

8. STORAGE AND CARE

- Harnesses may be cleaned periodically using a damp cloth with a mild detergent - wiping the dirt off the surface of the webbing.
- For dirtier harnesses use a good standard domestic washing powder - the powder must **NOT** contain chlorine or other bleaching agent. Fabric softener should **NOT** be used.
- Rinse with clean water.
- Washing can take place in a domestic washing machine as long as the harness is contained within a fabric bag or net to minimise buckle damage to the machine drum.
- Use a delicate cycle, no higher than 40°C.
- Allow the harness to dry naturally immediately following washing.
- **DO NOT** tumble dry.
- Store in a dry, clean environment avoiding direct sunlight, corrosive fumes, chemical substances or undue vibration.
- Avoid lying the harness on a floor where it may be susceptible to damage from sharp objects. Where possible the harness should be hung from the metal rescue loop.

9. DISCLAIMER

Failure to adhere to the instructions supplied with the equipment may invalidate any claims with respect to damage, death or injury due to the misuse or malfunctioning of the apparatus.

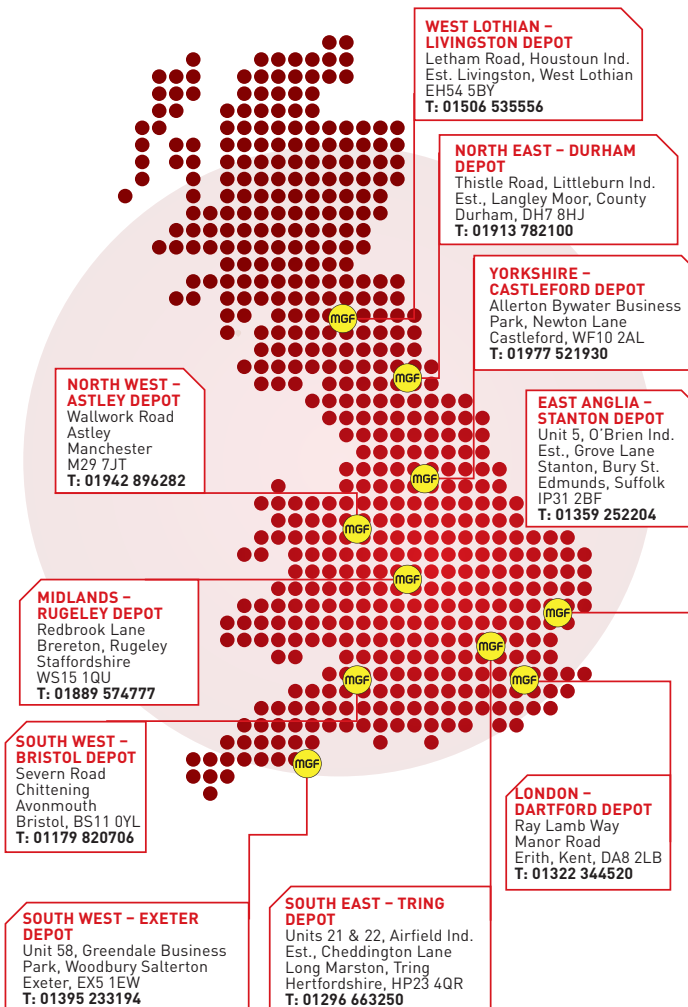
WARNINGS

- **NEVER** - exceed the safe working load of the equipment used with this equipment:
- **MGF Davitsafe** - 135kg
- **MGF Tripod** - 200kg
- **NEVER** - attempt any maintenance.
- **NEVER** - write on the harness using a marker pen.
- **If used to arrest a fall withdraw immediately from service and destroy.** If a lanyard is attached to the harness and is not in use, wrap it around the body and attach to the chest or shoulder strap - a dangling lanyard constitutes a serious trip hazard.
- If worn incorrectly (loose, undone etc.) the harness can cause serious injury.



