

# USER MANUAL



## FALL PROTECTION HARNESS BUILD MASTER PRO

For one user only

Maximum load allowed – see user manual for the fall absorber used

100 kg or 140 kg – depending on the equipment used for work in suspended position

Read the manual carefully before use!

### MANUFACTURER'S DETAILS



Manufacturer's logo

**Build Master Pro**

Manufacturer's trade name

1 person

Maximum load allowed

**CE 1463**

Number of the notified body responsible for quality control of the manufacturing process

**EN 361:2005**

Number of the EU standard applicable to the device



An indication to read the user manual before using the device

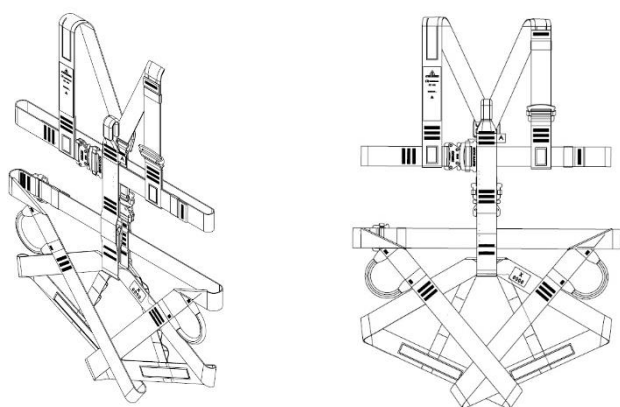


Fig. 1 The Build Master Pro fall protection harness – front view

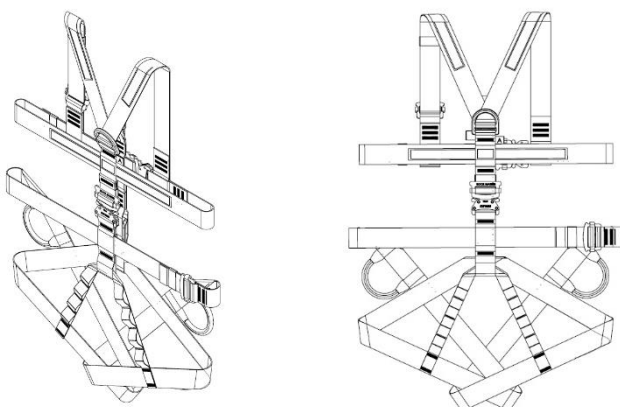


Fig. 2 The Build Master Pro fall protection harness – back view

### THE DESCRIPTION AND DESIGN OF THE DEVICE

The Build Master Pro is a full fall arrest harness conforming to the standard EN 361:2005. There are two colour variants available – black (B) and white (W).

The main straps of the Build Master Pro harness are made of woven PA tape. They are 45 mm wide. The straps and loops are joined with red thread. Auxiliary straps and the sternal attachment point are made of red and black PA tape, 25 mm wide. The strap ends connect together using two-part fastening buckles. The harness is also equipped with adjusting buckles for setting the length of the straps.

The harness is composed of a chest and a seat part, which can be detached from one another for more comfortable donning. The lower and upper part are joined using vertical attachment loops on the lower and upper straps.

The chest part of the harness is adjustable using the buckle on the left strap. At the back of the upper part of the harness, between the shoulder blades of the user, when donned, a steel connector is located - a D-Ring, which constitutes the dorsal fall arrest point.

The lower part of the Build Master Pro harness is made of synthetic tape; the ends of the tape are connected with a single piece buckle for setting the length of the straps. On each side, parts of the strap form thigh straps. Between the seams of the thigh straps and the sides there are so called gear loops for storing equipment; these are made of red synthetic tape.

The dorsal and sternal attachment points on the harness are marked by separate labels with a stitched large A. Additionally, a point of attachment to connect a metal loop for transport purposes has been provided on the front strap.

The type/model and size of the harness are marked in the same manner. Square labels marked with O204 for type/model and with a large letter symbol to indicate sizing (eg. L for large).

