VANTAGE
PRO-BODY HARNESS

CHECKMATE®

Part # PBH02; PBH02-Q; PBH02-E; PBH02-EQ; PBH04; PBH04-Q; PBH06-Q;

Instruction Manual

Do not throw instructions away.

Read and understand instructions before using this equipment.

Contents

Risk Statement

This harness is designed to protect against falls from height when the approved fall arrest anchorage points are used. Rescue harnesses are also designed to facilitate safe rescue of a fallen user from a hazardous situation.

EU Declaration of Conformity

The manufacturer:

Checkmate Safety
Dorset Road, Sheerness,
Kent, ME12 1LY,
United Kingdom

declares under its sole responsibility that the range of PPE described hereafter:

Vantage Pro-Body Harness
PBH02; PBH02-Q; PBH02-E; PBH02-EQ; PBH04; PBH04-Q; PBH06-Q;
(*Note: Q Stands for Quick connect & E stands for elasticated)*

Size variants for all (denoted by L/XL/after part code) PBH## *-##-XX*
Note: Character order/no. of characters may vary

Model	Description	Cert No.
PBH02	Standard 2 Point Harness (Pass Through) S, M/L, XL	CE-PC-240730-348-01-9A
PBH02-Q	Standard 2 Point Harness (Quick Connect) S, M/L, XL	CE-PC-240730-348-02-9A
PBH02-E	Elasticated 2 Point Harness (Pass Through) S, M/L, XL	CE-PC-240730-348-03-9A
PBH02-EQ	Elasticated 2 Point Harness (Quick Connect) S, M/L, XL	CE-PC-240730-348-04-9A
PBH06-Q	Standard 2 Point Harness (Quick Connect) Rescue Loops S, M/L, XL	CE-PC-240730-348-05-9A
PBH04-Q	Standard 4 Point Harness (Quick Connect) c/w Waistbelt S, M/L, XL	CE-PC-240730-348-069A

is in conformity with the provisions of Regulation (EU) 2016/625 and with the European harmonised standard(s) EN 361:2002 and is identical to the PPE which is the subject of EC Type Examination (Article 10) under certificate number Issued by:

(NB2834)

CCQS Certification Services Limited
Block 1 Blanchardstown corporation park,
Ballycoolin Road, Blanchardstown,
Dublin, 15 D15 AKK1,
Ireland

and is subject to the conformity assessment procedure to type (Module D) of the Regulation under surveillance of Notified Body:

(NB2834)

CCQS Certification Services Limited
Block 1 Blanchardstown corporation park,
Ballycoolin Road, Blanchardstown,
Dublin, 15 D15 AKK1,
Ireland

Signed for and on behalf of: Checkmate Safety

Name: Greg Palmer — Place: Sheerness, Kent

Position: CEO — Date: 15 July 2024

Signature:

Product Specific Applications

May be used to support a MAXIMUM 1 in a **Personal Fall Arrest System (PFAS)** for use in Fall Arrest applications only when used in combination with an energy absorbing device rated to reduce fall arrest forces to no greater than 6kN. Maximum free fall is 2m, or up to 4m if used in combination with equipment explicitly certified for such use. Certified fall arrest points are clearly marked with an "A." The Dorsal D-ring should always be the primary fall arrest attachment point, although connection to Sternal D-ring is permitted in cases where free fall is sufficiently limited, such as for Work Positioning, Ladder Climbing, or Rescue.
D-ring: Dorsal, Sternal

May be used in **Restraint** applications. Restraint systems prevent a worker from reaching the leading edge of a fall hazard. Always account for fully deployed length of lanyard. No free fall is permitted.
D-rings: Dorsal, Side (if fitted)

Rescue Harness variants (PBH06) may be used in **Rescue and Confined Space** applications. Rescue systems function to safely recover a worker from a confined location or after exposure to a fall. There are various configurations of Rescue systems depending on the type of rescue. No free fall is permitted.
Connection Point: Rescue Connection Point

For All Product Applications

- **Maximum user weight (including all clothing, tools, and equipment) is 140kg**
- **Anchorage point in PFAS must be rated to withstand minimum 12kN load and be EN 795:2012 or 1997+A1:2000 approved.**

The job site Competent Person (CP) must ensure that there are sufficiently strong and accessible anchorage points in the working environment. Anchorages should be overhead when possible and the area beneath and around them should be clear of obstruction and sharp edges. Always attach to an anchorage that is as close to the point of work and as high above head as possible without restricting free movement. The user should be aware at all times of which attachment points to use; if not immediate obvious they must seek confirmation from the CP. Always ensure that the means of attachment to the anchorage is secure before beginning work.

