


IRUDEK
IRUDEK P1
Restraint
System With
Light Plus



IRUDEK P1 Restraint System With Light Plus User Manual

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IRUDEK

IRUDEK P1 Restraint System With Light Plus



Product Usage Instructions

- **Description:**

The product is a harness designed for activities at height to ensure safety and protection.

- **Nomenclature:**

The harness includes straps, seams, anchoring rings, buckles, and adjusting components for proper fitting and safety.

- **Use Restrictions:**

Only use the harness for activities at height after proper training and familiarization. Do not use it if there are signs of damage or wear.

- **Wearing and Fastening:**

Ensure the harness fits securely and all buckles are fastened according to the provided instructions.

- **Checks Before Use:**

Before each use, visually inspect all components for any signs of damage, wear, or corrosion. If any defects are found, do not use the equipment.

- **Checks During Use:**

Regularly check the harness during use for any unexpected changes or damages that may compromise safety. If any issues are found, stop using the harness immediately.

- **Warranty:**

The product comes with a 3-year warranty covering manufacturing and raw material defects. Ensure to keep the purchase receipt for warranty claims.

FAQ:

- **Q: What weight capacity does the harness support?**

A: The harness can support weights of up to 140kg.

- **Q: How long is the warranty period?**

A: The product is covered by a 3-year warranty against manufacturing and raw material defects.

Read the operating instructions carefully before using the harness, train yourself properly, familiarise yourself with it, and use it responsibly. Activities at height involve serious risks not outlined in this manual, where each user is responsible for the management of such risks, their safety, their actions, and the consequences of these, if you do not assume this or do not understand this manual, do not use the equipment.

DESCRIPTION

- This fall prevention harness is a basic component of a fall prevention system as specified in Standard EN 363:2018.
- Use of the harness with a fall prevention sub-system must be compatible with the instructions of use of each system component and the following standards: EN 353-1:2014+A1:2017, EN 353-2:2002, EN 355:2002, EN 360:2002, EN 362:2004, in combination with anchors EN 795:2012.
- Fall prevention harnesses are personal protection equipment (PPE) to prevent falls from heights and comply with Standard EN 361:2002.
- Some fall prevention harnesses are equipped with a positioning belt (EN 358:2018), and may also include a sit harness (EN 813:2008) to be used in positioning, restraint, or rope access systems or include rescue anchors (EN 1497:2007).
- The Light Plus P1 positioning belt is not a fall prevention harness; its use is restricted to positioning and restraint work.
- IRUDEK harnesses comply with Regulation 2016/425 (EU) on PPE.
- The declaration of conformity is available at the following link: <http://www.irudek.com>.

NOMENCLATURE

Harness types: H1 – Light/Light Plus 1, 2, 3, 5 and 14. Expert 1/1 PRO, Expert Pro 50/55. Wind 1/1 PRO, Wind Blue 1. H2 – Light/Light Plus 4 and P1. Expert Pro 100/200, Expert 2/2 PRO/DE. Wind 2/ 2 PRO/4 PRO, Wind Blue 2/4. Dielectric 4. H3 – Light/Light Plus 11. Expert 3 PRO/5 PRO, Expert Pro 300/500. Wind 3/3 PRO, Wind Blue 3. Gravity 1/2.

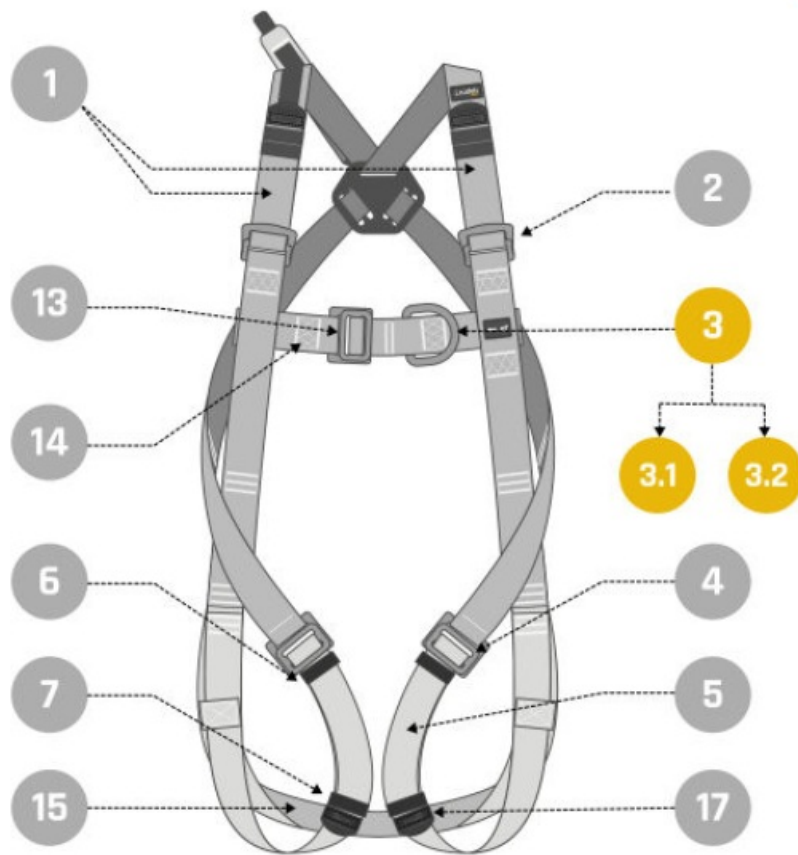
Description of parts: 1-Shoulder pads, 2-Shoulder pad adjustment loops, 3-Sternal D-rings, 3.1-External D-rings A/2 Light/Light Plus 5 or Expert 5 PRO, Expert Pro 500, 3.2-Sternal textile A/2 Light/Light Plus 2 loops, 4-Leg loops, 5-Leg loops, 6-Antislip system part, 7-Restraint parts for excess webbing, 8-Dorsal D-ring, 9-Dorsal plate, 10-Identification label, 11-IruCheck NFC ready, 12-A or A/2 anchor point identification, 13-Sternal adjustment loop, 14-Sternal webbing, 15-Subgluteal strap, 16-Extension strap, 17-Tape end protection, 18-Evacuation D-ring, 19-Evacuation D-ring extension straps, 20-Belt adjustment buckle, 21-Positioning D-ring, 22-Belt, 23-Portamaterials, 24-Leg height buckles, 25-Evacuation textile ring, 26-Ventral D-ring, 26.1-Ventral textile loops on Expert 5 PRO, Expert Pro 500, 27-Chest ascender strap, 28-Dorsal buckle, 29, Carabiner, ELDU- Compatible with ELDU hook holder.