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USER GUIDE: SAFETY HARNESS FOR CONFINED SPACE / WORKING AT HEIGHT



**PLEASE READ & UNDERSTAND THIS USER GUIDE
PRIOR TO COMPILING A SAFE SYSTEM OF WORK
AND USING THE EQUIPMENT SUPPLIED**

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1. IMPORTANT NOTES

- For the use of MGF supplied equipment only.
- This user guide should be read in conjunction with all relevant MGF User Guides.
- Ensure potential users are confined spaces trained, familiar with the operation of this equipment and that a site specific safe system of work is in place and adhered to.
- Users should comply with the Confined Spaces Regulations 1997 and HSE ACOP L101 (2009) and the Work at Height Regulations 2005 and (Amendment) 2007 where applicable.
- It is essential site specific risk assessments are undertaken.
- If in doubt concerning the integrity of any part of the equipment **DO NOT USE IT**.

2. RGH5 RESCUE HARNESS

- You have been provided with a RidgeGear RGH5 Rescue Harness (or similar approved) which can be used in conjunction with a Davitsafe System or Tripod Fall Arrest / Rescue System to access confined spaces, vertical shafts, sewers and silos.
- MGF supplied harnesses are accredited to EN361 and EN1497 and are marked.
- Ensure that the harness you have been provided with is suitable for the job in hand.

3. 6 MONTHLY DETAILED INSPECTION

- A detailed inspection of the harness in line with HSE INDG367 will be carried out every 6 months by a RidgeGear trained and competent technician or more frequently if the employer's risk assessment has identified a risk that could result in significant harness deterioration.
- Please return your harness to MGF for an inspection should you have any concerns about its condition or if the test certificate is due to run out.

4. VISUAL / TACTILE / FUNCTIONAL CHECK - PRIOR TO USE

A visual / tactile / functional inspection of the harness must be carried out by the user prior to every use covering the following:

- **Webbing:** Check all webbing thoroughly. There must be no evidence of fraying, thinning, abrasion, tears, cuts, burns (shiny, hard areas), mould, dirt ingress, pen markings, discolouration or chemical attack.
- **Stitching:** Every stitch pattern should be examined carefully for evidence of broken stitches, loosening, pulling, fraying or cuts.



Figure 1



Figure 2

should be clear of rust, pitting, distortion, cracks and sharp edges. Check the integrity of the connecting 'D' rings and that moving parts such as sliding buckles move freely.

- **Rip Stitch Indicators:** Check that the rip stitch indicator tags located on the harness below the shoulder area are intact.

5. WITHDRAWING HARNESSES FROM SERVICE

Harnesses should be withdrawn from use and returned to MGF for a detailed inspection if:

- The harness is deemed to be defective following a pre-use check.
- There is no evidence to suggest that the harness has been inspected by a competent technician within the last 6 months.
- The manufacturer's identification details are missing or illegible.
- Rip stitch indicators are not intact.

If in doubt concerning the integrity of any part of the equipment do not use it and contact your local MGF depot.

6. CORRECT DONNING OF FULL BODY HARNESS

It is essential that the safety harness is worn correctly and webbing is adjusted to suit your body size to ensure that, in the event of a fall, it works to its design potential. If worn incorrectly (loose, undone etc.) the user may suffer severe injury.

- Hold harness up by shoulder straps and ensure leg straps hang free and that no straps are twisted. (Figure 1)
- Pass arms through shoulder straps. (Figure 2)

- Connect chest buckle. (Figure 3)



Figure 3

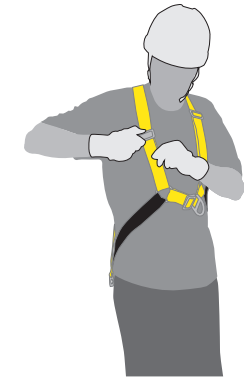


Figure 4

- Adjust shoulder straps so rear 'D' sits between shoulder blades. (Figure 4)
- Pull harness down at the back so sub-pelvic strap sits under the buttocks. (Figure 5)

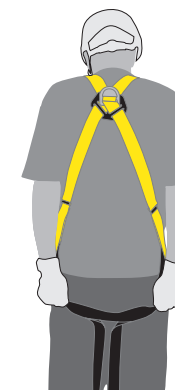


Figure 5



Figure 6

- Connect leg buckles and adjust to a snug fit. (Figure 6)

7. REMOVAL

- To remove, reverse the donning instructions.
- Adjustments made by the user may be retained if the harness is to be worn by the same user.
- The user may prefer not to unthread the leg straps but only to loosen them so they can step out of the harness.