

User Instructions - Installation, Use, & Maintenance for Models MRA-R, MRA-R1 Roof Anchors

This manual is intended to meet the manufacturer's instructions as required by ANSI Z359.1-1992 and ANSI A10.14-1991 and should be used as part of an employee training program as required by OSHA

WARNING!!!

This product is part of a personal fall arrest or restraint system. The USER must read and follow the manufacturer's instructions for each component part of the system. These instructions must be provided to the user of this equipment. The user must not use this equipment unless the user has read and fully understands or has these instructions explained to him before using this equipment.

Failure to observe the limitations, cautions and warnings in these instructions can cause a loss of protection and an exposure to a fall from which serious injury, disability or death may result.

Warning: Consult your doctor if there is any reason to doubt your fitness from a fall arrest. Age and fitness seriously effect a workers ability to withstand fall arrest forces.

Warning: Do not alter or intentionally misuse this equipment, your safety may depend on it. Consult FrenchCreek Production when using this equipment in combination with components or subsystems other than those described in these instructions.

Keep these instructions available for immediate reference, if you have any questions about any part of these instructions, please contact FrenchCreek Production at 877-228-9327.

Inspection

Please note: If this system or any component of the system has been subjected to fall arrest, the entire system must be immediately removed from service and destroyed. Extreme working conditions may require increasing the frequency of the inspections.

Frequency: Before each use visually inspect each component following the steps outlined below. The systems components must be inspected and recorded by a competent person other than the user at least annually.

Inspection Steps for MRA Series Anchors: Look to see there are no cracks or that the anchor is bent. Look to see that there is no rust or corrosion. Remove from service if the anchor shows excessive wear or any signs of structural deterioration or defects. If inspection reveals a defective condition, remove the unit from service immediately.

Maintenance

After removing the anchor from the roof, be careful to thoroughly clean the anchor with a mild detergent. Remove any foreign residue without causing damage. Thoroughly dry the anchor before storing. Store in a dry area.

IMPORTANT

DO NOT attach more than one worker per anchor
DO NOT use this anchor for any purpose other than personal fall arrest or restraint
DO NOT use on exposed rafter, joists or trusses
DO NOT install within 10 feet of edge of roof
DO NOT attach into decayed or substandard lumber
DO NOT work more than 30 degrees from the center line of the roof anchor
DO NOT allow lifeline to become slack
DO NOT work above rope grab attachment point
DO NOT use lifeline horizontally
DO NOT leave the anchor on the roof for future use
DO NOT drive the screws in with a hammer
DO NOT use this roof anchor if the user's weight exceeds 310 lbs
DO NOT use this roof anchor if it has been used to arrest a fall
DO NOT reuse the screws provided with this anchor. The screws are to be used **ONLY ONCE**

General Requirements

- Users shall be provided with all instructions and warnings. These warnings and instructions must be read and understood prior to using the equipment.
- This product is designed for personal fall protection. Never use fall protection equipment for purposes other than which it was designed and intended for.
- This device must only be used by trained personnel.
- Users must be physically and mentally fit, in good health, and must not have a medical history of conditions that could be aggravated by a fall. Pregnant women and minors must not use this product.
- Users must reference ANSI Z359.1 and all applicable regulatory standards pertaining to occupational safety.
- All equipment must be visually inspected prior to each use. A more thorough inspection procedure is recommended by a competent individual on a regular basis (6 month intervals recommended). Refer to the inspection criteria for more details.
- A competent person must ensure system compatibility to minimize the potential for accidental disengagement.
- Equipment must not be altered in any way. Repairs or modifications must be performed only by the equipment manufacturer or persons authorized in writing by the manufacturer.
- Any products exhibiting deformities, unusual wear, deterioration, or not passing inspection must be immediately removed from service.
- Any products subjected to fall arresting forces must be removed from service.
- Fall arrest systems must be rigged to limit the free fall distance to 6' or less and ensure that no lower level is struck.
- Fall arrest systems, when stopping a fall, must limit the maximum arresting force to 1800 lbs. or less. Forces experienced during a fall as well as prolonged suspension may cause bodily injury. In order to minimize this risk of injury, the user shall have a rescue plan and the means at hand to implement it when using this equipment.
- Always check for obstructions below the work area to make sure the potential fall path is clear. Remember that shock-absorbers can elongate up to 3 ½'.
- Environmental hazards must be considered when selecting fall protection equipment. Equipment must not be exposed to chemicals which may have a damaging effect. All synthetic materials must be protected from slag, hot sparks, open flames, or other heat sources.
- This product should not be used around moving machinery, electrical hazards, sharp edges, and abrasive surfaces.
- The maximum working load is 310 lbs. unless otherwise labeled.