	EN361: 2002	EN358: 2018	EN813: 2008	EN1497: 2007	AVAILABLE SIZES	TESTED 140Kg
LIGHT/LIGHT PLUS P1					U	
LIGHT/LIGHT PLUS 2					S-M L-XL XXL- XXXL	
LIGHT/LIGHT PLUS 1, 3, 5					U	
LIGHT/LIGHT PLUS 4					S-M L-XL XXL- XXXL	
LIGHT/LIGHT PLUS 11					U	
LIGHT/LIGHT PLUS 14					U	
EXPERT 1/1 PRO, EXPERT PRO 50/ 55					S-M L-XXL	
EXPERT 2/2 PRO/DE, EXPERT PRO 100 /200					S-M L-XXL	
EXPERT 3 PRO/5 PRO, EXPERT PRO 300/500					S-M L-XXL	
WIND 1/1 PRO, WIND BLUE 1					S-M L-XXL	
WIND 2/2 PRO/4 PRO, WIND BLUE 2/4					S-M L-XXL	
WIND 3/3 PRO, WIND BLUE 3					S-M L-XXL	
GRAVITY 1					S-M L-XXL	
GRAVITY 2					S-M L-XXL	
DIELECTRIC 4					S-M L-XXL	

USE RESTRICTIONS

- This equipment must be used by one person only.
- The maximum rated weight of each harness is 140 kg, including the material.
- The anchoring point for the fall prevention system must be above the position of the user. The anchoring point must have a minimum static strength of 12 kN (metal) or 18 kN (textile) and comply with the requirements of Standard EN 795:2012.
- This personal protection equipment must not be used by individuals with health conditions that can impair their safety during normal use or in emergency conditions.
- This personal protection equipment must only be used by individuals who have received training in its use and are capable of using it safely.
- A fall prevention harness is the only body-worn device that can be used in a fall prevention system.

H.1



3.1



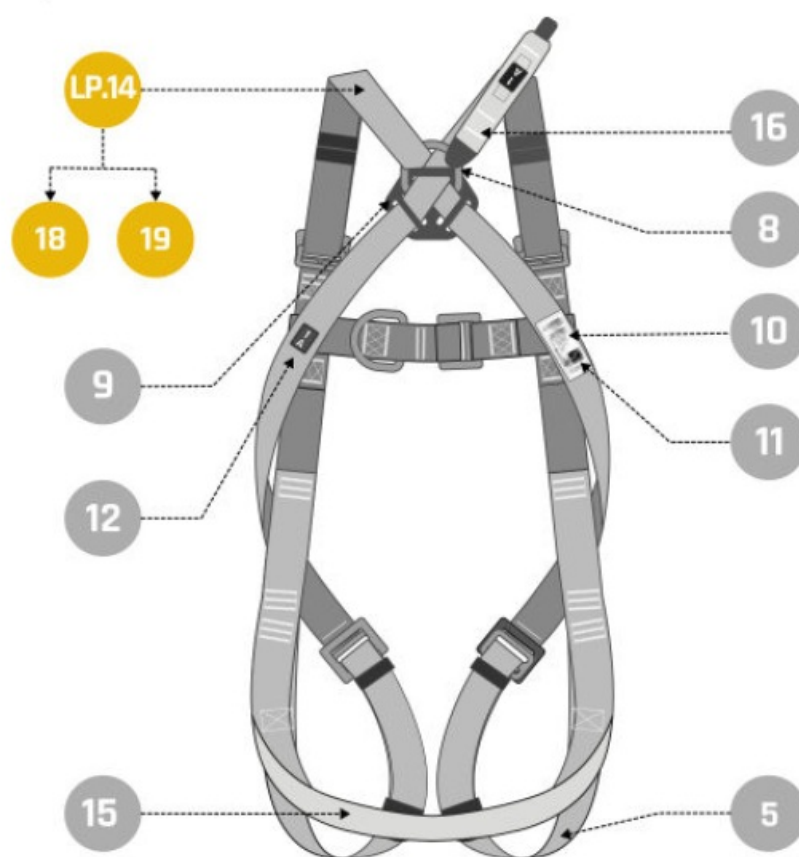
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ELDU



