

# Sellstrom/RTC® Harnesses

## Installation, Operating & Maintenance Instructions

### SM/RTC Harnesses

Thank you for purchasing an SM/RTC full body harness. SM/RTC takes pride in producing the finest fall protection products and services available.

The 7435-PT2  
Harness



## WARNINGS



**To the Receiver,  
Contractor, Store  
Manager, Safety  
Director, Supervisor,  
Buyer, or anyone  
except the ultimate  
equipment users:**

### Under Penalty of Law

These instructions are not to be removed except by the user of this equipment. Current instructions must always be available to any potential user. Note: Because of continuous developments in the application and use of SM/RTC equipment and our desire to serve your best interests, these instructions are invalid 10 years after the effective date on these instructions. If these instructions are out of date, call SM/RTC Customer Service and request current instructions.

If you have difficulty or experience any problem with SM/RTC equipment or the instructions, call SM/RTC immediately and ask the Customer Service department for assistance.

It is the responsibility of the user's management to review these instructions periodically, and to ensure compliance with every requirement to maintain the system's integrity. The equipment purchased is designed to be used as a part of a complete fall protection or emergency rescue system and is to be inspected and maintained regularly.

**WARNINGS Continued...**

# Sellstrom/RTC® Harnesses

## Installation, Operating & Maintenance Instructions

### WARNINGS



**To the Equipment User:**  
**You must read and fully understand or have the following instructions explained to you before using this equipment. Failure to do so could result in serious or fatal injury.**

**Atencion:** *Si usted no puede leer el ingles o si usted no comprende estas instrucciones, favor de consultar su director de seguridad o su supervisor.*

**Attention:** *Si vous ne pouvez pas lire l'anglais ou si vous ne comprenez pas les instructions, consultez votre directeur de securite ou votre superviseur.*

**Achtung:** *Wenn Sie nicht Englisch lesen können und diese Anweisungen nicht verstehen, dann fragen Sie bitte Ihren Sicherheitsdirektor oder Ihren Aufselher.*

**Attenzione:** *Se non leggiere l'inglese o non capite queste istruzioni, per favore rivolgete Vi al Vostro Direttore, responsabile della "Sicurezza sul Lavoro" o al Vostro diretto superiore.*

You assume complete liability if you fail to follow these instructions and are injured.

A "no" answer to any question on the Safety Checklist on the back page of these instructions, either before or during product use, is an unsafe use of this equipment. Use this equipment only as instructed.

Warning: All SM/RTC equipment should be a part of a complete SM/RTC fall protection or emergency rescue system. If the buyer or user chooses to disregard this warning, he is solely responsible for the safety of the entire system and all users.

Before replacing or adding components to a fall protection or emergency escape system, consult the original manufacturer. Federal OSHA further states that any unauthorized substitution or change to a system by the buyer should be fully evaluated or tested by a qualified person before the new system is put into use (see OSHA 1926.500).

All potential users of this equipment and user's management must read and understand all instructions fully; failure to do so could result in serious or fatal injury.

No fall arrest system can guarantee that you will not sustain injuries if a fall occurs. The most you can expect is that injuries will be substantially reduced. What you can be sure of is that improper use of this equipment will vastly increase your chances of serious injury or death because misuse builds false security. To achieve the maximum level of safety that this equipment is capable of providing, all instructions must be followed diligently. This means careful planning of your application and work method.

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## Installation, Operating & Maintenance Instructions

### Complete System Components

A complete fall protection system consists of the following components that are arranged to fit the specific work task and control the elevated fall hazard(s):

- **Anchorage**

An anchorage, as defined by OSHA, "shall be independent of any anchorage being used to support or suspend platforms and capable of supporting at least 5,000 pounds per employee attached, or shall be designed, installed and used as follows: as part of a complete personal fall arrest system which maintains a safety factor of at least two; and under the supervision of a qualified person."

For horizontal lifelines it is important to remember that the anchorages must be designed and installed according to the instructions provided using a safety factor of at least two. Anchorages for horizontal lifelines may require anchorage strengths greater than 5,000 lb. Refer to the specific instructions for each horizontal lifeline for anchorage requirements.

- **Body Support**

A body support is the component of a personal fall protection system that is worn on or around the body. Full body harnesses must be used for all fall arrest systems.