Applicable Safety Standards

Meets or exceeds:

- **EN361:2002 (all variants)**
- **EN358:2018 (PBH04)**
- **EN1497:2007 (PBH06 only)**

Competent Person Definition

The job site safety supervisor, referred to in this manual as the Competent Person (CP), must be a highly trained and experienced person who is assigned by the employer to be responsible for all elements of the fall safety program; this includes, but is not limited to, program regulation, management, and application. The CP must be proficient in identifying existing and predictable fall hazards, and must have the authority to stop work to eliminate hazards or otherwise promote safe and compliant work practices.

Specifications

Vantage Pro-Body Harness

#PBH02
Two-Point Harness

Variants

#PBH02-E
Two-Point Harness
with Elastic Webbing

#PBH04
Four-Point Harness
with Extra Padding

#PBH06
Two-Point Harness
with Rescue Loops

(Available with Pass through or quick connect buckle options)

Compatibility

When making connections with the harness, eliminate all possibility of roll-out. Roll-out occurs when interference between a hook and the attachment point causes the hook gate to unintentionally open and release. All connections must be selected and deemed compatible with this harness. All connectors must be EN362:2004 approved.

See Diagram B on page 10

This harness is recommended for use with the following products:

- **Retractable Type Fall Arresters** EN360 compliant.
- **Shock Absorbing Lanyards** EN355:2002 (and EN354:2010 if applicable) compliant.
- **Restraint Lanyards** EN354:2010 (and EN358:2018 if applicable) compliant.
- **Anchorage** EN795:2012 or 1997+A1:2000 compliant systems.

Descenders EN341:2011 compliant devices.

- **Rescue** EN1496:2017 compliant systems.
- **Guided Type Fall Arresters** EN353-2:2002 or EN353-1:2014+A1:2017 compliant.
- **Personnel Lifting Equipment** EN1496:2017 and/or EN13157:2004 + A1:2009 compliant systems approved for personnel lifting.

WARNING! If the user weighs between 100-140kg, ensure all PPE equipment in the PFAS for use in fall arrest, restraint or work positioning is rated to the increased maximum user weight up to 140kg for the applicable standards as listed above.

Please contact Checkmate with any questions regarding product compatibility.

Materials

Polyester, nylon, polyethylene, steel, stainless steel, aluminium and EPDM.

Maintenance, Cleaning, and Storage

Maintenance and cleaning after use is important for maintaining the safety and longevity of this harness. Remove all dirt, corrosives, and contaminants from harness before and after each use. Textiles must only be cleaned with rope/webbing detergent and plain water (not exceeding 30°C) and left to dry naturally out of direct sunlight and away from direct heat sources, never store device when harness is wet. NEVER clean a harness with corrosive substances. When not in use or during transport, store equipment where it will not be affected by heat, light, excessive moisture, chemicals, or other degrading elements.

Limitations

Fall Clearance: There must be sufficient clearance below the work surface to arrest a fall before the user strikes the ground or an obstruction. When calculating fall clearance, account for a MINIMUM 1m safety factor, deceleration distance, user height, length of lanyard, harness stretch, free fall, swing fall, and all other applicable factors. A Competent Person must check all components of PFAS to calculate fall clearance required.

See Diagram A on page 10

Swing Falls: Prior to installation or use, eliminate or minimise all swing fall hazards. Swing falls occur when the anchor is not directly above the location where a fall occurs. Always work as close to in line with the anchor point as possible. Swing falls significantly increase the likelihood of serious injury or death in the event of a fall. Swing fall must be included in fall clearance calculations.