## INTRODUCTION

- Fall protection equipment should only be used by persons in good health and shape, with no contraindications to performing work at height and who have been adequately trained by a competent and authorized representative of the manufacturer.
- Fall protection equipment should only be used as indicated and designed. The incorrect use or incorrect combination of fall protection equipment can cause severe personal injury or death.
- It is strictly forbidden to modify the harness or tamper with it. Any such action shall void the warranty.
- All repairs must be undertaken only by the manufacturer or by persons authorized by said manufacturer.
- Before commencing work using fall protection equipment it is essential that a rescue procedure, and, first and foremost, an adequate set of rescue equipment are in place.
- Work using fall protection equipment is to be carried out only under the guidance of a competent supervisor.

## Using the device

- Before commencing work, the user has to:
  - read the user manual carefully
  - learn (and train) all basic rescue procedures and techniques
  - check the condition of the device (all parts working correctly, no damage, no wear and tear, no corrosion/'rust, no abrasions) and the correct assembly of all parts of the system as well as whether all parts fulfill the requirements of corresponding standards. The technical condition of all parts of the protection system is to be checked upon completing work as well.
  - check, whether parts of the system do not interfere with one another
- It is forbidden to use the equipment if any of the parts does not work correctly.
- The only allowed PPE for fall arrest are harnesses according to EN 361.
- It is only allowed to attach the fall absorbing lanyard to the harness at the connection point marked with the capital A.
- While working with fall protection equipment, proper anchor points according to EN 795 have to be used; there has to be sufficient space below the worker, exceeding the length of fully deployed fall absorber.
- The fall protection system should be fitted and fastened in a way that reduces the risk of falls and/or their potential length to a minimum. There has to be sufficient space below the worker. Also the distance required for fall absorption (the length of the deployed fall absorber) and the fall distance have to be considered.
- Exercise caution while working in difficult or demanding conditions: avoid extreme temperatures and weather as well as caustic substances.
- After a fall has been arrested, the device is to be retired! A device that has been retired is to be destroyed!, i.e. rendered non-usable.
- If there are any doubts about the technical condition of a piece of equipment, it should be retired. Such a device can be reused only after a full inspection has been carried out by the manufacturer and a written approval has been issued.

## Inspection and maintenance

- The device functioning correctly is crucial to preserving the user's health and safety; therefore, regular inspections are necessary.
- An inspection is to be carried out at least once per year (at least every 12 months). An inspection can be carried out by a competent authorized person; for more complex devices, an inspection is to be carried out by the manufacturer or a person authorized by the same in writing. Check the technical condition of the device as well as the function and all the markings, which need to be clearly visible. If the result of the inspection is unsatisfactory, the device should be retired.
- All information in regard to the equipment, including the periodic inspection results, shall be recorded in its designated logbook by the persons responsible for storing and maintenance. It is forbidden to use any equipment if its corresponding logbook has not been maintained properly and/or does not contain crucial information, if documents are missing or incomplete or if the equipment's history is unclear/unknown.
- The equipment's lifespan depends on environmental conditions, any harmful factors present, the intensity of use, and storage conditions.
- The lifetime of metal parts is not limited, as long as regular periodic inspections are carried out and recorded by competent persons.
- Any plastic parts, especially harness straps made of synthetic tape, are to be retired as soon as they are worn out or damaged.
- The harness is to be retired if the maximum lifetime given by the manufacturer for its components has been exceeded. In the case of Build Master Pro B the maximum lifetime is 10 years, in the case of Build Master Pro W – 5 years. The manufacturer can retroactively change the lifetime of a specific type of product and publish this information eg. on their website.
- To clean the device, wash it with clear, lukewarm water (up to 30°C), using a soft wipe; for more persistent dirt, use natural soap. Leave the device to dry in room temperature.
- The device can be sanitized using spray disinfectants.

## Storing and transporting

- To ensure the longevity of equipment, when not in use, store it in its original packaging in a dry, ventilated place, at room temperature.
- Make sure to avoid exposure to dust and salty environments, high temperatures, harmful and corrosive substances, abrasive and sharp surfaces and edges when storing and transporting the equipment.
- Do not leave the equipment out where it is directly exposed to sunlight.