- **Connecting Means**

A connecting means is the link between the body support and anchorage. It can be a Shock-Absorbing Lanyard, rope grab, self-retracting lanyard or retrieval system.

Connecting means will vary depending on the application.

The user must also have a rescue plan and the means at hand to implement it in the event of a fall.

Note: For continuous protection, more than one system may be needed.

### Warning



No other applications or methods of use are allowed without prior written approval.

# Sellstrom/RTC<sup>®</sup> Harnesses

## Installation, Operating & Maintenance Instructions

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### 1.0 Approved Application

#### Warning



No other applications or methods of use are allowed without prior written approval from an officer of SM/RTC.

These instructions are for both the equipment user and the user's management. Each should read and understand these instructions fully before using this equipment. Failure to do so could result in serious injury or death.

1.1 All SM/RTC harnesses meet applicable OSHA requirements for fall arrest and are designed to be used with SM/RTC lifeline devices. SM/RTC full body harnesses are designed for workers up to 310 lbs including tools. For workers weighing between 310 and 410 pounds, SM/RTC offers the 7435-PT2E410 special-design harness incorporating a special shock-absorbing lanyard. Contact SM/RTC for further details.

SM/RTC supplies several types of full-body harnesses. The location and type of the D-ring indicates a specific application and the harness must be used for that application only. See Table 1 for correct use of each D-ring. The correct type of equipment and model must be chosen after careful consideration of the application. Correct use of the equipment is mandatory for safety. Do not use front D-ring for fall arrest.

**Table 1: D-Ring Selection**

D-Ring Location	Approved Application
Back	A,D,E,L,P
Chest/Front	D,E,L,P
Shoulders	E
Side/Climbing	L
Hip	P

A = Fall Arrest  
 D = Controlled Descent  
 E = Confined space entry and exit  
 L = Ladder Climbing  
 P = Work Positioning

Note: Rescue loops are for rescue use only. Never use for fall arrest (including ladder climbing applications).

1.2 Each worker must have a fall-arrest system comprised of a full body harness and a fall arrestor attached to an appropriate anchorage. One fall arrest system per worker is sufficient as long as the worker maintains his or her balance. If there is a possibility that balance will be lost, additional protection that includes a work-positioning device is required.

# Sellstrom/RTC® Harnesses

## Installation, Operating & Maintenance Instructions

### 2.0 Operating Characteristics of Full Body Harnesses

2.1 The SM/RTC-7400 Series LSF® full body harness is simple to adjust, easy to put on, and comfortable to wear all day. This harness is made of lightweight, chemical-resistant polyester webbing. A subpelvic strap is included to provide extra comfort and support during and after a fall arrest. A sliding D-ring on the back of the harness helps absorb shock during fall arrest and properly position the body upright for prolonged suspension and retrieval.

There is no waist strap across the soft, vulnerable midsection, allowing for more ease and comfort for work tasks requiring bending and kneeling. The streamlined design allows for lineman's tools and tool belts to be worn over the top of the harness. The color-coded straps

help workers put on the harness easier, faster, and properly. Harnesses are available with tongue-buckles or quick-attach, mating buckle leg-straps. Incorporated into the back shoulder straps is the exclusive SM/RTC Safe-T-Fold® stress indicator that gives positive visual proof when the harness has experienced the excessive forces of a fall arrest. The Safe-T-Fold stress indicator unfolds to display the message "Caution! Stressed! Do not use!" All SM/RTC harnesses meet or exceed the requirements of OSHA 1926.50, Subpart M; OSHA 1910.129, Fall Protection Equipment Requirements for Body Support; OSHA 1910.66, Appendix C; and ANSI Z359.1-1992.

### 3.0 Installation and Attachment

3.1 Anchorage Strength: All anchorages must be capable of supporting a minimum of 3,600 lbs. when certification exists, or 5,000 lbs. in the absence of certification. (See ANSI Z359.1 for definition of certification.) When more than one personal fall arrest system is attached to an anchorage, the anchorage's strengths above shall be multiplied by the number of personal fall arrest systems attached to the anchorage. This requirement is consistent with OSHA requirements as follows; Anchorages used for attachment of personal fall arrest systems shall be independent of any anchorage being used to support or suspend platforms and capable of supporting at least 5,000 lbs.

per user attached, or be designed, installed and used as part of a complete PFAS which maintains a safety factor of at least two and is supervised by a qualified person.