Body Wear Warnings

- Fall arrest connecting devices must be attached to the back d-ring of a full body harness.
- Side, front, and chest d-rings are for positioning purposes only.
- Shoulder d-rings are for retrieval only.
- Unless compatible, never attach non-locking snaphooks to a d-ring.
- Read, understand, and follow all instructions supplied with equipment to be used with this product.
- Ensure all buckles are properly secured and all straps are connected and adjusted to provide a snug fit.
- Only use a full body harness for fall arrest. Never use a body belt or chest harness for fall arrest.

Connecting Devices Warnings

- Tie off in a manner that will limit the free fall to the shortest possible distance (6' max.) and ensure that a lower level will not be struck should a fall occur. Shock-absorbers can elongate up to 3 ½'. This additional elongation must be considered when choosing a tie-off point.
- Do not use lanyards or lifelines with non-locking snaphooks or connectors.
- Always visually check to ensure the snaphooks freely engage the d-ring or anchorage point and that its keepers are completely closed and locked and are never load bearing.
- Do not attach multiple lanyards or lifelines together or tie them back onto themselves unless they are specifically designed for such a connection.
- Do not allow synthetic materials to come in contact with high temperature surfaces, welding, heat sources, electrical hazards, or moving machinery.
- Do not tie knots in lanyards and lifelines or wrap them around sharp, rough edges, or small diameter structural members. Use a cross arm strap or other compatible anchorage connector.
- Never use a steel cable lanyard or lifeline for fall arrest unless it used in conjunction with a shock-absorber. The use of a shock-absorber for fall arrest applications is strongly recommended regardless of the type of lanyard or lifeline.
- Never tie off to an object that is not compatible. Make sure that snaphook keepers are never load bearing.

Anchorage

- Anchorages must be capable of supporting 5000 lbs. per worker, or be designed, installed and used as part of system which maintains a safety factor of at least 2:1 under the supervision of a qualified person.
- Always work directly under the anchor point to avoid swing fall hazards.
- Make sure the anchor point is at a height that limits the free fall distance to 6' or less and ensures that no lower level is struck.
- The anchor point must be compatible with the connecting device (snaphook or carabiner) and must not be capable of causing a load to be applied to the keepers.

Never use an anchor point that will not allow the snaphook or carabiner gate to close completely

Installation of the MRA series removable roof anchor

1. The roof anchor locations MUST be capable of supporting a minimum 5,000 lbs static load in the direction the fall arrest system may be activated.
2. The anchor MUST be installed 6 inches from the ridge line and positioned a minimum of 10 feet from the edge of the roof. If multiple anchors are required (because of the length of the ridge line) the anchors should be installed no more than 8 feet apart. See figure 4.
3. The MRA removable anchor is designed to be attached over 3/4" CDX plywood sheathing installed over trusses or rafters with 24" o.c. maximum spacing. The use of anything less than 3/4" CDX plywood will require diminsional lumber backing secured firmly by end nailing/screwing through the framing members prior to installing the anchor. See figure 3.
4. The anchor is to be installed by using lag screws using the pre-drilled holes found in the anchor. The roof anchor MUST be installed with the connector tab towards the ridge line. First, use the longer screws (1/4" x 3 1/2") to fasten the anchor through the sheathing and into the truss. You must line up the center line holes in the anchor with the joist so that all screws penetrate the sheathing and the joist. Next use the shorter screws (1/4" x 1 1/2") to fasten the anchors outside corners to the roof deck. (This prevents excessive twisting and is an added safety feature). See figure 2.

WARNING: DO NOT drive the screws in with a hammer. The screws must be properly installed by predrilling using 1/8" drill bit.

WARNING: Failure to properly secure the anchor into the roof joist with all lag screws will not provide the strength required to safely arrest a fall and the anchor could be pulled from the roof causing serious injury or death.

