

**SAFETY DIRECT LTD.**

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**Instructions for roofing kits with model  
MRA GR110 Rope Adjuster**

**WARNING**

**Failure of the user to read and understand all instructions for the use of this equipment may result in serious injury or death.**

**The MRA GR110 rope adjuster is used in a system to afford fall protection for workers on inclined or flat surfaces and roofs. The system can be used to provide a work restraint function where a worker is exposed to an edge or opening that could result in a fall to a lower elevation.**

**The MRAS251K and MRAS501K kits contain a 25 or 50 ft length of 5/8" (16 mm) synthetic lifeline with an eye in one end permanently attached to a shock absorber. The rope adjuster can be moved by the worker to any position along the lifeline. If at any time the worker releases the adjuster, or if the worker falls the adjuster locks automatically. The worker is attached to the rope adjuster with the integral lanyard and snap hook to the full body harness.**

**The system is designed for a maximum capacity of 310 lb. (141 kg.) or 1 person when the lifeline is attached to an approved anchor.**

**The lifeline must be attached to an anchorage that is rated at 5000 lb (22.2 kN). The user is responsible for ensuring that the anchor is compatible with the system and meets any applicable regulations in the jurisdiction in which the**

**system is being used. The lifeline has an integral shock absorber that must be in position between the anchor and the lifeline. If the shock absorber is removed from the system the force on the anchor and the worker as a result of a fall may result in severe injury.**

### **Operating instructions**

**The full body harness should be fitted and adjusted in accordance with the instructions supplied with it. Failure to follow these instructions could result in injury or death.**

**The lifeline should be connected to the anchor using the snap hook provided. The anchor must be rated at 5000 lb (22.2 kN) or more. Once the lifeline is attached to the anchor the worker can attach the snap hook on the rope adjuster to the rear D-ring on the full body harness. Ensure that the snap hook gate is closed and locked correctly.**

**After the worker is satisfied that the connection between the harness is secure the system is ready for use.**

**As the worker moves away from the anchor the rope adjuster must be squeezed to allow the rope adjuster to be moved along the lifeline. If the pressure is released from the rope adjuster it automatically locks in place. To change the position of the rope adjuster just squeeze the device and release the jaws and it can be moved along the lifeline. As the worker moves around the roof the position of the rope adjuster must be changed to ensure that a slack line condition does not occur between the rope adjuster and the anchor. The development of a slack line condition could result in an increased free fall and greater forces being applied to the anchor and the worker.**

**When the system is being used as a work positioning device care must be taken to adjust the lower termination of the lifeline**

so that the worker cannot reach the edge. The termination knot should be re-tied so that the worker cannot reach the edge when the lifeline is taut.

Workers should take care to ensure that they are not exposed to pendulum falls and should position themselves immediately below the anchor point.

### **Maintenance & Inspection**

The roofers kit components should be inspected by the user before each use and should be inspected by a competent person on an annual basis.

If the inspection reveals any defects or deformation in any component of the system it must be removed from service immediately until the problem has been repaired or the component has been replaced.

The following conditions should all result in removal of the system from fall protection service:

- a. if it has been subjected to the force of a fall arrest.
- b. lack of labels or illegibility of labels.
- c. removal of any system components.
- d. evidence of any deterioration or damage to any components, such as cracks, cuts, tears, burns, corrosion or excessive wear.
- e. alteration of any device, component or connector.
- f. any evidence that the shock absorber has been partially deployed, as evidenced by the appearance of any white webbing from the protective sheath of the shock absorber.

The system should be stored in a cool dry place when not in use.

If the harness or lifeline becomes soiled they can be cleaned by the use of a mild soap solution in water and a sponge.

**The use of chemicals or harsh detergents should be avoided. After sponging with the soap solution the components should be rinsed with clean water and allowed to air dry.**

**Any hardware components should be cleaned and lubricated with a light oil to ensure correct operation, any excess oil should be removed to avoid build-up.**

**Avoid using the lifeline where it will come into contact with a rough or sharp edge, unless the edge is protected.**

**Always check the area below the work area for potential hazards.**

**The total fall distance calculated must allow for the increase in length of the lifeline caused by the deployment of the shock absorber.**

**In the event of a fall and the worker is suspended by the full body harness the worker must be rescued immediately. There must be a rescue plan in place to effect the rescue without delay.**

**Any system that has arrested a fall must be removed from service immediately and must be inspected and certified by a competent person before it is returned to service.**

**All users of this system must read and understand these instructions before using the system, failure to do so could result in serious injury or death.**

## **Fall Protection You Can Live With™**

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