#### Warning



If you fall, remove the equipment from service and immediately report what happened to your supervisor or the safety department. The entire system, including the anchorage point, must be checked by a qualified person to make sure it will provide the proper protection for the next person who might fall. If a fall has occurred, remove the harness from service and destroy.

# Sellstrom/RTC® Harnesses

## Installation, Operating & Maintenance Instructions

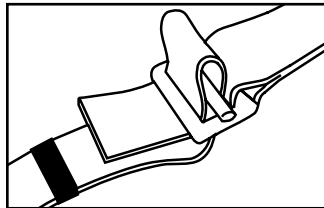
### 4.0 Operating Instructions

4.1 Harnesses must be inspected before every use. See Section 7.0 for inspection instructions. SM/RTC full body harnesses must fit securely between the legs and around the body, but allow you to move freely. All buckles must be properly adjusted and have the D-ring located between the shoulder blades. Hard hats can be worn and will stay on during a fall arrest if fitted closely. Long hair should be worn up to avoid catching it in the sliding D-ring during a fall arrest. Loose ends must be secured with loops of elastic band, plastic web clip, or stored in a pocket.

#### 4.2 Buckle Adjustment

##### 4.2.1 Sliding Bar Buckles:

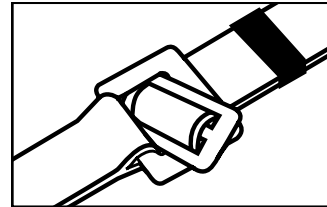
Tighten snugly and feed loose end under elastic keeper or use plastic web clips to position webbing straps.



##### 4.2.2 Quick-Attachment Buckles:

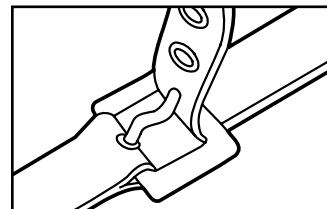
First adjust (loosen or tighten) the length of the leg strap by working the webbing through the inner buckle in either direction. Once the length is correct, push the two plastic web clips out in opposite directions to smooth out the webbing and to keep the

loose end from dangling. Then, pass the smaller inner buckle through the outer buckle frame until it is seated (interlocked) firmly in place.



##### 4.2.3 Attachment of Tongue Buckles:

Adjust the length by passing the webbing through the buckle frame and passing the tongue of the buckle securely through the right grommet hole, resting it tightly against the outer frame. Make sure the same grommet hole is used on each leg strap so that the harness leg straps are adjusted evenly. The webbing leg straps should not be twisted and the extra strap through the buckle should be neatly tucked away in the loops or web keepers provided. Always keep the straps under tension and the excess strap stored neatly so that the tongue does not become loose in the grommet.



# Sellstrom/RTC® Harnesses

## Installation, Operating & Maintenance Instructions

### 4.0 Operating Instructions

Continued

#### 4.3 To Fit

##### 4.3.1 To Fit Vest Style Harness:

Step 1: Pick up the harness by the back D-ring and shake it loose. Make sure the webbing straps are not twisted or tangled. The straps with the D-ring pad are the top portion.



Step 2: Place the straps over your shoulders. The harness should slip on like a jacket. Make sure the D-ring is on the top outside of the harness.



Step 3: Fasten the chest strap across the upper portion of the chest about halfway between the nipple line and the collar bones. The chest strap should be comfortably snug. Use the plastic web clips located on the vertical straps to position the chest strap.

The chest strap should not be close to your neck since it might contact the neck as the back D-ring of the harness slides up during a fall arrest. Allow five inches minimum distance from strap to the collar bones.

Women must make sure the chest strap is above the bust line and positioned halfway between the collar bones and nipple line. Never wear the chest strap below the bust line because it may cause pain during a fall arrest.



Continued on next page...

# Sellstrom/RTC® Harnesses

## Installation, Operating & Maintenance Instructions

### 4.0 Operating Instructions

Continued

Step 4: Use the two buckles located at the lower end of the shoulder straps to adjust the shoulder straps. Position the extra seat strap just below the buttocks. These buckles adjust the body (torso) length of the harness. The tail ends of these straps have been secured so they will not unintentionally pull out. Use the plastic web clips to flatten out and position the webbing straps. For the quick-attachment buckles, once adjusted, one web clip should be pushed down against the buckle.