H.1



LP.14

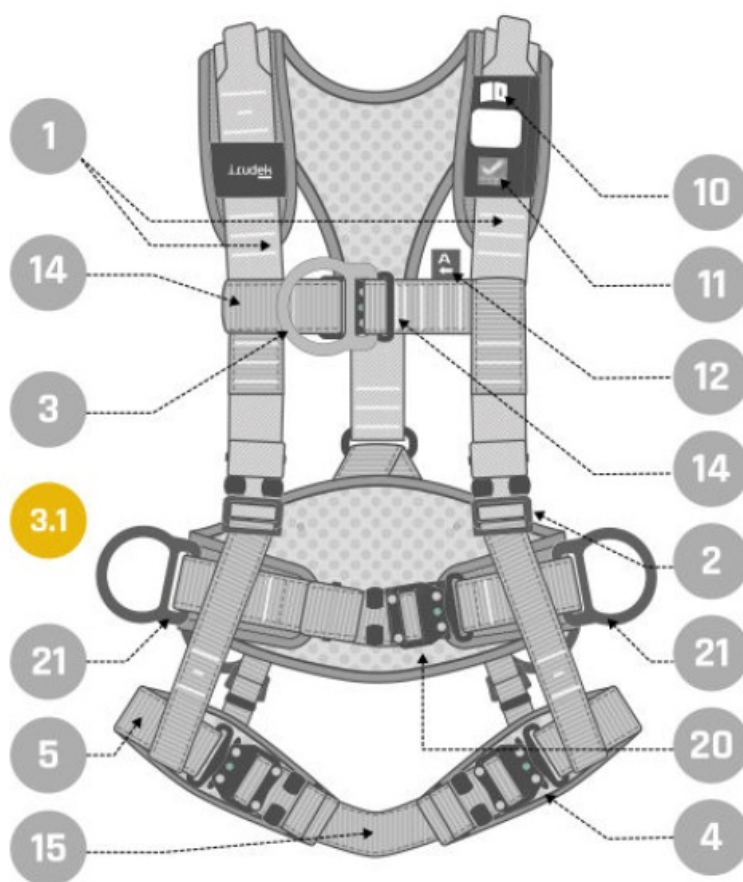


18



19



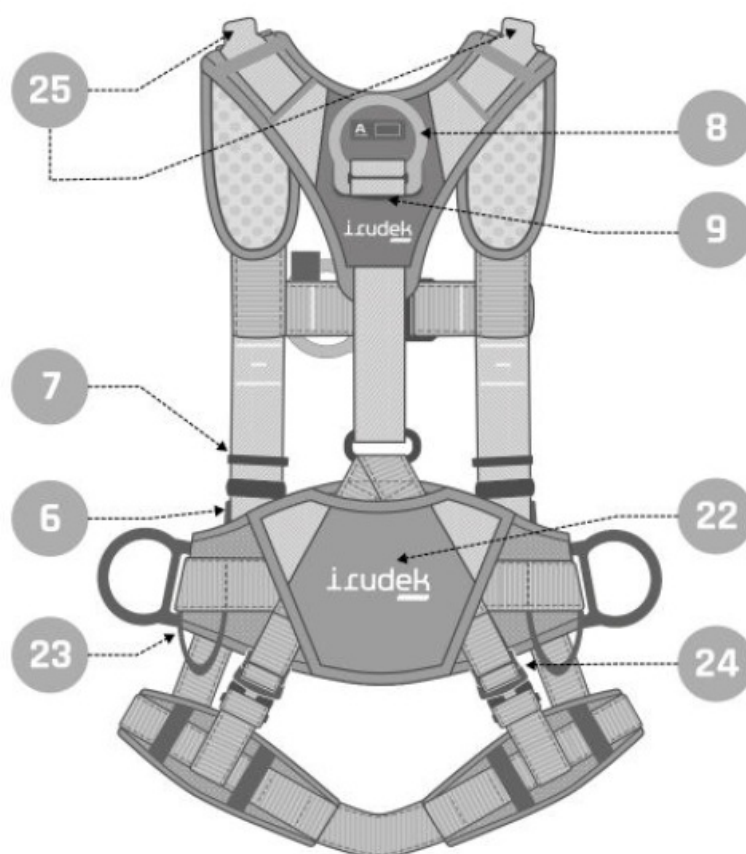


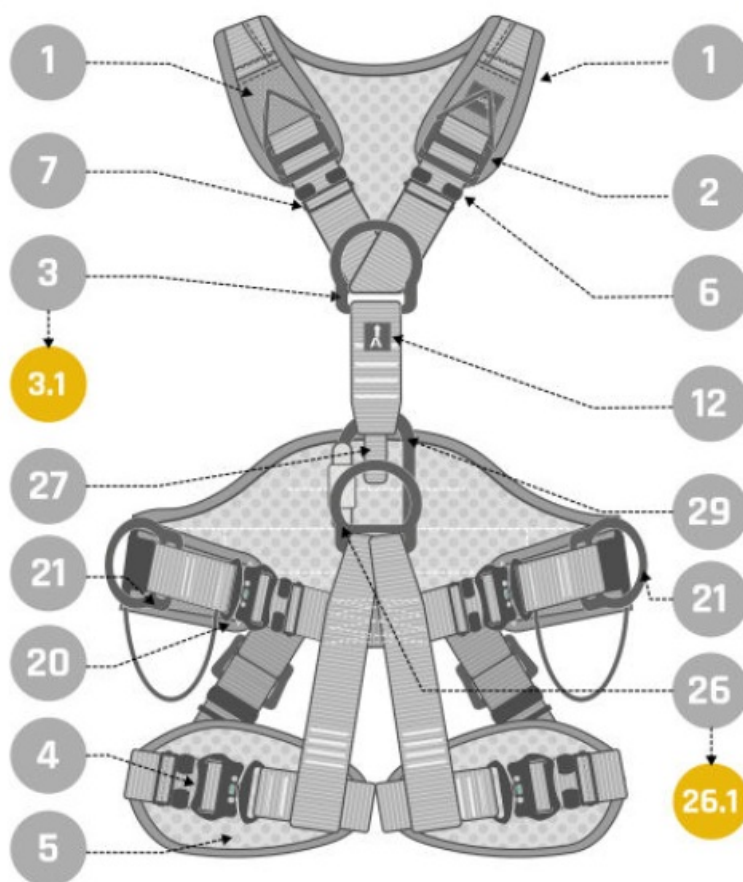
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ELDU