REMOVING THE ROOF ANCHOR

Remove the screws securing the anchor. The holes in the roof deck can be covered over with an appropriate caulking material. DO NOT re-use these screws. You must obtain new lag screws the next time you install the roof anchor.

MANDATORY COMPONENTS

The following components make up the minimum requirements for a fall protection roofing kit:

1. Full body harness
2. Roof Anchor
3. Minimum 5/8" diameter synthetic 3-strand rope lifeline
4. 3' shock absorbing lanyard

The FrenchCreek Removable roof anchor is part of a complete system and use of this roof anchor with non-approved components or subsystems may jeopardize compatibility between equipment and could affect the reliability and safety of the complete system.

WARNING: When attaching the lifeline to the connecting eye on the anchor, be sure to rig as in figure 1 below. Do not rig so that the snaphook keeper will experience any force in the event of a fall.



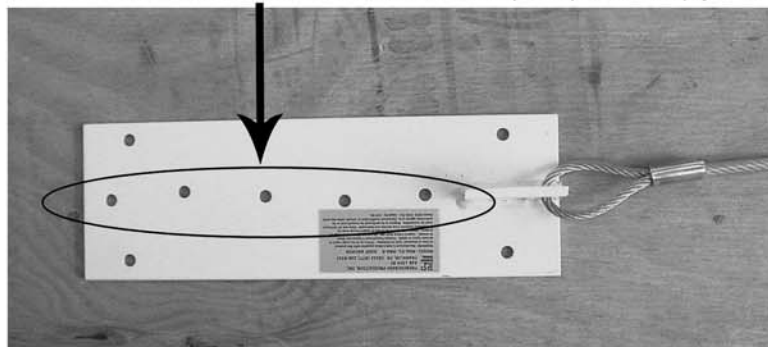
Correct Connection



Incorrect Connection

Hex Lag Screws, 1/4" x 3 1/2" 5 per plate in center holes. All 3 1/2" screws must be sunk into structural member (truss) beneath plywood

Figure 2



Hex Lag screws, 1/4" x 1 1/2". 4 per plate in corner holes

Figure 3

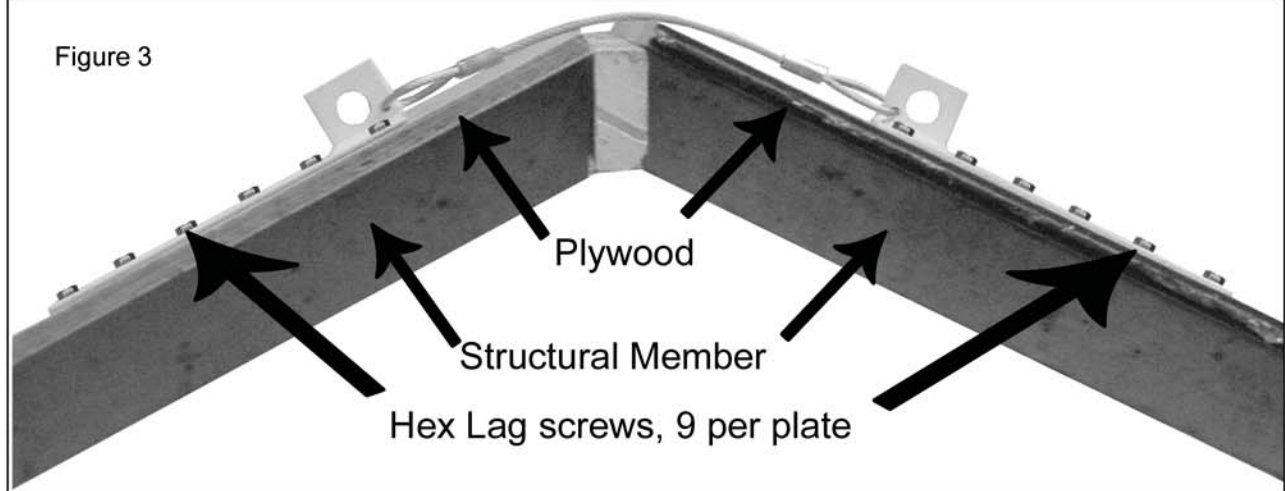


Figure 4