Donning and Use

- **A Competent Person must ensure that there are sufficiently strong and accessible anchorage points in the working environment to ensure that all personnel can work safely. All anchorage points should be inspected regularly to ensure they can withstand minimum 12 kN load and be EN 795:2012 or 1997+A1:2000 approved.**
- **Anchorages should be above head height when possible and the area beneath and around these anchorage point should be clear of obstruction and sharp edges. The wearer of the harness should attempt to attach to an anchorage that is as close to the point of work and as high above head height as possible without restricting free movement.**
- **The wearer should be aware at all times of which point of attachment they should use. If this is not immediately obvious, they should seek confirmation from a competent person. Always ensure that the attachment to the anchorage is secure before moving off.**
- **Before use, ensure the correct harness size is selected and ensure harness is properly fitted and adjusted to user. Incorrect harness size can cause serious injury or death during a fall.**

To connect Pass-Through buckle, angle male buckle so it is positioned to pass up and through female buckle. Fully insert male buckle so that it lies flat on top of female buckle.

Friction buckle allows easy adjustment to harness straps. Feed webbing through buckle, and slide the buckle down on the strap to tighten, or slide up to loosen.

Quick Connect buckles are activated by engaging two release levers simultaneously to release the female piece from the female receiver. Adjustments are made by feeding webbing through the female end using a friction style buckle.

To adjust dorsal D-ring, slide dorsal plate up or down webbing. Dorsal D-ring must rest between the middle of the shoulder blades. Ensure harness is adjusted equally both sides.

⚠ **CAUTION! The rescue connection points (shown in the images of PBH06 and PBH06Y below) are for rescue applications ONLY! Never use for fall arrest, work positioning, restraint or any other application!**

#PBH06

⚠ **CAUTION! Before using rescue harnesses, conduct a suspension test in a safe environment to ensure harness is the correct size, properly adjusted, and is of an acceptable comfort level for rescue applications.**

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⚠ **WARNING! Lanyard keepers (if provided) are intended for the storage of an unused connector leg only, and are designed to break away if exposed to excess force.**

⚠ **A lanyard keeper is not a D-ring. NEVER connect to lanyard keepers for the purposes of fall protection at any time.**

See Diagram C on page 10

- **Step 1**

Hold at dorsal D-ring, and fully inspect harness according to specifications of this instruction manual. Ensure all straps are not twisted and all buckles are unfastened.

- **Step 2**

Place shoulder straps over shoulders. Ensure dorsal D-ring faces out, and is adjusted to rest between the middle of the shoulder blades.

- **Step 3**

Connect leg straps around thighs. Ensure the webbing is not twisted. Leg straps should never dangle or hang loose.

- **Step 4**

Adjust chest strap height level to approximately 15cm from top of shoulders. Connect chest strap. Ensure the webbing is not twisted.

- **Step 5**

Adjust chest, leg, and shoulder straps so they fit snugly, but still allow for a full range of movement.

⚠ **WARNING! Any twisting of webbing, or straps that are fitted too loose or too tight, can significantly increase the risk of serious injury or death in the event of a fall.**

⚠ **Some steps may require assistance. We recommend another person, with knowledge of safe and correct harness use, ensures the harness is worn correctly.**

⚠ **Dorsal D-ring, chest strap, shoulder straps, and leg straps MUST be fitted for each individual user.**

Safety Information

WARNING! Failure to understand and comply with safety regulations may result in serious injury or death. Regulations included herein are not all-inclusive, are for reference only, and are not intended to replace a Competent Person's judgment or knowledge of federal or state standards.

CAUTION! Understand the definitions of those who work near, or who may be exposed to, fall hazards.

WARNING! Use of equipment in unintended applications may result in serious injury or death. Maximum 1 attachment per connection point.

Do not alter or misuse equipment.

Workplace conditions, including, but not limited to, corrosive chemicals, electrical shock, sharp objects or edges, machinery, flame/high heat, abrasive or uneven surfaces, UV exposure, and severe or prolonged weather conditions, must be assessed by a Competent Person (CP) before fall protection equipment is selected. The presence of any/all of these conditions may have negative effects on product performance or service lifetime.

The analysis of the workplace must anticipate where workers will be performing their duties, the routes they will take to reach their work, and the potential and existing fall hazards they may be exposed to. Fall protection equipment must be chosen by a CP. Selections must account for all potential hazardous workplace conditions. All fall protection equipment should be purchased new and in an unused condition.

Fall protection systems must be selected and installed under the supervision of a CP, and used in a compliant manner. The system must be designed in a manner compliant with all federal, state, and safety regulations. Forces applied to anchors must be calculated by a CP.

