemicals or undue vibration.

INSPECTION:

Before every use, check each unit for any damage or excessive wear. Inspect locking mechanism of connectors ensuring correct function and that there is no sign of damage or corrosion.

Check all webbing for cuts, burns, chemical attack (indicated by discolouration) and, if found, reject.

If in doubt, ask the manufacturer or his authorized representative.

The mandatory annual inspection (every 12 months) is performed by the manufacturer or his authorised representative.

IF IN DOUBT CONCERNING THE INTEGRITY OF ANY PART OF THE EQUIPMENT, DO NOT USE IT.

CLEANING:

When necessary, wash webbing with a mild soap solution and remove excess moisture with a clean cloth. The webbing may be disinfected by wiping with a mild solution of sterile disinfectant. Allow to dry naturally. Clean metal items when required with a non-caustic solution.

LIFE EXPECTANCY:

Frequency and conditions of use together with the quality of cleaning and storage will determine the safe and effective working life of personal protective equipment. Such equipment will continue to afford safety protection until routine inspection determines that it must be withdrawn from service and/or refurbished.

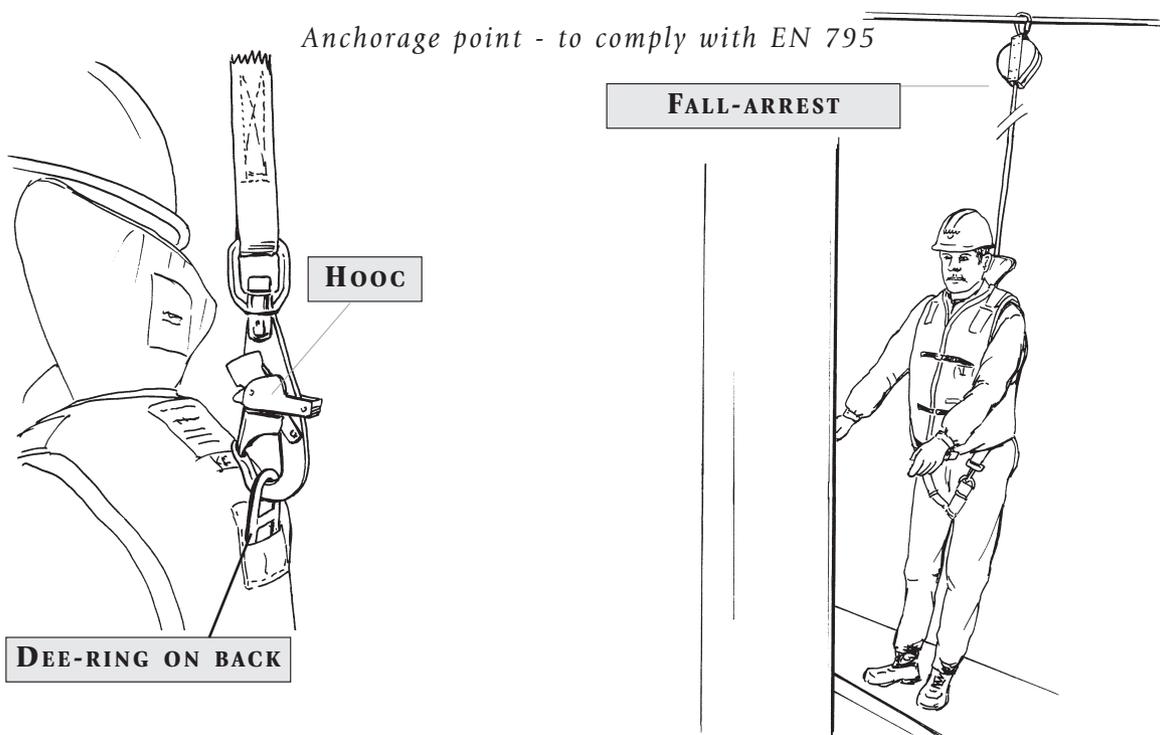
WARNING:

Personal protective equipment must not be used after sustaining a fall-arrest but withdrawn from service for inspection by the manufacturer or his authorised representative and, where possible, refurbishment. Annual inspections (every 12 months) are mandatory, to be performed by the manufacturer or his authorised representative.