# BUILD MASTER PRO – DETAILED INSTRUCTIONS FOR USE

## NOTE!

Before use, familiarize yourself with the below information on the correct handling of the fall protection harness Build Master Pro; the information complements the general instructions for use of fall protection equipment and/or builds on them.

The fall protection harness Build Master Pro can be used in combination with other parts and devices to create a full fall protection system.

## Scope of use:

The Build Master Pro fall protection harness conforms to EN 361:2005

Load limit: one person

Maximum weight of user depends on the fall absorbing lanyard used.

Allowed temperature range: -30°C ÷ +50°C

## NOTE!

Each piece of equipment should be accompanied by a set of instructions for its use, maintenance and periodic inspections and repairs in the language of the future user's country.

## LIFETIME AND INSPECTIONS

Standard wear and tear is to be expected when the device is used as designed and not exposed to any harmful environmental factors.

The device should be inspected before and after every use by the user.

That notwithstanding, the device has to be inspected at least once every 12 months. The inspection is to be carried out by the manufacturer or a person authorized by the same in writing and is to follow the checklist provided by the manufacturer.

If a fall has been arrested, the harness is to be retired immediately.

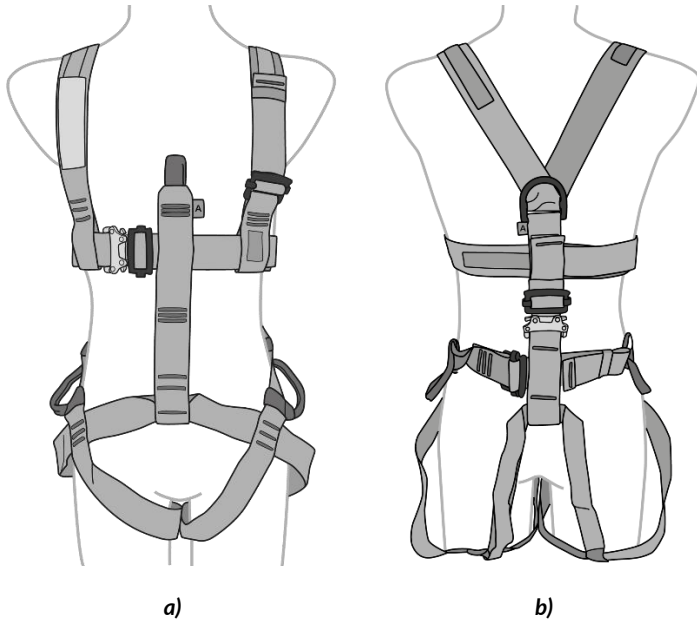


Fig. 3 The Build Master Pro fall protection harness on a dummy: a) front view, b) back view

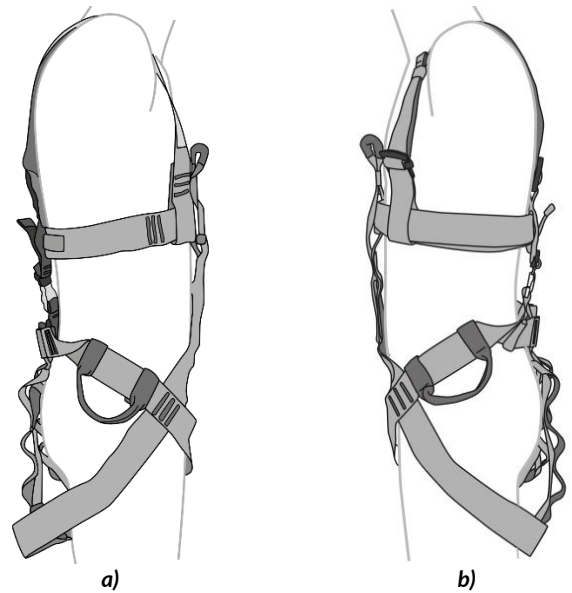


Fig. 4 The Build Master Pro fall protection harness on a dummy: a) right side view, b) left side view

## DONNING THE HARNESS

There are two variants of the Build Master Pro harness available. In the first – with black main straps – it is possible to detach the chest and the seat part of the harness. In the other variant, where the main harness straps are white, the parts are joined permanently.