Step 5: Leg strap adjustment: Reach back through your legs and grab one leg strap at a time to fasten, as outlined, for each type of buckle. The leg straps should be snug, but allow you to stand up straight and move your legs comfortably.



### 4.3.2 To Fit Front D-Ring Style Harness

Step 1: Grasp harness by the back D-ring. The back D-ring is located next to the plastic D-ring pad. Shake the harness straps loose so that they are not twisted.



Step 2: Locate the openings for the head and arms. The head is placed between the front and back D-rings through the shoulder straps. The arms are placed through the openings on each side of the shoulder straps. The shoulder straps are color coded for easy identification.



# Sellstrom/RTC® Harnesses

## Installation, Operating & Maintenance Instructions

### 4.0 Operating Instructions

Continued

Step 3: Raise harness over head placing head and arms through openings.



Step 4: Use buckles located on the front of the harness to adjust the height of the front D-ring and the length of the harness. Position the back D-ring between your shoulder blades. Position the front D-ring at least 5" below the collar bone by adjusting the lower right buckle. The front D-ring should be positioned so that it will not contact the neck or chin when it is lifted to the upright position. Then adjust the length of the harness by adjusting the lower left buckle. These buckles allow independent adjustment of the front D-ring height and the overall length of the harness.

Step 5: Reach back through your legs and grab one leg strap at a time to fasten. The leg straps should be snug, but allow you to stand up straight and move your legs comfortably.



# Sellstrom/RTC® Harnesses

## Installation, Operating & Maintenance Instructions

### 4.4 How to use for fall arrest

**4.4.1** For use with Lanyards: Attach the SM/RTC lanyard to the back D-ring located between the shoulder blades. The maximum allowable free fall is 6 feet. The anchorage point must support a minimum of 5000 pounds. When not in use, the loose ends of the lanyard can create a tripping/fall hazard if left dangling. SM/RTC offers the 8250-LS1 LANY'D STO™ to enable the user to safely stow these loose ends to the harness when the lanyard is not in use. When using a continuous protection Y style lanyard, the unused snaphook must be attached to a detachable keeper such as the LANY'D STO'. The LANY'D STO' must never be used as an

attachment point for fall protection or retrieval purposes. Call SM/RTC Customer Service for more information.

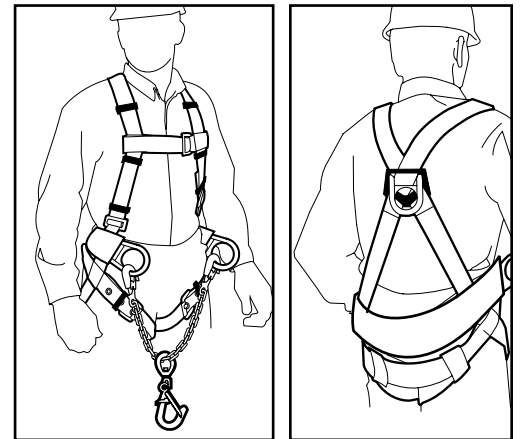
**4.4.2** For use with Self-Retracting Lanyards: Attach the SM/RTC retracting lifeline to the back D-ring located between the shoulder blades. The anchorage point must support a minimum of 5000 pounds. (See separate instructions for the SM/RTC retracting lifeline device for use of a lower strength anchorage point).

### 4.5 How to use for work positioning

**4.5.1** Attach the SM/RTC work positioning device to the side D-rings at the 3 and 9 o'clock positions. This device is for work positioning only and is not for fall arrest or climbing. (See figure 4)

Figure 4: Connect the SM/RTC work positioning device to the D-rings located at the 3 and 9 o'clock positions.

Shown at far right:  
Back Detail.



### 4.6 How to use for climbing ladders

**4.6.1** For SM/RTC climbing systems attached to the left side of the ladder...

**4.6.1.1** The climbing harness D-ring is attached to the left side of the front of the SM/RTC harness. The snaphook on the SM/RTC climbing device is attached to this D-ring. Use the SM/RTC climbing harness only.