Harnesses and connectors selected must be compliant with manufacturer's instructions, and must be of compatible size and configuration. Snap hooks, karabiners, and other connectors must be selected and applied in a compatible fashion. All risk of disengagement must be eliminated. All snap hooks and karabiners must be self-locking and self-closing, and must never be connected to each other.

See Diagram B on page 10

A pre-planned rescue procedure in the case of a fall is required. The rescue plan must be project-specific. The rescue plan must allow for employees to rescue themselves, or provide an alternative means for their prompt rescue to minimise post fall suspension time. Store rescue equipment in an easily accessible and clearly marked area.

Training of Authorised Persons (APs) to correctly erect, disassemble, inspect, maintain, store, and use equipment must be provided by a CP. Training must include the ability to recognise fall hazards, minimise the likelihood of fall hazards, and the correct use of personal fall arrest systems.

NEVER use fall protection equipment of any kind to hang, lift, support, or hoist tools or equipment, unless explicitly certified for such use.

Equipment subjected to forces of fall arrest must immediately be removed from use.

Age, fitness, and health conditions can seriously affect the worker should a fall occur. Consult a doctor if there is any reason to doubt a user's ability to safely withstand fall arrest forces or perform set-up of equipment. Pregnant women and minors MUST NOT use this equipment.

Physical harm may still occur even if fall safety equipment functions correctly. Sustained post-fall suspension may result in serious injury or death. Use trauma relief straps to reduce the effects of suspension trauma.

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Lifespan

It is recommended that the product has a lifespan of five years from the date of first use, provided it has been adequately maintained as instructed in this manual.

Lifespan of this product may be affected by the conditions of use, storage, maintenance and environment. The aforementioned may be taken as a guideline only, the usability of this product must be determined by the results of a periodical inspection. In addition, the HSE guidelines set out in INDG367 must be followed.

The lifespan may be significantly affected when used in arduous environments (e.g. demolition, steel erection, scaffolding, steel skeletal masts/towers with edges and protrusions).

Prior to first use the product may be stored for up to five years in its original sealed packaging, reliant upon the product being stored in the conditions described in this manual therefore giving a maximum life of 10 years from manufacture if stored for the maximum five years.

Quality

All Checkmate products are manufactured under **ISO 9001:2015** and to the highest standards.

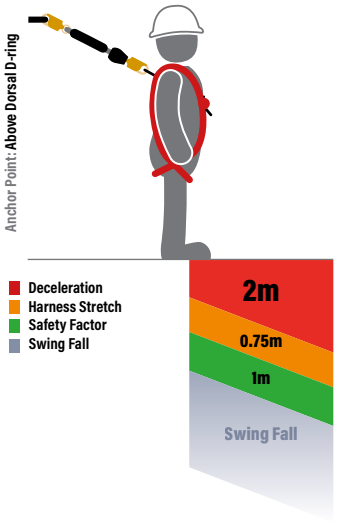
Exclusions

Checkmate holds global product liability cover for your safety. However, Checkmate will NOT be responsible for:

- Users who are out of the scope of any written manuals or training given.
- Any systems that have NOT been inspected under current legislation, including regional specific legislation.
- Operators who do not use fall arrest equipment where required as determined by risk assessment.
- Devices that have been damaged.
- When the prescribed maximum operational weight has been exceeded.
- Devices that have NO serial number markings, and the manufacturer's name **Checkmate Safety** not present.
- Potential mis-use, including but not limited to:
  - Non-industrial use
  - Connection and/or use of incompatible equipment
  - Adapting/modifying the equipment in any manner
  - Using the equipment in environments which may degrade or affect the performance of the equipment such as those listed in the user information (e.g. in close proximity of heat, chemical, electrical hazards)
  - Re-using the equipment after it has been subjected fall forces
  - Using a equipment that has not met the storage, transportation, maintenance and inspection requirements.

Diagram A - Fall Clearance

Fall clearance calculation examples shown below are based on a standing worker falling directly in-line with anchor point.



WARNING! Eliminate Swing Fall whenever possible! If swing fall exists, always account for additional fall clearance. Example above shows deployment distance for EN360 rated RTFA / SRL.

