

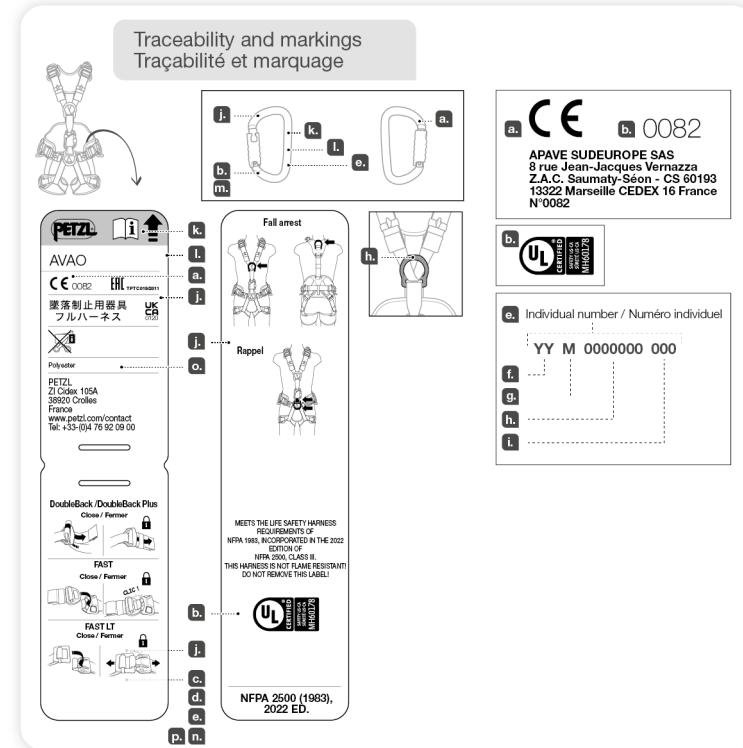
# AVAO BOD / AVAO BOD FAST

CLASS III NFPA 2500 (1983) - 2022

Full-body fall arrest and positioning harness.  
Harnais complet d'antichute et de positionnement.

This product must not be exposed to temperatures below -40° C or above +80° C. Exposure of the harness to direct flame or temperatures beyond these limits could cause the harness to fail. Take care to protect the harness from such exposure during use, transport, storage, etc. Read this notice carefully and keep it in a permanent record for reference after it is removed from the harness. Any user of the harness should be provided with a copy of this notice for reference before and after each use.

Additional information regarding life safety harness can be found in NFPA 1500 and NFPA 1858 and NFPA 1983, incorporated in the 2022 edition of NFPA 2500.



## ⚠ WARNING / ATTENTION

Activities involving the use of this equipment are inherently dangerous.  
You are responsible for your own actions and decisions.

Before using this equipment, you must:  
- Read and understand all Instructions for Use.  
- Get specific training in its proper use.  
- Become acquainted with its capabilities and limitations.  
- Understand and accept the risks involved.

FAILURE TO HEED ANY OF THESE WARNINGS MAY RESULT IN SEVERE INJURY OR DEATH.

Les activités impliquant l'utilisation de cet équipement sont par nature dangereuses. Vous êtes responsable de vos actes, de vos décisions et de votre sécurité.

Avant d'utiliser cet équipement, vous devez :  
- Lire et comprendre toutes les instructions d'utilisation.  
- Vous former spécifiquement à l'utilisation de cet équipement.  
- Vous familiariser avec votre équipement, apprendre à connaître ses performances et ses limites.  
- Comprendre et accepter les risques induits.

LE NON-RESPECT D'UN SEUL DE CES AVERTISSEMENTS PEUT ÊTRE LA CAUSE DE BLESSURES GRAVES OU MORTELLES;

PETZL.COM



Latest version  
Dernière version



Other languages  
Autres langues



Technical tips  
Conseils techniques



PPE checking  
Fiche de contrôle EPI

Warning symbols  
Panneaux d'avertissements



PETZL  
FR-38920 Croziers  
Cidex 105A  
PETZL.COM  
ISO 9001  
© Petzl



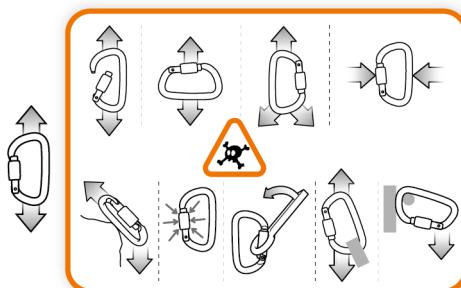
Sustaining our Community  
Au service de la Communauté  
FONDATION-PETZL.ORG



Bm'D TRIACT-LOCK

Made in Italy

	32 kN
	8 kN
	10 kN
	23 mm



## NFPA CERTIFICATION

CARABINER AND SNAP LINK USER INFORMATION.  
MEETS THE CARABINER REQUIREMENTS OF  
NFPA 1983, INCORPORATED IN THE 2022 EDITION  
OF  
NFPA 2500.



NFPA 2500 (1983) - 2022  
T (TECHNICAL USE)  
Bm'D TL M0012000 or  
M0012001  
MBS 32 kN

After removing the Instructions for Use from the equipment, make a copy of it and keep the original as part of a permanent record that includes the usage and inspection history for the equipment. Keep the copy of the Instructions for Use with the equipment and refer to it before and after each use. Additional information regarding auxiliary equipment can be found in NFPA 1500 and NFPA 1858 and NFPA 1983, incorporated in the 2022 edition of NFPA 2500.

# AVAO BOD / AVAO BOD FAST

ANSI / ASSP : Z359.11 [2021]

Full-body fall arrest and positioning harness.  
Harnais complet d'antichute et de positionnement.

## ⚠ WARNING / ATTENTION

Activities involving the use of this equipment are inherently dangerous.  
Vous êtes responsable de vos actes, de vos décisions et de votre sécurité.

Before using this equipment, you must:  
 - Read and understand all instructions for Use.  
 - Get specific training in its proper use.  
 - Become acquainted with its capabilities and limitations.  
 - Understand and accept the risks involved.



FAILURE TO HEED ANY OF THESE  
WARNINGS MAY RESULT IN SEVERE  
INJURY OR DEATH.

Les activités impliquant l'utilisation de cet équipement sont par nature dangereuses.  
Vous êtes responsable de vos actes, de vos décisions et de votre sécurité.

Avant d'utiliser cet équipement, vous devez :  
 - Lire et comprendre toutes les instructions d'utilisation.  
 - Vous former spécifiquement à l'utilisation de cet équipement.  
 - Vous familiariser avec votre équipement, apprendre à connaître ses performances et ses limites.  
 - Comprendre et accepter les risques induits.

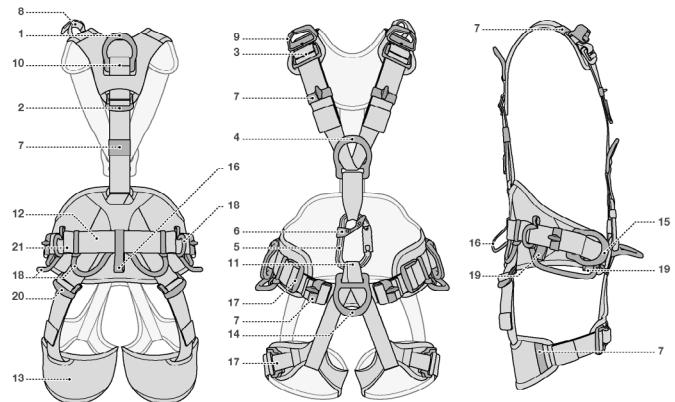


LE NON-RESPECT D'UN SEUL DE CES  
AVERTISSEMENTS PEUT ÊTRE LA  
CAUSE DE BLESSURES GRAVES OU  
MORTELLES;

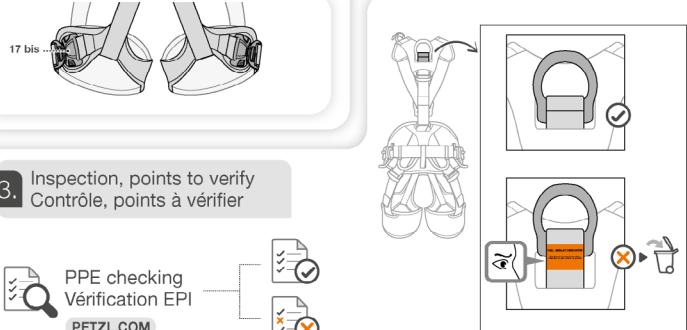
## 1. Field of application Champ d'application

## 2. Nomenclature

### AVAO BOD



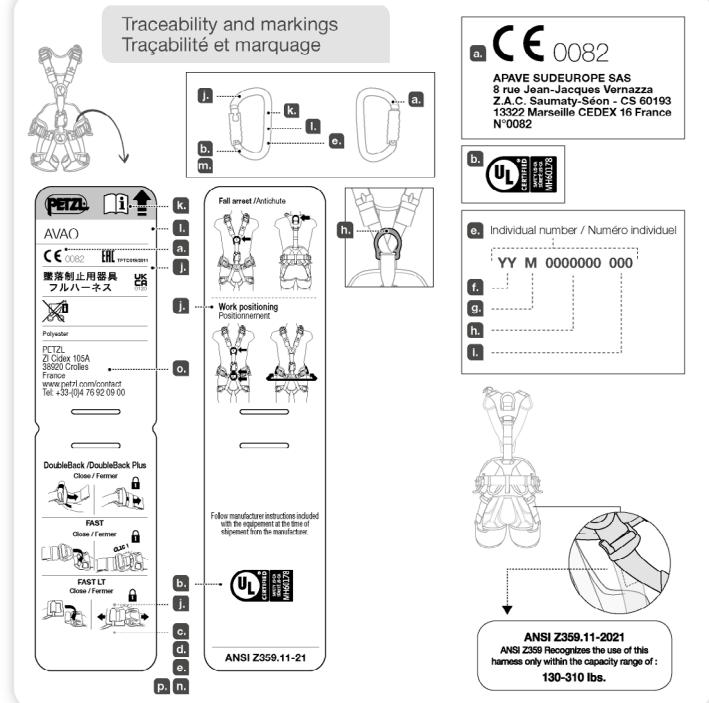
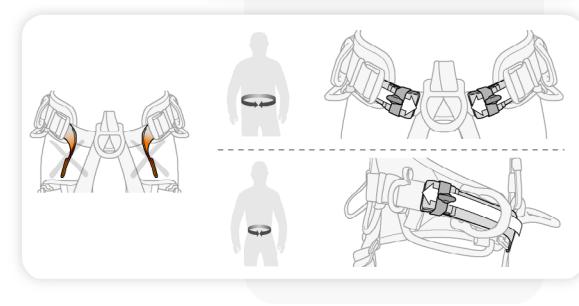
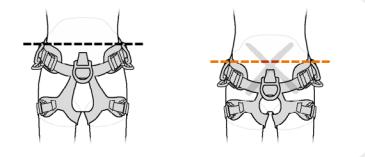
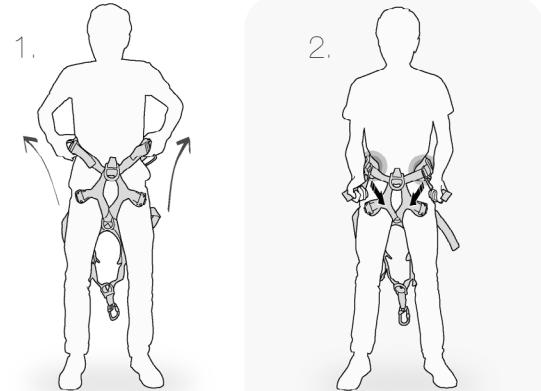
### AVAO BOD FAST



## 3. Inspection, points to verify Contrôle, points à vérifier



## 5. How to put the harness on Mise en place du harnais



PETZL.COM



Latest version  
Dernière version



Other languages  
Autres langues



Technical tips  
Conseils techniques



PPE checking  
Fiche de contrôle EPI

Warning symbols  
Panneaux d'alertes

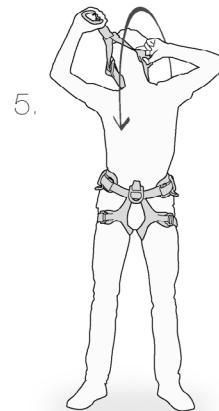
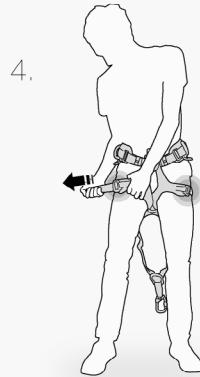
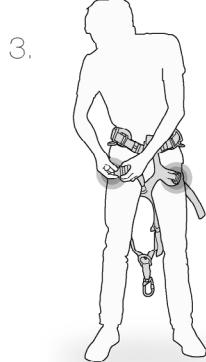


PETZL  
FR-39920 Crolles  
Cidre 105A  
**PETZL.COM**  
ISO 9001  
© Petzl

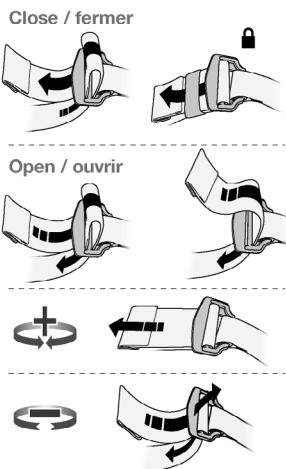


Sustaining our Community  
Au service de la Communauté  
**FONDATION-PETZL.ORG**

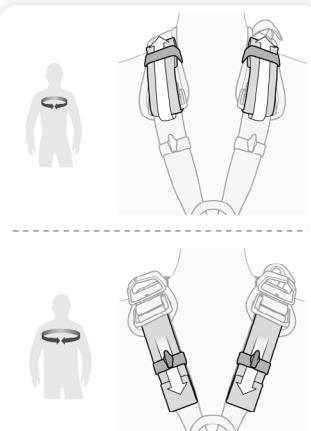
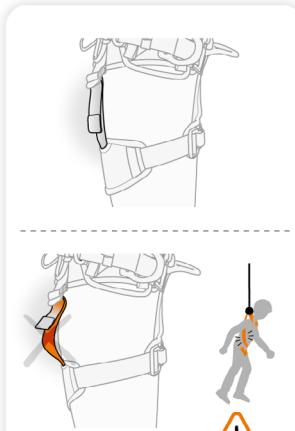
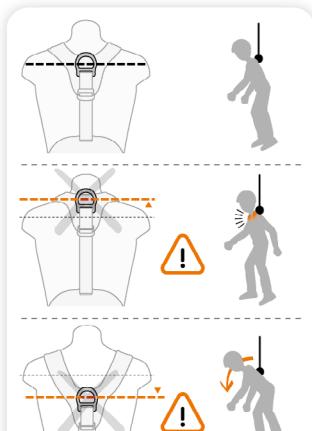
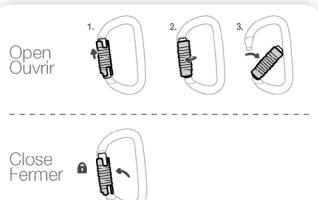
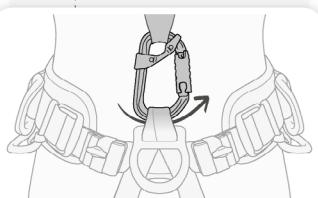
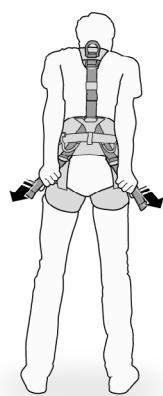
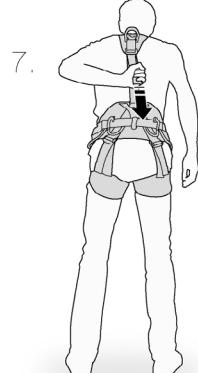
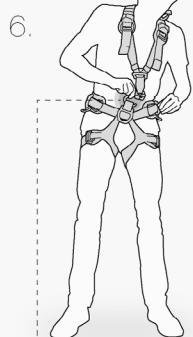
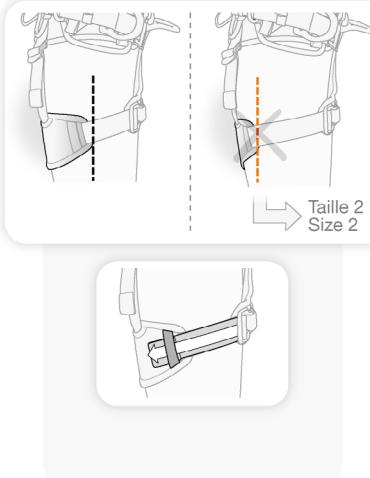
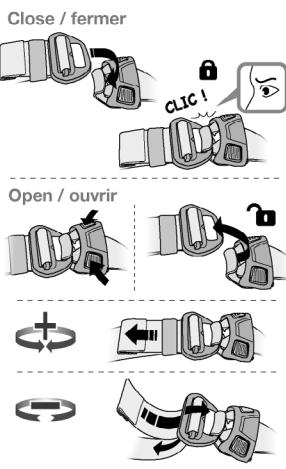
5. How to put the harness on  
Mise en place du harnais



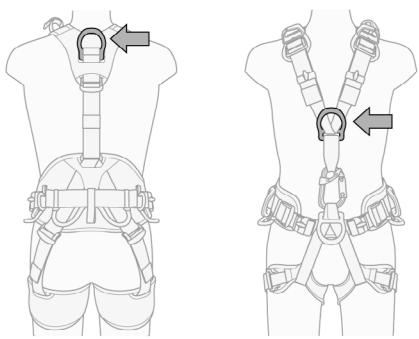
AVAO BOD



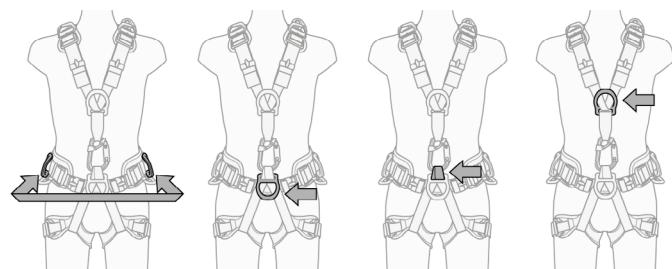
AVAO BOD FAST



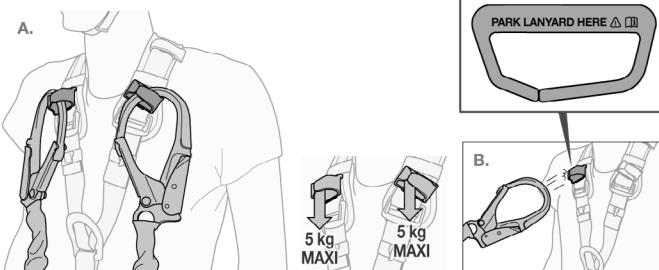
**6. Fall arrest harness  
Harnais antichute**



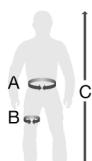
**7. Positioning and restraint harness  
Harnais de positionnement et retenue**



**10. Fall arrest lanyard connector holder  
Porte-connecteurs de longe d'antichute**



**11. ANSI Additional information (text part)  
Informations complémentaires ANSI (partie texte)**



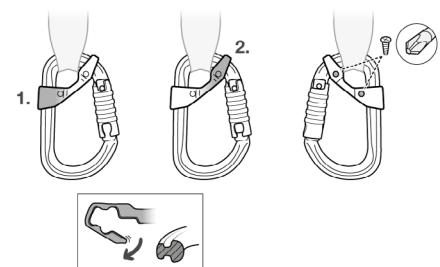
	<b>A</b> 65 - 80 cm 26 - 39 inch	<b>B</b> 44 - 59 cm 18 - 23 inch	<b>C</b> 160 - 180 cm 63 - 70 inch
<b>Taille 0</b>			
<b>Taille 1</b>	70 - 93 cm 28 - 36 inch	47 - 62 cm 19 - 24 inch	165 - 185 cm 65 - 72 inch

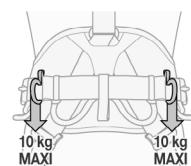
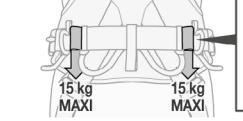
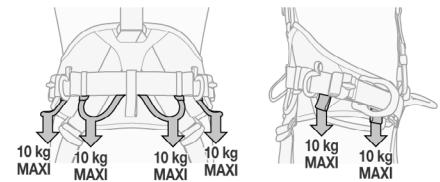
	<b>A</b> 83 - 120 cm 33 - 46 inch	<b>B</b> 50 - 65 cm 20 - 25 inch	<b>C</b> 175 - 200 cm 69 - 78 inch
--	---	--	--

**8. CAPTIV connector positioning bar  
Barette de maintien de connecteur CAPTIV**

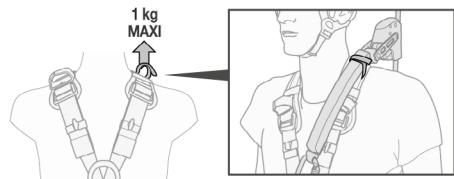
Installation  
Installation



**9. Equipment loops  
Porte-matériaux**



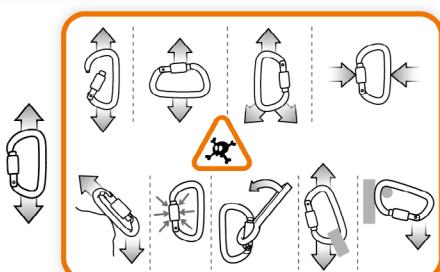
Velcro keeper /  
Passant Velcro



Bm'D TRIACT-LOCK

**CE** 0082 EN 362 : 2004/B

	32 kN
	8 kN
	10 kN
	23 mm



**12. Additional information**  
Informations complémentaires



A. Lifetime / Durée de vie

Serial n° / N° de série  
000 XXX XXXX + 10 years  
ans

B. Markings Marquage



C. Acceptable T°  
T° tolérées

+ 80°C / + 176°F  
- 40°C / - 40°F

D. Precautions for use / Précautions d'usage



etc...