**4.6.1.2** Attach the SM/RTC climbing protection device (Climb-Rite®, Ropelok®, RopeGrab™ or CableGrab™) hook to the side climbing D-ring. No other attachments to the climbing D-ring are allowed.

**4.6.2** For SM/RTC climbing systems attached to the center of the ladder...

**4.6.2.1** Attach the snaphook on the SM/RTC climbing device to the center front D-ring on a SM/RTC front D-ring style harness. Use the SM/RTC front D-ring style harness only. Do not use the front D-ring for fall arrest.

**4.6.2.2** Attach the SM/RTC climbing protection device (Climb-Rite®, Ropelok®, RopeGrab™ or CableGrab™) hook to the center front D-ring.

# Sellstrom/RTC® Harnesses

## Installation, Operating & Maintenance Instructions

### 4.6 How to use for climbing ladders

Continued

4.6.3 When dismounting at the top of the ladder, you must be protected from a falling hazard (any place you can fall over or through within six feet) by using an SM/RTC Expander® lanyard or SM/RTC Self-retracting lanyard.

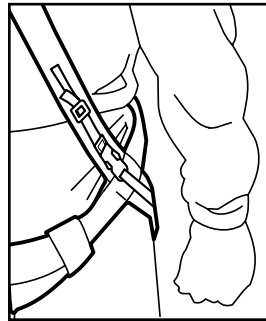
When dismounting at the base of the ladder, you may need to be protected from a falling hazard by using an SM/RTC Expander lanyard or SM/RTC self-retracting lanyard.

Note: If you intend to work from the ladder e.g., use your hand(s) for any other purpose than climbing, you must use the harness back D-ring attached to the SM/RTC-2300 Ropelok® or the SM/RTC-2700 series Retractalok®. In this case, for free hands for working, a work positioning harness and a work positioning lanyard should be used.

### 4.7 How to use with tool belts

#### 4.7 How to use with tool belts

4.7.1 For SM/RTC harnesses equipped with adjustable tool belt loops:



1. Open tool belt loops at plastic clips.
2. Fasten tool belt around waist, over the harness.
3. Fasten tool belt loops around tool belt using plastic clips.

4. Adjust length of loops as necessary.

4.7.2 For SM/RTC harnesses not equipped with tool belt loops, wear belt as usual over the harness.

#### Warning



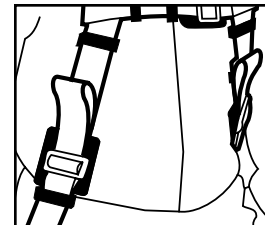
Never attach any fall protection equipment to a tool belt. When using a continuous protection Y style lanyard, the unused snaphook must be attached to a detachable keeper such as the LANY'D STO™. The LANY'D STO™ must never be used as an attachment point for fall protection or retrieval purposes.

### 4.8 How to use for rescue

#### 4.8 How to use for Rescue

4.8.1 For harnesses with shoulder D-rings: Attach an SM/RTC spreader bar assembly (P/N 7400-SPY) to shoulder D-rings. Lift user with emergency rescue device.

4.8.2 For harnesses with front rescue loops: Attach rescue connector through both rescue loops. Lift user with emergency retrieval device.



# Sellstrom/RTC<sup>®</sup> Harnesses

## Installation, Operating & Maintenance Instructions

### 4.9 How to use with a D-ring Extension

#### 4.9 How to use with a D-ring Extension

**4.9.1** The D-ring Extension may be used to connect an SM/RTC shock absorbing lanyard or SM/RTC Retractalock<sup>®</sup> to the back D-ring of an SM/RTC full body harness. Free fall must be limited to 6 ft. with a shock-absorbing lanyard, and to 2 ft. with a Retractalok self-retracting lanyard.

#### Warning



Do not use the D-ring Extension with the 2008 series Retractor<sup>®</sup> self-retracting lanyard.

**4.9.2** If the extension is not already attached to the back of the harness, connect the snaphook

on the extension to the back D-ring on the harness. Do not attach the extension to any other D-ring. Do not connect more than one snaphook to any D-ring or O-ring.