Diagram B - Connections

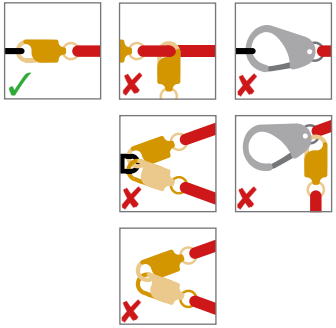
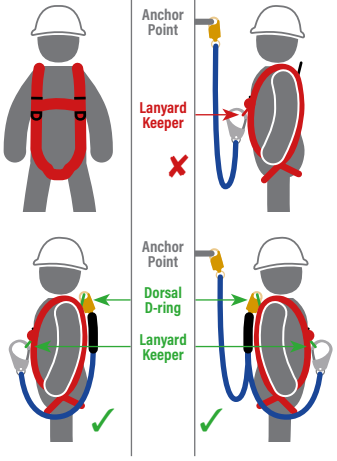


Diagram C - Lanyard Keepers



Inspection

A pre-use inspection must be conducted before each use, but need not be recorded. If the device is stored, used and maintained in the correct conditions as described in this manual, a thorough inspection by competent person every 6 months or 3 months if kept in offshore or corrosive environments must be conducted and recorded in the inspection log.

See Inspection Log on page 12

More frequent thorough inspections are recommended depending on conditions of use, storage and maintenance. If the device fails inspection it must be removed from service immediately and must be safely discarded. In addition local regulations in regard to inspection must be followed. Harnesses used in lifting/ rescue applications must be inspected at least every 6 months in the UK under LOLER.

Thorough inspections MUST be recorded in inspection log in instruction manual and on equipment inspection grid label if applicable. The CP must sign their initials in the box corresponding to the month and year the inspection took place. During inspection, consider all applications and hazards the device has been subjected to. Ensure that device certification is current before use, this device must only be repaired by a competent person authorised by the manufacturer.

Separate inspection logs must be used for each harness. All inspection records must be made visible and available to all users at all times.

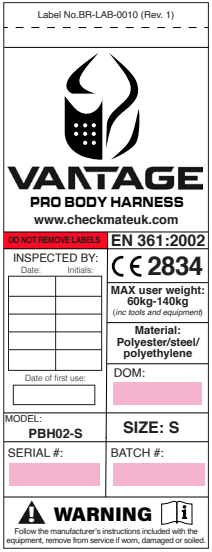
Pre-use and Thorough Inspection:

- Webbing
  Ensure the webbing is free from cuts, abrasion, wear and tears. Pay special attention to the webbing under buckles, for rubbing and general deterioration. Check that the weave of the webbing is even, and shows no sign of distortion or "necking" resulting from loading.
- Fall Arrest Indicators (if fitted)
  Inspect the fall arrest indicators for signs of deployment, deployment includes but is not limited to: missing/ damaged arrest indicator, damaged thread on arrest indicator.
- Buckles
  Check for damage, distortion. Surface coating should be clean and show no sign of corrosion.
- Sewing
  Inspect for loose or damaged threads and uneven stitch pattern.

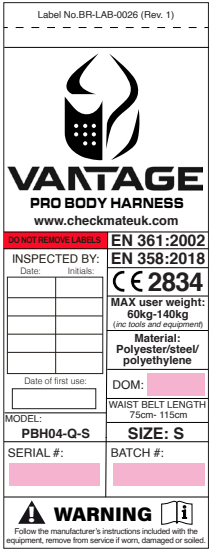
If any feature shows cause for concern remove from service IMMEDIATELY, mark the harness as unserviceable and return it to the supervisor. Workplace conditions, including, but not limited to, flame/high heat, corrosive chemicals, electrical shock, sharp objects or edges, machinery, abrasiv\e or uneven surfaces, UV exposure, and severe or prolonged weather conditions, must be assessed by a Competent Person before fall protection equipment is selected. The presence of any/all of these conditions may have negative effects on product performance or service lifetime. Always inspect the full length of the webbing.

Label Examples

Label No.BR-LAB-0010 (Rev. 1)



Label No.BR-LAB-0026 (Rev. 1)



Label No.BR-LAB-0023 (Rev. 1)

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Inspection Log

Serial No:	Date of first issue:
Model #:	User:

Date:	Results/Condition:	Inspected by:	Next Inspection Date:

Inspection Log

Serial No:	Date of first issue:
Model #:	User:

Date:	Results/Condition:	Inspected by:	Next Inspection Date:

Inspection Log

Serial No:	Date of first issue:
Model #:	User:

Date:	Results/Condition:	Inspected by:	Next Inspection Date:

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