While donning, both variants can be treated as a full (non separable) harness.

### Donning the full harness

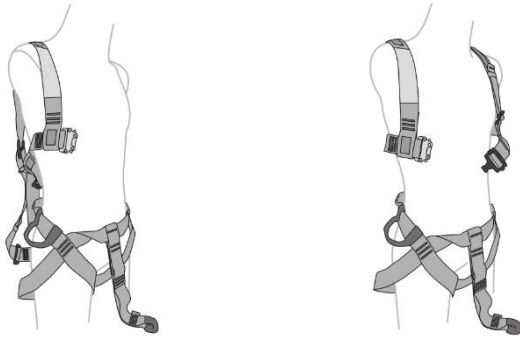
- Grab the harness by the waist belt at gear loop level, so that the upper part – the chest straps – is hanging loose, held by the back connector and buckle.



- Hold the harness in front of you and, from above, put first one leg into the leg loop and the the other in the other leg loop.
- Pull the waist belt up, so that it's all positioned at your waist level.



- Grab the loose upper part and slip the upper straps over your shoulders.



- Thread the free end of the horizontal chest strap with a fastening buckle through the multilayered, vertical loop at the front of the seat part of the harness.



- Fasten the buckle of the horizontal chest strap, then check if all the main straps are positioned correctly and adjust their length.



The straps must sit straight, not bent or twisted, touching the user's body. With properly adjusted straps it is possible to slide a flat palm between the strap and the body and to pull the strap away by no further than the width of two fingers.

#### Donning the two-part harness

It is possible to detach the two parts (chest and seat) of the Build Master Pro fall arrest harness. This has been introduced to make it possible to combine the harness with other protective clothing and to don the two parts separately.

#### NOTE:

While it is possible to detach the two parts of the fall arrest harness and to combine them with other protective clothing, it is strictly forbidden to use the harness parts separately or not attached to each other.

The two harness parts can only be considered and used as fall protection PPE and in combination with other parts and devices to create a full fall protection system when connected as indicated.

#### USING THE HARNESS

A fall protection harness is one of the basic parts of a fall arrest system, which comprises:

- a fall arrest harness,
- an energy absorber lanyard,
- an anchor point (mobile or fixed).

The Build Master Pro fall protection harness conforms to EN 361:2005 and aims to provide continuous protection to persons working at height.

Each harness is equipped with two fall arrest attachment points.

One of these (sternal) is located at the front of the harness, on the user's chest and the other one (dorsal) at the back.

These points are marked with the capital letter A. To these, the user attaches their fall absorber lanyard.

#### NOTE!

Any harnesses that are only equipped with those sternal and dorsal points according to EN 361:2005 are only for protection and arresting potential falls.

The attachment point is selected according to the work performed using the Build Master and the user's comfort.

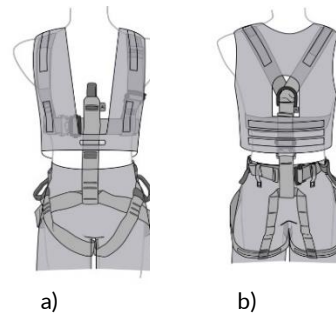
The sternal attachment point can be used eg. when:

- climbing a ladder where no cage is present (using a lanyard or a guideline and a fall arrester)
- climbing structures such as towers or masts.

The dorsal attachment point with a self-retracting lifeline can be used eg.

- when working near an edge of a flat roof with no guardrail present,
- on a sloped roof, provided that it's possible for the user to stand up without loading (tensioning) the lifeline.

The Build Master Pro harness is equipped with velcro straps, as shown in the pictures. The velcro is placed on the outside of the upper part straps and on the inside of the leg loops. The velcro inserts allow the user to attach the Build Master Pro harness to their protective or work clothing (fig. 5).