E. Cleaning - Disinfection / Nettoyage - Désinfection



F. Drying / Séchage



G. Storage - Transport Stockage - transport



I. Modifications - Repairs  
Modifications - Réparations



J. FAQ - Contact  
Questions - Contact



petzl.com



A. Lifetime / Durée de vie

∞ unlimited illimitée

C. Acceptable T°  
T° tolérées

+ 80°C / + 176°F  
- 40°C / - 40°F

D. Precautions for use / Précautions d'usage

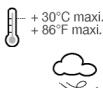


etc...

E. Cleaning / Nettoyage



F. Drying / Séchage



G. Storage - Transport Stockage - transport



H. Maintenance  
Entretien



I. Modifications - Repairs  
Modifications - Réparations



J. FAQ - Contact  
Questions - Contact



These instructions explain how to correctly use your equipment. Only certain techniques and uses are described.

The warning symbols inform you of some potential dangers related to the use of your equipment. It is impossible to describe them all. Check Petzl.com for updates and additional information.

You are responsible for heading each warning and using your equipment correctly. Any misuse of this equipment will create additional dangers. Contact Petzl if you have any doubts or difficulty understanding these instructions.

## 1. Field of application

Personal protective equipment (PPE) used for fall protection from height.

Fall-body fall arrest and positioning harness for work at height.

Nominal maximum load: 140 kg.

This product must not be pushed beyond its limits, nor be used for any purpose other than that for which it is designed.

## 2. Responsibility

### WARNING

#### Activities involving the use of this equipment are inherently dangerous.

#### You are responsible for your own actions, decisions and safety.

Before using this equipment, you must:

- Read and understand all Instructions for Use.
- Get specific training in its proper use.
- Become acquainted with its capabilities and limitations.
- Understand and accept the risks involved.

#### Failure to heed any of these warnings may result in severe injury or death.

This product must only be used by competent and responsible persons, or those placed under the direct and visual control of a competent and responsible person.

You are responsible for your actions, your decisions and your safety and you assume the consequences of same. If you are not able, or not in a position to assume this responsibility, or if you do not fully understand the Instructions for Use, do not use this equipment.

## 2. Nomenclature

### Chest harness:

(1) Dorsal attachment point, (2) Rear dorsal point adjustment buckle, (3) Front shoulder strap adjustment buckles, (4) Sternal attachment point, (5) Chest harness-sit harness connector, (6) CAPTIV, (7) Elastic keepers for straps, (8) Velcro keeper for ASAP SORBER, (9) Fall-arrest lanyard connector parking, (10) Visual indicator.

### Sit harness:

(11) Textile attachment point for Bm'D connector, (12) Waistbelt straps, (13) Leg loops, (14) Metal ventral attachment point, (15) Waistbelt side attachment points, (16) Rear restraint attachment point, (17) DOUBLEBACK adjustment buckles for straps, (17) FAST buckles for leg loops, (18) Equipment loops, (19) Loops for TOOLBAG tool pouch, (20) DOUBLEBACK adjustment buckles for leg loop-waistbelt linking straps, (21) Loops for CARTOOL tool holder.

### Principal materials:

Straps: polyester.

Adjustment buckles: steel.

Metal attachment points and connector: aluminum alloy.

## 3. Inspection, points to verify

Your safety depends upon the integrity of your equipment. Petzl recommends a detailed inspection by a competent person at least once every 12 months (depending on current regulations in your country, and your conditions of usage).

WARNING: your intensity of use may cause you to inspect your PPE more frequently. Follow the procedures described at Petzl.com. Record the results on your PPE inspection form: type, model, manufacturer contact info, serial number or individual number, dates: manufacture, purchase, first use, next periodic inspection; problems, comments, inspector's name and signature.

### Before each use

#### Harnesses

Check the webbing at the attachment points, at the adjustment buckles and at the safety stitching. Be particularly careful to check for cut or loose threads.

Look for signs of wear and tear to use, to heat, to chemicals...

Verify that the DOUBLEBACK and FAST buckles function properly.

Check the visual indicator. The indicator shows red if the dorsal attachment point sustains a shock load greater than 400 daN.

Retire the harness if the visual indicator is visible.

#### Bm'D TRIACT-LOCK connector

Verify the absence of any cracks, deformation, corrosion or wear on the frame, rivet, gate, and locking sleeve. Verify that the gate opens, and that it closes automatically and completely. The Keylock hole must not be blocked or plugged.

Check that the locking sleeve locks and unlocks.

#### During use

Verify that the carabiner is always loaded on the major axis.

Regularly check that the locking sleeve is locked. Avoid any pressure or rubbing that could unlock the gate or damage the locking sleeve.

Regularly verify that the adjustment buckles are properly tightened.

It is important to regularly monitor the condition of the product and its connections to the other equipment in the system. Make sure that all items of equipment are correctly positioned with respect to each other.

## 4. Compatibility

Verify that this product is compatible with the other elements of the system in your application (compatible = good functional interaction).

The CAPTIV must be used with your connector.

## 5. Harness setup

- Be sure to correctly stow the excess webbing (folded flat) in the elastic keepers.

- Beware of foreign objects that could impede the operation of the FAST buckles (e.g. pebbles, sand, clothing,...). Verify that they are correctly fastened (see diagrams).

#### Bm'D TRIACT-LOCK connector

A carabiner is not indestructible.

A carabiner is strongest when loaded on the major axis, with the gate closed. Loading a carabiner in any other way (e.g. on the minor axis or with the gate open) is dangerous and can reduce its strength.

For more information, see the Technical tips for connectors at Petzl.com.

#### Initial adjustment of the dorsal attachment point

Adjust the position of the dorsal attachment point to suit your body type and size; position it at the level of the shoulder blades.

Warning: adjustment of the leg loop-waistbelt linking straps is important if you use the dorsal point.

#### Adjustment and suspension test

Your harness must be adjusted to fit snugly to reduce the risk of injury in the event of a fall. You must move around and hang in the harness from each attachment point, with your equipment, to verify that the harness fits properly, provides adequate comfort for the intended use and that it is optimally adjusted.

## 6. Fall-arrest harness

The dorsal and sternal attachment points must be connected to a fall-arrest system that meets current standards.

Only these attachment points are to be used for connecting a fall-arrest system, for example a mobile fall arrester, an energy absorber...

In a fall, the fall-arrest attachment point elongates (45 cm). This elongation must be taken into account for the clearance calculation. For the clearance calculation, take into account the length of any connectors that will have an effect on the fall distance.

## 7. Positioning and travel restraint harness

The ventral attachment point, the sternal attachment point and the side attachment points on the waistbelt are designed to either hold the user in position at a workstation, or to prevent the user from entering an area where a fall is possible.

The ventral attachment point and the side attachment points are not designed for fall-arrest usage.

Always use the two side attachment points together, by linking them with a positioning lanyard, in order to be comfortably supported by the waistbelt.

The lanyard must be kept taut.

## 8. CAPTIV connector positioning bar

The CAPTIV positioning bar promotes positioning of the connector along the major axis.

Warning: replace the CAPTIV removable bar if you change the connector.

## 9. Equipment loops

Equipment loops must only be used for equipment.

WARNING - DANGER: never use equipment loops for belaying, rappelling, tying in, or anchoring a person.

The Velcro keeper may be used to hold your mobile fall arrester's energy absorber in a high position.

## 10. Fall-arrest lanyard connector parking

A. To be used only as lanyard connector parking for unused lanyard ends.

B. In the event of a fall, the lanyard connector parking releases the lanyard-end connector, to avoid impeding deployment of the energy absorber.

WARNING: this is not a fall-arrest attachment point.

## 11. ANSI additional information

- The Instructions for Use must be provided to the user of this equipment.

- The Instructions for Use for each item of equipment used in conjunction with this product must be followed.

- Rescue plan: you must have a rescue plan and the means to rapidly implement it in case of emergency, while using this equipment.

- WARNING: when using multiple items of equipment, a dangerous situation can arise in which the safety function of an item of equipment can be affected by the safety function of another item of equipment.

- WARNING: chemicals, heat, corrosion and ultraviolet light can damage your harness. Contact Petzl if there is any doubt about the condition of this product.

- Be vigilant when working near sources of electricity, moving machinery or abrasive or sharp surfaces.

## 12. Additional Information

### When to retire your equipment:

WARNING: an exceptional event can lead you to retire a product after only one use, depending on the type and intensity of usage and the environment of usage (harsh environments, marine environments, sharp edges, extreme temperatures, chemicals...).

A product must be retired when:

- It is over 10 years old and made of plastic or textiles.

- It has been subjected to a major fall or load.

- You do not know its full usage history.

- When it becomes obsolete due to changes in legislation, standards, technique or incompatibility with other equipment.

Destroy these products to prevent further use.

### Icons:

A. Lifetime: 10 years - B. Marking - C. Acceptable temperatures - D. Usage precautions

- E. Cleaning/disinfection - F. Drying - G. Storage/transport - H. Maintenance - I. Modifications/repairs (prohibited outside of Petzl facilities, except replacement parts) - J. Questions/contact

### 3-year guarantee

Against any material or manufacturing defect. Exclusions: normal wear and tear, oxidation, modifications or alterations, incorrect storage, poor maintenance, negligence, uses for which this product is not designed.

### Warning symbols

1. Situation presenting an imminent risk of serious injury or death. 2. Exposure to a potential risk of accident or injury. 3. Important information on the functioning or performance of your product. 4. Equipment incompatibility.

### Traceability and markings

a. Number of the notified body responsible for the production control of this PPE - b. Certification organization - c. Traceability: datamatix - d. Sizing - e. Serial number - f. Year of manufacture - g. Month of manufacture - h. Batch number - i. Individual identifier - j. Standards - k. Read the Instructions for Use carefully - l. Model identification - m. Class (B basic) - n. Nominal maximum load - o. Manufacturer address - p. Date of manufacture (monthly/year)

## Appendix A - ANSI

### ANSI/ASSP Z359 requirements for proper use and maintenance of full-body harnesses

Note: these are general requirements and information provided by ANSI/ASSP Z359; the manufacturer of this equipment may impose more stringent restrictions on the use of the products they manufacture, see the manufacturer's instructions.

1. It is essential that the users of this type of equipment receive proper training and instruction, including detailed procedures for the safe use of such equipment in their work application.

ANSI/ASSP Z359.2, minimum requirements for a managed fall protection program, establishes guidelines and recommendations for an employer's managed fall protection program, including policies and training, selecting providers, eliminating and controlling fall hazards, rescue procedures, incident investigations and evaluating program effectiveness.

2. Correct fit of a full-body harness is essential to proper performance. Users must be trained to select the size and maintain the fit of their full-body harness.

3. Users must follow manufacturer's instructions for proper fit and sizing, paying particular attention to ensure that buckles are connected and aligned correctly, leg straps and shoulder straps are kept snug at all times, chest straps are located in the middle chest area, and leg straps are positioned and snug to avoid contact with the genitalia should a fall occur.

4. Full-body harnesses that meet ANSI/ASSP Z359.11 are intended to be used with other components of a personal fall-arrest system that limit maximum arrest forces to 1800 pounds (8 kN) or less.

5. Suspension intolerance, also called suspension trauma or orthostatic intolerance, is a serious condition that can be controlled with good harness design, prompt rescue, and post-fall suspension relief devices. A conscious user may deploy a suspension relief device allowing the user to remove tension from around the legs, freeing blood flow, which can delay the onset of suspension intolerance. An attachment element extender is not intended to be attached directly to an anchor or anchorage connector for fall arrest. An energy absorber must be used to limit maximum arrest forces to 1800 pounds (8 kN). The length of the attachment element extender may affect free fall distances and free fall clearance calculations.

6. Full-body harness (FBH) stretch, the amount the FBH component of a personal fall-arrest system will stretch and deform during a fall, can contribute to the overall elongation of the system in stopping a fall. It is important to include the increase in fall distance created by FBH stretch, as well as the FBH connector length, the setting of the user's body in the FBH, and all other contributing factors when calculating total clearance required for a particular fall-arrest system.

7. When not in use, unused lanyard legs that are still attached to a full-body harness D-ring shall not be attached to a work positioning element or any other structural element on the full-body harness unless deemed acceptable by the competent person and manufacturer of the lanyard. This is especially important when using some types of Y-style lanyards, as some [dangerous shock] load may be transmitted to the user through the unused lanyard leg if it is not able to release from the harness. The lanyard parking attachment is generally located in the sternal area to help reduce tripping and entanglement hazards.

8. Loose ends of straps can get caught in machinery or cause accidental disengagement of an adjuster. All full-body harnesses shall include keepers or other components which serve to control the free end of the strap.

9. Due to the nature of soft loop connections, it is recommended that soft loop attachments only be used to connect with other soft loops or carabiners. Snap hooks should not be used unless approved for the application by the manufacturer.

### Sections 10-16 provide additional information concerning the location and use of various attachments that may be provided on this FBH.

#### 10. Dorsal

The dorsal attachment element shall be used as the primary fall-arrest attachment, unless the application allows the use of an alternate attachment. The dorsal attachment may also be used for travel restraint or rescue. When supported by the dorsal attachment during a fall, the design of the full-body harness shall direct load through the shoulder straps supporting the user, and around the thighs. Supporting the user, post fall, by the dorsal attachment will result in an upright body position with a slight lean to the front with some slight pressure to the lower chest. Considerations should be made when choosing a sliding versus fixed dorsal attachment element. Sliding dorsal attachments are generally easier to adjust to different user sizes, and allow a more vertical rest position post fall, but can increase FBH stretch.

#### 11. Sternal

The sternal attachment may be used as an alternative fall-arrest attachment in applications where the dorsal attachment is determined to be inappropriate by a competent person, and where there is no chance to fall in a direction other than feet first. Accepted practical uses for a sternal attachment include, but are not limited to, ladder climbing with a guided type fall arrestor, ladder climbing with an overhead self-retracting lifeline for fall arrest, work positioning, and rope access. The sternal attachment may also be used for travel restraint or rescue. When supported by the sternal attachment during a fall, the design of the full-body harness shall direct load through the shoulder straps supporting the user, and around the thighs. Supporting the user, post fall, by the sternal attachment will result in a rough sitting or cradled body position with weight concentrated on the thighs, buttocks and lower back. Supporting the user during work positioning by the sternal attachment will result in an approximate upright body position.

If the sternal attachment is used for fall arrest, the competent person evaluating the application should take measures to ensure that a fall can only occur feet first. This may include limiting the allowable free fall distance. It may be possible for a sternal attachment incorporated into an adjustable style chest strap to cause the chest strap to slide up and possibly choke the user during a fall, extraction, suspension... The competent person should consider full-body harness models with a fixed sternal attachment for these applications.

#### 12. Ventral

The frontal attachment serves as a ladder climbing connection for guided type fall arrestors where there is no chance to fall in a direction other than feet first, or may be used for work positioning. Supporting the user, post fall or during work positioning, by the frontal attachment will result in a sitting body position, with the upper torso upright, with weight concentrated on the thighs and buttocks. When supported by the frontal attachment, the design of the full-body harness shall direct load directly around the thighs and under the buttocks by means of the sub-pelvic strap.

If the frontal attachment is used for fall arrest, the competent person evaluating the application should take measures to ensure that a fall can only occur feet first. This may include limiting the allowable free fall distance.

#### 13. Shoulder Straps

The shoulder attachment elements shall be used as a pair, and are an acceptable attachment for travel, and entry/retreat. The shoulder attachment elements shall not be used for fall arrest. It is recommended that the shoulder attachment elements be used in conjunction with a yoke which incorporates a spreader element to keep the full-body harness shoulder straps separated.

#### 14. Waist, rear

The waist, rear attachment shall be used solely for travel restraint. The waist, rear attachment element shall not be used for fall arrest. Under no circumstances is it acceptable to use the waist, rear attachment for purposes other than travel restraint. The waist, rear attachment shall only be subjected to minimal loading through the waist of the user, and shall never be used to support the full weight of the user.

## 15. Side

The hip attachment elements shall be used as a pair, and shall be used solely for work positioning. The hip attachment elements shall not be used for fall arrest. Hip attachments are often used for work positioning by arborists, utility workers climbing poles, and construction workers tying rebar and climbing on form walls. Users are cautioned against using the hip attachment elements (or any other rigid point on the full-body harness) to store the unused end of a fall-arrest lanyard, as doing so may cause a tripping hazard, or, in the case of a multiple-leg lanyard, could cause adverse loading to the full-body harness and the wearer through the unused portion of the lanyard.

## 16. Suspension seat

The suspension seat attachment elements shall be used as a pair, and shall be used solely for work positioning. The suspension seat attachment elements shall not be used for fall arrest. Suspension seat attachments are often used for prolonged work activities where the user is suspended, allowing the user to sit on the suspension seat formed between the two attachment elements. An example of this use would be window washers on large buildings.

## USER INSPECTION, MAINTENANCE AND STORAGE OF EQUIPMENT

Users of personal fall-arrest systems shall, at a minimum, comply with all manufacturer instructions regarding the inspection, maintenance and storage of the equipment. The user's organization shall retain the manufacturer's instructions and make them readily available to all users. See ANSI/ASSP Z359.2. Minimum requirements for a managed fall protection program regarding user inspection, maintenance and storage of equipment.

1. In addition to the inspection requirements set forth in the manufacturer's instructions, the equipment shall be inspected by the user before each use and, additionally, by a competent person, other than the user, at intervals of no more than one year for:

- absence or illegibility of markings

- absence of any elements affecting the equipment form, fit or function

- evidence of defects or damage to hardware elements including cracks, sharp edges, deformation, corrosion, excessive heating, alteration and excessive wear

- evidence of defects or damage to strap or ropes including fraying, unsplicing, unknotting, knotting, roping, broken or pulled stiches, excessive elongation, chemical attack, excessive soling, abrasion, alteration, needed or excessive lubrication, excessive aging and excessive wear

2. Inspection criteria for the equipment shall be set by the user's organization. Such criteria for the equipment shall equal or exceed the criteria established by the ANSI/ASSP Z359 standard or the manufacturer's instructions, whichever is greater.

3. When inspection reveals defects in, damage to, or inadequate maintenance of equipment, the equipment shall be permanently removed from service or undergo adequate corrective maintenance, by the original equipment manufacturer or their designate, before return to service.

## Maintenance and storage

1. Maintenance and storage of equipment shall be conducted by the user's organization in accordance with the manufacturer's instructions. Unique issues, which may arise due to conditions of use, shall be addressed with the manufacturer.

2. Equipment which is in need of, or scheduled for maintenance shall be tagged as "unusable".

3. Equipment shall be stored in a manner as to preclude damage from environmental factors such as temperature, light, UV, excessive moisture, oil, chemicals and their vapors or other degrading elements.

## **Medzinárodná verzia**

Tieto pokyny vysvetľujú, ako správne používať vaše vybavenie. Opísané sú len niektoré techniky a spôsoby použitia. Varujúce symboly upozorňujú na niektoré potenciálne nebezpečenstvá spojené s použitím vášho vybavenia, ale nie je možné uviesť všetky prípady. Navštívte Petzl.com a sledujte aktualizácie a doplnkové informácie. Vašou zodpovednosťou je venovať pozornosť každému upozorneniu a používať vaše vybavenie správnym spôsobom. Nesprávne použitie tohto vybavenia zvýši nebezpečenstvo. Ak máte akékoľvek pochybnosti alebo problémy s porozumením návodu, kontaktujte firmu Petzl.

### **1.Rozsah použitia**

Osobný ochranný prostriedok (OOP), používaný pri ochrane proti pádu.

Celotelový zachytávací a polohovací postroj pre práce vo výškach.

Menovité maximálne zaťaženie: 140 kg.

Zaťaženie tohto výrobku nesmie prekročiť uvedenú hodnotu pevnosti, výrobok nesmie byť používaný iným spôsobom, než na ktorý je určený.