**4.9.3** Connect the snaphook from the shock-absorbing lanyard or Retractalok to the O-ring on the D-ring Extension.

#### Warning



Free fall must not exceed 6 ft. for use with a shock-absorbing lanyard, and must not exceed 2 ft. for use with a self-retracting lanyard. Adjust the length of the lanyard or the height of the D-ring accordingly.

### 5.0 Training

**5.1** All training must be conducted under careful and competent supervision. Live hands-on training for all users is essential to help understand the capabilities and limitations of their personal protective equipment. Training also helps promote confidence and should be conducted as an initial introduction as well as periodically for review and additional practice. Also, this instruction booklet should be stored where users can easily review it whenever necessary. Following is a suggested list of training objectives. Training should be site specific and may need to cover more topics than are listed here.

- Recognize fall hazards, and eliminate the hazard where possible.
- Know the three parts of a fall arrest system: Anchorage, body support, connection.
- Select the proper equipment for each application.
- Consider environmental and other workplace factors.
- Avoid incompatible connections and snap hook roll-out (burst-out).
- Determine and reduce free fall distances.
- Lower the maximum arresting force.
- Properly fit a harness.
- Select an appropriate anchorage.
- Implement a pre-determined rescue plan.
- Inspect and maintain equipment.
- Understand the limitations and requirements of the equipment.
- Understand the consequences of not following, or understanding these instructions.

# Sellstrom/RTC® Harnesses

## Installation, Operating & Maintenance Instructions

### 6.0 Inspection

#### Warning



Failure to remove equipment that has been damaged or where its condition is questionable, could lead to serious or fatal injury. Call SM/RTC Customer Service for replacement information.

**6.1** All equipment must be inspected visually before each use by the user and at least every six months by a competent person other than the user. If damage is found or you have questions about the equipment's condition, remove the item from service immediately. Tag the item for non-use, and replace it. If exposed to

harmful UV rays, the harness should be discarded because of degradation, even if it has not been used. **Warning!** Loop D-rings must be carefully inspected before each use.

**6.2** A detailed record of Inspection dates and times should be maintained. SM/RTC provides a User Inspection Chart for your convenience on the harness label.

**6.3** Paint and Chemicals: All synthetic material lanyards that are subject to paint or solvent over-spray must be replaced on a regular preventive maintenance schedule. Carefully inspect for visible signs of damage; see Table 2 below.

Type of Webbing	Heat	Chemicals	Flame or Molten Metal	Paint and Solvents	Dirt and Grit
Polyester	Fibers become brittle and will shrivel and turn brown in color and break when flexed; should not be used above 180F.	Fibers change color and texture similar to a brownish smudge or smear; will become less elastic with transverse cracks resulting from bending.	Fiber strands fuse together, become hard, brittle and shiny in appearance.	Paint can penetrate into the weave and dry causing the webbing to become hard, brittle and eventually break the fibers. Solvents and drying agents within paint cause damage similar to chemical exposure.	Particles work into the weave and can cut and fray fibers.

#### 6.4 Webbing:

The entire length of webbing should be inspected for tears, cuts, fraying or other signs of wear and damage. Sewn terminations should be secure, complete and not visibly damaged. Begin at one end and bend a portion (6–8 inches) into a U-shape between your hands.

Check both sides and all straps along the entire length of the harness. Discard any webbing with noticeable cuts or severe abrasions. Detailed examples of visual signs of harmful exposure are summarized in Table 1, shown above.



# Sellstrom/RTC<sup>®</sup> Harnesses

## Installation, Operating & Maintenance Instructions

### 6.0 Inspection Continued

#### 6.5 Buckles and D-Ring Attachments:

Carefully check the attachment of buckles and D-rings to webbing for excessive wear, cut or torn fibers, or other visible damage. Stitching patterns should be uniform, complete and without frayed or cut stitches.

#### 6.6 D-Ring:

Check for rough or sharp edges, corrosion, burrs, cracks, dents, or distortion. Note: With Loop/Web D-ring, inspect the D-ring as instructed in paragraphs 7.1, 7.2, 7.3. If any cuts appear on the Loop/Web D-ring, remove from service.

#### 6.7 Tongue Buckles:

Check for rough or sharp edges, corrosion, burrs, cracks, dents, or distortion. Buckle tongues should be free of distortion, move easily back and forth, and overlap the buckle frame. The frame roller should rotate freely.