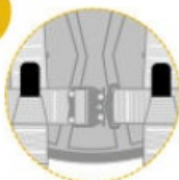




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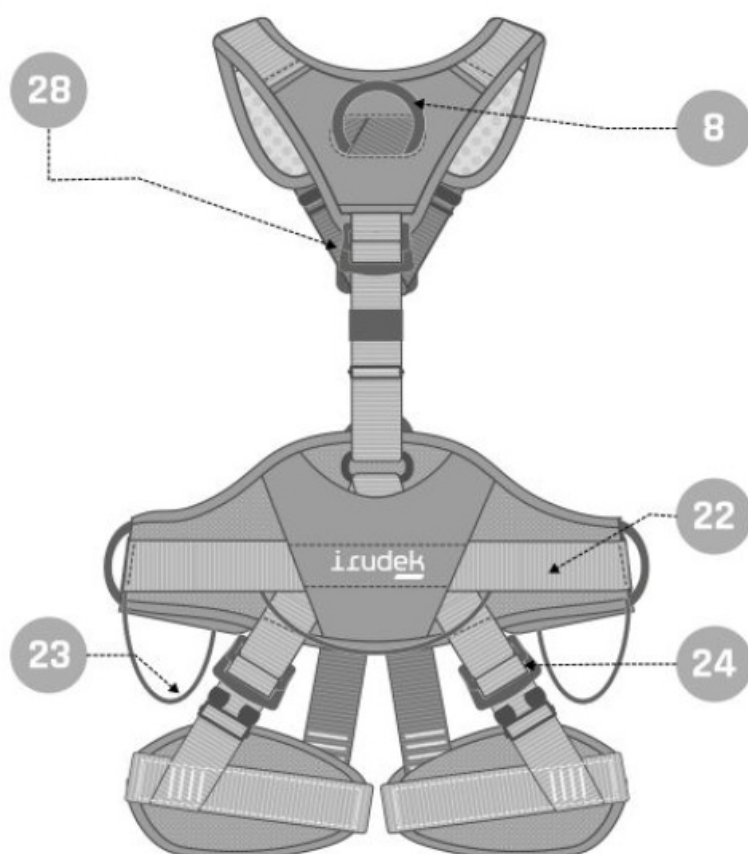
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ELDU



H.3



10

11



1.1



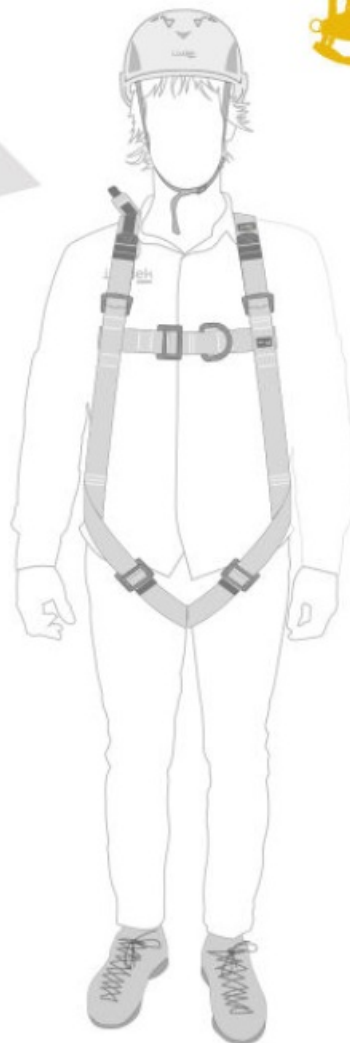
1.2



1.3



1.4



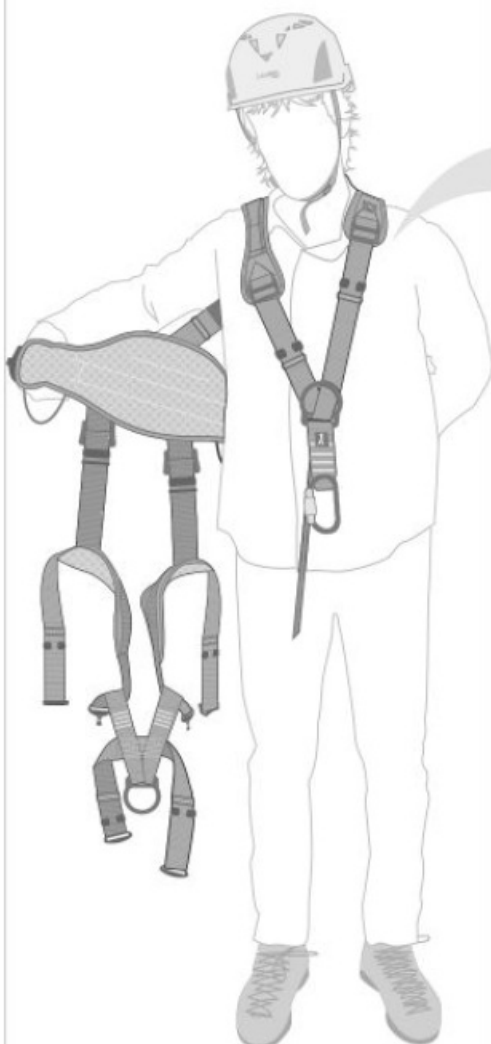
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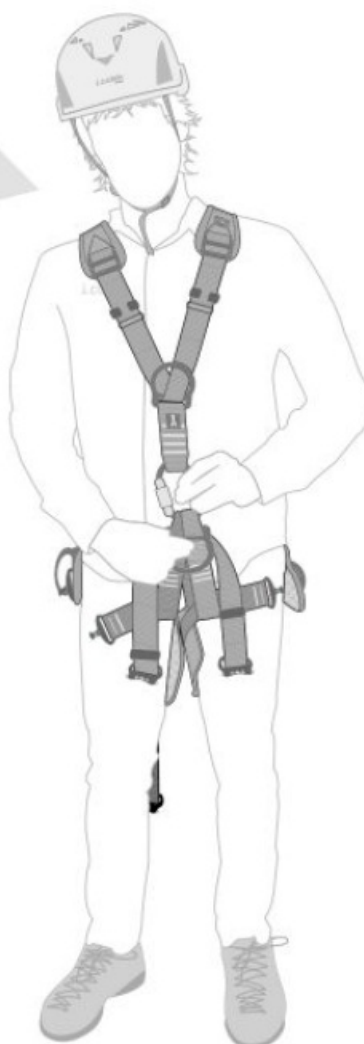
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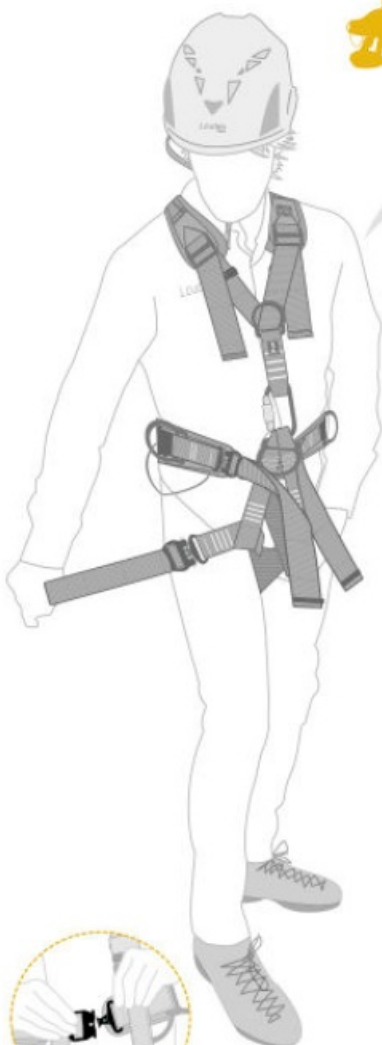
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3.2



