

USER MANUAL



USH 10 – SELF-RETRACTING LANYARD

For one user only

Maximum load allowed: 140 kg

Read the manual carefully before use!

MANUFACTURER'S DETAILS



Manufacturer's logo

USH 10

Manufacturer's trade name

max
140 kg

Maximum load allowed

CE1463

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

EN 360:2002

Number of the EU standard applicable to the device



Indication of the correct position of the device

Length : 10 m

Cable length



An indication to read the user manual before using the device

THE DESCRIPTION AND DESIGN OF THE DEVICE

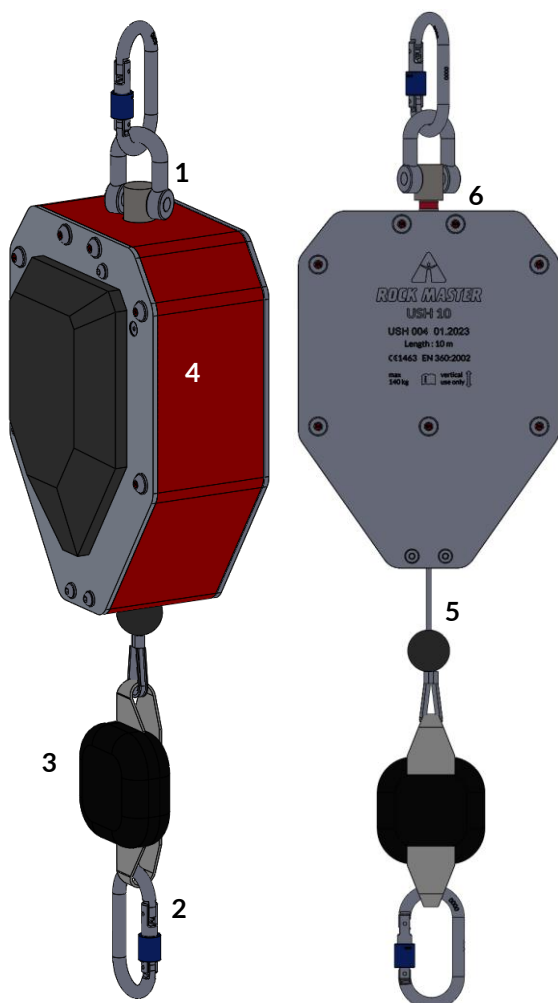
The USH device from CBR Rock Master is a self-retracting lanyard which conforms to the standard EN 360:2002.

The moving parts of the self-retracting mechanism of the USH are placed inside a housing [4]. Outside the housing only two parts of the device are present. The first one is an upper attachment point for fixing the device at the worksite [1] (for this, only anchors of types A or B according to the standard EN 795: 2012 must be used, which have been mounted to the structure using a connector according to EN362). The other part is a steel cable running downwards. At its end, an energy absorber [3] and a connector [2] are located. The connector is for attaching the cable [5] to the operator's harness.

During operation, the connector of the USH [2] remains attached to the harness of the operator moving around at the worksite. Moving away from the device, the operator pulls the cable further out and moving closer to it the cable self-retracts. The maximum acceptable deviation is 40°.

In case of a fall the device locks the extended cable in place and arrests the fall as well as supports the casualty in place until rescue is possible.

The USH self-retracting lifeline is equipped with a fall indicator [6].



Address:
Krolewska 94/11
30 - 079 Krakow



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

GENERAL RULES FOR USING PROTECTIVE EQUIPMENT FOR SAFE WORK AT HEIGHT

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 device 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 inspected or 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 only 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.
- A device is to be retired if the maximum lifetime given by the manufacturer has been exceeded. The manufacturer can retroactively change the lifetime of a specific type of product and publish this information eg. on their website.
- 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.

USH self-retracting lanyard – DETAILED INSTRUCTIONS FOR USE

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

The self-retracting lanyard can be used in combination with other parts and devices to create a full fall protection system.

Scope of use:

Applicable standard: The device conforms to EN 360:2002.

Maximum weight of user: 140 kg

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 lifetime of the device is not limited as per manufacturer's instructions, as long as regular (every 12 months) recorded inspections by competent persons are performed.

The device should be inspected before and after every use by the user. Pay particular attention to damages to rope and the condition of the fall indicator.

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 device is to be retired immediately.

Scope of use and installation

The self-retracting lanyard USH serves as fall protection in certain areas in which work is being carried out.

Its structure and function make it possible to place it permanently at the worksite. It is mounted in place using a EN 795:2012 (type A or B) anchor point and a shackle placed at the top of the device.

Parts of the system are combined using a EN 362 conformant connector; make sure that the connector is tightly locked after it has been attached to the device.

