

INSTRUCTIONS FOR OVERALL HARNESS (MODEL FPO) / FALL PROTECTION UNIFORM

! WARNING

You must read and fully understand all instructions, or have all instructions explained to you, before attempting to use this device. Equipment must not be installed, operated or inspected by anyone who does not understand these instructions. Failure to observe these instructions could result in serious injury or death. Careless or improper use of this equipment can result in serious injury or death. Training and instruction review should be repeated at regular intervals. Keep these instructions available for immediate reference. If you have any questions regarding these instructions or need additional copies, call Gemtor, Inc. toll free at 800-405-9048.

1. The overall harness contains an OSHA/ANSI/CSA compliant polyester full-body harness encapsulated within tubes sewn inside a Nomex IIIA or Indura flame resistant overall. Each overall harness is custom fit for each individual user. The overall harness must be used in conjunction with the Model # SPCL shock absorber lanyard, Gemtor self-retracting lifelines, or other lanyard with a compatible connector. **Note: Harness is not flame resistant.**

2. The Model # SPCL shock absorber lanyard (Figure 1) must only be used in conjunction with the overall, coverall or vest harness. The shock absorber is designed to fit in the elongated pocket at the center of the lower back (Figure 3). The carabineer at the end of the shock absorber is connected to the D-ring (attachment point) positioned between the shoulder blades at the center of the back (Figure 3). **The shock absorber lanyard must be connected before putting on the overall.** The snaphook at the opposite end of the shock absorber can be stored in the front chest pocket when not in use (Figure 2). The overall has a retaining strap on the right shoulder (it can be moved to the left shoulder) to retain the 1" wide web portion of the lanyard (Figure 2).

**Connect this end to ->
the overall harness**

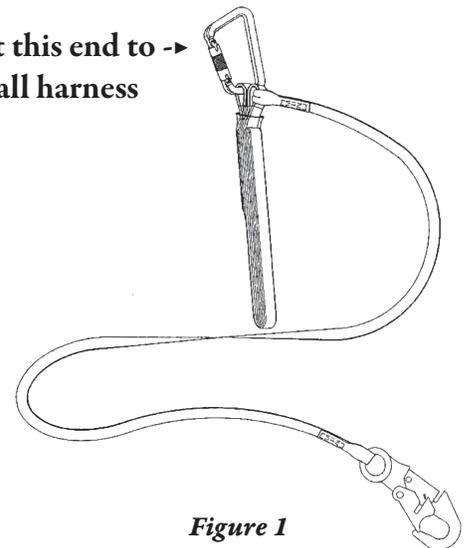


Figure 1

3. **DO NOT** attempt to work in an overall that does not fit properly. Since the overall is designed for adjustment within a limited size range, proper fit is imperative. Adjustment is made at the shoulder straps only. The shoulder straps use pass-thru quick-connect buckles (Figure 4). The shoulder straps must be adjusted prior to first use and for seasonal clothing changes.

4. Before putting on the overall, be sure the shock absorber lanyard is connected to the harness connection at the rear of the overall. Open the overall and check that there are no twisted straps. Inspect stitching and webbing prior to each use. Step into the overall and pull each shoulder strap over shoulders and attach to buckle at top of bib section. Check the overall to be sure it feels comfortable. Make any adjustments by moving the plastic adjusters. The overall harness is ready for use.

5. One end of the shock-absorbing lanyard is equipped with a self-locking carabineer. By holding the carabineer in the palm of your hand and rolling your fingers around the gate you will be able to move the gate to the open position. Be sure the gate rolls back to the lock position when released. The other end of the shock-absorbing lanyard is supplied with a locking snaphook. To open the snaphook, press the lock on the back of the snaphook while pressing the gate. Make sure the gate closes and locks when released.

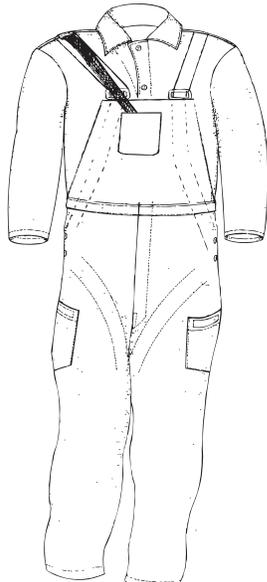


Figure 2

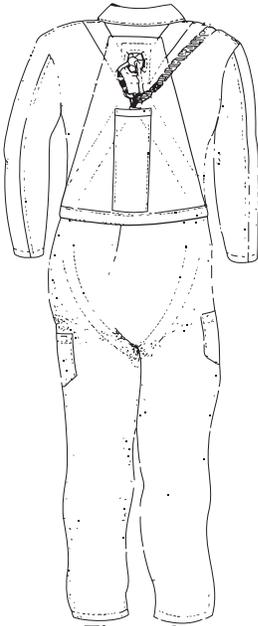


Figure 3

5. One end of the shock-absorbing lanyard is equipped with a self-locking carabineer. By holding the carabineer in the palm of your hand and rolling your fingers around the gate you will be able to move the gate to the open position. Be sure the gate rolls back to the locked position when released. The other end of the shock-absorbing lanyard is supplied with a locking snaphook. To open the snaphook, press the lock on the back of the snaphook while pressing the gate. Make sure the gate closes and locks when released.

6. Before washing the overall harness, disconnect the shock absorber lanyard and follow the washing instructions on the overall label. **DO NOT** wash the shock absorber lanyard.

Refer to instruction card 55126A for additional information

DO NOT remove the warning label from inside of the overall.

Follow all Federal, State and local regulations regarding the use of this type of equipment.

CAUTION: DO NOT use shock absorber lanyard on knobby cable.

CAUTION: Make sure that the overalls fit properly. Improper sizing can result in reduced effectiveness of the fall protection system.

CAUTION: NOT for free falls of more than six (6) feet.

CAUTION: Gemtor Model # SPCL shock absorbers can increase deceleration distance by up to 42 inches. It **must** be determined prior to use whether the fall space permits the use of a shock absorbing lanyard.

CAUTION: All buckles must always be securely fastened.

CAUTION: The harness is **NOT** flame resistant.

CAUTION: To ensure compliance with OSHA regulations, employees weighing more than 310 pounds. (including tool weight) must take precautions to make sure that arresting forces **DO NOT** exceed 1800 pounds. Any questions, call Gemtor, Inc. (800) 405-9048.

Insert and twist
to interlock the
buckles.

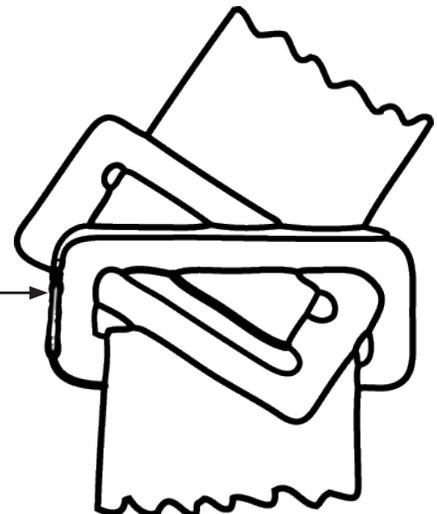


Figure 4

Manufactured by:
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