### **Zodpovednosť**

#### **UPOZORNENIE**

Činnosti zahrňajúce používanie tohto výrobku sú z podstaty nebezpečné. Za svoje konanie, rozhodovanie a bezpečnosť zodpovedáte sami.

Pred použitím tohto výrobku je nutné:

- Prečítať si a preštudovať celý návod na použitie.
- Nacvičiť správne používanie výrobku.
- Zoznámiť sa s možnosťami výrobku a s obmedzeniami jeho použitia.
- Pochopiť a prijať riziká spojené s jeho používaním.

Opomenutie či porušenie niektorého z týchto pravidiel môže viesť k vážnemu poraneniu alebo smrti.

Tento výrobok smú používať iba odborne spôsobilé a zodpovedné osoby alebo osoby pod priamym vedením a dohľadom týchto osôb. Za svoje činy, rozhodnutia a bezpečnosť zodpovedáte sami a takisto ste si vedomí možných následkov. Ak nie ste schopní, alebo nie ste v pozícii túto zodpovednosť prijať, alebo ak nerozumiete akekoľvek z týchto inštrukcií, výrobok nepoužívajte.

### **2.Opis časťí**

Hrudný postroj:

(1) Chrbový pripájací bod, (2) Nastavovacia pracka chrbového pripájacieho bodu, (3) Predné nastavovacie pracky ramenného popruhu, (4) Hrudný pripájací bod, (5) Spojka sedacieho a hrudného postroja, (6) CAPTIV, (7) Elastické pridržiavače popruhov, (8) Pridržiavač zo suchého zipsu pre ASAP'SORBER, (9) Pridržiavače spojok spojovacieho prostriedku na zachytenie pádu, (10) Indikátor záchytenia pádu.

Sedaci postroj:

(11) Textilný pripájací bod pre spojku Bm'D, (12) Popruhy pásu, (13) Nožné popruhy, (14) Kovový predný pripájací bod, (15) Postranné pripájacie body pásu, (16) Zadný pripájací bod pre zadŕžanie, (17) DOUBLEBACK nastavovacie pracky popruhov, (17 bis) FAST spony nožných popruhov, (18) Pútka na materiál, (19) Pútka na puzdro TOOLBAG, (20) DOUBLEBACK nastavovacie pracky spojovacích pásiakov nožných popruhov a pásu, (21) Sloty pre nosiče materiálu CARITOOL.

Hlavné materiály: Popruhy: polyester. Nastavovacie pracky: ocel.

Kovové pripájacie body a spojky: zlatina hliníka.

### **3.Prehliadka, kontrolné body**

Petzl odporúča robiť podrobné prehliadky najmenej raz za 12 mesiacov. Postupujte podľa krokov uvedených na Petzl.com. Výsledky revízie zaznamenajte vo vašom formulári pre revízie OOP: typ, model, kontakt na výrobcu, sériové alebo kusové číslo, dátum: výroby, predaja, prvého použitia, ďalšie periodické revízie; problémy, poznámky, meno a podpis inšpektora.

### **Pred každým použitím**

Postroje

Skontrolujte stav popruhov v miestach pripájacích bodov, pri nastavovacích prackách a bezpečnostných švoch. Osobitnú pozornosť venujte pretrhnutým alebo vytiahnutým nitiam. Zamerajte sa na rezy, opotrebenie a poškodenie vzniknuté používaním, vysokou teplotou či chemikáliami atď. Uistite sa, že všetky pracky DOUBLEBACK a FAST správne fungujú. Skontrolujte indikátor záchytenia pádu. Indikátor ukazuje červenú farbu, ak bol chrbový pripájací bod vystavený rázovému zaťaženiu väčšiemu ako 400 daN. Ak je indikátor viditeľný, postroj vyradte.

Spojka Bm'D TRIACT-LOCK

Skontrolujte, či nemá praskliny, deformácie, znaky korózie alebo opotrebenia na tele, nitoch, západke a poistke zámku. Preverte, či sa západka otvára a sama automaticky úplne uzatvára. Otvor zámku Keylock nesmie byť zablokovaný alebo upchatý. Skontrolujte, či sa poistka zaistuje a odišťuje.

### **Počas používania**

Kontrolujte, či je karabína vždy zaťažená v hlavnej pozdĺžnej osi. Pravidelne kontrolujte, či je poistka zaskrutkovaná. Vyhnite sa akémukoľvek tlaku alebo odieraniu, ktoré by mohlo odistiť západku alebo poškodiť poistku. Pravidelne kontrolujte, či sú nastavovacie pracky bezpečne dotiahnuté. Je dôležité pravidelne kontrolovať stav výrobku a jeho spojenie s ostatnými prvkami systému. Vždy sa presvedčte, či sú všetky súčasti systému navzájom v správnej polohe.

### **4.Zlučiteľnosť**

Overte si súlad tohto výrobku s ostatnými prvkami vášho systému pri danom použití (zlučiteľnosť = dobrá súčinnosť).

So spojkou musí byť použitá deliaca priečka Captiv.

### **5.Zostavenie postroja**

- Nezabudnite správne založiť presahujúce popruhy (naplocho poskladané) do elastických pridržiavačov.

- Pozor na cudzie predmety, ktoré by mohli spôsobiť nefunkčnosť rýchlospôn FAST (napr. kamienky, piesok, odev...). Overte ich správne dotiahnutie (pozri nákresy).

## **Spojka Bm'D TRIACT-LOCK**

Karabína nie je nezničiteľná.

Karabína má najväčšiu pevnosť, ak je zaťažená v jej hlavnej pozdĺžnej osi a má uzavretú západku. Zaťaženie karabíny akýmkolvek ďalším smerom (napr. v priečnej osi alebo s otvorenou západkou) je nebezpečné a znížuje jej pevnosť.

Viac informácií získate v sekcií Technical tips pre karabíny na stránkach Petzl.com.

Počiatočné nastavenie výšky chrbotového kotviaceho pripájacieho bodu

Nastavte si výšku chrbotového pripájacieho bodu podľa vašej postavy: bod umiestnite medzi lopatky. Upozornenie: nastavenie spojovacích popruhov nohavičiek a pásu je dôležité, ak používate chrbotový pripájací bod. Nastavenie a skúška zavesením Postroj musí byť nastavený tak, aby pohodlne sadol a znížil riziko poranenia v prípade pádu.

Zaveste sa v postroji s vaším vybavením, použite postupne všetky pripájacie body, vyskúšajte si pohyby všetkými smermi a vo všetkých polohách, overte si, či váš postroj dobre sadne a poskytuje dostatočné pohodlie pre požadovaný spôsob použitia a že je optimálne nastavený.

## **6. Zachytávací postroj**

Chrbotový a hrudný pripájací bod musí byť pripojený k systému zachytania pádu, ktorý splňa súčasné normy.

Iba tieto body pripojenia smú byť použité na pripojenie systému zachytania pádu, napríklad pohyblivý zachytávač pádu, tlmič pád. Pri páde sa pripájací bod pre zachytanie pádu predĺži. Toto predĺženie musí byť brané do úvahy pri výpočte voľnej hĺbky. Pri výpočte voľnej hĺbky počítajte s dĺžkou akýchkoľvek spojok, ktoré môžu mať vplyv na dĺžku pádu.

## **7. Postroj na polohovanie a zadržanie**

Predné, hrudné a postranné pripájacie body na páse sú určené buď na udržiavanie polohy na pracovnom stanovišti, alebo na zabránenie vstupu používateľa do priestoru s možnosťou pádu. Polohovacie a postranné pripájacie body nie sú určené na pripojenie systému zachytania pádu. Vždy používajte oba postranné pripájacie body súčasne, spojené polohovacím spojovacím prostriedkom, zaistite si tak dokonalú oporu pásu. Spojovací prostriedok musí byť udržiavaný napnutý.

## **8. Deliaca priečka CAPTIV**

Deliaca priečka CAPTIV udržuje spojku v jej hlavnej pozdĺžnej osi. Upozornenie: pri výmene spojky preinštalujte aj deliacu priečku CAPTIV.

## **9. Pútka na materiál**

Pútka na materiál sú určené iba na nosenie a organizovanie pomôcok.

POZOR, NEBEZPEČENSTVO: pútka na materiál nikdy nepoužívajte na istenie, zlaňovanie, nadvázovanie ani pripájanie do kotviaceho bodu. Pridržiavač zo suchého zipu smie byť používaný na pripevnenie vášho tlmiča pádu od pohyblivého zachytávača pádu vo vyššej polohe.

## **10. Pridržiavač pre spojky spojovacieho prostriedku na zachytenie pádu**

A. Slúži na odloženie nepoužívanej konca spojovacieho prostriedku.

B. V prípade pádu pridržiavač uvoľní spojku na konci spojovacieho prostriedku, aby sa tlmič pádu mohol neobmedzene vytrhnúť. Upozornenie: tento pripájací bod nie je pripájací bod na zachytenie pádu.

## **9. ANSI dodatkové informácie**

- Návod na použitie musí byť poskytnutý používateľovi tohto produktu.
- Je nutné dodržiavať pokyny na použitie každého prostriedku, ktorý je použitý v spojení s týmto produkтом.
- Záchranný plán: musíte mať záchranný plán a prostriedky na jeho rýchlu realizáciu v prípade problémov vzniknutých pri používaní tohto vybavenia.
- Pozor: ak používate rôzne časti výstroja, môže nastať nebezpečná situácia, v ktorej je zabezpečovacia funkcia jednej súčasti narušená funkciou inej súčasti výstroja.
- Upozornenie: chemikálie, vysoká teplota, korózia a ultrafialové žiarenie môžu poškodiť váš postroj. Ak máte akékoľvek pochybnosti o stave výrobku, kontaktujte zástupcu firmy Petzl vo vašej krajine.
- Budte pozorní, ak pracujete v blízkosti zdroja elektrického prúdu, pohybujúcich sa strojov alebo drsných či ostrých povrchov.

## **12. Doplňkové informácie**

Kedy vaše vybavenie vyradíť:

UPOZORNENIE: niektoré výnimcočné situácie môžu spôsobiť okamžité vyraďanie výrobku už po prvom použití, to závisí od druhu, intenzity a prostredia, v ktorom sa výrobok používa (znečistené prostredie, morské prostredie, ostré hrany, vysoké teploty, chemikálie atď.).

Výrobok musí byť vyrađený, ak:

- Je starší ako 10 rokov a vyrobený z plastu alebo textílií.
- Bol vystavený ľažkému pádu alebo veľkému zaťaženiu.
- Neprejde periodickou prehliadkou. Máte akékoľvek pochybnosti o jeho spoľahlivosti.
- Nepoznáte jeho úplnú história používania.
- Sa stane zastaraným vzhľadom na legislatívu, normy, techniky alebo zlučiteľnosť s ostatným vybavením atď.

Takýto produkt znehodnoťte, aby ste zamedzili jeho ďalšiemu použitiu.

## **Piktogramy:**

- A. Životnosť: 10 rokov
- B. Označenie
- C. Povolené teploty
- D. Bezpečnostné opatrenia
- E. Čistenie/dezinfekcia
- F. Sušenie
- G. Skladovanie/transport.
- H. Údržba

- I. Úpravy/opravy (zakázané mimo prevádzky Petzl, okrem výmeny náhradných dielov)
- J. Otázky/kontakt

### 3 roky záruka

Na chyby materiálu a chyby vzniknuté vo výrobe. Nevzťahuje sa na chyby vzniknuté: bežným opotrebením a roztrhnutím, oxidáciou, úpravami alebo opravami, nesprávnym skladovaním, nedostatočnou údržbou, nedbalosťou, nesprávnym použitím.

### Varovné symboly

1. Situácia predstavujúca bezprostredné riziko vážneho poranenia alebo smrti.
2. Vystavenie potenciálnemu riziku úrazu alebo poranenia.
3. Dôležitá informácia týkajúca sa fungovania alebo správania vášho výrobku.
4. Nezlučiteľnosť vybavenia.

### Sledovateľnosť a označovanie

- a. Číslo označeného subjektu zodpovedného za kontrolu výroby tohto OOP
- b. Certifikačná organizácia
- c. Sledovateľnosť: označenie
- d. Veľkosť
- e. Výrobné číslo
- f. Rok výroby
- g. Mesiac výroby
- h. Sériové číslo
- i. Individuálne identifikačné číslo
- j. Normy
- k. Pozorne čítajte návod na používanie
- l. Identifikácia typu
- m. Trieda (B základná)
- n. Maximálne nominálne začaženie
- o. Adresa výrobcu
- p. Dátum výroby (mesiac/rok)

### Appendix A – ANSI

ANSI/ASSE Z359 Požiadavky na správne používanie a údržbu celotelového postroja Poznámka: ide o všeobecné požiadavky a informácie poskytované ANSI/ASSE Z359: výrobca tohto vybavenia môže stanoviť prínejšie obmedzenia na použitie výrobkov, ktoré vyrába, pozri návod na použitie výrobcu.

1. Je nevyhnutné, aby používateľia tohto typu vybavenia dostali riadny výcvik a pokyny na používanie vrátane podrobnych postupov pre bezpečné používanie takéhoto vybavenia pri ich pracovných činnostiach. ANSI/ASSE Z359.2, minimálne požiadavky na riadený program ochrany proti pádu, stanovujú postup a požiadavky na zamestnávateľa týkajúce sa riadeného programu ochrany proti pádu vrátane metód, povinností a výcviku, postupov ochrany proti pádu, eliminácie a kontroly rizík pádu, postupu záchrany, vyšetrovania nehody a účinnosti vyhodnocovacieho programu.

2. Správna veľkosť a padnutie celotelového postroja sú dôležité pre jeho správnu účinnosť. Používateľia musia byť preškolení, ako si správne zvoliť a udržiavať nastavenie ich celotelového postroja.

3. Používateľia sa musia riadiť pokynmi výrobcu pre správnu veľkosť a padnutie postroja, venovať osobitnú pozornosť kontrole zapnutia a polohy praciek, nožné a ramenné popruhy musia byť po celý čas udržiavané priliehavo, hrudné popruhy sú umiestnené uprostred hrudníka a nožné popruhy sú umiestnené a priliehajú tak, aby v prípade pádu nedošlo ku kontaktu s genitáliami.

4. Celotelové postroje, ktoré spĺňajú ANSI/ASSE Z359.11, sú určené na použitie s ďalšími prvkami osobného systému záchytenia pádu, ktorý tlmi maximálne pádové sily na 1 800 libier (8 kN) alebo menej.

5. Neznášanlivosť zavesenia, nazývaná tiež ako trauma z visu, alebo ortostatická intolerancia, je vážny stav, ktorý možno regulovať dobre navrhnutým postrojom, okamžitú záchrannou a nadľahčovacími prostriedkami pre prípad visu po páde. Používateľ, ktorý je pri vedomí, môže sám použiť nadľahčovacie prostriedky, ktoré mu pomôžu odstrániť tlak okolo nožných popruhov, čím obnoví prietok krvi a oddiali začiatok traumy z visu. Spojovací prostriedok nie je určený na priame pripojenie ku kotviacemu bodu alebo kotviacej spojke na záchytenie pádu. Musí byť použitý pohlcovač pádovej energie, ktorý tlmi maximálnu pádovú silu na 1 800 libier (8 kN). Dĺžka spojovacieho prostriedku ovplyvní dĺžku voľného pádu a výpočet voľnej hĺbky pádu.

6. Pretiahnutie celotelového postroja (CTP), hodnota, o ktorú sa CTP ako prvok osobného systému záchytenia pádu pretiahne a deformuje, prispeje k celkovému predĺženiu systému pri zastavení pádu. Preto je dôležité do výpočtu celkovej voľnej hĺbky pre daný systém záchytenia pádu zahrnúť aj vzdialenosť spôsobenú pretiahnutím CTP a dĺžku spojok CTP.

7. Ak nie sú používané, nesmú sa konce nepoužívaných spojovacích prostriedkov, ktoré sú stále pripojené do pripájacieho bodu D-kružku celotelového postroja, pripojiť do polohovacích prvkov alebo iných štruktúrovaných prvkov celotelového postroja, pokiaľ to nie je inak stanovené zodpovednou osobou či výrobcom spojovacieho prostriedku. Toto je obzvlášť dôležité pri použítiu niektorých spojovacích prostriedkov typu Y, pretože ak sa nepoužívaný prostriedok neuvoľní z postroja, dôjde k preneseniu určitej [nebezpečný šok] záčaže na používateľa. Pripájací element pre nepoužívaný spojovací prostriedok je všeobecne umiestnený v oblasti hrudníka, aby sa znížilo riziko zakopnutia alebo záchytenia.

8. Voľné konce presahujúcich popruhov sa môžu zachoňať v strojoch alebo môžu spôsobiť rozpojenie nastavovacích prvkov. Všetky celotelové postroje by mali byť vybavené pridržiavačmi alebo inými prvkami slúžiacimi na kontrolu voľných koncov popruhov.

9. Vzhľadom na charakter spojenia textilnými okami odporúčame, aby sa používali len na spojenie s ďalšími textilnými okami alebo s karabínami. Nesmie sa používať spojenie háčikmi, ak to nie je schválené priamo výrobcom.

Body 10 – 16 poskytujú doplnkové informácie týkajúce sa umiestnenia a použitia rôznych pripájacích bodov, ktoré sú na CTP.

#### 10. Chrbát

Chrbtový pripájací prvak by sa mal používať ako hlavný pripájací bod na záchytenie pádu, ak spôsob použitia nepovoľuje iné pripojenie. Chrbtové pripojenie možno taktiež použiť na zadržanie alebo záchrannu. Pri zavesení v chrbtovom pripájacom bode počas pádu by mala konštrukcia celotelového postroja smerovať záčaž cez ramenné popruhy držace používateľa a okolo stehien.

Výsledkom zavesenia používateľa po páde v chrbtovom pripájacom bode bude jeho vzpriamená poloha s miernym náklonom vpred a miernym tlakom v dolnej časti hrudníka. Pri výbere je potrebné rozhodnúť, či zvoliť pevný, alebo posuvný chrbtový pripojovací bod.

Posuvné chrbtové pripájacie body sa všeobecne lepšie nastavia rôznym veľkostiam používateľa a umožnia vertikálnejšiu polohu po páde, ale môžu zvýšiť prieťah CTP.

## 11. Hrudník

Hrudný pripájací bod možno použiť ako alternatívny pripájací bod na zachytenie pádu v prípadoch, keď je chrbtový pripájací bod stanovený zodpovednou osobou ako nevhodný a kde nie je iná možnosť smeru pádu, než nohami napred. Akceptované praktické použitie hrudného pripájacieho bodu tvoria, bez obmedzenia, výstup po rebríku s tlmičom pádu – jazdcom na zaistenacom vedení, výstup po rebríku so zaveseným samonavinovacím zachytávačom pádu, pracovné polohovanie, lanový prístup. Chrbtové pripojenie možno taktiež použiť na zadržanie alebo záchrana. Pri zavesení v hrudnom pripájacom bode počas pádu by mala konštrukcia celotelového postroja smerovať zátaž cez ramenné popruhy držiace používateľa a okolo stehien.

Výsledkom zavesenia používateľa po páde v hrudnom pripájacom bode bude zhruba sed s miernym náklonom vzad, s hmotnosťou koncentrovanou na stehnách, zadku a bedrách. Zavesenie používateľa pri pracovnom polohovaní v hrudnom pripájacom bode má zabezpečiť približne priamu polohu tela. Ak sa na zachytenie pádu použije hrudný pripájací bod, zodpovedná osoba vyhodnocujúca dané operácie si musí overiť a uistíť sa, že prípadný pád prebehne iba nohami napred. To môže zahŕňať obmedzenie povolenej voľnej hĺbky pre pád. Hrudný pripájací bod, ktorý je integrovaný do nastaviteľného systému, môže pri páde, natiahnutí, zavesení, sklznutu nahor a udrieť používateľa. Pre takéto prípady musí zodpovedná osoba rozhodnúť o použití typov s pevným hrudným pripájacím bodom.

## 12. Predná strana pásu

Predný pripájací bod slúži na spojenie jazdca s tlmičom pádu na zaistenacom vedení pri výstupoch po rebríku v prípadoch, keď nie je možné spadnúť inak ako nohami napred, alebo smie byť použitý na pracovné polohovanie. Výsledkom zavesenia používateľa po páde v prednom pripájacom bode bude sed, so vzpriamenou hornou polovicou tela, s hmotnosťou koncentrovanou na stehnách, zadku a bedrách. Pri zavesení v prednom pripájacom bode má konštrukcia celotelového postroja smerovať zaťaženie priamo okolo stehien a po zadok prostredníctvom panvových popruhov. Ak sa na zachytenie pádu použije predný pripájací bod, zodpovedná Osoba vyhodnocujúca dané operácie si musí overiť a uistíť sa, že prípadný pád prebehne iba nohami napred. To môže zahŕňať obmedzenie povolenej voľnej hĺbky pre pád.

## 13. Ramenné popruhy

Ramenné pripájacie prvky musia byť použité v páre a toto pripojenie je akceptované pri záchrane alebo vstupe/výstupe. Ramenné pripájacie prvky nesmú byť použité na zachytenie pádu. Odporúčame ramenné pripájacie prvky používať v spojení so strmeňom, ktorý obsahuje rozperku udržujúcu popruhy celotelového postroja od seba.

## 14. Zadná strana pásu

Zadný pripájací bod sa smie používať iba na obmedzenie pohybu zadržaním. Zadný pripájací prvok nesmie byť použitý na zachytenie pádu. V žiadnom prípade nie je prípustné použiť zadný pripájací bod na iné účely než na obmedzenie pohybu zadržaním. Zadný pripájací bod má byť vystavený len minimálemu zaťaženiu cez pás používateľa a nikdy nesmie byť použitý na celkové zavesenie plnej hmotnosti používateľa.

## 15. Boky

Bočné pripájacie prvky musia byť použité v páre a len na pracovné polohovanie. Bočné pripájacie prvky nesmú byť použité na zachytenie pádu. Bočné pripojenie často používajú arboristi, elektrikári na stôpoch a robotníci na konštrukciách. Používateľia používajúci bočné pripájacie prvky (alebo iné pevné body na celotelovom postroji) si musia dať pozor, aby do nich nepripájali nepoužívané konce spojovacích prostriedkov na zachytenie pádu, pretože môže dôjsť k zakopnutiu, alebo v prípade zdvojeného prostriedku k nebezpečnému rozloženiu zátaže do postroja a na používateľa.

## 16. Závesná sedačka

Pripájacie prvky závesnej sedačky musia byť použité v páre a len na pracovné polohovanie. Pripájacie prvky závesnej sedačky nesmú byť použité na zachytenie pádu. Pripojenie závesnej sedačky sa často používa pri dlhotrvajúcich pracovných aktivitách, keď je používateľ v zavesení, čo mu umožňuje sedieť na závesnej sedačke vytvorennej medzi dvoma pripájacími prvkami. Príkladom takého zavesenia môžu byť umývači okien na veľkých budovách.

## PREHLIADKY POUŽÍVATEĽA, ÚDRŽBA A SKLADOVANIE VYBAVENIA

Používateľia osobných systémov zachytenia pádu by mali minimálne podľa návodu na používanie výrobcov týkajúcich sa revízií udržiavať a skladovať ich vybavenie. Organizácia združujúca používateľov by mala uchovávať návody na používanie výrobcov a mať ich neustále k dispozícii pre všetkých používateľov. Pozri ANSI/ASSE Z359.2, Minimálne požiadavky na riadený program ochrany proti pádu, týkajúce sa revízií používateľa, údržby a skladovania vybavenia.

1. Vzhľadom na požiadavky na revízie stanovené výrobcom by malo byť vybavenie prezreté používateľom pred každým použitím a ďalšou zodpovednou osobou okrem používateľa, v intervale nie dlhšom ako jeden rok, na:

- absenciu alebo čitateľnosť označenia
- absenciu akýchkoľvek prvkov ovplyvňujúcich tvar vybavenia, strih alebo funkciu
- prítomnosť nedostatkov alebo poškodenia kovových prvkov zahŕňajúcich praskliny, ostré hrany, deformácie, koróziu, chemické postriekanie, nadmerné teploty, úpravy a nadmerné opotrebenie
- prítomnosť nedostatkov alebo poškodenia popruhov alebo lán zahŕňajúcich spečenie, rozpletenie, rozloženie, zamotanie, zauzlovanie, pretrhnutie alebo vytiahnutie nití, nadmerné predĺženie, chemické postriekanie, nadmerné znečistenie, odretie, úpravy, zamastenie, staroba a nadmerné opotrebenie.

2. Kritériá revízií stanovuje organizácia združujúca používateľov. Tieto kritériá by mali zodpovedať alebo prevyšovať kritériá stanovené normou alebo výrobcom, ktoré je vyššie.

3. Ak kontrola odhalí nedostatky, poškodenia alebo nedostatočnú údržbu vybavenia, musí byť toto vybavenie trvalo vyradené z prevádzky alebo pred návratom do prevádzky podstúpiť primeranú nápravnú údržbu, vykonanú originálnym výrobcom alebo ich určenou prevádzkou.

## Údržba a skladovanie

1. Údržba a skladovanie vybavenia musia byť vykonávané organizáciou používateľa v súlade s pokynmi výrobcu. Zvláštne prípady, ktoré môžu nastať v dôsledku podmienok používania, musia byť riešené s výrobcom.

2. Vybavenie, ktoré je určené alebo pri ktorom je naplánovaná údržba, musí byť označené ako „nepoužiteľné“ a musí byť vyradené z prevádzky.

3. Vybavenie musí byť skladované takým spôsobom, aby sa zabránilo poškodeniu vplyvom pôsobenia prírodných faktorov, ako sú teplo, svetlo, UV žiarenie, nadmerná vlhkosť, mazivá, chemikálie a ich výparы alebo iné stupne rozkladu.

# AVAO® BOD / AVAO® BOD FAST

**CE** 0082

EN 361: 2002  
EN 358: 2018  
EN 813: 2008

**UK CA**  
0120

GB 6095-2021:Q/W/Z

Fall arrest body harness, work positioning and restraint belt and seat harness for work at height.

Harnais complet d'antichute, ceinture de maintien et de retenue et harnais cuissard pour travaux en hauteur

## ⚠ WARNING / ATTENTION

Activities involving the use of this equipment are inherently dangerous.  
You are responsible for your own actions and decisions.

Before using this equipment, you must:  
- Read and understand all instructions for Use.  
- Get specific training in its proper use.  
- Become acquainted with its capabilities and limitations.  
- Understand and accept the risks involved.

 FAILURE TO HEED ANY OF THESE WARNINGS MAY RESULT IN SEVERE INJURY OR DEATH.

Les activités impliquant l'utilisation de cet équipement sont par nature dangereuses.  
Vous êtes responsable de vos actes, de vos décisions et de votre sécurité.

Avant d'utiliser cet équipement, vous devez :  
- Lire et comprendre toutes les instructions d'utilisation.  
- Vous former spécifiquement à l'utilisation de cet équipement.  
- Vous familiariser avec votre équipement, apprendre à connaître ses performances et ses limites.  
- Comprendre et accepter les risques induits.

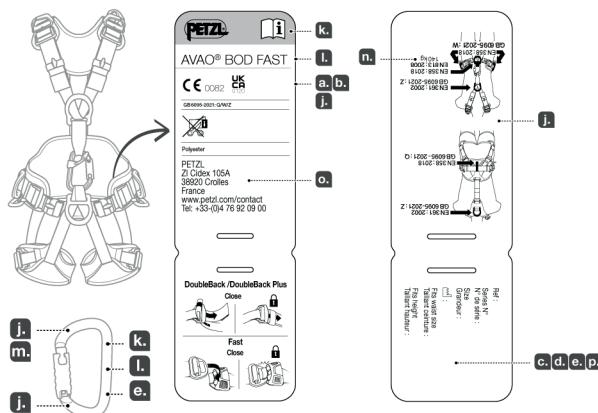
 LE NON-RESPECT D'UN SEUL DE CES AVERTISSEMENTS PEUT ÊTRE LA CAUSE DE BLESSURES GRAVES OU MORTELLES;

PETZL  
FR-38920 Crolles  
Cidex 105A  
**PETZL.COM**  
ISO 9001  
© 2023 Petzl  
Distribution



Sustaining our Community  
Au service de la Communauté  
**FONDATION-PETZL.ORG**

Traceability and markings  
Traçabilité et marquage



e.	Serial number / Numéro de série
	YY M 0000000 000
f.	.....
g.	.....
h.	.....
i.	.....



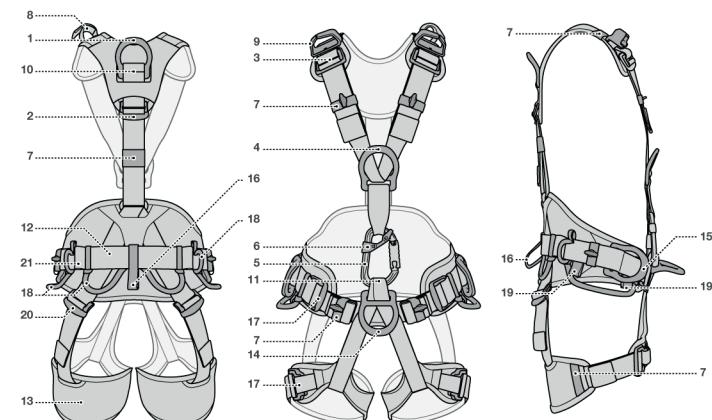
Warning symbols  
Panneaux d'alertes



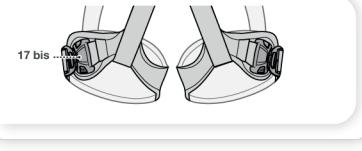
## 1. Field of application Champ d'application

## 2. Nomenclature

### AVAO BOD



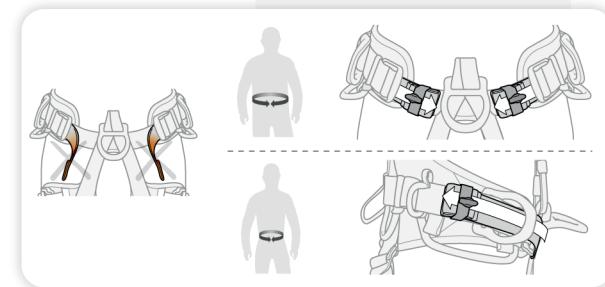
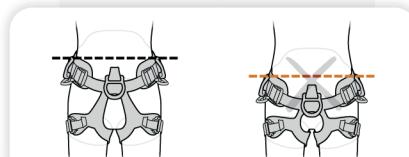
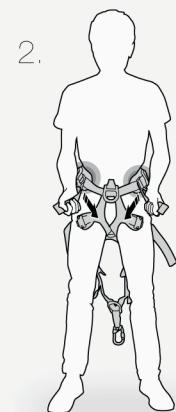
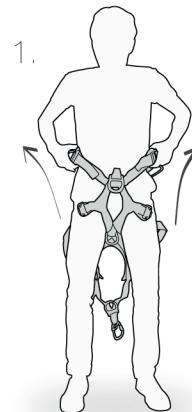
### AVAO BOD FAST



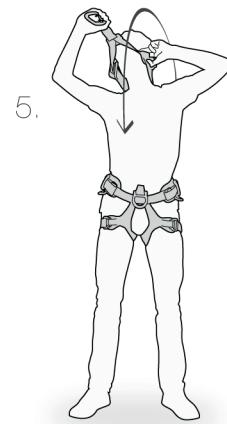
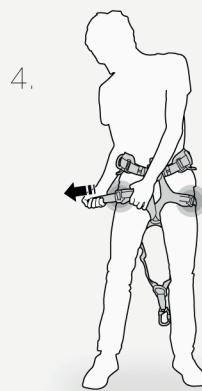
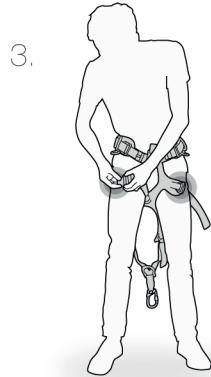
## 3. Inspection, points to verify Contrôle, points à vérifier



## 5. How to put the harness on Mise en place du harnais

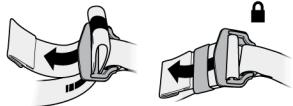


5. How to put the harness on  
Mise en place du harnais



AVAO BOD

**Close / fermer**



**Open / ouvrir**

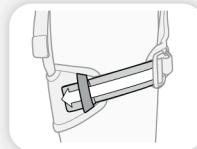
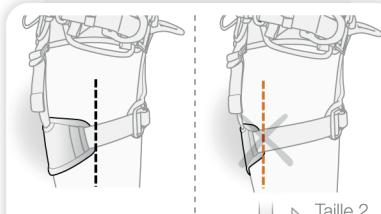


AVAO BOD FAST

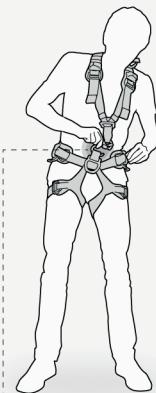
**Close / fermer**



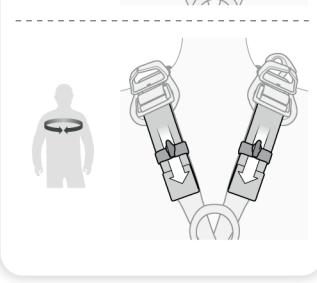
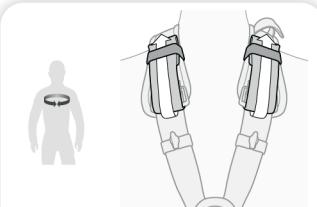
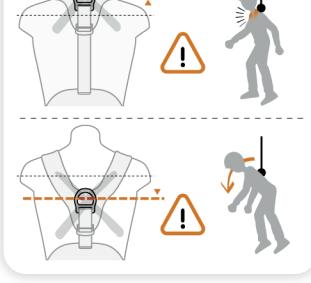
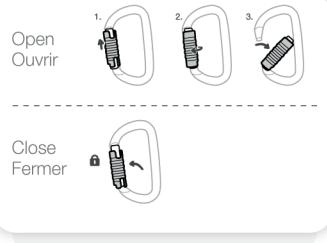
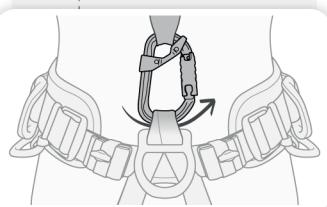
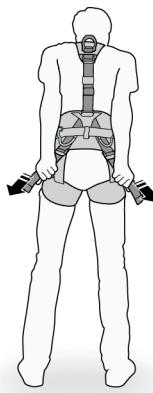
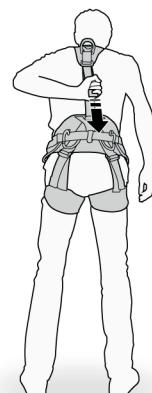
**Open / ouvrir**



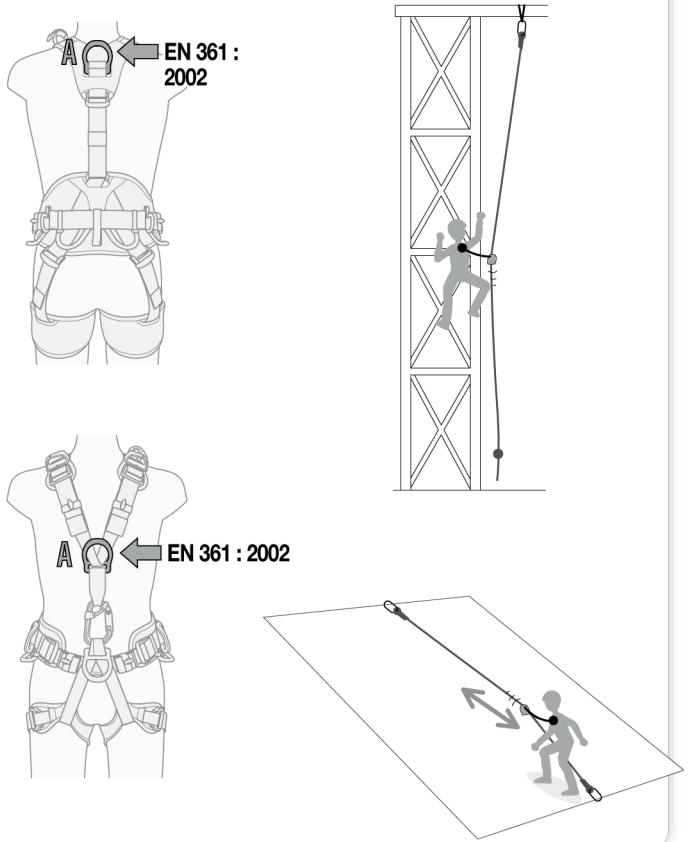
6.



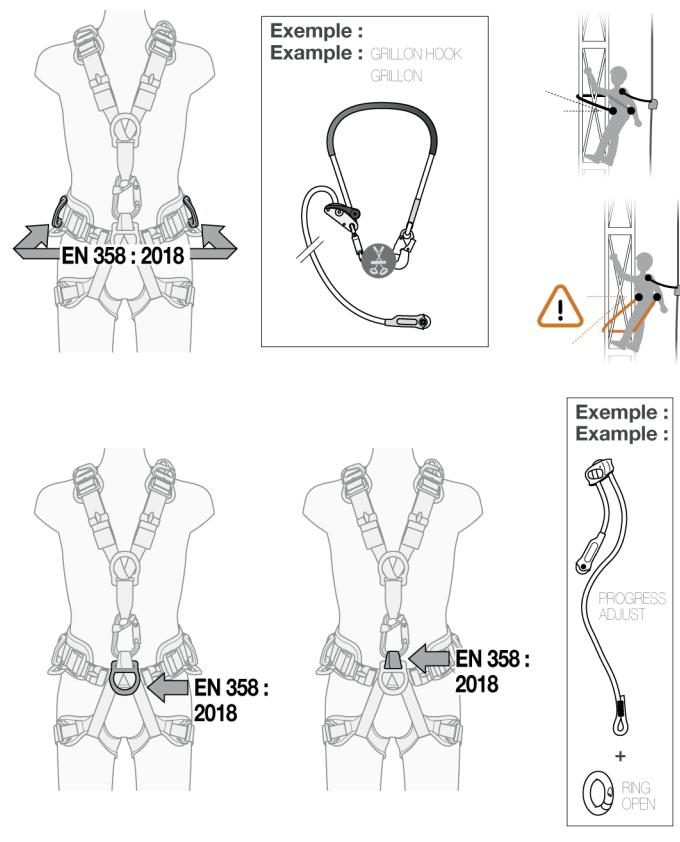
7.



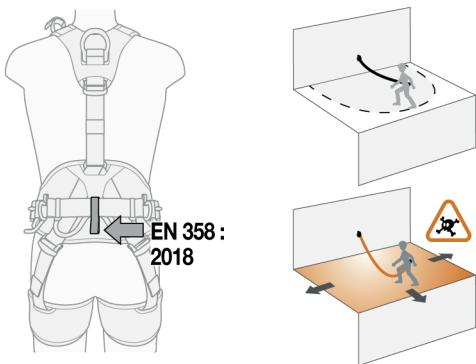
**6. EN 361: 2002 fall arrest harness  
Harnais antichute EN 361: 2002**



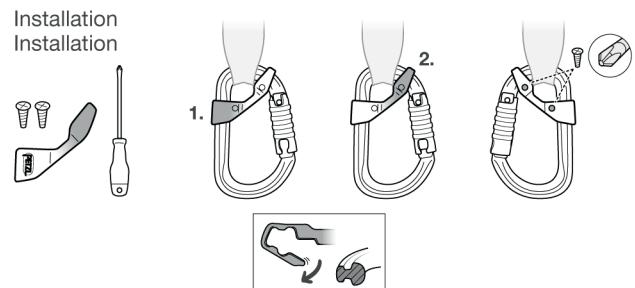
**7. EN 358: 2018 belt for work positioning and restraint  
Ceinture de maintien au travail et retenue EN 358: 2018**



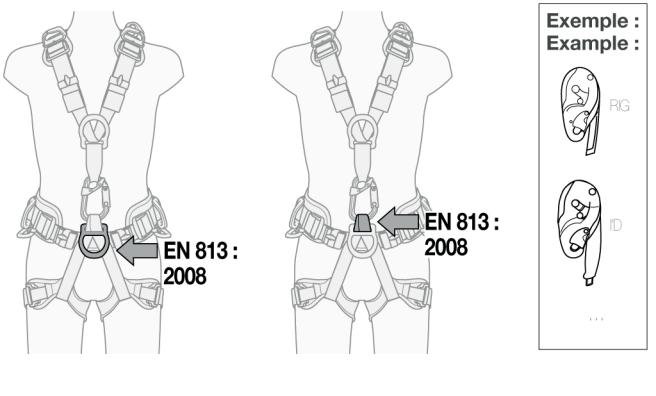
**7. EN 358: 2018 belt for work positioning and restraint  
Ceinture de maintien au travail et retenue EN 358: 2018**



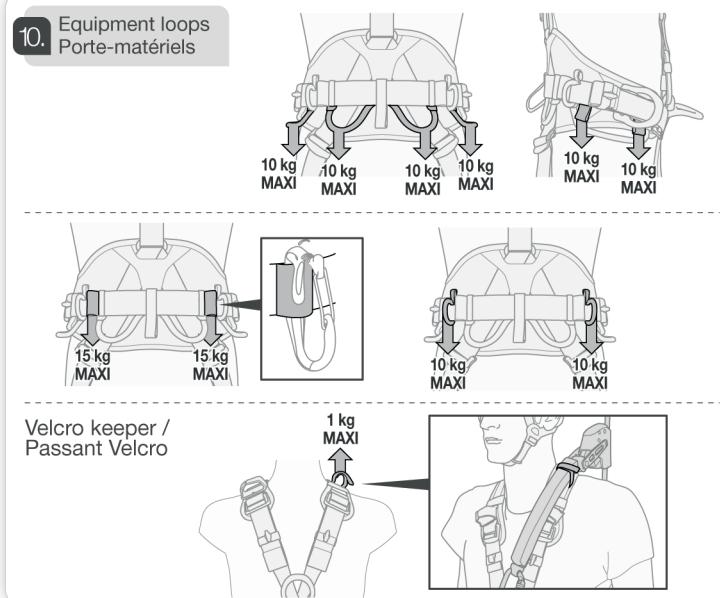
**9. CAPTIV connector positioning bar  
Barette de maintien de connecteur CAPTIV**



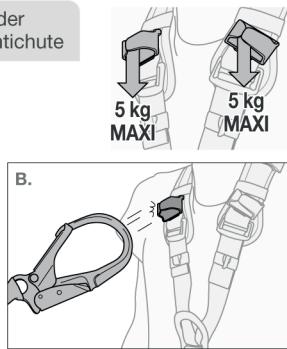
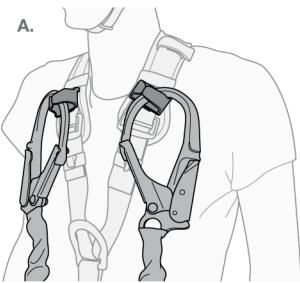
**8. Seat harness EN 813: 2008  
Harnais cuissard EN 813: 2008**



**10. Equipment loops  
Porte-matériaux**



**11. Fall arrest lanyard connector holder  
Porte-connecteurs de longe d'antichute**

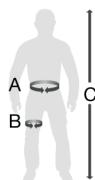
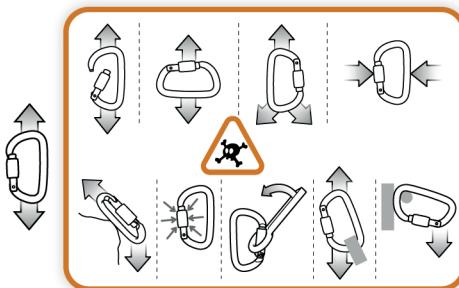


Bm'D TRIACT-LOCK

**CE** 0082

EN 362 : 2004/B

	32 kN
	8 kN
	10 kN
	23 mm



**Taille 0**

A	B	C
65 - 80 cm 26 - 39 inch	44 - 59 cm 18 - 23 inch	160 - 180 cm 63 - 70 inch

**Taille 1**

A	B	C
70 - 93 cm 28 - 36 inch	47 - 62 cm 19 - 24 inch	165 - 185 cm 65 - 72 inch

**Taille 2**

A	B	C
83 - 120 cm 33 - 46 inch	50 - 65 cm 20 - 25 inch	175 - 200 cm 69 - 78 inch

**UK  
CA**  
0120

This product is compliant with the Regulation 2016/425 on Personal Protective Equipment as amended to apply in Great Britain. The UK declaration of conformity is available at Petzl.com

Ce produit est conforme au règlement 2016/425 sur les équipements de protection individuelle tel que modifié pour s'appliquer en Grande-Bretagne.

La déclaration de conformité UK est disponible sur Petzl.com

Approved body performing the UKCA type examination and the production control of this PPE : Organisme approuvé intervenant pour l'examen UKCA du type et le contrôle de production de ce EPI :

**SGS United Kingdom Ltd**  
Inward Way  
Rossmore Business Park  
Ellesmere Port, Cheshire, CH65 3EN  
United Kingdom  
N° 0120

Authorized Representative in UK : PETZL UK Agency, Unit 3-7, Tebay Business Park, Old Tebay, Penrith, CA10 3SS, United Kingdom

**12. Additional information  
Informations complémentaires**



**A. Lifetime / Durée de vie**

Serial n° / N° de série  
 XXX XXX XXXX + 10 years  
ans

**B. Markings  
Marquage**



**C. Acceptable T°  
T° tolérées**



**D. Precautions for use / Précautions d'usage**



**E. Cleaning - Disinfection / Nettoyage - Désinfection**



**F. Drying / Séchage**



**G. Storage - Transport  
Stockage - transport**



**I. Modifications - Repairs  
Modifications - Réparations**



**J. FAQ - Contact  
Questions - Contact**



**A. Lifetime / Durée de vie**

unlimited

**C. Acceptable T°  
T° tolérées**



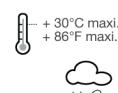
**D. Precautions for use / Précautions d'usage**



**E. Cleaning / Nettoyage**



**F. Drying / Séchage**



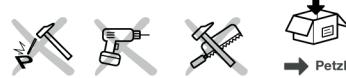
**G. Storage - Transport  
Stockage - transport**



**H. Maintenance  
Entretien**



**I. Modifications - Repairs  
Modifications - Réparations**



**J. FAQ - Contact  
Questions - Contact**



These instructions explain how to correctly use your equipment. Only certain techniques and uses are described.

The warning symbols inform you of some potential dangers related to the use of your equipment. It is impossible to describe them all. Check Petzl.com for updates and additional information.

You are responsible for heeding each warning and using your equipment correctly. Any misuse of this equipment will create additional dangers. Contact Petzl if you have any doubts or difficulty understanding these instructions.

## 1. Field of application

Personal protective equipment (PPE) used for fall protection from height.

Full-body fall-arrest harness, work positioning and restraint belt and sit harness for work at height.

Nominal maximum load: 140 kg.

This product must not be pushed beyond its limits, nor be used for any purpose other than that for which it is designed.

## Responsibility

### WARNING

**Activities involving the use of this equipment are inherently dangerous.**

**You are responsible for your own actions, decisions and safety.**

Before using this equipment, you must:

- Read and understand all Instructions for Use.
- Get specific training in its proper use.
- Become acquainted with its capabilities and limitations.
- Understand and accept the risks involved.

**Failure to heed any of these warnings may result in severe injury or death.**

This product must only be used by competent and responsible persons, or those placed under the direct and visual control of a competent and responsible person.

You are responsible for your actions, your decisions and your safety and you assume the consequences of same. If you are not able, or not in a position to assume this responsibility, or if you do not fully understand the Instructions for Use, do not use this equipment.

## 2. Nomenclature

### Chest harness:

(1) Dorsal attachment point, (2) Rear dorsal point adjustment buckle, (3) Front shoulder strap adjustment buckles, (4) Sternal attachment point, (5) Bm'D chest harness-sit harness connector, (6) CAPTIV, (7) Elastic keeper for straps, (8) Velcro keeper for ASAP/SORBER, (9) Fall-arrest lanyard connector parking, (10) Visual indicator.

### Sit harness:

(11) Textile attachment point for Bm'D connector, (12) Waistbelt straps, (13) Leg loops, (14) Metal ventral attachment point, (15) Waistbelt side attachment points, (16) Rear restraint attachment point, (17) DOUBLEBACK adjustment buckles for straps, (17 bis) FAST buckles for leg loops, (18) Equipment loops, (19) Loops for TOOLBAG tool pouch, (20) DOUBLEBACK adjustment buckles for leg loop-waistbelt linking straps, (21) Loops for CARITOOL tool holder.

### Principal materials:

Straps: polyester.

Adjustment buckles: steel.

Metal attachment points and connector: aluminum alloy.

## 3. Inspection, points to verify

Your safety depends upon the integrity of your equipment.

Petzl recommends a detailed inspection by a competent person at least once every 12 months (depending on current regulations in your country, and your conditions of usage).

WARNING: your intensity of use may cause you to inspect your PPE more frequently. Follow the procedures described at Petzl.com. Record the results on your PPE inspection form: type, model, manufacturer contact info, serial number or individual number, dates: manufacture, purchase, first use, next periodic inspection; problems, comments, inspector's name and signature.

### Before each use

#### Harness

Check the webbing at the attachment points, at the adjustment buckles and at the safety stitching. Be particularly careful to check for cut or loose threads.

Look for cuts, wear and damage due to heat, to chemicals...

Verify that the DOUBLEBACK and FAST LT buckles function properly.

Check the visual indicator. The indicator shows red if the dorsal attachment point sustains a shock load greater than 400 daN.

Retire the harness if the visual indicator is visible.

#### Bm'D TRIACT-LOCK connector

Verify the absence of any cracks, deformation, marks, wear or corrosion on the frame, rivet, gate, and locking sleeve. Verify that the gate opens, and that it closes automatically and completely. The Keylock hole must not be blocked or plugged.

Check that the locking sleeve locks and unlocks.

#### During use

Verify that the carabiner is always loaded on the major axis.

Regularly check that the locking sleeve is locked. Avoid any pressure or rubbing that could unlock the gate or damage the locking sleeve.

Regularly verify that the adjustment buckles are properly tightened.

It is important to regularly monitor the condition of the product and its connections to the other equipment in the system. Make sure that all items of equipment are correctly positioned with respect to each other.

## 4. Compatibility

Verify that this product is compatible with the other elements of the system in your application (compatible = good functional interaction).

Equipment used with your harness must meet current standards in your country (e.g. EN 362 connectors).

The CAPTIV must be used with your connector.

## 5. Harness setup

- Be sure to correctly stow the excess webbing (folded flat) in the elastic keepers.

- Beware of foreign objects that could impede the operation of the FAST buckles (e.g. pebbles, sand, clothing,...). Verify that they are correctly fastened (see diagrams).

#### Bm'D TRIACT-LOCK connector

##### A carabiner is not indestructible.

A carabiner is strongest when loaded on the major axis, with the gate closed. Loading a carabiner in any other way (e.g. on the minor axis or with the gate open) is dangerous and can reduce its strength.

For more information, see the Technical tips for connectors at Petzl.com.

##### Initial adjustment of the dorsal attachment point

Adjust the position of the dorsal attachment point to suit your body type and size: position it at the level of the shoulder blades.

Warning: adjustment of the leg loop-waistbelt linking straps is important if you use the dorsal point.

##### Adjustment and suspension test

Your harness must be adjusted to fit snugly to reduce the risk of injury in the event of a fall.

In a safe environment, you must move around and hang in the harness from each attachment point, with your equipment, to verify that the harness fits properly, provides adequate comfort for the intended use and that it is optimally adjusted.

## 6. EN 361: 2002 full-body fall-arrest harness

Full-body harness for fall protection, component of a fall-arrest system in accordance with the EN 363 standard (personal fall protection systems).

#### 6A. Sternal attachment point

#### 6B. Dorsal attachment point

Only these points may be used to attach a fall-arrest system, for example a mobile fall arrester, an energy absorber, or other system described in the EN 363 standard. For ease of identification, these points are marked with the letter "A".

##### Clearance: amount of free space below the user

The free space below the user must be sufficient to prevent the user from hitting an obstacle in the event of a fall. Specific details on calculating clearance are found in the Instructions for Use of the other components (energy absorbers, mobile fall arrester...).

## 7. EN 358: 2018 belt for work positioning and restraint

These attachment points must only be used to attach to a restraint or work positioning system. See the Instructions for Use of the lanyard used, for usage precautions.

These attachment points are not designed for fall-arrest usage. Do not use a work positioning belt if there is a foreseeable risk of the user becoming suspended or exposed to uncontrolled tension on the belt. For work positioning, use an anchor point situated at or above waist level. It may be necessary to supplement work positioning or restraint systems with collective or personal fall-arrest systems.

The waistbelt is approved for one user, including his/her tools and equipment, for a maximum total weight of 150 kg.

#### 7A. Ventral attachment point

#### 7B. Waistbelt side attachment points

Always use the two side attachment points together, by linking them with a positioning lanyard, in order to be comfortably supported by the waistbelt.

#### 7C. Rear restraint attachment point

This rear waistbelt attachment point is designed only for attachment of a restraint system to prevent the user from entering an area where a fall is possible.

## 8. EN 813: 2008 sit harness

### Ventral attachment point

Designed for progression on rope and work positioning.

Use the ventral point (textile or metal) to attach a descender, positioning lanyards, progression lanyards, or the PODIUM seat.

This attachment point is not suitable for fall arrest.

### 9. CAPTIV connector-positioning bar

The CAPTIV positioning bar promotes positioning of the connector on the major axis.

WARNING: replace the CAPTIV removable bar if you change the connector.

### 10. Equipment loops

Equipment loops must only be used for equipment.

WARNING - DANGER: never use equipment loops for belaying, rappelling, tying in, or anchoring a person.

The Velcro keeper may be used to hold your mobile fall arrester's energy absorber in a high position.

### 11. Fall-arrest lanyard connector parking

A. To be used only as lanyard connector parking for unused lanyard ends.

B. In the event of a fall, the lanyard connector parking releases the lanyard-end connector, to avoid impeding deployment of the energy absorber.

WARNING: this is not a fall-arrest attachment point.

## 12. Additional Information

This product meets the requirements of Regulation (EU) 2016/425 on personal protective equipment. The EU declaration of conformity is available at Petzl.com.

- You must have a rescue plan and the means to rapidly implement it in case of difficulties encountered while using this equipment.

- The anchor point for the system should preferably be located above the user's position and should meet the requirements of the EN 795 standard (12 kN minimum strength).

- In a fall-arrest system, it is essential to check the required clearance below the user before each use, in order to avoid hitting the ground or an obstacle in the event of a fall.

- Make sure that the anchor point is correctly positioned, in order to limit the risk and the length of a fall.

- A fall-arrest harness is the only device allowable for supporting the body in a fall-arrest system.

- When using multiple items of equipment, a dangerous situation can arise in which the safety function of an item of equipment can be affected by the safety function of another item of equipment.

- WARNING: ensure that your products do not rub against abrasive or sharp surfaces.

- Users must be medically fit for activities at height. WARNING: inert suspension in a harness can result in serious injury or death.

- The Instructions for Use for each item of equipment used in conjunction with this product must be followed.

- The Instructions for Use must be provided to the user of this equipment, in the language of the country where the equipment is used.

- Keep the Instructions for Use in a permanent file for reference after removing them from the equipment.

- Make sure the markings on the product are legible.

### When to retire your equipment:

WARNING: an exceptional event can lead you to retire a product after only one use, depending on the type and intensity of usage and the environment of usage (harsh environments, marine environments, sharp edges, extreme temperatures, chemicals...).

A product must be retired when:

- It has exceeded its lifespan.

- It has been subjected to a major fall or load.

- It fails to pass inspection. You have any doubt as to its reliability.

- You do not know its full usage history (e.g. an illegible product marking).

- When it becomes obsolete due to changes in legislation, standards, technique or incompatibility with other equipment... Destroy these products to prevent further use.

### Icons:

A. Lifespan: 10 years - B. Marking - C. Acceptable temperatures - D. Usage precautions - E. Cleaning/disinfection - F. Drying - G. Storage/transport - H. Maintenance - I. Modifications/repairs (prohibited outside of Petzl facilities, except replacement parts) - J. Questions/contact

### 3-year guarantee

Against any material or manufacturing defect. Exclusions: normal wear and tear, oxidation, modifications or alterations, incorrect storage, poor maintenance, negligence, uses for which this product is not designed.

### Warning symbols

1. Situation presenting an imminent risk of serious injury or death. 2. Exposure to a potential risk of accident or injury. 3. Important information on the functioning or performance of your product. 4. Equipment incompatibility.

### Traceability and markings

a. Meets PPE regulatory requirements. Notified body performing the EU type examination - b. Number of the notified body responsible for the production control of this PPE - c. Traceability: datamatrix - d. Sizing - e. Serial number - f. Year of manufacture - g. Month of manufacture - h. Batch number - i. Individual identifier - j. Standards - k. Read the Instructions for Use carefully

- l. Model identification - m. Class (B basic) - n. Nominal maximum load - o. Manufacturer address - p. Date of manufacture (month/year)



# AVAO BOD / AVAO BOD FAST

CSA Z259.10-18 CLASS A/P/D/L

Full-body fall arrest and positioning harness.  
Harnais complet antichute et de positionnement.

## ⚠ WARNING / ATTENTION

Activities involving the use of this equipment are inherently dangerous.  
You are responsible for your own actions and decisions.

Before using this equipment, you must:  
- Read and understand all instructions for Use.  
- Get specific training in its proper use.  
- Become acquainted with its capabilities and limitations.  
- Understand and accept the risks involved.

 FAILURE TO HEED ANY OF THESE WARNINGS MAY RESULT IN SEVERE INJURY OR DEATH.

Les activités impliquant l'utilisation de cet équipement sont par nature dangereuses.  
Vous êtes responsable de vos actes, de vos décisions et de votre sécurité.

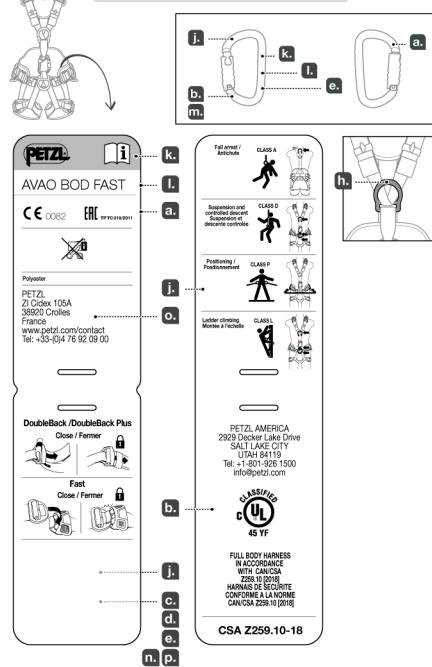
Avant d'utiliser cet équipement, vous devez :  
- Lire et comprendre toutes les instructions d'utilisation.  
- Vous former spécifiquement à l'utilisation de cet équipement.  
- Vous familiariser avec votre équipement, apprendre à connaître ses performances et ses limites.  
- Comprendre et accepter les risques induits.

 LE NON-RESPECT D'UN SEUL DE CES AVERTISSEMENTS PEUT ÊTRE LA CAUSE DE BLESSURES GRAVES OU MORTELLES;

Warning symbols  
Panneaux d'alertes



Traceability and markings  
Traçabilité et marquage



a.  0082  
APAVE SUDEUROPE SAS  
8 rue Jean-Jacques Vernazza  
Z.A.C. Saumaty-Séon - CS 60193  
13322 Marseille CEDEX 16 France  
N°0082

b. Certification organization  


e. Serial number / Numéro de série  
YY M 0000000 000  
f. ....  
g. ....  
h. ....  
i. ....

PETZL.COM



Latest version  
Dernière version



Other languages  
Autres langues



Technical tips  
Conseils techniques



PPE checking  
Fiche de contrôle EPI

PETZL  
F-38920 Crolles  
Cidex 105A  
**PETZL.COM**  
ISO 9001  
© Petzl

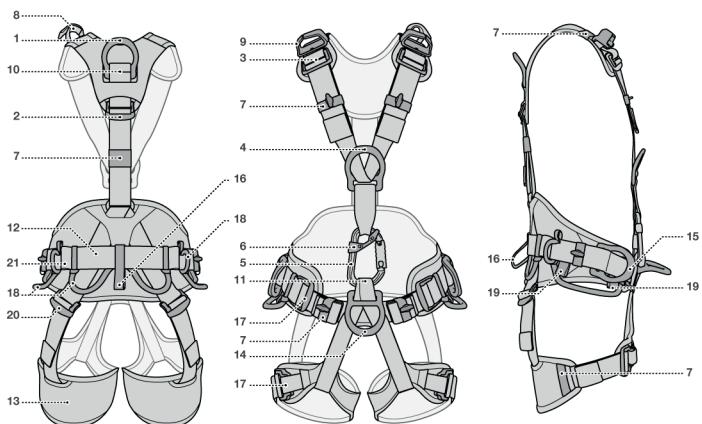


Sustaining our Community  
Au service de la Communauté  
**FONDATION-PETZL.ORG**

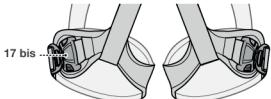
### 1. Field of application Champ d'application

### 2. Nomenclature

#### AVAO BOD

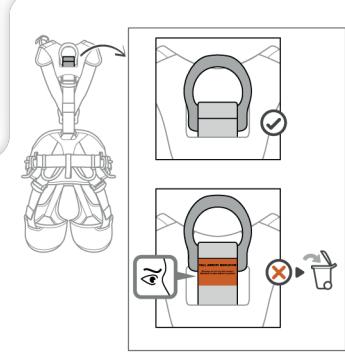


#### AVAO BOD FAST

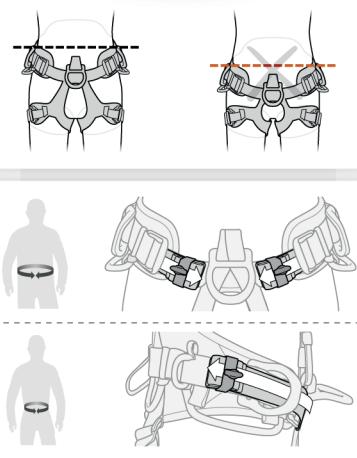
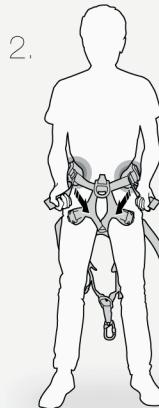
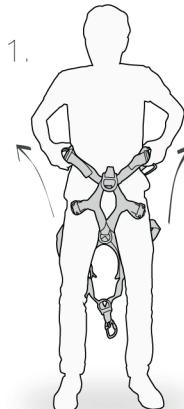


### 3. Inspection, points to verify Contrôle, points à vérifier

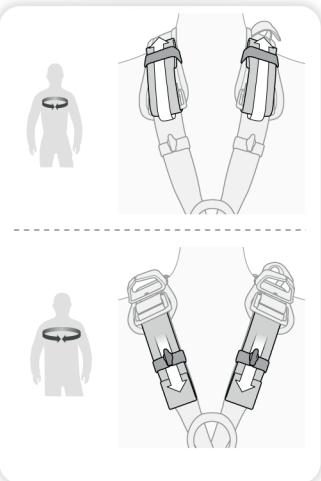
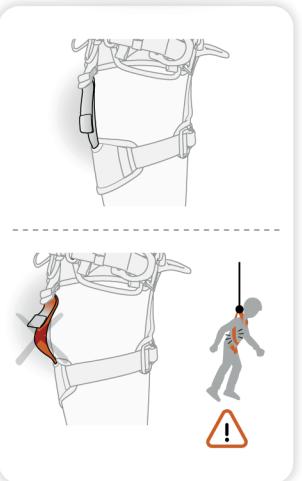
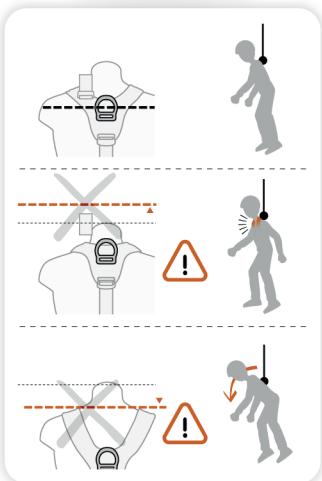
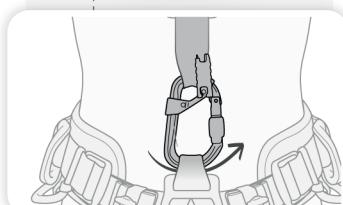
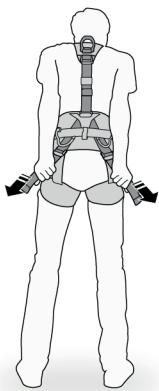
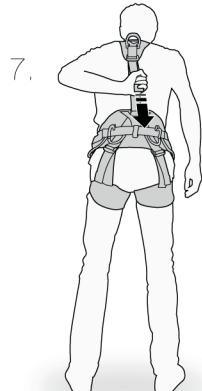
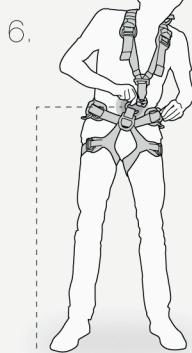
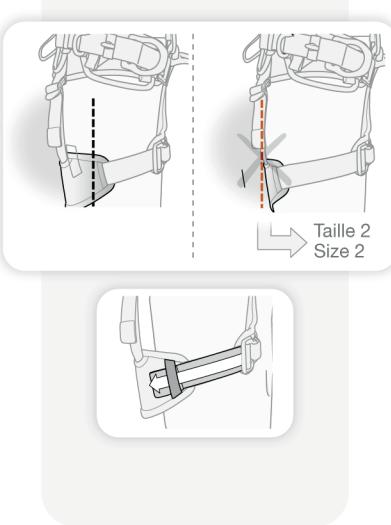
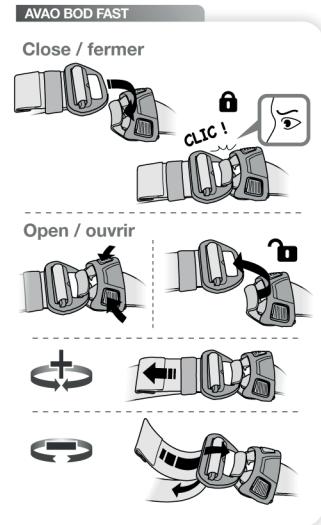
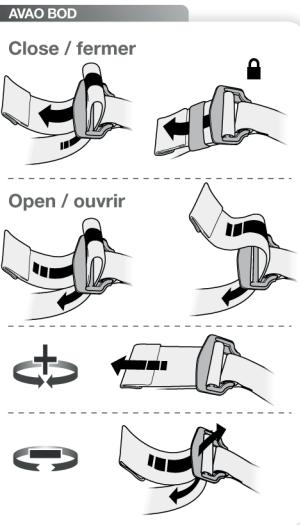
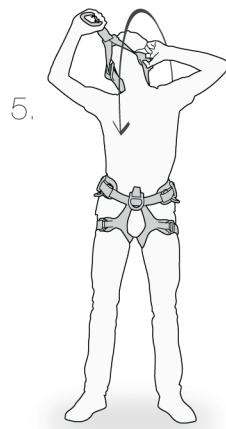
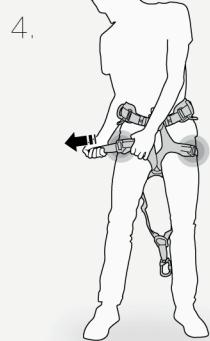
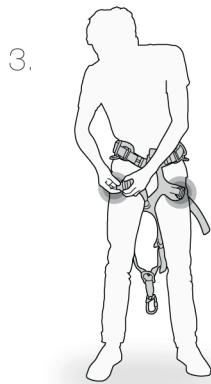
PPE checking  
Vérification EPI  
[PETZL.COM](http://PETZL.COM)



### 5. How to put the harness on Mise en place du harnais

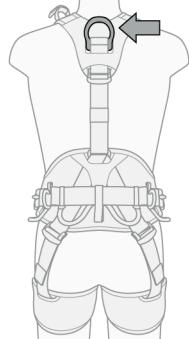


5. How to put the harness on  
Mise en place du harnais



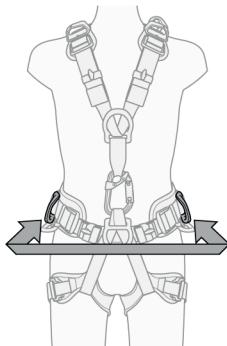
**6. Fall arrest  
Antichute**

**CLASS A**



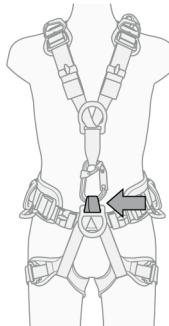
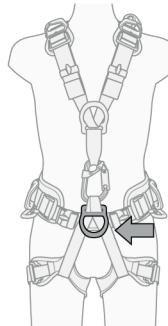
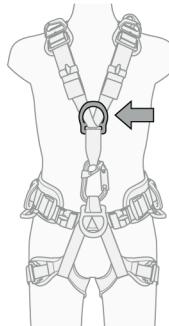
**7. Work positioning  
Positionnement**

**CLASS P**



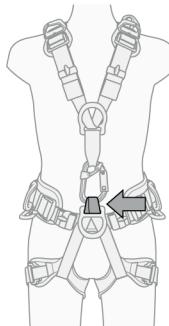
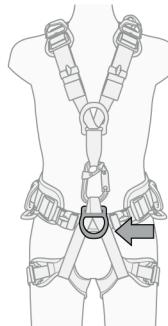
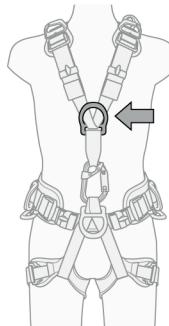
**8. Ladder climbing  
Montée à l'échelle**

**CLASS L**



**9. Suspension and controlled descent  
Suspension et descente contrôlée**

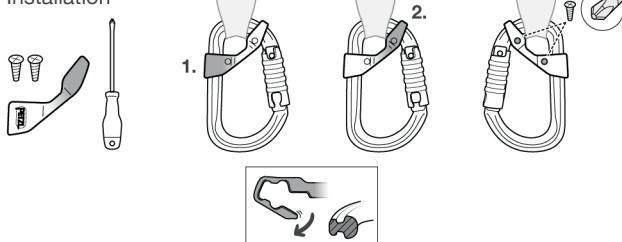
**CLASS D**



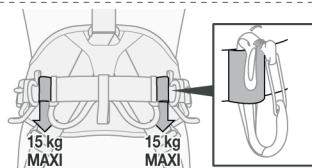
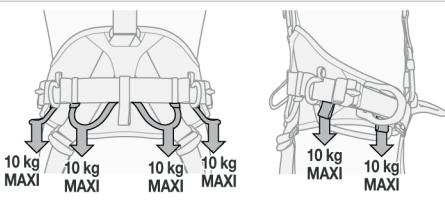
**10. Rescue and evacuation (text part)  
Sauvetage et évacuation (partie texte)**

**11. CAPTIV connector positioning bar  
Barette de maintien de connecteur CAPTIV**

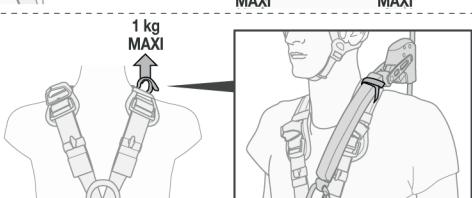
Installation  
Installation



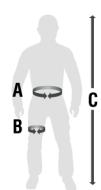
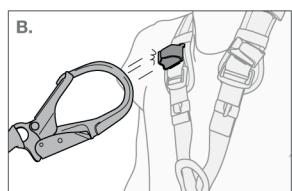
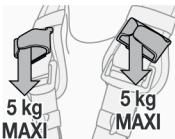
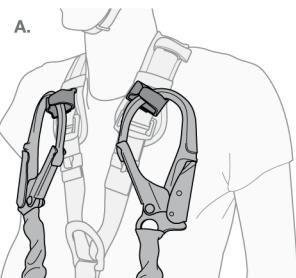
**12. Equipment loops  
Porte-matériaux**



Velcro keeper /  
Passant Velcro



**13. Fall arrest lanyard connector holder  
Porte-connecteurs de longe d'antichute**



**Taille 0**

**A**  
65 - 80 cm  
26 - 39 inch

**B**  
44 - 59 cm  
18 - 23 inch

**C**  
160 - 180 cm  
63 - 70 inch

**Taille 1**

**A**  
70 - 93 cm  
28 - 36 inch

**B**  
47 - 62 cm  
19 - 24 inch

**C**  
165 - 185 cm  
65 - 72 inch

**Taille 2**

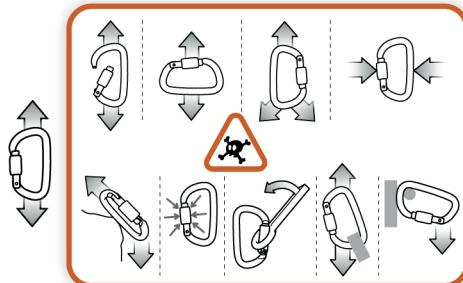
**A**  
83 - 120 cm  
33 - 46 inch

**B**  
50 - 65 cm  
20 - 25 inch

**C**  
175 - 200 cm  
69 - 78 inch



	32 kN
	8 kN
	10 kN
	23 mm



## 12. Additional information Informations complémentaires

**A. Lifetime / Durée de vie**

Serial n°  
 XXX XXX XXXX + 10 years  
ans

**B. Markings Marquage****C. Acceptable T° T° tolérées**

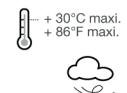
+ 80°C / + 176°F  
- 40°C / - 40°F

**D. Precautions for use / Précautions d'usage****E. Cleaning - Disinfection / Nettoyage - Désinfection****F. Drying / Séchage****G. Storage - Transport Stockage - transport****I. Modifications - Repairs  
Modifications - Réparations****J. FAQ - Contact  
Questions - Contact****A. Lifetime / Durée de vie**

unlimited  
illimitée

**C. Acceptable T° T° tolérées**

+ 80°C / + 176°F  
- 40°C / - 40°F

**D. Precautions for use / Précautions d'usage****E. Cleaning / Nettoyage****F. Drying / Séchage****G. Storage - Transport Stockage - transport****H. Maintenance Entretien****I. Modifications - Repairs  
Modifications - Réparations****J. FAQ - Contact  
Questions - Contact**

These instructions explain how to correctly use your equipment. Only certain techniques and uses are described.

The warning symbols inform you of some potential dangers related to the use of your equipment. It is impossible to describe them all. Check Petzl.com for updates and additional information.

You are responsible for heading each warning and using your equipment correctly. Any misuse of this will create additional dangers. Contact Petzl if you have any doubts or difficulty understanding these instructions.

## 1. Field of application

Personal protective equipment (PPE) used for fall protection.

Fall-body fall arrest and positioning harness for work at height.

Nominal maximum load: 140 kg.

This product must not be pushed beyond its limits, nor be used for any purpose other than that for which it is designed.

## 2. Responsibility

### WARNING

**Activities involving the use of this equipment are inherently dangerous.**

**You are responsible for your own actions, decisions and safety.**

Before using this equipment, you must:

- Read and understand all Instructions for Use.
- Get specific training in its proper use.
- Become acquainted with its capabilities and limitations.
- Understand and accept the risks involved.

**Failure to heed any of these warnings may result in severe injury or death.**

This product must only be used by competent and responsible persons, or those placed under the direct and visual control of a competent and responsible person. You are responsible for your actions, your decisions and your safety and you assume the consequences of same. If you are not able, or not in a position to assume this responsibility, or if you do not fully understand the Instructions for Use, do not use this equipment.

## 2. Nomenclature

### Chest harnesses:

(1) Dorsal attachment point, (2) Rear dorsal point adjustment buckle, (3) Front shoulder strap adjustment buckles, (4) Sternal attachment point, (5) Chest harness-seat harness connector, (6) CAPTIV, (7) Elastic keepers for straps, (8) Velcro keeper for ASAP SORBER, (9) Fall arrest lanyard connector-holders, (10) Fall arrest indicator.

### Seat harness:

(11) Textile attachment point for Bm'D connector, (12) Waistbelt straps, (13) Leg loops, (14) Metal ventral attachment point, (15) Waistbelt side attachment points, (16) Rear restraint attachment point, (17) DOUBLEBACK adjustment buckles for straps, (17 bis) FAST buckles for leg loops, (18) Equipment loops, (19) Loops for TOOLBAG tool pouch, (20) DOUBLEBACK adjustment buckle for leg loop-waistbelt linking straps, (21) Loops for CARITOOL tool holder.

### Principal materials:

Straps: polyester.

Adjustment buckles: steel.

Metal attachment points and connector: aluminum alloy.

## 3. Inspection, points to verify

Petzl recommends a detailed inspection at least once every 12 months. Follow the procedures described at Petzl.com. Record the results on your PPE inspection form: type, model, manufacturer, contact info, serial number or individual number, dates: manufacture, purchase, first use, next periodic inspection; problems, comments, inspector's name and signature.

### Before each use

#### Harnesses

Check the webbing at the attachment points, at the adjustment buckles and at the safety stitching. Be particularly careful to check for cut or loose threads.

Look for cuts, wear and damage due to use, to heat, to chemicals...

Verify that the DOUBLEBACK and FAST LT buckles function properly.

Check the fall arrest indicator. The indicator shows red if the dorsal attachment point sustains a shock-load greater than 400 daN.

Retire the harness if the fall arrest indicator is visible.

#### Bm'D TRIACT-LOCK connector

Verify the absence of any cracks, deformation, corrosion or wear on the frame, rivet, gate, and locking sleeve. Verify that the gate opens, and that it closes automatically and completely. The Keylock hole must not be blocked or plugged.

Check that the locking sleeve locks and unlocks.

#### During use

Verify that the carabiner is always loaded on the major axis.

Regularly check that the locking sleeve is locked. Avoid any pressure or rubbing that could unlock the gate or damage the locking sleeve.

Regularly verify that the adjustment buckles are securely fastened.

It is important to regularly monitor the condition of the product and its connections to the other equipment in the system. Make sure that all items of equipment are correctly positioned with respect to each other.

## 4. Compatibility

Verify that this product is compatible with the other elements of the system in your application (compatible = good functional interaction).

The CAPTIV must be used with your connector.

## 5. Harness setup

- Be sure to correctly stow the excess webbing (folded flat) in the elastic keepers.

- Beware of foreign objects that could impede the operation of the FAST buckles (e.g. pebbles, sand, clothing...) Verify that they are correctly fastened (see drawings).

#### Bm'D TRIACT-LOCK connector

A carabiner is not indestructible.

A carabiner is strongest when loaded on the major axis, with the gate closed. Loading a carabiner in any other way (e.g. on the minor axis or with the gate open) is dangerous and can reduce its strength.

For more information, see the Technical tips for connectors at Petzl.com.

#### Initial adjustment of the dorsal attachment point

Adjust the position of the dorsal attachment point to suit your body shape and size: position it at the level of the shoulder blades.

Warning: adjustment of the leg loop-waistbelt linking straps is important if you use the dorsal point.

#### Adjustment and suspension test

Your harness must be adjusted to fit snugly in order to reduce the risk of injury in case of a fall.

You must move around and hang in the harness from each attachment point, with your equipment, to verify that the harness fits properly, provides adequate comfort for the intended use and that it is optimally adjusted.

## 6. Fall arrest

The class A dorsal attachment point is designed to support the user in case of a fall.

It must be connected to a fall arrest system that meets current standards.

Only this attachment point is to be used for connecting a fall arrest system, for example a mobile fall arrester, an energy absorber...

In a fall, the fall arrest attachment point elongates (45 cm). This elongation must be taken into account for the clearance calculation. For the clearance calculation, take into account the length of any connectors that will have an effect on the fall distance.

#### Clearance: amount of free space below the user

The free space below the user must be sufficient to prevent the user from hitting an obstacle in case of a fall. Specific details on calculating clearance are found in the Instructions for Use of the other components (energy absorbers, mobile fall arrester...).

## 7. Positioning

The class P side attachment points on the waistbelt are designed to hold the user in position at the work station.

These attachment points are not designed for fall arrest usage.

Always use the two side attachment points together, by linking them with a positioning lanyard, in order to be comfortably supported by the waistbelt. The lanyard must be kept taut.

## 8. Ladder climbing

The ventral attachment point (textile or metal) and the class L sternal attachment point are designed for use with fall limitation systems, consisting of a fall arrest system on a vertical fall-line, in accordance with the CAN/CSA-Z259.2.1 standard.

## 9. Suspension and controlled descent

The ventral attachment point (textile or metal) and the class D sternal attachment point are designed for suspension and controlled descent.

## 10. CAPTIV connector positioning bar

The CAPTIV positioning bar promotes positioning of the connector along its major axis.

Warning: replace the CAPTIV removable bar if you change the connector.

## 11. Equipment loops

Equipment loops must only be used for equipment.

WARNING - DANGER: never use equipment loops for belaying, rappelling, tying-in, or anchoring a person.

The Velcro keeper may be used to hold your mobile fall arrester's energy absorber in a high position.

## 12. Fall arrest lanyard connector holder

A to be used only as a connector holder for unused lanyard ends.

B. In case of a fall, the connector holder releases the lanyard-end connector so as to avoid impeding deployment of the energy absorber.

Warning: this attachment point is not a fall arrest attachment point.

## 13. Additional information

### When to retire your equipment:

WARNING: an exceptional event can lead you to retire a product after only one use, depending on the type and intensity of usage and the environment of usage (harsh environments, marine environments, sharp edges, extreme temperatures, chemicals...).

A. When it is no longer safe to use:

- It is over 10 years old and made of plastic or textiles.
- It has been subjected to a major fall (or load).
- It fails to pass inspection. You have any doubt as to its reliability.
- You do not know its full usage history.
- When it becomes obsolete due to changes in legislation, standards, technique or incompatibility with other equipment...

Destroy these products to prevent further use.

### Icons:

- A. Lifetime: 10 years - B. Marking - C. Acceptable temperatures - D. Usage precautions
- E. Cleaning/disinfection - F. Drying - G. Storage/transport - H. Maintenance - I. Modifications/repairs (prohibited outside of Petzl facilities, except replacement parts) - J. Questions/contact

### 3-year guarantee

Against any material or manufacturing defect. Exclusions: normal wear and tear, oxidation, modifications or alterations, incorrect storage, poor maintenance, negligence, uses for which this product is not designed.

### Warning symbols

1. Situation presenting an imminent risk of serious injury or death.
2. Exposure to a potential risk of accident or injury.
3. Important information on the functioning or performance of your product.
4. Equipment incompatibility.

### Traceability and markings

a. Number of the notified body responsible for the production control of this PPE - b. Certification organization - c. Traceability: datamatrix - d. Sizing - e. Serial number - f. Year of manufacture - g. Month of manufacture - h. Batch number - i. Individual identifier - j. Standards - k. Read the Instructions for Use carefully - l. Model identification - m. Class (B basic) - n. Maximum nominal load - o. Manufacturer address - p. Date of manufacture (monthly/year)

## FR

Cette notice explique comment utiliser correctement votre équipement. Seuls certains usages et techniques sont présentés.

Les panneaux d'alerte vous informant de certains dangers potentiels liés à l'utilisation de votre équipement, mais il est impossible de tous les décrire. Prenez connaissance des mises à jour et informations complémentaires sur Petzl.com.

Vous êtes responsable de la prise en compte de chaque alerte et de l'utilisation correcte de votre équipement. Toute mauvaise utilisation de cet équipement sera à l'origine de dangers additionnels. Contactez Petzl si vous avez des doutes ou des difficultés de compréhension.

## 1. Champ d'application

Équipement de protection individuelle (EPI) contre les chutes de hauteur.

Harnais complet d'antichute et de positionnement pour les travaux en hauteur.

Charge nominale maximale : 140 kg.

Ce produit ne doit pas être sollicité au-delà de ses limites ou dans toute autre situation que celle pour laquelle il est prévu.

### Responsabilité

#### ATTENTION

Les activités impliquant l'utilisation de cet équipement sont par nature

dangereuses.

#### Vous êtes responsable de vos actes, de vos décisions et de votre sécurité.

Avant d'utiliser cet équipement, vous devez :

- Lire et comprendre toutes les instructions d'utilisation.
- Vous former spécifiquement à l'utilisation de cet équipement.
- Vous familiariser avec votre équipement, apprendre à connaître ses performances et ses limites.
- Comprendre et accepter les risques induits.

#### Le non-respect d'un seul de ces avertissements peut être la cause de blessures graves ou mortelles.

Ce produit ne doit être utilisé que par des personnes compétentes et avisées ou placées sous le contrôle visuel direct d'une personne compétente et avisée.

Vous êtes responsable de vos actes, de vos décisions et de votre sécurité et en assurez les conséquences. Si vous n'êtes pas en mesure d'assumer cette responsabilité, ou si vous n'avez pas bien compris les instructions d'utilisation, n'utilisez pas cet équipement.

## 2. Nomenclature

### Torse :

- (1) Point d'attache dorsal. (2) Boucle arrière de réglage du point dorsal, (3) Boucles ayant le rôle de verrouillage des bretelles, (4) Point d'attache sternal, (5) Connecteur torse-cuissard, (6) CAPTIV, (7) Passants élastiques pour sangles, (8) Passant Vetro pour ASAP SORBER, (9) Porte-connecteurs de longe d'antichute, (10) Indicateur d'arrêt de chute.

### Cuissard :

- (11) Point d'attache textile du connecteur Bm'D, (12) Sangles de ceinture, (13) Sangles de cuisses, (14) Point d'attache ventral métallique, (15) Points d'attache latéraux de ceinture, (16) Point d'attache arrière de retenue, (17) Boucles de réglage DOUBLEBACK des sangles, (17 bis) Boucles FAST des sangles de cuisses, (18) Porte-matériel, (19) Passants pour poche porte-outils TOOLBAG, (20) Boucles de réglage DOUBLEBACK des sangles de liaison cuisses-ceinture, (21) Passants pour porte-outils CARITOOL.

### Matériaux principaux :

Sangles : polyester.

Boucles de réglage : acier.

Points d'attache métalliques et connecteur : alliage d'aluminium.

## 3. Contrôle, points à vérifier

Petzl conseille une vérification approfondie, par une personne compétente, au minimum tous les 12 mois. Respectez les modes opératoires décrits sur le site Petzl.com. Enregistrez les résultats sur la fiche de vie de votre EPI : type, modèle, coordonnées du fabricant, numéro de série ou numéro individuel, dates : fabrication, achat, première utilisation, prochains examens périodiques, défauts, remarques, nom et signature du contrôleur.

### Avant toute utilisation

#### Harnais

Vérifiez les sangles au niveau des points d'attache, des boucles de réglage et des coutures de sécurité. Attention aux fils coupés ou distendus.

Surveillez les coupures, usures et dommages dus à l'utilisation, à la chaleur, aux produits chimiques...

Vérifiez le bon fonctionnement des boucles DOUBLEBACK et FAST LT.

Vérifiez l'indicateur d'arrêt de chute. Cet indicateur apparaît en rouge si le point d'attache dorsal a subi un choc supérieur à 400 daN.

Retirez votre harnais si l'indicateur d'arrêt de chute est visible.

### Connecteur Bm'D TRIACT-LOCK

Vérifiez l'absence de fissures, déformations, corrosion, usure (sur le corps, rivet, doigt et la bague). Vérifiez l'ouverture et la fermeture automatique complète du doigt. Le trou du Keylock ne doit pas être encrômé ou bouché.

Vérifiez le verrouillage et déverrouillage de la bague.

### Pendant l'utilisation

Vérifiez que le mousqueton travaille toujours selon le grand axe.

Surveillez régulièrement le verrouillage de la bague. Évitez toute pression, ou frottement, qui pourrait provoquer un déverrouillage du doigt ou endommager la bague.

Vérifiez régulièrement le bon serrage des boucles de réglage.

Il est important de contrôler régulièrement l'état du produit et de ses connexions avec les autres équipements du système. Assurez-vous du bon positionnement des équipements les uns par rapport aux autres.

## 4. Compatibilité

Vérifiez la compatibilité de ce produit avec les autres éléments du système dans votre application (compatibilité = bonne interaction fonctionnelle).

Utilisez obligatoirement la CAPTIV avec votre connecteur.

## 5. Mise en place du harnais

- Veillez à ranger correctement les surplus de sangles (bien plaqués) dans les passants élastiques.

- Attention aux objets étrangers qui risquent de gêner le fonctionnement des boucles rapides FAST (cailloux, sable, vêtements...). Vérifiez leur bon verrouillage (voir dessins).

### Connecteur Bm'D TRIACT-LOCK

Un mousqueton n'est pas indestructible.

Un mousqueton offre la résistance maximum dans le grand axe et doigt fermé. Solliciter un mousqueton de toute autre manière est dangereux et réduit sa résistance, par exemple dans le petit axe ou doigt ouvert.

Pour plus d'informations, consultez les Conseils techniques sur les connecteurs sur Petzl.com.

### Réglage initial du point dorsal

Ajustez le réglage de ce point d'attache dorsal à votre morphologie : positionnez-le au niveau des omoplates.

Attention, l'ajustement des sangles de liaison cuisse-ceinture est important si vous utilisez le point dorsal.

### Réglage et test de suspension

Votre harnais doit être ajusté proche du corps pour réduire le risque de blessure en cas de chute.

Vous devez effectuer des mouvements et un test de suspension sur chaque point d'attache, avec votre matériel, pour être sûr qu'il soit de la bonne taille et du niveau de confort nécessaire pour l'usage attendu et que le réglage soit optimum.

## 6. Antichute

Le point d'attache dorsal classe A est conçu pour supporter l'utilisateur en cas de chute.

Il doit être relié à un système d'arrêt de chute conforme aux normes en vigueur.

Seul ce point sert à connecter un système d'arrêt des chutes, par exemple un antichute mobile sur corde, un absorbeur d'énergie...

Lors de l'activation de l'antichute, le point d'attache dorsal du point d'attache dorsal d'antichute (45 cm). Ce déploiement doit être pris en compte lors du calcul du tirant d'air.

Tirant d'air : hauteur libre sous l'utilisateur

La hauteur libre sous l'utilisateur doit être suffisante pour qu'il ne heurte pas d'obstacle en cas de chute. Les calculs spécifiques de tirant d'air sont détaillés dans les notices techniques des autres composants (absorbeurs d'énergie, antichute mobile...).

## 7. Positionnement

Les points d'attache latéraux de ceinture classe P sont destinés à maintenir l'utilisateur en position à son poste de travail.

Ces points d'attache ne sont pas conçus pour des utilisations d'antichute.

Utilisez toujours les deux points d'attache latéraux ensemble, en les reliant par une longe de maintien, pour être en appui confortable dans la ceinture. La longe doit être maintenue en tension.

## 8. Montée à l'échelle

Le point d'attache ventral (textile ou métallique) et le point d'attache sternal classe L sont destinés à une utilisation avec des systèmes de limitation de chute comprenant un système d'arrêt de chute sur ligne de vie verticale selon la norme CAN/CSA-Z259.2.1.

## 9. Suspension et descente contrôlée

Le point d'attache ventral (textile ou métallique) et le point d'attache sternal classe D sont destinés à la suspension et à la descente contrôlée.

## 10. Barrette de maintien de connecteur CAPTIV

La barrette de maintien CAPTIV favorise le positionnement du connecteur selon le grand axe.

Attention, remettez la barrette amovible CAPTIV si vous changez le connecteur.

## 11. Porte-matériel

Les porte-matériel doivent être utilisés pour le matériel uniquement.

ATTENTION DANGER, n'utilisez pas les porte-matériel pour assurer, descendre, vous encorder ou vous longer.

Le passant Velcro peut être utilisé pour maintenir l'absorbeur de votre antichute mobile en position haute.

## 12. Porte-connecteurs de longe d'antichute

A. Utiliser uniquement comme porte-connecteurs de bout de longe non utilisé.

B. En cas de chute, le porte-connecteur de longe libère le connecteur de bout de longe pour ne pas entraver le déploiement de l'absorbeur d'énergie.

Attention, ce n'est pas un point d'attache d'antichute.

## 13. Informations complémentaires

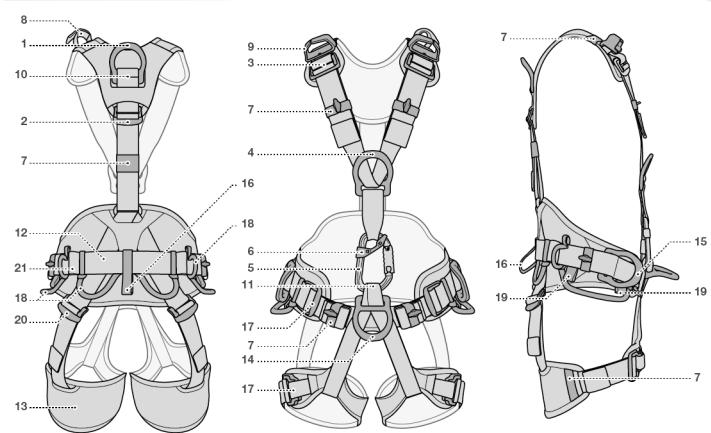
### Mise au rebut :

ATTENTION, un événement exceptionnel peut vous conduire à rebouter un produit après une seule utilisation (type et intensité d'utilisation, environnements d'utilisation : milieux agressifs, milieux marins, arêtes coupantes, tempér

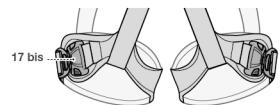
**1.** Field of application  
Champ d'application

**2.** Nomenclature

**AVAO BOD**

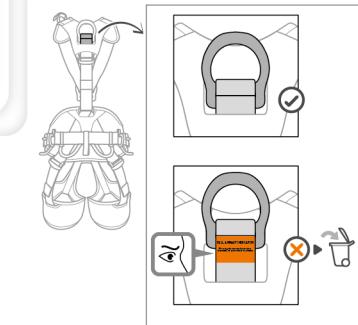


**AVAO BOD FAST**

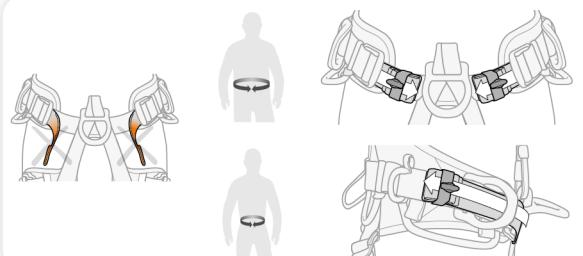
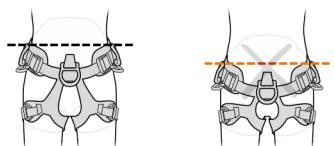
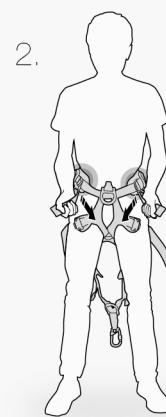
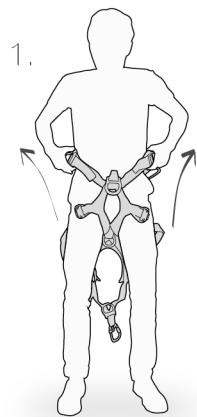


**3.** Inspection, points to verify  
Contrôle, points à vérifier

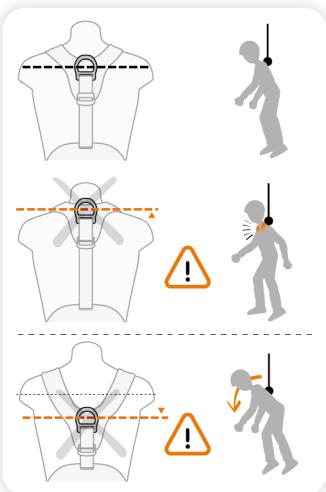
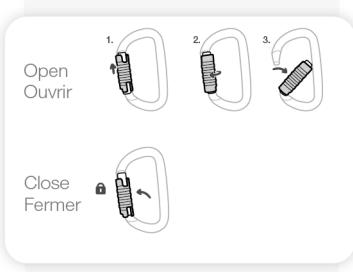
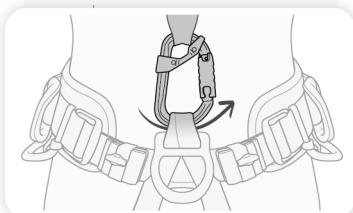
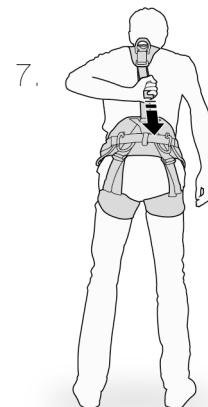
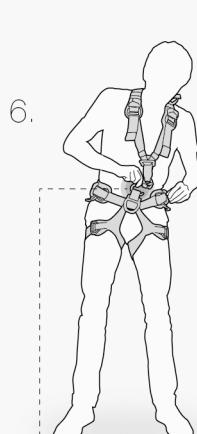
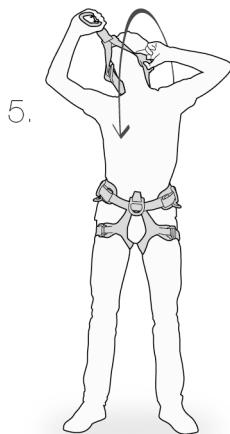
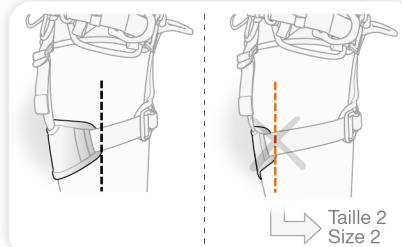
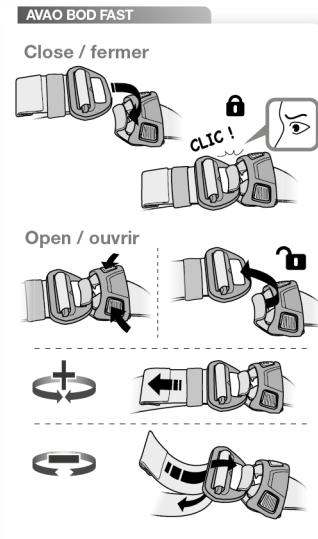
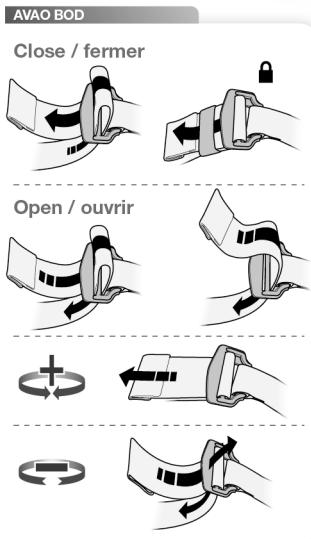
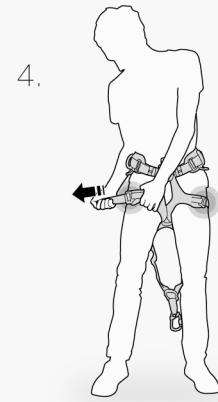
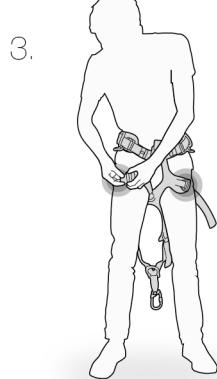
PPE checking  
Vérification EPI

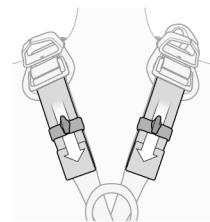
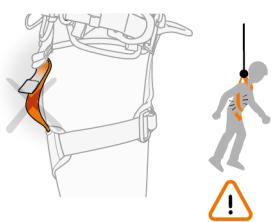
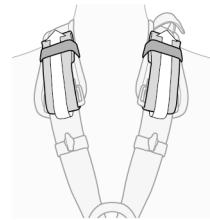
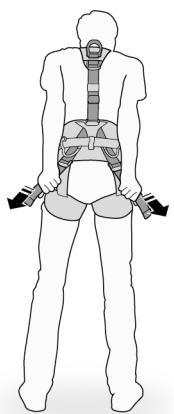


**5.** How to put the harness on  
Mise en place du harnais

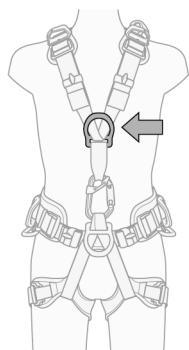
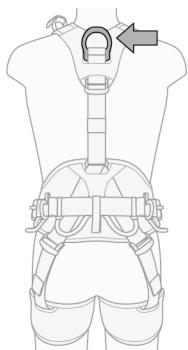


5. How to put the harness on  
Mise en place du harnais

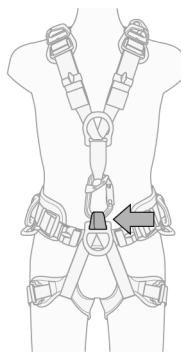
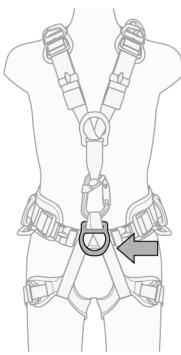
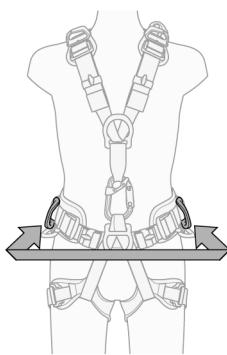




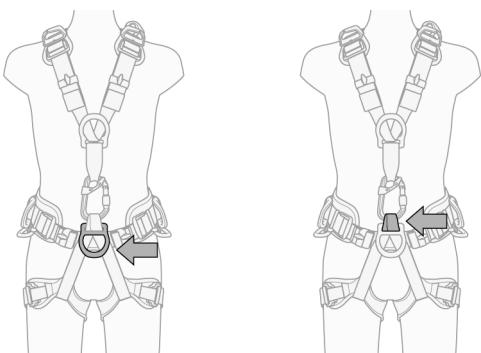
6. Fall arrest  
Antichute



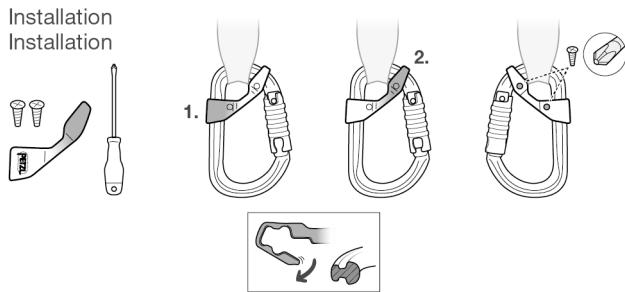
7. Positioning  
Positionnement



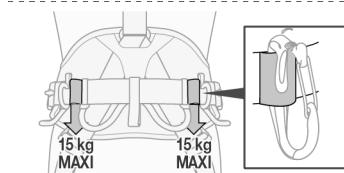
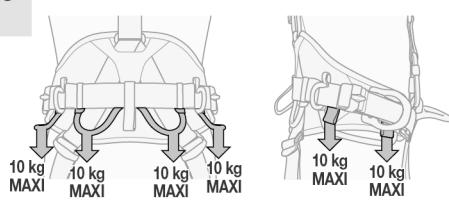
**8.** Abseil descent  
Descente rappel



