



USER INSTRUCTIONS

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Introduction

H00	Standard Size
H00L	Large

This belt may be used on its own or in conjunction with a Cirrus harness. To attach the belt to the harness pass one end through each of the retaining loops (just above the hip joint on the shoulder straps) so that the retaining loop is behind the D-ring when the harness is worn.

When fitted correctly the belt should be retained in the harness even when it is unfastened.

Use

This belt should be connected to an anchor point via an appropriate connecting system. Anchor points should have a minimum strength of 15 kN and both the anchor and connecting system should ideally conform to relevant EN standards.

All PPE attachments should be made via the side D-rings. Ensure that suitable connectors are used and correctly fastened. A screw-link connector is recommended for semi-permanent attachments such as pole belt adjusters.



Fitting and Adjustment

Put the belt around your waist and fasten the buckle by pushing the male part into the female part, adjust by pulling the webbing end.

Adjust so fit is secure but not too tight. Check for twisted straps and secure buckles. Buckles should also be checked regularly during use.

Buckles can be loosened by lifting the buckle upwards and outwards, at the same time pulling slack webbing out of the buckle.

Check buckles by pulling down on loaded webbing: correctly threaded buckles will lock.

Once adjusted the belt may be removed and put on by simply releasing / fastening the buckle. To release the buckle, press both of the silver catches simultaneously.

Work Positioning

Connection to both D-rings is recommended. The anchor point should be above waist level with the connection system kept taut and free movement restricted to 0.6m max.

Work Restraint

Connection to a single D-ring may be used. Remember that a work restraint system prevents the user from reaching a position where a fall could take place.

Warnings

A secondary means of protection should be used when supported by a work positioning system (such as safety nets or a fall arrest system to EN 363).