#### 6.8 Quick-Attachment Buckles:

Check for rough or sharp edges, corrosion, burrs, cracks, dents, or distortion. All portions of the buckle should be straight.

#### 6.9 Sliding Bar Buckle (Torso Buckle):

Check for rough or sharp edges, corrosion, burrs, cracks, dents or distortion. Sliding bar should move freely within the frame; ridges on the internal bar should be complete and not smooth. Carefully check the ends of the bar for distortion.

#### 6.10 Grommets:

Check for rough or sharp edges, corrosion, burrs, cracks, dents, or distortion. Grommets must be tight. If grommets are loose, missing, or are beginning to tear out, remove the harness from service and replace immediately.

#### 6.11 Labels:

Labels on each harness should be secure and easy to read. Contact SM/RTC for replacement advice.

#### VEST AND FRONT D-RING STYLE LABEL

**Sellstrom**  
**Safety Harness**

Meets OSHA 1926.500, subpart M, and 1910.66 Appendix C, ANSI Z359.1-1992 and A10.14-1991 at time of shipment. Made in U.S.A.

Maximum weight of worker including tools is 310 lbs. The 7435-410 Series is designed for combined max. weight of worker and tools up to 410 lb.

**For fall arrest only. Use as part of a complete fall protection system.**

Remove harness from service and destroy: ✓ If damaged or worn  
 ✓ If subjected to a fall  
 ✓ If inspection date has passed  
 ✓ If any part of the SAFE-T-FOLD label displays any part of danger message.

Minimum anchor point requirement is 5,000 pounds.

**WARNING**

Follow the manufacturer's instructions included with the equipment at time of shipment from the manufacturer. Improper use or maintenance of this device could result in serious injury or death from falling.

LABPKA

LABPKA

**Inspection Grid**

Harness must be inspected by a competent person at least every 6 months. Mark inspection date if it passes inspection as per the instruction inspection procedure.

Note: Product age, UV light, chemical exposure, and normal use will reduce strength and performance.

User must inspect harness before each use. Remove from service and tag item for non-use if it fails inspection or if more than six months since last inspection.

Sellstrom/RTC  
One Sellstrom Drive  
Palatine, IL 60067  
800.323.7402 or 847.358.2000

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J									
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**AVERTISSEMENT**  
Suivre les instructions du fabricant incluses avec l'équipement lors de son expédition par l'usine. Un mauvais usage ou entretien incorrect de ce dispositif peut résulter en blessures graves ou en mort à la suite d'une chute.

**ADVERTENCIA**  
Siga las instrucciones del fabricante que vienen incluidas en el equipo desde el momento de envío de fábrica. El uso o mantenimiento incorrecto de esta herramienta podría resultar en lesiones serias o incluso muerte por caída.

**D-Ring usage shown below:**  
 A Back D-Ring for fall arrest  
 B Side D-Rings for climbing only  
 C Shoulder D-Rings for retrieval only  
 D Front D-ring for climbing, or controlled descent.

Note: Any other D-Rings are for work positioning only. Web rescue loops are for rescue use only.

4400 - \_\_\_\_\_  
 4431 - \_\_\_\_\_  
 4433 - \_\_\_\_\_  
 4435 - \_\_\_\_\_  
 7430 - \_\_\_\_\_  
 7431 - \_\_\_\_\_  
 7432 - \_\_\_\_\_  
 7435 - \_\_\_\_\_  
 7436 - \_\_\_\_\_  
 7437 - \_\_\_\_\_  
 OTHER \_\_\_\_\_

Date of MFG: \_\_\_\_\_

Size: \_\_\_\_\_  
 Polyester web, Class 3 Harness - Type 1 Harness (A10.14-1991)

Serial Number: \_\_\_\_\_

LABPKA REV. 2

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# Sellstrom/RTC® Harnesses

## Installation, Operating & Maintenance Instructions

### 7.0 Maintenance

7.1 Personal protective equipment should be maintained regularly to help make sure that the equipment will operate properly when needed. Failure to maintain and store equipment carefully can result in poor operation that could lead to serious or fatal injury.

7.2 All equipment should be part of a periodic maintenance program, including detailed records. A minimum of every six months is suggested or more if the equipment is heavily used. Never make any adjustments or repairs to or substitute any parts of an SM/RTC system; call SM/RTC Customer Service at 1-800-323-7402 or 1-847-358-2000 (outside continental U.S.) for advice.