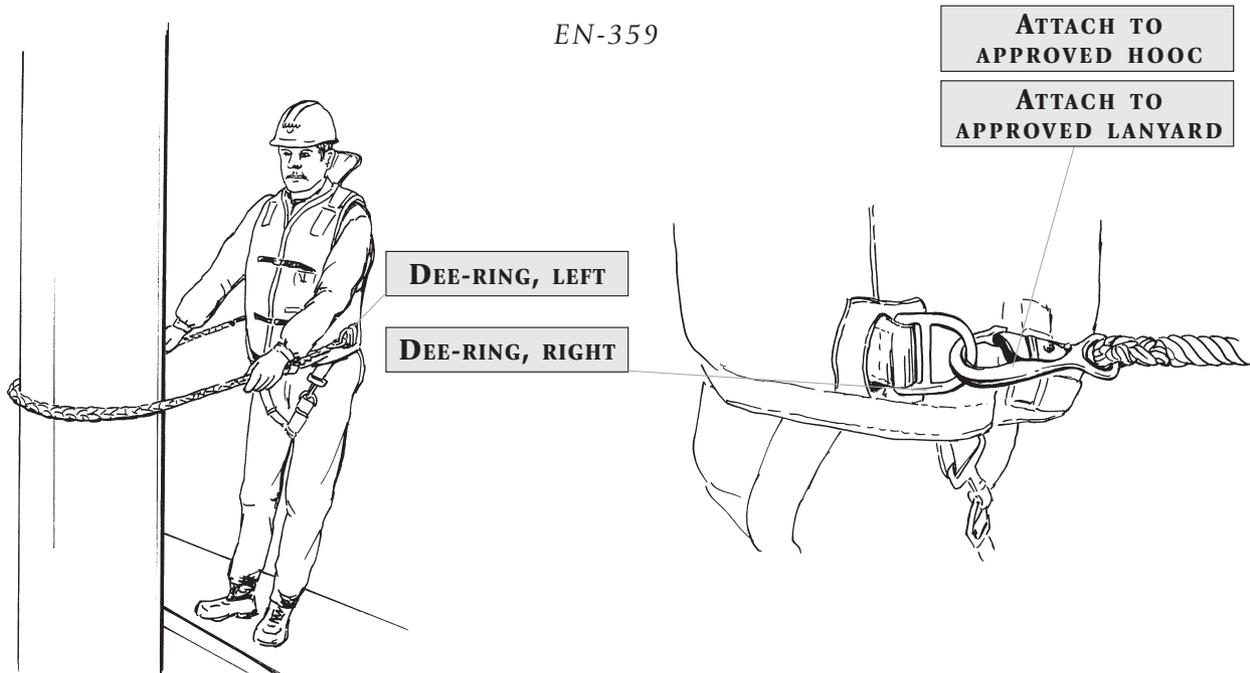
SEMA 5010 - 100 N Full-body harness with integral flotation pads

Connections to anchorage

ALTERNATIVE 1 :



ALTERNATIVE 2 :





**GENERAL INFORMATION ON THE SELECTION OF
SEMA BELTS HARNESES AND FALL-ARREST DEVICES**

There is a range of restraint belts, harnesses and ancillary equipment available for almost every purpose. It is vital that you ensure you are using the correct combination of compatible equipment in the correct manner. The following information and the individual product "Fitting Instructions" clearly explain this.

General:

SEMA M-16-SL BOSUN'S CHAIR: CE-marked bosun's chair designed and type-approved to meet EN 813.

SEMA 5003 FULL BODY HARNESS: CE-marked full-body harness designed and type-approved to meet EN 358 and 361.

SEMA 5008 FULL BODY HARNESS WITH INTEGRAL FLOTATION PADS: CE-marked flotation garment/full-body harness designed and type-approved to meet EN 358, 361 and 393.

SEMA 5010 FULL BODY HARNESS WITH INTEGRAL FLOTATION PADS: CE-marked flotation garment/full-body harness designed and type-approved to meet EN 358, 361 and 395.

Note the following:

WORK-POSITION SYSTEMS - EN358

Work-positions systems are designed for workers who are required to work at heights, on poles and other structures in a supported position with both hands free for work duties. Ensure attachments point is substantial and devoid of sharp edges etc. These systems are *not* intended for *fall-arrest*.

The work-positioning belt will normally have two side connection points to be used in conjunction with a work-positioned lanyard (Polestrap), or have an integral work-positioning lanyard (Polestrap) and a single connection point.

RESTRAINT BELTS, EN359

Restraint belts must only be worn in a work application where the wearer cannot be exposed to a fall and where the combination of the belt and the lanyard or lifeline totally restricts the wearer from moving into a position where he or she can be susceptible to a fall. Restraint belts are *not* intended for *fall*.

BOSUN'S CHAIR, EN813

The bosun's chair is designed for work at variable heights and has an attachment ring in front in the chest. The chair has a wide seat with a suitable ergonomic design to permit comfortable work for extended periods. The bosun's chair is *not* intended for *fall-arrest*.

FALL-ARRESTS - EN363

Used by aerial workers where there is a risk of falling. The fall-arrest are designed to prevent falls, and to provide safe deceleration if a fall occurs.

FULL-BODY HARNESES, EN361

In a work application where there is a fall potential, a full-body harness *must* be worn. This will give the wearer the greatest protection with virtually all of the forces applied being absorbed by the thighs and buttocks and retaining the wearer in a near-upright position. On a full-body harness, only the rear or chest connection points may be used for *fall-arrest*.

If the full-body harness has an integral waist belt with side connections points, then these side points must *only* be used for work-positioning or restraint, not fall-arrest.