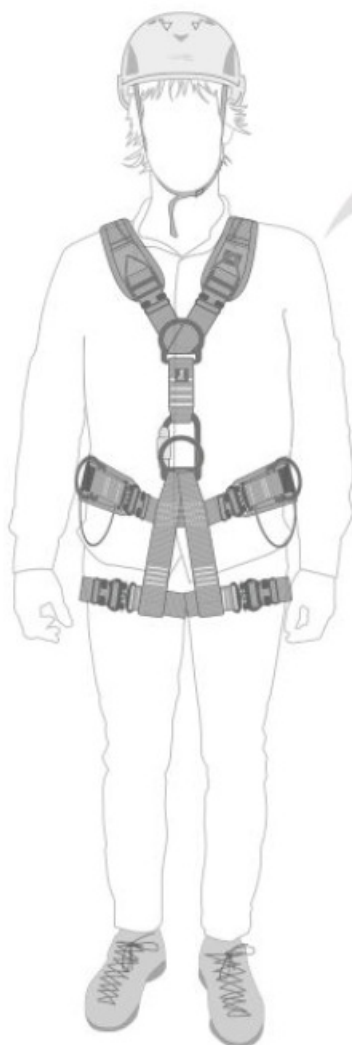
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3.4



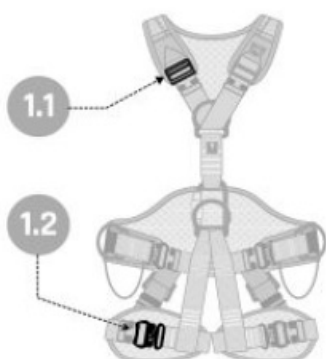
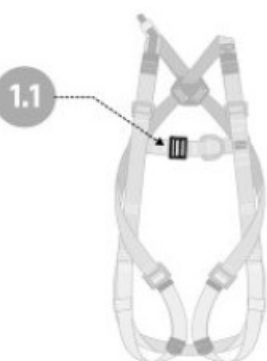
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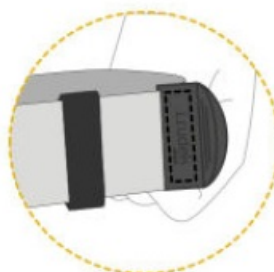
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A



A.1



A.2



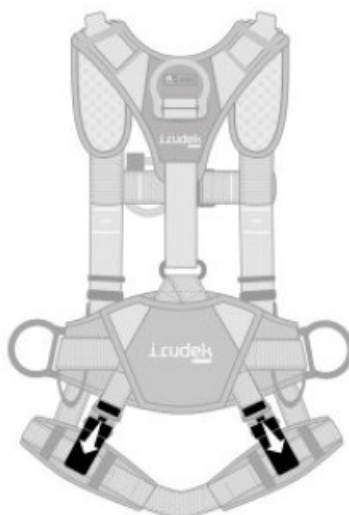
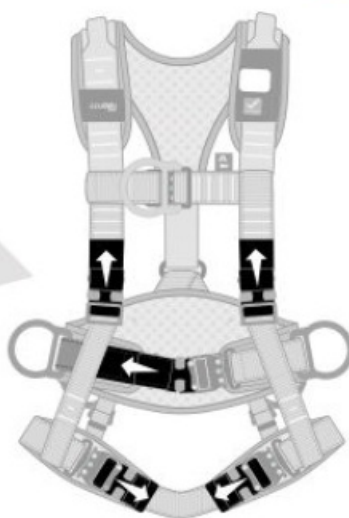
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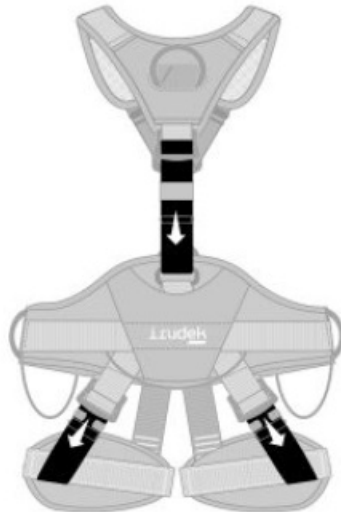
B.1



