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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 fail protection. Rope access harness with gaited ventral point and integrated CROLL L rope clamp. 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 its designed.

Responsibility

WARNING Activities involving the use of this equipment are inherently dange 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 imitations. - 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 buckle, (4) FAST shoulder strap adjustment buckle, (6) Sternal attachment point, (6) CROLL L veritral cope clamp, (7) Can, (9) Safety cath, (9) Eastic keepers for straps, (10) velacino keeper for ASAP SORBER, (11) Fail arrest lanyard connect-holders, (12) Fail arrest Seat harness:

Seat harmess: (13) Gated ventral attachment point, (13a) Textile attachment point, (13b) Small metal D, (13c) Large metal D, (13d) Seat attachment points, (13e) Key, (14) Waistbelt strap, (15) Leg toops, (16) Sted attachment points, (17) Rear restraint attachment point, (18) DOUBLEBACK PLUS adjustment buckles for straps, (18) bis) FAST LT automatic buckles for leg loop-, straps, (20) Loops for TOOLBAG too puch, (21) DOUBLEBACK principal matterials: - Straps; polyester; adjustment buckles: steel; ventral attachment points: aluminum and stainless steel.

CROLL L: frame: aluminum alloy; cam: stainless steel.

3. Inspection, points to verify

Your safety is related to the integrity of your equipment. Petzi recommends a detailed inspection by a competent person at least once every 12 months (depending on current regulations in your countily, and your conditions of usage). 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

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 losse threads. Lock for cuts, wear and damage due to use, to heat, to chemicals... Verify that the DOUBLEBACK, DOUBLEBACK PLUS and FAST buckles function properly. Check the fail arrest indicator the indicator shows red if the dorsal attachment point sustains a shock-bad greater than 400 daN. Relite the harmes if the fail arrest indicator is visible.

Gated ventral attachment point

Verify the absence of any cracks, deformation, corrosion... Verify the screws are present and securely tightened.

CROLL L

On the product, verify the absence of any cracks, detormatum, in Check the condition of the frame, the attachment holes, the cam and the cam axe. Check the mobility of the cam and the effectiveness of its spring. Check the cam for clogged teeth. duct, verify the absence of any cracks, deformation, marks, wear, corrosion... condition of the frame, the attachment holes, the cam and safety catch, the springs

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

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 automatic buckles
 (e.g. pebbles, sand, clothing...). Verify that they are correctly fastened (see drawings).

(e.g., Pebbles, sand, oloning...). Very truit utery are correctly fastered (see on average). **Cated ventral attachment point** This point allows multiple pieces of equipment to be attached: a PODIUM seat on the pin, a CPOLL toge damp on the small D, a descender on the large D. The two screws must be present and securely lightened. Carefully follow the instructions for assembly and disassembly: see indicative arrows. It is not necessary to completely remove the screw to free the pin. If you lose a screw, contact Petzl

arter-sales service. 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 rear leg loop-waistbelt linking straps is important if you use the dorsal point.

Adjustment and suspension test

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

ts must be connected to a fall arrest system that m current standards. Only these attachment Current statutations. Only these attachment points are to be used for connecting a fail arrest system, for example only these attachment point are nergy absorber... In a fail, the fail arrest attachment point elongates. This elongation (approximately 0.6 m maximum) 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 fail distance.

7. Positioning and travel restraint harness

The ventral attachment point, the stemal attachment point and the side attachment points on the wastbell are designed to either hold the user in position at a work station, or to prevent the user from entering an area where a fail is possible. The ventral and side attachment points are not designed for fail arrest usage. Always use throw side attachment points operflex, by linking them with a positioning lanyard, in order to be comitodly supported by the waistbell. The lanyard must be kept taut:

8. CROLL L ventral rope clamp

. irk rope. The CROLL L is not a The CROLL L is a rope clamp that is fall arrest device.

Authorized rope diameter

10-13 mm diameter low stretch kernmantel rope

Function principle and test

This rope clamp is a device for ascending rope. It slides along the rope in one direction and locks in the other direction. The cam's teeth initiate a clamping action that locks the rope by pinching it between the cam and the frame. The slot in the cam allows mud to clear.

Installing and removing the rope Put the safety catch down and lock it on the frame of the device. The cam is thus held open Put the rope in the device. Observe the Up/Down indicator. Release the safety catch so that the cam presses against the rope. In this position the safety catch helps prevent involuntary The carn pleases against the rope, in this position the safety calch rights prevent in modulitary opening of the carn. To remove the rope, slide the device upwards on the rope while operating the safety catch to disengage the carn.

Rope ascent

Use the CROLL L with another rope clamp (e.g. BASIC) and a foot loop. Always attach yourself to the second rope clamp with an appropriate larvard.

TECHNICAL NOTICE ASTRO BOD FAST

Angled traverse situation

Starting on an angled rope: put a leg over the rope to make its angle parallel to the CROLL L's rope channel.

12. Frontal

14. Waist, rear

16. Suspension seat

15. Hip

service

Maintenance and storage

attack

ent serves as a ladder climbing connection for guided type fall a nance to fall in a direction other than feet first, or may be used fi

where there is no charoc to fail in a direction other than teet inst, or may be used for work positioning. Supporting the user, post fail 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 butclocks. When supported by the forthal attachment, the design of the full-body harness shall direct load directly around the thighs and under the butcoks by means of the

If the issue state uncompared to the state of the state o

The shoulder attachment elements shall be used as a pair, and are an acceptable attachment for rescue, and entry/retrieval. The shoulder attachment elements shall not be used for fall arest. It is recommended that the shoulder attachment elements be used no cnjunction with a yoke which incorporates a spreader element to keep the full-body harness shoulder straps or construction.

The waist, near attachment shall be used solely for travel restraint. The waist, near attachment element shall not be used for fall arrest. Under no circumstances is it acceptable to use the waist, near attachment for purposes other than travel restraint. The waist, near 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.

The tip 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 fail arrest. Hip attachments are often used for work positioning by arborists, utility workers climiting poles, and construction workers tying reber and climiting on form valis. Users are calutioned against using the hip attachment elements (or any other rigid point on the full-body harness) to store the unused to support of a support of the tripping hazard, or, in the case of a multiple-leg support, outdic cause adverse loading to the full-body harness and the wearer through the unused portion of the lanyard.

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 fail mest. 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 tatchment elements. An example of this use would be window washers on large buildings.

USER INSPECTION, MAINTENANCE AND STORAGE OF EQUIPMENT Users of prescond fail 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/ASSE 2359.2, Minimum requirements for a managed fail 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 interval of no more than one year for. - absence of inglibility of markings - absences of any elements affecting the equipment form, fit or function - evidence of defects in or damage to hardware elements including cracks, sharp edges, deformation, corresion, damage from chemicals, excessive heating, atteration and excessive wear.

wear - evidence of defects in or damage to strap or ropes including fraying, unsplicing, unlaying, kinking, knotting, roping, broken or pulled stitches, excessive elongation, chemical attack, excessive soling, abrasion, alteration, needed or excessive lubrication, excessive aging an

excessive sound, acreasion, aiteration, necede or excessive luoncation, excessive saing and excessive veiser. In the equipment shall be set by the user's organization. Such criteria for the equipment shall equal or exceed the criteria established by this standard or the manufacturer's instructions, whichever is greater. 3. When inspection reveals defacts 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 any entities of the original equipment manufacturer or their designate, before return to any entities of the original equipment manufacturer or their designate, before return to any entities of the original equipment manufacturer or their designate, before return to any entities of the original equipment manufacturer or their designate, before return to any entities of the original equipment manufacturer or their designate, before return to any entities of the original equipment manufacturer or their designate, before return to any entities of the original excerction and the second se

I. 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" and removed from service.

c. cupprient which is in need of, or scheduled for maintenance shall be tagged as "unusable and removed from service. 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.

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USER INSPECTION. MAINTENANCE AND STORAGE OF EQUIPMENT

Slide the device slightly up the rope and simultaneously push the carn with your index finger. Do not manipulate the safety catch because there is a risk of accidentally opening the carn. Warning: for workers weighing over 100 kg, see the information on Solutions for workers ove 100 kg at Petzl.com.

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

10. 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.

11. Accessories

seat and the shackles for PODIUM seat.

12. 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 with the following.

must be followed. - Rescue plan: you must have a rescue plan and the means to rapidly implement it in case of difficulties encountered 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 of an other of equipment can be affected by the safety function of another the safety function of an item of equipment can be affected by the safety function of another of an other of equipment can be affected by the safety function of another of an other of equipment can be affected by the safety function of another of an other of equipment can be affected by the safety function of another of an other of equipment can be affected by the safety function of another of an other of equipment and the safety function of an other of an other of equipment and the safety function of an other other of equipment and the safety function of an other other

item of equipment. 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

13. Additional information

13. Additional information
What no treitre your equipment:
Warkinko: an exceptional event can lead you to retire a product after only one use, depend on the type and intensity of usage and the environment of usage (harsh environments, marin environments, sharp edges, extreme temperatures, chemicals...).
A product must be retired when:
I tis over 10 years old and made of plastic or textiles.
I has been subjected to a major fall (or load).
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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

Icons:

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 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 - I. Year of manufacture - g. Month of manufacture - h. Batch number - i. Individual identifier - j. Standardd - N. Manufacturer address - o. Date of manufacture (monthylear)

Appendix A - ANSI

10. Dorsal

11. Sternal

ANSI/ASSE Z359 Requirements for proper use and maintenance of full-body harnesses

harnesses Note: These are general requirements and information provided by ANSI/ASSE Z359; the manufacture of this equipment may impose more stringent restrictions on the use of the products they manufacture, see the manufacturer's instructions. I. It is essential that the uses 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/ASSE 2532, minimum equipments for an anaged fail protection program, including policies, dulies and training, fail protection procedures, eliminating and controling fail hazards, rescue procedures, includent investigations and evaluating program effectiveness. 2. Correct fit of all-body hames is essential to proper performance. Users must be trained to select the size and manitari the fit of their full-body harness. 3. Users must blow manufacturer's instructions for proper fit and sizing, paying particular attention to ensure that buckles are connected and aligned correcity, leg straps and shoulder straps are kepts rung at all times chest straps are located in the middle chest area, and leg straps are positored and srug to avoid cortact with the genitalia should a fail occur. 4. Full-body harmesses which meet ANSI/ASSE 2359. It are intended to be used with other components of a personal fail arrest system that limit maximum arrest forces to 1800 pounds (kN) or less.

Full-body harnesses which meet ANSVASSE Z356.11 are intended to be used win order components of a personal fail arest system that limit maximum arest forces to 1800 pounds (8 ki) or less.
 Suspension intoferance, also called suspension trauma or orthostatic intolerance, is a serious condition that can be controlled with good harness design, prompt rescue, and post fail suspension relief devices. A conscious user may deploy a suspension relief devices 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 anchorage or anchorage connector for fail arrest. An energy absorber must be used to limit maximum arrest forces to 1800 pounds (8 ki). The length of the attachment element extender is no intended to be attached directly to an anchorage or anchorage connector for fail arrest. An energy absorber must be used to limit maximum arrest thores to 1100 pounds (8 ki). The length of the attachment element extender may affect free fail distances and free fail clearance calculations.
 Fuil-body harness stretch, as well as the fuil-body harness component of a personal fail arrest stretch at subpring a fail. It is important to incide the increase in fail distance, results by fuil-body harness transes stretch, as well as the fuil-body harness component of a fuil-body harness stretch, as well as the fuil-body harnes or other structural element on the fuil-body harness unless deemed acceptable by the completent person and manufacturer of the larged to the system miss element on the volocy harness there are a transes. The lanyard paring attachment is engendially to be transmitted to the user through the unsed lanyard leg if it is notable to reade acceptable by the completen person and manufacturer of the lanyard. This is especially important when targer sort hor components which seve to control when discase from the harness. The lanyard reg

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 restriction to rescue. When supported by the dorsal attachment during a fall, the design of the luft-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. Siling dorsal attachments are generally easier to adjust to different user sizes, and allow a more vertical rest position post fall, but can increase full-body harness stretch.

The sternal attachment may be used as an alternative fall arrest attachment in applications

The stemal attachment may be used as an alternative fail arrest attachment in applications where the dorsal attachment is determined to be inappropriate by a completent preson, and where there is no chance to fail in a direction other than feet first. Accepted practical uses for a stemal attachment inducib, but are not limited to, ladder chimbing with a quided type fail arrestor, ladder climbing with an overhead self-retracting lifeline for fail arrest, work positioning, and rope access. The stemal attachment during a fail, the design of the full-body harness shall direct load through the shoulder straps guoporting the user, and around the thighs. Supporting the user during work positioning by the stemal attachment will result in roughly a sitting or cradel body position with weight concentrated on the tights, butticots and lower back. Supporting the user during work positioning by the stemal attachment will result an expression equipation of the all-body the approximate upright body position. If all arrest, the completent person evaluating the application should take measures to ensure that a fail can only occur feet first. This may include limiting the allowable bid vasition and all extraction, suspension. The completent person evaluating all and and on social attachment to user during a fail, extraction, suspension.