LANYARDS, EN354/355

The length of the lanyard, including connector, must not exceed two (2) metres, and when used for fall-arrest in conjunction with a full-body harness, *must* incorporate an Energy Absorber.

Once an Energy Absorber is partially or fully extended, it *must not* be reused, but withdrawn from service and discharged. It is essential that a reliable anchorage point is established and that clearance of 6.25 metres is available below the anchorage point when using a two (2) metre energy-absorbing lanyard.

RETRACTABLE LANYARDS, EN360

Retractable lanyards give greater working distances from the anchorage point, and incorporate a self-locking mechanism and automatic tensioning system, whilst at the same time limiting any potential fall to an absolute minimum. They are designed for vertical or near-vertical application only. They *must not* be used for horizontal applications as, in the event of a fall, the user would swing back to the vertical, suffering an unacceptable fall or risk of injury from hitting obstacles while swinging. Smaller retractable lanyards of webbing are an effective

lifeline in difficult working areas where surplus lifeline can represent a hazard and where any potential fall needs to be kept to the absolute minimum.

GUIDED FALL-ARRESTOR WITH FLEXIBLE ANCHORAGE LINE, EN352/2

This is a fall-arrest device (rope grab) which operates on a flexible anchorage line (rope or wire). The grab will travel freely up and down, and, should a fall occur, will lock automatically on the anchorage line. It must be used in a vertical or near-vertical situation and *never* horizontally. It is strongly recommended that only the designated anchorage line is used, as this is guaranteed compatible with the rope grab. The anchorage line *must* have a means of attachment to the anchorage point above, and be so designed that the rope grab cannot run off the end of the line by accident.

OTHER SYSTEMS

DESCENT DEVICES, EN341

These devices offer a means of controlled descent from a higher to a lower position. Some devices actually control the speed of descent automatically, while others can be controlled by the user or a third-party. Although the systems may have certain work applications, they are primarily intended for evacuation and rescue. To be effective as life-saving devices, it is vital that all parts of the system are fully compatible, and are supplied as a complete evacuation and rescue system from the manufacturer. The user must have a working knowledge of the system and be fully trained in its use.

FLOTATION VEST, EN395

This garment or system, if worn and used correctly in the water, will provide sufficient additional buoyancy for the person to float face-up or vertically with nose and mouth above water.

The main reason to wear a flotation vest is as follows:

- a) Give wearer reasonable help to stay above water, provided he/she can also assist and is fairly proficient swimmer.
- b) Enable user to move through water without being hampered by vest.
- c) Keep user afloat, allowing him/her to apply all available energy to escape from the situation, not simply to stay afloat.

RESCUE HARNESS, EN1496, 1497, 1498

The rescue harness is specially designed for working in confined spaces where a rapid rescue may be required: sewers, silos, mineshafts, holding tank, etc. The connection point is designed to guarantee the wearer an upright position not more than 10 degrees from the vertical, permitting a rescue through narrow manholes even when unconscious. The harness should be used with approved rescue lines and a retractable fall-arrestor lanyard. The rescue line should be run through a retrieval winch or equivalent.

ANCHORAGE POINT, EN795

It does not matter how good your harness or lifeline is, if you choose an unsuitable anchorage point. It must be substantial and able to withstand a force of minimum 10 kN.

Great care should be taken not to select a structural member anchorage point that has sharp edges when using rope or webbing lanyards, unless they are effectively sleeved, as sharp edges may weaken or severely abrade the rope or webbing. If possible, the anchorage point should always be located above the working position, thus limiting the potential fall to less than the length of the lifeline.

TRAINING

It is strongly recommended that all the users of the fall-arrest products are fully trained in the equipment they will use and how to use it in practice at the workplace. In addition to the Product Information Leaflets, all products are supplied with specific Fitting Instructions clearly giving the recommended method of fitting and adjustment. By law, all users of products *must* be familiarised with this Product Information Leaflet and the specific Fitting Instructions. The manufacturer will be pleased to assist with, provide, or recommend training, in the classroom or in practice, for relevant products. For further information, please contact the manufacturer.

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REGISTRATION CARD

MANUFACTURER : SEILMAKER MATHIESEN AS

ADDRESS : AUGLENDSDALEN 89, 4017 STAVANGER

TELEPHONE AND TELEFAX : 51 88 56 80 / 51 88 56 90

NAME : SEMA 5010 FULL BODY HARNESS WITH INTEGRAL
..... FLOTATION PADS TO MEET EN-358, EN-361, EN-395

APPROVAL NO. : DK 0200 - C751

SERIAL NO. :

YEAR OF MANUFACTURE :

USERS NAME :

ADDRESS :

DATE OF PURCHASE :

DATE OF USE :

INSPECTION:

NO.:	DATE:	INSPECTED:	RESULT:
1.	-----	-----	-----
2.	-----	-----	-----
3.	-----	-----	-----
4.	-----	-----	-----

REMARKS:

Annual inspections (every 12 months) are mandatory, to be performed by the manufacturer or his authorised representative.

Distributor: