

RESULTS

Test	Specification UNE EN 361:2002	Result	Conformity
1. Features check	Paragraph 4.1 and 4.2	See following chart (1)	Comply
2. Width tapes 2.1 Main tapes. 2.2 Secondary tapes.	Paragraph 4.1 and 4.2 > 40 mm > 20 mm	45 mm + - 1 mm 29 mm + - 1 mm	Comply
3. Static resistance. Dorsal anchor point 3.1 Traction up 3.2 Traction down	Paragraph 4.3 F= 15,0 KN during 3 min F= 10,0 KN during 3 min	Satisfied Satisfied	Comply
4. Static resistance. Frontal anchor point 4.1 Traction up 4.2 Traction down	Paragraph 4.3 F= 15,0 KN during 3 min F= 10,0 KN during 3 min	Satisfied Satisfied	Comply
5. Dinamic behaviour 5.1 Foot drop 5.2 Head drop	Paragraph 4.4	Satisfied Satisfied	Comply
6. Dinamic behaviour 6.1 Foot drop 6.2 Head drop	Paragraph 4.4	Satisfied Satisfied	Comply
7. Corrosion resistance	Paragraph 4.2	Satisfied	Comply

(1) Results according the chart "Features check"

EQUIPMENT SHEET				
Product: FALL ARREST HARNESS This equipment can be used as a fall arrest system				
Model: 16	Branch: MIRA	Nº de Lot:		
Manufacturer: Miguel Miranda, S.L.	Address: Luis I, 76 - Madrid	Telef. / Fax: 913 802 750 / 913 802 874		
Date of manufacture:	Date of purchase::	Date of first use:		
Other important information:				
Frequency of use (mark): <input type="checkbox"/> Intensive <input type="checkbox"/> Medium <input type="checkbox"/> Occasional				
HISTORY OF PERIODIC CHECKS AND REPAIRS				
(This equipment has no repair)				
Date	Reason (periodic or repair)	Defects, repairs and other relevant information	Name and signature of the competent person	Expected date of the next periodic review

Corresponding to the Fall Harness: **MIRA 16**

Manufacturer: Miguel Miranda, S.L. - Luis I, 76 28031 Madrid

Certifying body: Centro Nacional de Medios de Protección (Notified Body 0159)

Carabela La Niña, 2 - 41007 SEVILLA

Control body: AITEX (Notified Body 0161) - Plaza Emilio Sala, 1 - ALCOY (Alicante)

Fall arrest harnesses are classified as an Individual Protective Equipment (PPE), according to Regulation (EU) 2016/425 and conform to the European standard UNE EN 361: 2002.

READ CAREFULLY BEFORE USE

This fall harness has been specially designed to minimize the risk of falling from heights by providing protection against this type of fall.

However, it is always advisable to remember that no PPE against falls from a height can provide total protection, so caution should always be taken when carrying out risk activity.

It is necessary to connect the pressure devices of the body to an anchor point by means of a connection system (EN 363).

USE

Personal protective equipment (PPE), against high falls with dorsal and frontal anchor point. This PPE should not be used beyond its intended limits, or used for any other purpose than that for which it is designed. It is recommended that the PPE be a personal assignment.

Maximum nominal load (including tools and equipment): 140 kg.

WARNINGS

Activities related to the use of this equipment are inherently dangerous. The user is responsible for their actions, their decisions and their safety.

Before using this equipment you must:

- Read and understand the instructions for use.
- Obtain specific training in the use of the product.
- Become familiar with the equipment and know its benefits and limitations.
- Understand and accept the risks arising from its use.

Failure to comply with any of these warnings could cause serious or fatal injury.

This product should only be used by competent and responsible people, or that is under the direct visual control of a competent and responsible person. You are responsible for your actions, your decisions and your safety and assume the consequences. If you are not able, are not in a position to assume this responsibility, or do not fully understand the instructions for use, do not use this equipment.

If the product is sold outside the country of origin of destination, the distributor must provide instructions for use, maintenance, periodic review and repair in the language of the country in which the product is to be used.

COMPATIBILITY

To ensure protection, check the compatibility of this product, taking into account the maximum nominal load, with the other elements of the system. The elements to be used with the fall arrest harness must comply with current EN standards. Before carrying out the activity, consult your supplier to ensure that all protective equipment is compatible with each other and suitable for your application.

