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Fall Protection Equipment Manufacturer

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Instructions for Model MRASGR110 & MRAGR110 Manual Rope Adjuster.

WARNING

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

It is recommended that the user complete an approved fall protection program before using the product.

There should be an approved rescue plan in effect on any work site prior to the commencement of working at heights. The rescue plan must have provision to retrieve any worker, suspended as a result of a fall arrest, without delay in order to reduce the effects of suspension trauma.

The MRAGR110 and MRASGR110 are designed for use in travel restraint applications to prevent a worker, who has to work at height on a sloped roof or similar structure, from falling to a lower elevation.

The MRAGR110 must be used with an approved lifeline with a permanently attached Class E4 Energy Absorber that limits the force applied to the body to 4 kN in the event of a fall arrest incident.

The MRASGR110 has an integral Class E4 Energy Absorber in the 2 ft attachment lanyard that limits the force applied to the body to 4 kN in the event of a fall arrest incident.

The Fall Arrester is certified for use with the following lifelines only:

- 1) 5/8" diameter 3 strand Ultra Blue Bi-polymer olefin fibre manufactured by Samson Rope as supplied by Safety Direct Ltd.**
- 2) 5/8" diameter 3 strand Polysteel Lifeline manufactured by Polysteel Atlantic as supplied by Safety Direct Ltd.**

Use of Lifelines, other than those listed above, can result in failure of the device to operate and could cause serious injury or death.

General Instructions

All warning labels and instructions must be understood and followed by the user before using the product.

All users must understand the relevant regulations and usage standards for fall protection, pertaining to this product, in the jurisdiction in which it is being used.

Only trained and competent personnel should use these products.

All fall protection equipment must be visually inspected by the worker prior to each use.

All fall protection equipment must be inspected by a competent person on a regular basis (at least annually).

Fall protection equipment must not be altered or modified in any way.

To reduce the possibility of accidental release, a competent person must ensure that all the system components are compatible.

Any equipment exhibiting deterioration, damage or deformation must be removed from service immediately and inspected by a competent person before being returned to service.

All equipment subjected to a fall arrest or fall incident must be removed from service immediately and be tagged for further inspection to determine the disposition of the equipment.

Usage Instructions

Failure to follow these instructions could result in catastrophic failure of the lanyard in the event of a fall arrest situation.

In the event of a fall arrest the suspended worker should be rescued without delay in order to minimize the effects of suspension trauma.

The GR110 manual rope adjuster is used to provide travel restraint to workers on inclined or flat surfaces and roofs by restricting the working length of the lifeline system. With the presence of the energy absorber in the system there is protection against injury due to a fall from an edge or through an opening to a lower elevation.

The manual rope adjuster can be moved anywhere along the length of the lifeline by squeezing the device to disengage the cam lock, releasing the device will allow the cam to lock in the new position on the lifeline when the rope adjuster is released. The worker is connected to the lifeline by a 0.6 m (2 ft) integral lanyard attached to the rope adjuster with the other end of the lanyard connected to the Dorsal D-ring on the full body harness by means of the locking snap hook.

The system is designed for a maximum capacity of one person or 140 kg (310 lb) when the lifeline is attached to a suitable anchor.

The lifeline system must have an integral energy absorber located at the end of the lifeline, adjacent to the anchor, or in the connecting lanyard between the lifeline and the workers full body harness. The anchor for the lifeline system must have a rating of 22.2 kN (5,000 lb). 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. If the energy absorber is not present in the system the resulting force on the anchor and on the worker, as a result of a fall, could result in failure of the anchor and serious injury to the worker.

Best Practice is to use only 1 energy absorber in the system.

If there is an energy absorber on the rope where it attaches to the anchor do not use a lanyard with an energy absorber to attach the rope adjuster to your harness.

If you use a lanyard with an integral energy absorber you must use a rope without an energy absorber.

Using 2 energy absorbers in the system at the same time will cause both energy absorbers to deploy and while still reducing the potential of injury to the worker it makes it impossible to accurately calculate the fall clearance needed to prevent contact with the ground or other objects below the worker thus increasing potential for injury or death.

Operation.

The full body harness should be adjusted and fitted in accordance with the instructions supplied with the harness.

The lifeline should be connected to the anchor using the locking snap hook on the end of the energy absorber. The anchor chosen must have a rating of 22.2 kN (5,000 lb). Once the lifeline is installed on the anchor the worker can attach the locking snap hook, on the short lanyard attached to the rope adjuster, to the Dorsal D-ring on the full body harness. The locking of the gate on the snap hook on the D-ring should be confirmed.

The arrow on the rope adjuster must be orientated toward the end of the lifeline to be attached to the anchorage, and the energy absorber and not toward the free end of the lifeline.

Once the worker has confirmation of the connection to the full body harness and that the gate on the snap hook has closed and locked correctly, the system is ready for use.

As the worker moves away from the anchorage the rope adjuster must be squeezed to allow rope to feed through the adjuster and increase the travel available to the worker. If the pressure on the rope adjuster is released the adjuster locks onto the lifeline at that position. Before commencing work on the roof or structure, the limit of travel must be determined so that the worker cannot reach an edge; the travel of the adjuster can be restricted by tying a double overhand knot to limit the movement of the rope adjuster. As the worker moves around the work area the rope adjuster should be moved to limit the possibility of a slack line condition developing in the lifeline.

When the system is being used as a work positioning device care must be taken to adjust the extreme limit of travel by the worker on the lifeline to ensure that the worker is not exposed to a fall. The termination knot (double overhand knot) should be re-tied so that the worker cannot exceed the limit of travel when the lifeline is taut.

The position of the anchorage should be chosen so that it is immediately above or directly up slope, so that the worker is not subjected to a pendulum or swing fall.

Care and maintenance

The Rope Adjuster should be inspected by the user before each use to ensure that the locking cam does not malfunction; the device should be inspected by a competent person on an annual basis.

If the inspection reveals that the device is not locking onto the lifeline or if it exhibits any deformation it must be removed from service immediately until it can be repaired or replaced.

The presence of any of the following conditions require that the device be removed from service until it can be inspected by a competent person:

- 1) If it has been subjected to a fall arrest.
- 2) If there is any evidence of deterioration or damage, such as cracks, burrs, corrosion or excessive wear.
- 3) Alteration of the device in any way.
- 4) If there is any partial deployment (when present) of the energy absorber.

When not in use the rope adjuster should be stored in a cool dry place and if the device is wet it should be dried and lightly oiled to prevent corrosion and ensure correct operation. Any excess oil should be removed before use.

The lifeline should be inspected along its full length to ascertain if there is any damage or deterioration of the lifeline. The lifeline should be removed from service if the presence of any cut strands or deformation of the lifeline is noted. The lifeline should not be returned to service until a competent person can inspect the lifeline.

WARNINGS

Always check the area below the worksite for potential hazards.

The total fall distance calculations must allow for the deployment of an energy absorber if one is included in the system.

In the event of a fall and the worker is suspended the worker must be rescued without delay to reduce the possibility of suspension trauma.

Any system that has arrested a fall must be removed from service immediately and must be inspected by a competent person to determine its disposition.

All users 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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