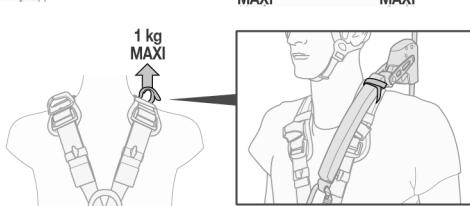
**9.** CAPTIV connector positioning bar  
Barette de maintien de connecteur CAPTIV



**10.** Equipment loops  
Porte-matériaux

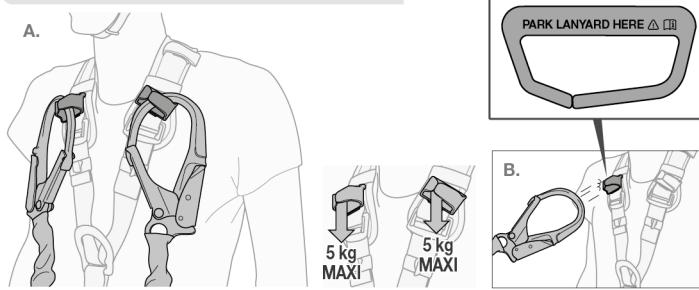


Velcro keeper /  
Passant Velcro



	A	B	C
<b>Taille 0</b>	65 - 80 cm 26 - 39 inch	44 - 59 cm 18 - 23 inch	160 - 180 cm 63 - 70 inch
<b>Taille 1</b>	70 - 93 cm 28 - 36 inch	47 - 62 cm 19 - 24 inch	165 - 185 cm 65 - 72 inch
<b>Taille 2</b>	83 - 120 cm 33 - 46 inch	50 - 65 cm 20 - 25 inch	175 - 200 cm 69 - 78 inch

**11.** Fall arrest lanyard connector holder  
Porte-connecteurs de longe d'antichute



**12. Additional information  
Informations complémentaires**



**A. Lifetime / Durée de vie**

Serial n° / N° de série  
 XXX XX XXXX + 10 years  
ans

**B. Markings Marquage**



**C. Acceptable T° T° tolérées**

+ 80°C / + 176°F  
- 40°C / - 40°F

**D. Precautions for use / Précautions d'usage**



**E. Cleaning - Disinfection / Nettoyage - Désinfection**



**F. Drying / Séchage**



**G. Storage - Transport Stockage - transport**



**I. Modifications - Repairs  
Modifications - Réparations**



**J. FAQ - Contact Questions - Contact**



**A. Lifetime / Durée de vie**

unlimited illimitée

**C. Acceptable T° T° tolérées**

+ 80°C / + 176°F  
- 40°C / - 40°F

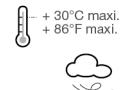
**D. Precautions for use / Précautions d'usage**



**E. Cleaning / Nettoyage**



**F. Drying / Séchage**



**G. Storage - Transport Stockage - transport**



**H. Maintenance Entretien**



**I. Modifications - Repairs  
Modifications - Réparations**



**J. FAQ - Contact Questions - Contact**



These instructions explain how to correctly use your equipment. Only certain techniques and uses are described.  
The warning symbols inform you of some potential dangers related to the use of your equipment, but it is impossible to describe them all. Check Petzl.com for updates and additional information.  
You are responsible for heeding each warning and using your equipment correctly. Any misuse of this equipment will create additional dangers. Contact Petzl if you have any doubts or difficulty understanding these instructions.

## 1. Field of application

Personal protective equipment (PPE) used for fall protection.  
Full-body fall arrest and positioning harness for work at height.

Nominal maximum load: 140 kg.

This product must not be pushed beyond its limits, nor be used for any purpose other than that for which it is designed.

## Responsibility

**WARNING**  
**Activities involving the use of this equipment are inherently dangerous.**

You are responsible for your own actions, decisions and safety.

Before using this equipment, you must:

- Read and understand all Instructions for Use.
- Get specific training in its proper use.
- Become acquainted with its capabilities and limitations.
- Understand and accept the risks involved.

### Failure to heed any of these warnings may result in severe injury or death.

This product must only be used by competent and responsible persons, or those placed under the direct and visual control of a competent and responsible person. You are responsible for your actions, your decisions and your safety and you assume the consequences of same. If you are not able, or not in a position to assume this responsibility, or if you do not fully understand the Instructions for Use, do not use this equipment.

## 2. Nomenclature

### Chest harness:

(1) Dorsal attachment point, (2) Rear dorsal point adjustment buckle, (3) Front shoulder strap adjustment buckles, (4) Sternal attachment point, (5) Chest harness-seat harness connector, (6) CAPTIV, (7) Elastic keepers for straps, (8) Velcro keeper for ASAP/SORBER, (9) Fall arrest lanyard connector-holders, (10) Fall arrest indicator.

### Seat harness:

(11) Textile attachment point for Bm'D connector, (12) Waistbelt straps, (13) Leg loops, (14) Metal ventral attachment point, (15) Waistbelt side attachment points, (16) Rear restraint attachment point, (17) DOUBLEBACK adjustment buckles for straps, (17 bis) FAST buckles for leg loops, (18) Equipment loops, (19) Loops for TOOLBAG tool pouch, (20) DOUBLEBACK adjustment buckles for leg loop-waistbelt linking straps, (21) Loops for CARITOOL tool holder.

### Principal materials:

Straps: polyester.

Adjustment buckles: steel.

Metal attachment points and connector: aluminum alloy.

## 3. Inspection, points to verify

Petzl recommends a detailed inspection at least once every 12 months. Follow the procedures described at Petzl.com. Record the results on your PPE inspection form: type, model, manufacturer contact info, serial number or individual number, dates: manufacture, purchase, first use, next periodic inspection; problems, comments, inspector's name and signature.

### Before each use

#### Harnesses

Check the webbing at the attachment points, at the adjustment buckles and at the safety stitching. Be particularly careful to check for cut or loose threads.

Look for cuts, wear and damage due to use, to heat, to chemicals...

Verify that the DOUBLEBACK and FAST buckles function properly.

Check the fall arrest indicator. The indicator shows red if the dorsal attachment point sustains a shock-load greater than 400 daN.

Retire the harness if the fall arrest indicator is visible.

#### Bm'D TRIACT-LOCK connector

Verify the absence of any cracks, deformation, corrosion or wear on the frame, rivet, gate, and locking sleeve. Verify that the gate opens, and that it closes automatically and completely. The Keylock hole must not be blocked or plugged.

Check that the locking sleeve locks and unlocks.

#### During use

Verify that the carabiner is always loaded on the major axis.

Regularly check that the locking sleeve is locked. Avoid any pressure or rubbing that could unlock the gate or damage the locking sleeve.

Regularly verify that the adjustment buckles are securely fastened.

It is important to regularly monitor the condition of the product and its connections to the other equipment in the system. Make sure that all items of equipment are correctly positioned with respect to each other.

## 4. Compatibility

Verify that this product is compatible with the other elements of the system in your application (compatible = good functional interaction).

The CAPTIV must be used with your connector.

## 5. Harness setup

- Be sure to correctly stow the excess webbing (folded flat) in the elastic keepers.

- Beware of foreign objects that could impede the operation of the FAST buckles (e.g. pebbles, sand, clothing...). Verify that they are correctly fastened (see drawings).

#### Bm'D TRIACT-LOCK connector

A carabiner is strongest when loaded on the major axis, with the gate closed. Loading a carabiner in any other way (e.g. on the minor axis or with the gate open) is dangerous and can reduce its strength.

For more information, see the Technical tips for connectors at Petzl.com.

#### Initial adjustment of the dorsal attachment point

Adjust the position of the dorsal attachment point to suit your body shape and size: position it at the level of the shoulder blades.

Warning: adjustment of the leg loop-waistbelt linking straps is important if you use the dorsal point.

#### Adjustment and suspension test

Your harness must be adjusted to fit snugly in order to reduce the risk of injury in case of a fall.

You must move around and hang in the harness from each attachment point, with your equipment, to verify that the harness fits properly, provides adequate comfort for the intended use and that it is optimally adjusted.

## 6. Fall arrest

The sternal and dorsal attachment points must be connected to a fall arrest system that meets current standards. Only these attachment points are to be used for connecting a fall arrest system, for example a mobile fall arrester, an energy absorber...

#### Clearance: amount of free space below the user

The free space below the user must be sufficient to prevent the user from hitting an obstacle in case of a fall. Specific details on calculating clearance are found in the Instructions for Use of the other components (energy absorbers, mobile fall arrester...).

## 7. Positioning

The ventral attachment point and the side attachment points on the waistbelt are designed to hold the user in position at the work station.

These attachment points are not designed for fall arrest usage.

Always use the two side attachment points together, by linking them with a positioning lanyard, in order to be comfortably supported by the waistbelt. The lanyard must be kept taut.

## 8. Rappelling

The ventral attachment point (textile or metal) is designed for rappelling use. This attachment point is not designed for fall arrest usage.

## 9. CAPTIV connector positioning bar

The CAPTIV positioning bar promotes positioning of the connector along its major axis.

Warning: replace the CAPTIV removable bar if you change the connector.

## 10. Equipment loops

Equipment loops must only be used for equipment.

**WARNING - DANGER:** never use equipment loops for belaying, rappelling, tying-in, or anchoring a person.

The Velcro keeper may be used to hold your mobile fall arrester's energy absorber in a high position.

## 11. Fall arrest lanyard connector holder

A. To be used only as a connector holder for unused lanyard ends.

B. In case of a fall, the connector holder releases the lanyard-end connector so as to avoid impeding deployment of the energy absorber.

Warning: this attachment point is not a fall arrest attachment point.

## 12. Additional information

### When to retire your equipment:

**WARNING:** an exceptional event can lead you to retire a product after only one use, depending on the type and intensity of usage and the environment of usage (harsh environments, marine environments, sharp edges, extreme temperatures, chemicals...). A product must be retired when:

- It is over 10 years old and made of plastic or textiles.

- It has been subjected to a major fall (or load).

- It fails to pass inspection. You have any doubt as to its reliability.

- You do not know its full usage history.

- When it becomes obsolete due to changes in legislation, standards, technique or incompatibility with other equipment...

Destroy these products to prevent further use.

### Icons:

A. Lifetime: 10 years - B. Marking - C. Acceptable temperatures - D. Usage precautions - E. Cleaning/disinfection - F. Drying - G. Storage/transport - H. Maintenance - I. Modifications/repairs (prohibited outside of Petzl facilities, except replacement parts) - J. Questions/contact

### 3-year guarantee

Against any material or manufacturing defect. Exclusions: normal wear and tear, oxidation, modifications or alterations, incorrect storage, poor maintenance, negligence, uses for which this product is not designed.

### Warning symbols

1. Situation presenting an imminent risk of serious injury or death. 2. Exposure to a potential risk of accident or injury. 3. Important information on the functioning or performance of your product. 4. Equipment incompatibility.

### Traceability and markings

a. Number of the notified body responsible for the production control of this PPE

- b. Certification organization - c. Traceability: datamatrix - d. Sizing - e. Serial number - f. Year of manufacture - g. Month of manufacture - h. Batch number - i. Individual identifier - j. Standards - k. Read the Instructions for Use carefully - l. Model identification - m. Class (B basic) - n. Maximum nominal load - o. Manufacturer address - p. Date of manufacture (month/year)

## FR

Cette notice explique comment utiliser correctement votre équipement. Seuls certains usages et techniques sont présentés.

Les panneaux d'alerte vous informent de certains dangers potentiels liés à l'utilisation de votre équipement, mais il est impossible de tous les décrire. Prenez connaissance des mises à jour et informations complémentaires sur Petzl.com.

Vous êtes responsable de la prise en compte de chaque alerte et de l'utilisation correcte de votre équipement. Toute mauvaise utilisation de cet équipement sera à l'origine de dangers additionnels. Contactez Petzl si vous avez des doutes ou des difficultés de compréhension.

## 1. Champ d'application

Équipement de protection individuelle (EPI) contre les chutes de hauteur.

Harnais complet d'antichute et de positionnement pour les travaux en hauteur.

Charge nominale maximale : 140 kg.

Ce produit ne doit pas être sollicité au-delà de ses limites ou dans toute autre situation que celle pour laquelle il est prévu.

### Responsabilité

#### ATTENTION

**Les activités impliquant l'utilisation de cet équipement sont par nature dangereuses.**

**Vous êtes responsable de vos actes, de vos décisions et de votre sécurité.**

Avant d'utiliser cet équipement, vous devez :

- Lire et comprendre toutes les instructions d'utilisation.

- Vous former spécifiquement à l'utilisation de cet équipement.

- Vous familiariser avec votre équipement, apprendre à connaître ses performances et ses limites.

- Comprendre et accepter les risques induits.

**Le non-respect d'un seul de ces avertissements peut être la cause de blessures graves ou mortelles.**

Ce produit ne doit être utilisé que par des personnes compétentes et avisées placées sous le contrôle visuel direct d'une personne compétente et avisée.

Vous êtes responsable de vos actes, de vos décisions et de votre sécurité et en assumez les conséquences. Si vous n'êtes pas en mesure d'assumer cette responsabilité, ou si vous n'avez pas bien compris les instructions d'utilisation, n'utilisez pas cet équipement.

## 2. Nomenclature

### Torse :

(1) Point d'attache dorsal, (2) Boucle arrière de réglage du point dorsal, (3) Boucles avant de réglage des bretelles, (4) Point d'attache sternal, (5) Connecteur torse-cuisse, (6) CAPTIV, (7) Passants élastiques pour sangles, (8) Passant Velcro pour ASAP/SORBER, (9) Porte-connecteurs de longe d'antichute, (10) Indicateur d'arrêt de chute.

**Cuissard :**  
(11) Point d'attache textile du connecteur Bm'D, (12) Sangles de ceinture, (13) Sangles de cuisses, (14) Point d'attache ventral métallique, (15) Points d'attache latéraux de ceinture, (16) Point d'attache arrière de retenue, (17) Boucles de réglage DOUBLEBACK des sangles, (17 bis) Boucles FAST des sangles de cuisses, (18) Porte-matériel, (19) Passants pour poche porte-outils TOOLBAG, (20) Boucles de réglage DOUBLEBACK des sangles de liaison cuisses-ceinture, (21) Passants pour porte-outils CARITOOL.

### Matériaux principaux :

Sangles : polyester.

Boucles de réglage : acier.

Points d'attache métalliques et connecteur : alliage d'aluminium.

## 3. Contrôle, points à vérifier

Petzl conseille une vérification approfondie, par une personne compétente, au minimum tous les 12 mois. Respectez les modes opératoires décrits sur le site Petzl.com. Enregistrez les résultats sur la fiche de vie de votre EPI : type, modèle, coordonnées du fabricant, numéro de série ou numéro individuel, dates : fabrication, première utilisation, prochains examens périodiques, défauts, remarques, nom et signature du contrôleur.

### Avant toute utilisation

#### Harnais

Vérifiez les sangles au niveau des points d'attache, des boucles de réglage et des coutures de sécurité. Attention aux fils coupés ou distendus.

Surveillez les coupures, usures et dommages dus à l'utilisation, à la chaleur, aux

produits chimiques...

Vérifiez le bon fonctionnement des boucles DOUBLEBACK et FAST.

Vérifiez l'indicateur d'arrêt de chute. Cet indicateur apparaît en rouge si le point d'attache dorsal a subi un choc supérieur à 400 daN.

Rebutez votre harnais si l'indicateur d'arrêt de chute est visible.

### Connecteur Bm'D TRIACT-LOCK

Vérifiez l'absence de fissures, déformations, corrosion, usure (sur le corps, rivet, doigt et la bague). Vérifiez l'ouverture et la fermeture automatique complète du doigt. Le trou du Keylock ne doit pas être encravé ou bouché.

Vérifiez le verrouillage et déverrouillage de la bague.

**Pendant l'utilisation**

Vérifiez le mousqueton travaille toujours selon le grand axe.

Surveillez régulièrement le verrouillage de la bague. Évitez toute pression, ou frottement, qui pourrait provoquer un déverrouillage du doigt ou endommager la bague.

Vérifiez régulièrement le bon serrage des boucles de réglage.

Il est important de contrôler régulièrement l'état du produit et de ses connexions avec les autres équipements du système. Assurez-vous du bon positionnement des équipements les uns par rapport aux autres.

## 4. Compatibilité

Vérifiez la compatibilité de ce produit avec les autres éléments du système dans votre application (compatibilité = bonne interaction fonctionnelle).

Utilisez obligatoirement la CAPTIV avec votre connecteur.

## 5. Mise en place du harnais

### - Veillez à ranger correctement les surplus de sangles (bien plaqués) dans les passants élastiques.

- Attention aux objets étrangers qui risquent de gêner le fonctionnement des boucles rapides FAST (cailloux, sable, vêtements...). Vérifiez leur bon verrouillage (voir dessins).

### Connecteur Bm'D TRIACT-LOCK

Un mousqueton n'est pas indestructible.

Un mousqueton offre la résistance maximum dans le grand axe et doigt fermé.

Soliciter un mousqueton de toute autre manière est dangereux et réduit sa résistance, par exemple dans le petit axe ou doigt ouvert.

Pour plus d'informations, consultez les Conseils techniques sur les connecteurs sur Petzl.com.

### Réglage initial du point dorsal

Ajustez le réglage de ce point d'attache dorsal à votre morphologie ; positionnez-le au niveau des omoplates.

Attention, l'ajustement des sangles de liaison cuisse-ceinture est important si vous utilisez le point dorsal.

### Réglage et test de suspension

Votre harnais doit être ajusté proche du corps pour réduire le risque de blessure en cas de chute.

Vous devez effectuer des mouvements et un test de suspension sur chaque point d'attache, avec votre matériel, pour être sûr qu'il soit de la bonne taille et du niveau de confort nécessaire pour l'usage attendu et que le réglage soit optimal.

## 6. Antichute

Le point d'attache sternal et le point d'attache dorsal doivent être reliés à un système d'arrêt des chutes conforme aux normes en vigueur. Seuls ces points servent à connecter un système d'arrêt des chutes, par exemple un antichute mobile sur corde, un antichute d'énergie...

### Tirant d'air : hauteur libre sous l'utilisateur

La hauteur libre sous l'utilisateur doit être suffisante pour qu'il ne heurte pas d'obstacle en cas de chute. Les calculs spécifiques de tirant d'air sont détaillés dans les notices techniques des autres composants (absorbeurs d'énergie, antichute mobile...).

## 7. Positionnement

Le point d'attache ventral et les points d'attache latéraux de ceinture sont destinés à maintenir l'utilisateur en position à son poste de travail.

Ces points d'attache ne sont pas conçus pour des utilisations d'antichute.

Utilisez toujours les deux points d'attache latéraux ensemble, en les reliant par une longe de maintien, pour être en appui confortablement dans la ceinture. La longe doit être maintenue en tension.

## 8. Descente en rappel

Le point d'attache ventral (textile ou métallique) est destiné à la descente en rappel.

Ce point d'attache n'est pas conçu pour des utilisations d'antichute.

## 9. Barrette de maintien de connecteur CAPTIV

La barrette de maintien CAPTIV favorise le positionnement du connecteur selon le grand axe. Attention, remettez la barrette amovible CAPTIV si vous changez le connecteur.

## 10. Matériel

Les porte-matériel doivent être utilisés pour le matériel uniquement.

ATTENTION DANGER, n'utilisez pas les porte-matériel pour assurer, descendre, vous encorder ou vous longer.

Le passant Velcro peut être utilisé pour maintenir l'absorbeur de votre antichute mobile sur position haute.

## 11. Porte-connecteurs de longe d'antichute

A. À utiliser uniquement comme porte-connecteurs de bout de longe non utilisé.

B. En cas de chute, le porte-connecteur de longe libère le connecteur de bout de longe pour ne pas entraver le déploiement de l'absorbeur d'énergie.

Attention, ce n'est pas un point d'attache d'antichute.

## 12. Informations complémentaires

### Mise au rebut :

ATTENTION, un événement exceptionnel peut vous conduire à rebouter un produit après une seule utilisation (type et intensité d'utilisation, environnements d'utilisation : milieux agressifs, milieux marins, aérées coupantes, températures extrêmes, produits chimiques...).

Un produit doit être rebuté quand :

- Il a plus de 10 ans et est composé de plastique ou de textile.

- Il a subi une chute ou un effort important.

- Le résultat des vérifications du produit n'est pas satisfaisant. Vous avez un doute sur sa fiabilité.

- Vous ne connaissez pas son historique complet d'utilisation.

- Quand son usage est obsolète (évolution législative, normative, technique ou incompatibilité avec d'autres équipements...).

Détrouvez ces produits pour éviter une future utilisation.

### Pictogrammes :

A. Durée de vie : 10 ans - B. Marquage - C. Températures tolérées - D.

Précautions d'usage - E. Nettoyage/désinfection - F. Séchage - G. Stockage/transport - H. Entrain. - I. Modifications/réparations (interdites hors des ateliers Petzl, sauf pièces de rechange) - J. Questions/contact

### Garantie 3 ans