HARNESS PLACEMENT

It is manufactured in size M, unique, and allows the regulation of legs. Adjust the fall arrest harness so that the dorsal fall arrest point is at the level of the shoulder blades. The tapes should not press the body, or become loose, or form curls; also, the remaining tape should be stored in the loops. The user must make movements (walking, sitting, standing) and a suspension test in a safe place to ensure that the harness size is correct, the fit is sufficient and that, in addition, it provides an acceptable level of comfort for the intended conditions of use. It is important that the user regularly check the buckles, anchor point and other means of closure and regulation during use.



(1) Insert the legs through the inside of the legs (2) then go through the shoulders (3) adjust the legs adjusting the buckles.

Connectors: During the use of the PPE, it must be ensured that no obstacle interferes with the connector, and that it does not have any support on any element of the structure on which it is working. Do not load on the closing lever. Any element that acts on the closing lever considerably reduces its resistance.

INSTRUCTIONS FOR USE

This equipment is specially designed as a component of a fall arrest system, a secure anchor point must be used above the user's position, to minimize the distance traveled in the event of a fall, reducing the impact of braking suffered by the user and the resulting risks of the "pendulum effect". The user must carry out a check prior to the use of the equipment, to ensure that it is in good conditions of use and works correctly. Under normal conditions of use, this fall arrest equipment guarantees proper protection of the entire body by preventing free fall or stopping the user in safe conditions.

Use fall arrest harness (EN 361: 2002):

To define the system to be used, it is necessary to study the risks to be covered and define the components (compatible and compliant with the European Standards) that must be connected. The possible subsystems (according to EN 363), except in cases where it is contraindicated according to the risk study, are: with energy absorber (EN 355) or fall arrest device (EN 360, EN 353-1 and -2).

The harness for protection against falls from a height, as a component of a fall arrest system according to EN 363 has the following fall arrest points:

- Pectoral anchor point: textile gauges joined together by type B connector.
- Dorsal fall arrest point.

Only these anchor points, identified with the letter "A / 2" in the case of pectoral point and "A" in the dorsal point, are used to connect a fall arrest system (rope fall arrest, energy absorber, etc.) of those described in standard EN 363.

The connection will be made using karabiners (EN 362) that must be able to be opened and / or closed without any impediment. Manual closing connectors (screw ferrule) should be used only when the disengagement and engagement operations are not frequent.

The anchor point must preferably be located above the user and must comply with the requirements of standard EN 795 (minimum resistance of 12 kN), as well as the specific orientations provided together with the connection subsystem.

Main Materials

Main tapes: polyester. Dorsal anchor point: steel. Shoulder and leg adjustment buckle: steel.

Safety clearance below the user

Attention must be paid to the minimum necessary clearance below the user's feet and the risks arising from the pendulum effect, in order to avoid collision with a structure or the floor if the height drop occurs. Specific calculations of the free height are detailed in the information leaflets of energy absorbers, sliding fall arresters, etc.

LIMITATIONS OF USE

This harness has not been designed for use in potentially explosive atmospheres. Also, the material that covers the anchor point does not provide protection to the user against accidental contact with a flame.

ADDITIONAL INFORMATION

Rescue plan

A safe and effective rescue plan must be established before and during the use of this equipment and the means to intervene quickly in case of difficulties during the use of this equipment.

Anchors

The anchor point must preferably be located above the user and must comply with the requirements of the EN 795 standard (minimum resistance of 12 kN).

Various

In a fall arrest system, it is essential to check the required clearance below the user before each use to avoid any impact with the ground or an obstacle in the event of a fall. Make sure that the anchor point is positioned correctly, in order to limit the risk and the height of fall.

A fall arrest harness is the only acceptable body pressure device that can be used in a fall arrest system. When elements are used together, it can be dangerous if the safety of one element of the equipment is affected by the safety of another component of the equipment.

Avoid contact of the product with abrasive or cutting materials.

The user must be physiologically suitable to develop activities at height.

Prolonged suspension in a harness after a fall can cause serious injury or even death.

The instructions for use of each of the equipment used in conjunction with this product must be respected.

Make sure the product marks are readable even during the periodic review.

USEFUL LIFE AND EXPIRY

The maximum useful life of this equipment is **10 years from the date of manufacture**.

WARNING: an exceptional situation can lead to the removal of the product after a single use, depending on the type of use, the intensity of use and the environment of use (hostile environment, marine environment, sharp edges, extreme temperatures, chemicals, legislation, type of equipment, frequency of use ...)

This product must undergo periodic examinations. The safety of the users depends on the continuous efficiency and durability of the equipment.