**Fig. 5 The Build Master Pro fall protection harness on a dummy, combined with protective/work clothing: a) front view, b) back view**

The lower part of the harness is slid over protective/work trousers and adjusted at the waist using the back belt loops of the trousers. The leg loops are attached to the back part of the protective/work trouser legs at the same height, using the velcro inserts. Additional stability is provided by two elastic loops attached to the waist of the harness.


To attach the upper part of the harness to a safety vest, align the velcro inserts on the harness with the velcro inserts on the inside of the vest.

## BUILD MASTER PRO FALL PROTECTION HARNESS – LOGBOOK

The owner and sole user of the equipment is responsible for keeping to logbook updated and complete. Before the equipment is first issued, the logbook should be completed by the person responsible for stock keeping with all necessary information in regard to the equipment (name, type, serial number, date of purchase, catalogue number, the manufacturer's name). Information on periodic inspections is entered by the manufacturer or their authorized representative.

**NOTE:**

It is forbidden to use any PPE for which no logbook is present or is incomplete.

DEVICE NAME:	
TYPE: Build Master Pro	SERIAL NUMBER:
MANUFACTURED BY:  <b>ROCK MASTER</b> SAFE WORK AT HEIGHT	
DATE OF MANUFACTURE:	FIRST USED ON:
DATE OF PURCHASE:	LAST USED ON:

### INSPECTION AND REPAIR HISTORY

NUMBER	DATE	REASON	RESULT	DATE OF THE NEXT INSPECTION	INSPECTOR SIGNATURE
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

**Address:**  
Krolewska 94/11  
30 - 079 Krakow



**Contact us on:**  
office@rockmaster.eu  
+48 12 290 30 35

## BUILD MASTER PRO FALL PROTECTION HARNESS – WARRANTY CARD

### THANK YOU FOR PURCHASING A ROCK MASTER PRODUCT

Congratulations on the purchase of your new equipment. Please remember that to enjoy it safely and for a long time it is crucial to use it correctly, according to its design and purpose.

Should you need to use services covered by the warranty, please get in touch directly with the manufacturer or with a customer service and/or repair shop authorized by the manufacturer.

Before reaching out for service, please read the manual carefully.

DEVICE NAME:

TYPE:

Build Master Pro

SERIAL NUMBER:

MANUFACTURED BY:



DATE OF MANUFACTURE:

DATE OF PURCHASE:

WARRANTY PERIOD

12 months from purchase, until:

### WARRANTY CONDITIONS

1. Rock Master sp. z o. o. sp. k. provides a 12 month warranty for the correct function of the device, starting from purchase.
2. The warranty only covers manufacturing faults.
3. Any fault discovered should be reported to the manufacturer or to a customer service and/or repair shop authorized by the manufacturer.
4. The manufacturer guarantees that any faults discovered during the warranty period will be checked at no cost and removed at no cost within 14 or 21 days since they were reported. The warranty period is extended by the time needed for repairs.
5. In case of any complaints, it is only possible to replace the faulty product if the repairs undertaken are unsuccessful and the manufacturer deems the product impossible to repair.
6. The warranty card is only valid together with proof of purchase and is the only basis for any warranty service.
7. When purchasing, you declare to have read and accepted the warranty conditions.

### NOT COVERED BY THE WARRANTY

1. The product is to be used only as designed, any other use is not covered by the warranty.
2. Any repairs by unauthorized persons, tampering or modifications void the warranty.
3. Any normal wear and tear (scrapes, scratches, slight chafing of the protective or decorative coating) is not covered by the warranty.
4. The warranty does not cover normal maintenance work required for the device to function properly or inspections necessary during the warranty period.

## REPAIRS

DATE OF REPORT	DATE OF REPAIRS	REPAIRS UNDERTAKEN AND/OR PARTS REPLACED	SERVICE CENTRE - SIGNATURE AND STAMP

Address:  
Krolewska 94/11  
30 - 079 Krakow



Contact us on:  
office@rockmaster.eu  
+48 12 290 30 35