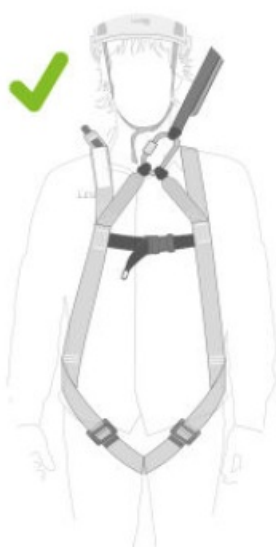
B.2



B.3



A



B



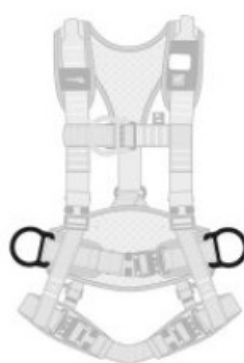
EN 361

C



EN 361

D



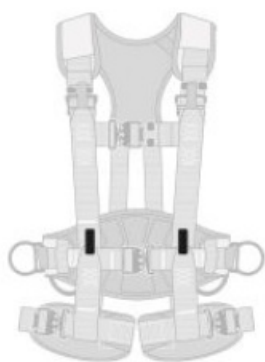
EN 358

E



EN 1497

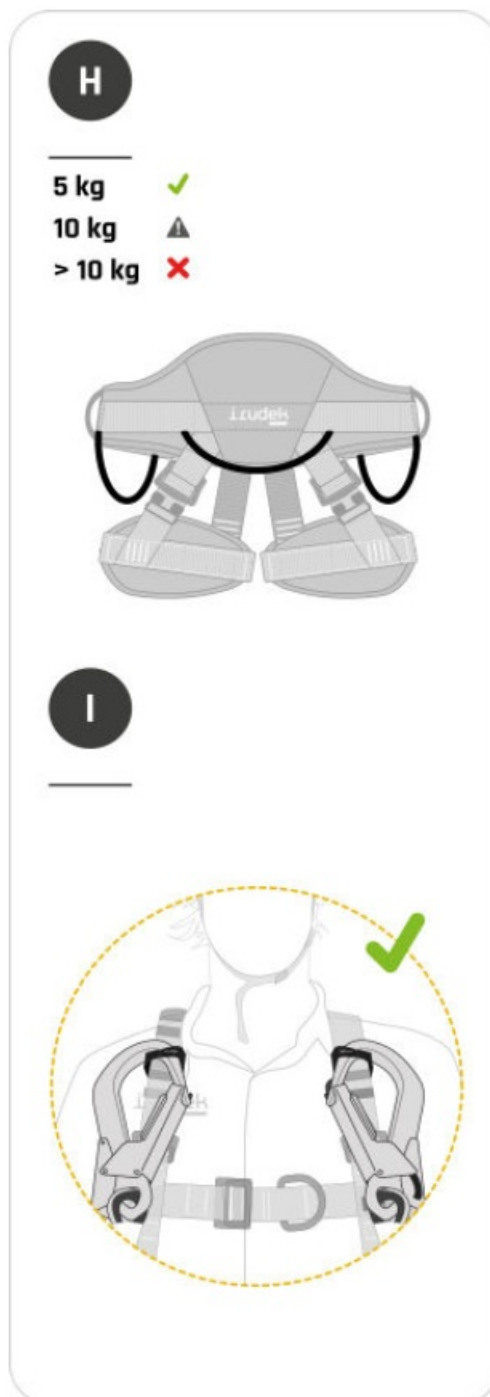
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EN 813

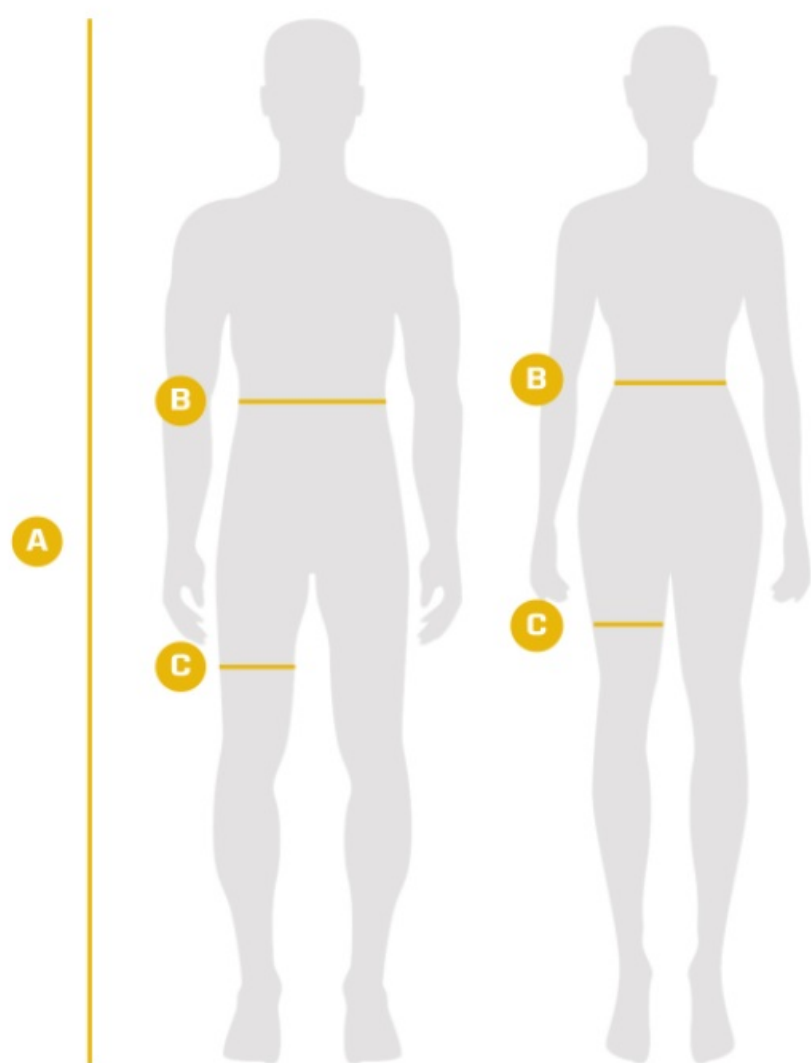
G





WEARING AND FASTENING

- The harness should be the right size for the user. A harness with straps that are too loose or too tight can restrict user movement, thereby not providing the necessary degree of protection. See the sizes table.
- Each harness model has specific features and is donned by following certain steps. Check the pictograms to find the sequence that corresponds to each model.
- Place the harness over the body, ensure that the straps are not twisted and that all the buckles and snap hooks are properly connected.
- After placing all the straps, use the buckles to adapt the harness to the body. Place the anti-slip system part against the buckle and store the excess strap correctly.



