

FallTech 8144QCSM

FallTech FT Iron Worker Body Harness User Manual

Model: 8144QCSM

INTRODUCTION

This manual provides essential information for the proper use, care, and maintenance of the FallTech FT Iron Worker Body Harness. This harness is designed for fall protection in various industrial and construction environments, specifically tailored for ironwork. Adherence to these instructions is crucial for user safety and product longevity. Always inspect the harness before each use.

SAFETY INFORMATION

WARNING: Failure to follow these instructions can result in serious injury or death.

- Always inspect the harness for damage, wear, or defects before each use.
- Ensure all buckles and adjusters are securely fastened and properly adjusted.
- The harness must be used as part of a complete personal fall arrest system.
- Do not modify the harness in any way.
- Consult a qualified person for training on proper fall protection procedures.
- Maximum weight capacity for this harness is 425 lbs (including tools and clothing).

COMPONENTS OVERVIEW

The FallTech FT Iron Worker Body Harness features several key components designed for comfort and safety.



Figure 1: Full View of the FallTech FT Iron Worker Body Harness. This image displays the complete harness, highlighting its various straps, buckles, and D-rings from a side perspective.



Figure 2: Front View of the FallTech FT Iron Worker Body Harness. This image shows the front of the harness, including the chest strap, shoulder padding, and waist belt with quick-connect buckles.



Figure 3: Back View of the FallTech FT Iron Worker Body Harness. This image illustrates the back of the harness, featuring the dorsal D-ring, shoulder straps, and back padding.

- **Dorsal D-Ring:** Located on the back, used as the primary attachment point for fall arrest.
- **Side D-Rings:** Located on the hips, used for work positioning or restraint.
- **Shoulder Straps:** Adjustable straps that go over the shoulders, often padded for comfort.
- **Chest Strap:** Secures the shoulder straps across the chest, typically with a quick-connect buckle.
- **Leg Straps:** Adjustable straps that go around the legs, usually with quick-connect buckles.
- **Waist Belt:** Provides support and attachment points for tools, with a belt buckle.
- **Torso Adjusters:** Mechanisms for adjusting the fit of the harness vertically.

SETUP AND DONNING

Follow these steps to properly don and adjust your FallTech FT Iron Worker Body Harness:

1. **Inspect the Harness:** Before each use, visually inspect the entire harness for cuts, fraying, broken stitches, heat damage, chemical damage, or any other signs of wear or damage. Ensure all buckles and D-rings are free of deformation or corrosion.
2. **Hold by Dorsal D-Ring:** Hold the harness by the dorsal D-ring (back D-ring) to allow the straps to fall into place.
3. **Don Shoulder Straps:** Slip the shoulder straps over your shoulders, as if putting on a vest. Ensure the dorsal D-ring is centered on your back, between your shoulder blades.
4. **Connect Leg Straps:** Bring the leg straps between your legs and connect them to the corresponding buckles on the waist belt or main harness body. Ensure the straps are not twisted.
5. **Connect Chest Strap:** Fasten the chest strap across your chest. Adjust its position so it is approximately mid-chest level.
6. **Adjust Leg Straps:** Tighten the leg straps so they are snug but allow for full range of motion. You should be able to slide your flat hand between the strap and your leg.

- 7. **Adjust Shoulder Straps:** Pull the shoulder strap adjusters to remove any slack. The harness should fit snugly without restricting movement.
- 8. **Adjust Torso/Waist Belt:** Adjust the torso straps and waist belt to ensure a snug fit around your waist and hips. The waist belt should sit comfortably and securely.
- 9. **Final Check:** Perform a final visual check to ensure all straps are flat, not twisted, and all buckles are securely fastened. The harness should fit snugly, allowing for comfortable movement without excessive slack.

OPERATING AND USE

The FallTech FT Iron Worker Body Harness is designed for fall arrest, work positioning, and restraint applications. Always connect to an approved anchorage point and compatible connecting device.

- **Fall Arrest:** Connect a compatible lanyard or self-retracting lifeline to the dorsal D-ring. Ensure the anchorage point is capable of supporting 5,000 lbs (22.2 kN) per worker or meets OSHA/ANSI requirements.
- **Work Positioning:** Use the side D-rings for work positioning. These are designed to support a worker in a suspended position, allowing hands-free operation. Always use a separate fall arrest system when using work positioning.
- **Restraint:** The side D-rings can also be used for restraint, preventing a worker from reaching a fall hazard.
- **Tool Attachment:** The waist belt is designed to accommodate tool bags and other accessories. Ensure that the combined weight of tools and the user does not exceed the harness's maximum weight capacity.
- **Post-Fall Procedure:** In the event of a fall, immediately remove the harness from service. Do not use it again. The harness must be inspected by a competent person or destroyed. Seek medical attention if necessary.

MAINTENANCE

Proper maintenance extends the life of your harness and ensures its continued safety.


Cleaning

- Hand wash only.
- Use a mild soap or detergent and lukewarm water.
- Scrub the harness with a stiff brush to remove dirt and grime.
- Rinse thoroughly with clean water until all soap residue is removed.
- Hang to air dry in a clean, shaded area away from direct sunlight, heat, or open flame. Do not machine wash or dry.

Inspection

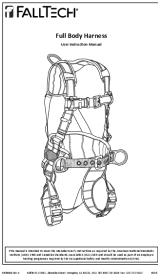



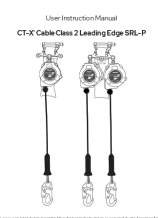
- **Before Each Use:** Perform a visual inspection as described in the

Related Documents - 8144QCSM



Fall Protection Harness Sizing Guide | FallTech

Find the perfect fit for your fall protection harness with FallTech's comprehensive sizing guide. Learn how to measure chest, waist, and thigh for optimal safety and comfort.

	<p>FallTech Full Body Harness User Instruction Manual - MFBH04</p> <p>Comprehensive user instruction manual for the FallTech Full Body Harness (Model MFBH04). Covers safety warnings, description, application, system requirements, installation, use, maintenance, inspection, and definitions for fall protection.</p>
	<p>FallTech Cold Shrink Tool Attachment User Manual & Installation Guide</p> <p>This user manual provides essential safety information, application details, installation procedures, maintenance guidelines, and specifications for FallTech Cold Shrink Tool Attachments. Designed for dropped object prevention, these attachments are compatible with FallTech tool tethers and anchors, ensuring secure tool tethering for various hand and power tools. Includes models 5410A5, 5411A5, and 5412A5, meeting ANSI/ISEA 121-2018 standards.</p>
	<p>FallTech Adjustable Restraint Lanyard Declaration of Conformity and Test Report</p> <p>Declaration of Conformity and detailed test report for the FallTech 8209 Adjustable Restraint Lanyard, confirming compliance with ANSI Z359.3-2019 and ANSI/ISEA 125-2014 standards.</p>
	<p>FallTech Wood Frame Structure Anchors User Instruction Manual</p> <p>FallTech's User Instruction Manual for Wood Frame Structure Anchors provides essential guidance on the safe installation, operation, and maintenance of their Type A, B, and C anchors. Compliant with ANSI Z359 and OSHA standards, this manual is crucial for fall protection and restraint systems on wood-framed structures.</p>
	<p>FallTech CT-X Cable Class 2 Leading Edge SRL-P User Instruction Manual</p> <p>Comprehensive user manual for the FallTech CT-X Cable Class 2 Leading Edge Self-Retracting Lifeline (SRL-P), detailing safety, installation, operation, and maintenance according to ANSI and CSA standards.</p>