#### 7.3 Cleaning:

Harnesses can be washed with a mild soap detergent using a brisk back and forth motion. Then, they must be thoroughly rinsed with clear

water and hung up to dry in a cool place out of the sun and away from exposure to high heat and steam. Wash and clean the hooks regularly. Oil or grease the hook so it will not attract dusts/powders, etc. Make sure that oil/grease has correct temperature range and viscosity for location; generally use -60C to +250F silicone sprays. Aim lubricant at rivet pivot points. A dry low temperature silicone lubricant can be used on the snaphooks to help ensure smooth operation and complete closure.

#### 7.4 Storage:

Harnesses should be hung up or placed loosely (in a container) in a clean, dry area free from exposure to harmful fumes, corrosive agents or light (artificial or sunlight).

7.5 Equipment instructions also should be stored where all users can quickly find them when needed.

### 8.0 Warnings

#### Warning



One person to a harness; no multiple person attachment of any kind with any fall arrest system unless using an approved horizontal life-line system.

Anyone who has a history of back or neck problems that could be aggravated or complicated by using SM/RTC equipment should not do so. Prior to use or operation of any SM/RTC system, each potential user should be medically certified to be free from spinabifida (congenital), spondylolisthesis and other spinal, cervical or muscular history.

Always check for obstructions below your work area to make sure your potential fall path is clear. Work directly under your anchorage/attachment point because swing falls can result in serious or fatal injury.

Never punch or cut extra holes in a harness. If the size is incorrect, check with your supervisor or contact SM/RTC for the correct size.

Never cut the length of tongue buckle leg straps to reduce over-hang.

Never use harnesses, lanyards, webbing, snaphooks, or other fall protection equipment for any other use except personal fall protection as detailed in SM/RTC instructions.

Remove from service and discard the harness if the Safe-T-Fold stress indicator unfolds to display the message "CAUTION! STRESSED! DO NOT USE!". The harness is unsafe for use if stressed. Call SM/RTC immediately.

Use extreme caution when working near an energized source. No material is completely dielectric. Maintain a safe working distance from electrical hazards.

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### 9.0 Definitions

#### 9.1 Anchorage:

A secure point of attachment for lifelines, lanyards, or deceleration devices that is independent of supporting or suspending the employees. (OSHA 1910.66 Appendix C and 1926.500).

#### 9.2 Competent Person:

A person who is capable of identifying hazardous or dangerous conditions in the personal fall arrest system or any component thereof, as well as in their application and use with related equipment. (OSHA 1910.66 Appendix C).

#### 9.3 Free Fall:

The act of falling before the personal fall arrest system begins to apply force to arrest the fall. (OSHA 1910.66 Appendix C and 1926.500).

#### 9.4 Personal Fall Arrest System:

An assembly of components and subsystems used to arrest a person in a fall from a working height. (ANSI Z359.1-1992).

#### 9.5 Qualified Person:

One with a recognized degree, professional certificate, professional standing, or extensive knowledge, training, and experience or has successfully demonstrated his or her ability to solve or resolve problems relating to the subject matter, work, or project (OSHA 1910.66 Appendix C and 1926.32).

### Safety Checklist

#### Warning



All operators and users of SM/RTC equipment MUST be able to answer "yes" to all of the following questions before installing or using any SM/RTC equipment.

- ✓ Has all equipment been assembled and installed according to SM/RTC instructions?
- ✓ Has all equipment been inspected and maintained in accordance with SM/RTC instructions?
- ✓ Does the anchorage meet SM/RTC and OSHA requirements?
- ✓ Is the equipment suited for the intended work task, and is it capable of providing continuous protection?

- ✓ Has each user received training — when hired or within the last 12 months — in the proper and safe operation and use of the equipment?
- ✓ Do all users fully understand the instructions and agree to use the equipment in a safe manner?
- ✓ Has SM/RTC been called if you or any user does not know how to comply with these instructions?

Do not use SM/RTC equipment if you answer "no" to any of the questions above! If you have questions, contact SM/RTC at (800) 323-7402 (U.S. and Canada) or (847) 358-2000 (Illinois and outside the continental United States).