MODEL	SIZE	A	B	C
LIGHT/LIGHT PLUS P1	Univ.			
LIGHT/LIGHT PLUS 1	Univ.	150 - 200		105
LIGHT/LIGHT PLUS 2	S-M L-XL 2XL-3XL	150 - 185 175 - 200 190 - 220		25 - 70 25 - 85 25 - 90
LIGHT/LIGHT PLUS 3	Univ.	150 - 200		25 - 85
LIGHT/LIGHT PLUS 4	S-M L-XL 2XL-3XL	150 - 185 175 - 200 190 - 220	78 - 115 80 - 140	25 - 70 25 - 85 25 - 90
LIGHT/LIGHT PLUS 5	Univ.	150 - 200		30 - 95
LIGHT/LIGHT PLUS 11	Univ.	160 - 200	80 - 110	55 - 85
LIGHT/LIGHT PLUS 14	Univ.	150 - 200		25 - 95
EXPERT 1/1 PRO, EXPERT PRO 50/55	S-M L-2XL	150 - 185 175 - 210		45 - 70 45 - 100
EXPERT 2/2 PRO/DE, EXPERT PRO 100/200	S-M L-2XL	150 - 185 175 - 210	90 - 130 100 - 155	45 - 70 45 - 100
EXPERT 3 PRO, EXPERT PRO 300	S-M L-2XL	160 - 185 175 - 200	80 - 130 100 - 155	55 - 70 55 - 85
EXPERT 5 PRO, EXPERT PRO 500	S-M L-2XL	150 - 185 175 - 210	90 - 130 100 - 155	45 - 70 45 - 100
WIND 1/1 PRO, WIND BLUE 1	S-M L-2XL	150 - 185 175 - 210		45 - 70 45 - 100
WIND 2/2 PRO/4 PRO, WIND BLUE 2/4	S-M L-2XL	150 - 185 175 - 210	90 - 130 100 - 155	45 - 70 45 - 100
WIND 3/3 PRO, WIND BLUE 3	S-M L-2XL	160 - 185 175 - 200	90 - 130 100 - 155	55 - 70 55 - 85
GRAVITY 1	S-M L-2XL	160 - 185 175 - 200	80 - 140 90 - 155	55 - 70 55 - 85
GRAVITY 2	S-M L-2XL		80 - 140 90 - 155	55 - 70 55 - 85
DIELECTRIC 4	S-M L-2XL	150 - 185 175 - 210	90 - 130 100 - 155	45 - 70 45 - 100

Fall prevention harness (EN 361:2002)

- To locate the fall prevention anchoring points on the harness, look for the “A” mark, which should be near the anchoring point. The “A/2” label means that it is necessary to connect two connection points with the same identification at the same time. It is forbidden to connect the protection system to a single connection point labeled “A/2”.
- If use is made of the dorsal D ring extension strap along with an energy-absorbing lanyard as per EN 355:2002, the maximum total length cannot exceed 2 meters, including the snap hooks and the extension strap.

Positioning belt (EN 358:2018)

Harnesses provided with a positioning belt can be used to keep the user in their working position (positioning) or prevent them from reaching a point from which they can fall (restraint). The lateral positioning D rings should not be used for fall prevention.

Sit harness (EN 813:2008)

The seat harness is used in positioning, restraint, or rope access systems. The waist D ring should not be used for fall prevention.

Rescue harness (EN 1497:2007)

The D ring (LP14) on the rescue belt or the textile rescue rings on the shoulders (WB 1, 2, 3, and 4) are used exclusively to connect to rescue equipment during a rescue operation. They should not be used for fall prevention. If textile rings (WB range) are used, a rescue belt (Boomer) must be fastened.

Suspension test

- Before using the harness, the user should carry out a suspension test in a safe place to ensure that the harness size is appropriate, the fit is correct, and that it is sufficiently comfortable for the expected working conditions.
- Do not use this harness if it does not fit properly.

CHECKS BEFORE USE

- The user must perform a visual and functional inspection of the equipment components before it is used, ensuring that there are no signs of damage, excess wear, corrosion, abrasion, damage caused by ultraviolet radiation, cuts or improper use. Special care must be taken when inspecting straps, seams, anchoring rings, buckles, and adjusting components.
- If any defects, anomalies, or damage are found in the personal protection equipment that entails a loss of protection, it must be removed from use.

CHECKS DURING USE

While using the equipment, pay special attention to any hazardous circumstances that may affect equipment performance and user safety, including the following:

- The labeling on the safety components.
- Accidental contact with sharp edges.
- Various types of damage, such as cuts, abrasion, and/or corrosion.
- The negative effect of weather conditions.
- "Pendulum" falls.
- Effects of extreme temperatures.
- Effects after contact with chemical products.
- Electrical conductivity.

WARRANTY

This product has a 3-year warranty that covers manufacturing and raw material defects. The warranty does not cover wear, corrosion, or damage caused by storage, transport, or improper or intensive use.

The warranty application must be submitted along with the purchase receipt. If a manufacturing defect is found, IRUDEK agrees to repair, replace, or refund the product for an amount that does not exceed the price stated in the product invoice.

USEFUL LIFE

The estimated useful life of textile equipment is 12 years from the date of manufacture (2 years of storage and 10

years of use). Metal equipment has an unlimited useful life.

The following factors can reduce the product's useful life: intensive use, contact with chemical substances, especially aggressive environments, exposure to extreme temperatures, exposure to ultraviolet rays, abrasion, cuts, strong impacts, improper use, transport, and/or maintenance.

TRANSPORT

This personal protection equipment must be transported in packaging that protects it against humidity and any mechanical, chemical, and/or thermal damage.

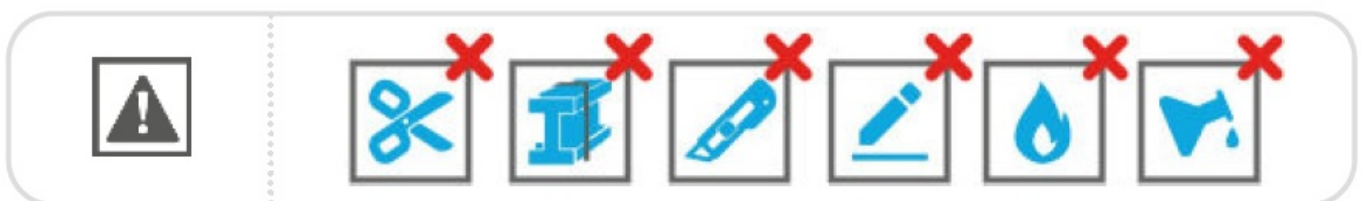
STORAGE

This personal protection system must be stored in a package with plenty of room in a dry place, protected against sunlight, ultraviolet rays, dust, sharp objects, extreme temperatures, and aggressive substances.