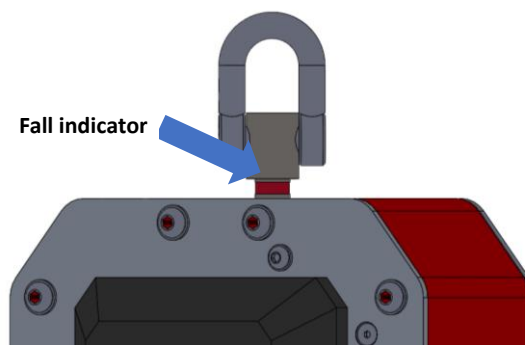
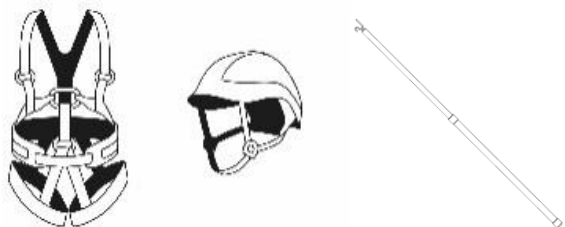


NOTE:

Before using the device, check its condition, paying attention especially to the steel cable (check if it is free from abrasions and not broken anywhere) as well as the fall indicator. If there is a red marker visible on the fall indicator, retire the device.

INSTALLATION AND USE

The person performing the installation work (user) must be equipped with the proper fall protection/fall arrest PPE before commencing any work. If necessary, the operator should be equipped with a telescopic pole to reach the device located at a considerable height. One can also place a slim accessory cord on the connector at the end of the SRL cable, so that it's possible to bring it down to the operator before commencing work.

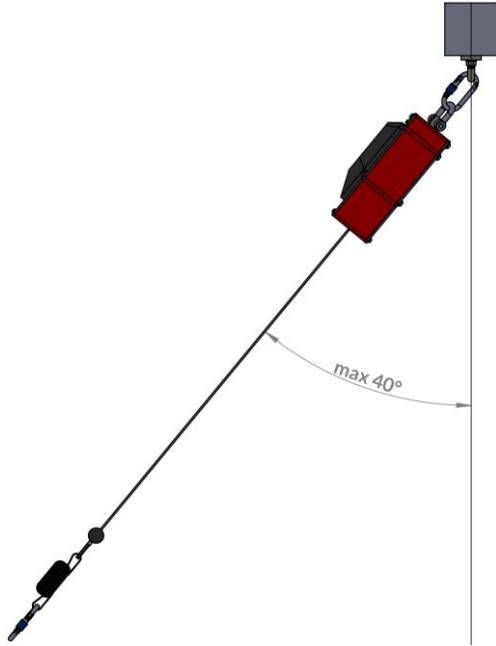


Using the self-retracting lanyard

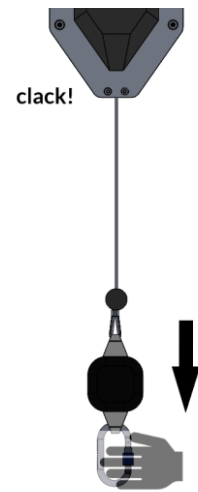
Upon arrival at the worksite, the operator pulls the hook of the SRL closer (either manually or using a telescopic pole) by extending the cable. The device is located over the operator; depending on the actual conditions at the worksite, either directly above them or not far from them. This setup reduces the fall factor to the highest possible extent.

USH self-retracting lanyard – DETAILED INSTRUCTIONS FOR USE

Do not deviate from the axis of the device. The cable should be positioned as close to the vertical as possible and the device should be directly over the user. Maximum deviation is 4 degrees.



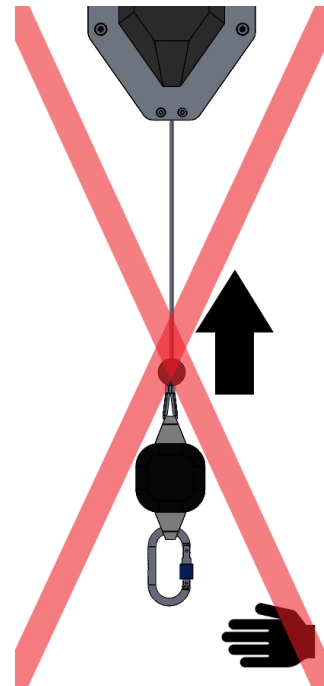
Attach the cable to the operator's harness. For more comfort and no restriction to hand movement, it is recommended to attach the connector of the USH to the dorsal belay point on the operator's harness. The operator can do this on their own or with the help of another person.



After connecting the SRL to their harness, the operator can commence work. As long as the movements are slow and balanced, there is no restriction to moving around the worksite. As the operator moves around the worksite, the cable extends (when moving further away from the device) and retracts automatically, when the operator moves closer to the USH.

Having completed work at height at the worksite equipped with the USH, the operator clips out the connector from the belay point on the harness and allows the cable to slowly retract inside the housing (hold the connector for this to happen).

Do not release the cable in an uncontrolled manner; the cable might end up messy, which, in turn, could adversely affect the device's function.



If a fall occurs, the cable quickly extends under the load, turning the drum with high speed and activating the internal lock, which arrests the fall.

USH self-retracting lanyard - 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:

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

USH self-retracting lanyard – USER'S 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:	SERIAL NUMBER:
MANUFACTURED BY:  ROCK MASTER <small>SAFE WORK AT HEIGHT</small>	
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	INSPECTION CARRIED OUT BY (SIGNATURE)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					