This product should be removed when:

- More than 10 years have passed since its manufacturing date.
- You have suffered or retained a fall.
- If you have not passed the periodic inspection or you doubt your status.
- Usage history is unknown.
- If it is obsolete due to changes in regulations or incompatibility with other equipment, etc ...
- Discarded equipment must be destroyed to prevent its use.

MAINTENANCE INSTRUCTIONS

To ensure better product maintenance, it is recommended that the PPE be of personal assignment. Before using this PPE., a visual inspection of it must be carried out. Discard any product that shows visible damage. In any case, whenever you doubt your safety, a new one must be replaced. Before proceeding with the use of this PPE., and after its use, a visual inspection of the following points must be carried out:

. Tapes: observe that there are no cuts, wear, burns, traces of chemicals, paint, etc.

. Seams: they must not have frayed or cut threads.

. Metal elements: Check that they have no signs of corrosion or deformation, as well as verify the proper functioning of the regulation.

IF AN ANTICIPATED COMPONENT HAS SUPPORTED A FALL, IT SHOULD NOT BE USED AGAIN IN AN ANTICIPATED SYSTEM.

This PPE has no repair, any modification is prohibited without the written consent of the manufacturer.

STORAGE AND TRANSPORTATION: Store in a cool, dry and ventilated place inside the bag in which it is supplied. In the environment there should be no corrosive substances or solvents, heat sources and should not be in contact with other sharp or sharp objects that could damage it. The contact of the PPE. With corrosive substances, chemicals and solvents can reduce its resistance. If it wet, never store before it has dried completely. No special precautions are necessary for transport except those set forth above. ATTENTION: Avoid leaving the PPE inside vehicles exposed to the sun. Avoid temperatures above 50°C.

CLEANING AND DISINFECTION: to clean the PPE, made of synthetic fibers, use only a neutral soap, rinsing the elements in fresh water at a maximum temperature of 30 ° C, then letting it dry in a dry and ventilated place away from intense sources of light or heat

The connector and other metallic elements: Clean them with fresh water and dry them with a non-abrasive cloth. Lubricate the moving parts of the connector with silicone-based products. If the connector and other metallic elements come into contact with salt water, wash them immediately with fresh water and lubricate the connector.

If disinfection is necessary, use a disinfectant compatible with polyamide, polyester and polypropylene. Soak in a solution diluted with water for one hour at a maximum temperature of 20 ° C, then rinse with cold water and let dry away from any direct heat. To disinfect the connector, dissolve a disinfectant containing quaternary ammonium salts in warm water (max. 20°C) and immerse it in this solution for one hour, rinse with potable water and dry with a clean cloth.

PREVENTIVE CONTROL: Avoid friction with abrasive materials and sharp parts, sharp edges and prolonged U.V. Avoid contact with chemicals, acids, oils, gasoline and in general all corrosive and aggressive substances that can destroy the fibers.

REPAIR

This PPE has no repair. Any modification without the written consent of the manufacturer is prohibited. Never use the damaged product.

LABEL



1) Manufacturer. (2) Control body of the manufacturing process. (3) Serial / lot number. (4) Standard that meets. (5) Maximum nominal load
(6) PPE number within each lot. (7) Composition. (8) Always read and follow the warnings and instructions for use (9) Month / year of
manufacture.

ACCESS TO EU DECLARATION OF CONFORMITY

It is possible to access the EU Declaration of Conformity of the equipment from the website www.miguelmiranda.net or by request to the following email address: ventas@miguelmiranda.net.

PERIODIC INSPECTION, POINTS TO CHECK

MIGUEL MIRANDA recommends a detailed inspection by a competent person, at least once every 12 months. Write down the details in the CONTROL SHEET at the end of this manual.

In addition to the controls before and after each use, it is advisable to thoroughly inspect the product once a year, according to conditions of use and in accordance with the procedure defined by the manufacturer. The inspection must include:

- **Tapes:** attention to cuts, wear and damage due to use, heat, chemicals, etc.
- **Seams:** no breakage or fraying.
- **Anchor ring:** no corrosion.
- **Regulating buckles:** check its proper functioning for regulation and the absence of corrosion
- **Labels:** verify that they are legible.

The manufacturer declines any responsibility in case the instructions indicated above are not respected, as well as the introduction of a finished product on the market without instructions for use and equipment data sheet.

The manufacturer declines responsibility in case of incorrect use, improper application, items modified or repaired by personnel not expressly authorized by the manufacturer.