REQUIREMENTS

- Before using the harness, a rescue plan must be drawn up for implementation in the event of an emergency.
- Do not make any changes or add any elements to the equipment without prior written authorization from the manufacturer.
- The equipment must not be used outside its scope of limitations or for any purpose other than its intended purpose.
- Make sure that the equipment components are compatible with the system it is assembled into. Make sure that all the elements are appropriate for the proposed application. It is forbidden to use the protection system if the operation of an individual component is affected by or interferes with the operation of another component. Perform a periodic inspection of the connections and adjustments of the components to ensure that they do not come loose accidentally.
- If any wear or damage is detected or there are any doubts as to safe conditions of use, this personal protection equipment should be removed from use immediately. It must not be used again until an authorized individual presents a written confirmation that it is in suitable condition to be used.
- If the equipment has prevented a fall, it should be removed from service.
- Before each use, for safety purposes, it is essential to verify the minimum distance of free space required under the user's feet to avoid colliding with the ground or any other obstacle in the event of a fall. Detailed information regarding the minimum requirements of free space can be found in the instructions of the corresponding fall prevention system components.
- If the product is resold outside the original country of destination, the reseller must provide instructions of use, maintenance, periodic inspection, and repair in the language of the country where the equipment will be used.

MAINTENANCE INSTRUCTIONS



Visual inspection

- Users should perform a visual and functional inspection of the equipment before using it.
- If the equipment has undergone unusual or extraordinary conditions, a special inspection should be carried out by the manufacturer or a competent person authorized by the manufacturer.
- A thorough inspection must be performed at least every 12 months by the manufacturer or a competent person authorized by the manufacturer. This inspection must strictly follow IRUDEK procedures for periodic inspections. User safety depends on the continuous efficacy and durability of the equipment. The periodic inspection must be certified according to the requirements outlined in Standard EN 365:2005, including validation of the certificate and marking the date for the next inspection.
- The product marking must be legible.
- Any pertinent observations must be entered in the equipment inspection certificate.
- If any defects, anomalies, or damage are found in the personal protection equipment that entails a loss of protection, it must be removed from use.

Cleaning

This personal protection equipment must be cleaned without causing any damage to the materials used for its manufacture or to the user. The cleaning procedure must be followed strictly. Clean textile and plastic materials (belts, ropes) with cotton or cloth or a brush. Do not use any type of abrasive material. To clean the equipment thoroughly, wash it by hand at a temperature between 30 and 40°C, using neutral soap. Use a moist cloth for the metal parts. If the equipment gets wet due to use or cleaning, let it dry naturally in a well-ventilated place, away from direct heat or chemical compounds.

Repair

The equipment must only be repaired by the manufacturer or a person authorized to do so and follow the procedures established by the manufacturer. Instructions for repair will be provided in the official languages of the country where the equipment is put to use.

Symbols



- **Manufacturer**
- Fabricante
- Producttore
- Producent



- **Read the instructions**
- Leer las instrucciones
- **Leggere le istruzioni**
- Leia as instruções
- Przeczytaj instrukcję



- **CE, complies with EU Regulation 2016/425**
- CE, cumple reglamento EU 2016/425
- **CE, è conforme al Regolamento UE 2016/425**
- CE, está em conformidade com o Regulamento da UE 2016/425
- **CE, jest zgodny z rozporządzeniem UE 2016/425**



- **Model**
- Modelo
- **Modello**
- Modelo



- **Regulations**
- Normativa
- **Regolamenti**
- Regulamentos
- **Przepisy**



- **Lot-serial no.**
- N.º lote-serie
- **Numero di lotto-serie**
- Número de série-lote
- **Nr partii-serii**








- **Date of manufacture**
- Fecha de fabricación
- **Data di produzione**
- Data de fabrico
- **Data produkcji**



- **Size**
- Talla
- **Dimensione**
- Tamanho
- **Rozmiar**

- **Maximun load**
- Carga máxima
- **Carico massimo**
- Carga máxima
- **Maksymalne obciążenie**

	<ul style="list-style-type: none"> • Fall arrest harness EN361 • Arnés anticaídas EN361 • Imbracatura anticaduta EN361 • Arnês anti-queda EN361 • Uprząż chroniąca przed upadkiem EN361
	<ul style="list-style-type: none"> • Fall arrest harness EN361 + EN358 • Arnés anticaídas EN361 + EN358 • Imbracatura anticaduta EN361 + EN358 • Arnês anti-queda EN361 + EN358 • Uprząż chroniąca przed upadkiem EN361 + EN358
	<ul style="list-style-type: none"> • Fall arrest harness EN361 + EN358 + EN813 • Arnés anticaídas EN361 + EN358 + EN813 • Imbracatura anticaduta EN361 + EN358 + EN813 • Arnês anti-queda EN361 + EN358 + EN813 • Uprząż chroniąca przed upadkiem EN361 + EN358 + EN813
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CONTROL SHEET

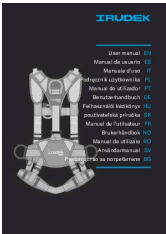
- REFERENCE
- BATCH NUMBER, SERIES
- YEAR OF MANUFACTURE
- DATE OF FIRST USE
- USER NAME

Notified body that has performed the EU type-examination: AITEX, Instituto Tecnológico Textil, Plaza Emilio Sala 1, 02801 Alcoy, Spain (Notified Body number 0161) and Notified Body that intervenes in the production control phase: AITEX, Instituto Tecnológico Textil, Plaza Emilio Sala 1, 02801 Alcoy, Spain (Notified Body number 0161).

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Documents / Resources

	<p>IRUDEK P1 Restraint System With Light Plus [pdf] User Manual</p> <p>P1, 11, 14, 1-1 PRO, PRO 50-55, 2-2 PRO-DE, PRO 100-200, 3 PRO-5 PRO, PRO 300-500, 1-1 PRO, BLUE 1, 2-2 PRO-4 PR, BLUE 2-4, 3-3 PRO, BLUE 3, P1 Restraint System With Light Plus, P1, Restraint System With Light Plus, System With Light Plus, Light Plus, Plus</p>
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References

- [User Manual](#)

[Manuals+](#), [Privacy Policy](#)

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