



# ONE

## User Manual

# ONE

## Tape energy absorber

Subject to technical changes

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### BRIEF DESCRIPTION

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#### INTENDED USE

The tape energy absorber ONE is part of personal protective equipment (PPE) of category III to prevent falls from heights. The tape energy absorber is attached to an adequately strong attachment point, a full body harness according to EN 361 and other parts of the arrester system. It only serves to reduce the fall impact, e.g. when securing/arresting a person on ladders, climbing with a guided type fall arrester, scaffolds and roofs.

This equipment may only be used by persons familiar with personal fall protection equipment and the risks associated with working in areas where there is a risk of falling.

In combination with PPE according to EN 354 ensure that the entire length of the connection between persons and the attachment point does not exceed 2.0 m (including the energy absorber, lanyard and connecting elements).

- Maximum number of users: 1 person
- Maximum user weight including clothing and equipment: 140 kg
- Minimum user weight: 50 kg
- Application temperature: -30 °C to +60 °C

**All other uses are deemed improper. The company BORNACK will not be liable for any ensuing damages. The user bears the sole risk.**

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## BRIEF DESCRIPTION

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### FUNCTION

After a fall, the energy tape absorber regulates the intensity of the fall impact and absorbs this to maximum 6 kN.

### EQUIPMENT

- Tape energy absorber according to EN 355 made of polyester and polyamide
- Black aluminium ring
- optional: lanyard element according to EN 362 made of aluminium or steel

### ACCESSORIES

- Lanyard according to EN 354, e.g. CONNECTA Cowtail

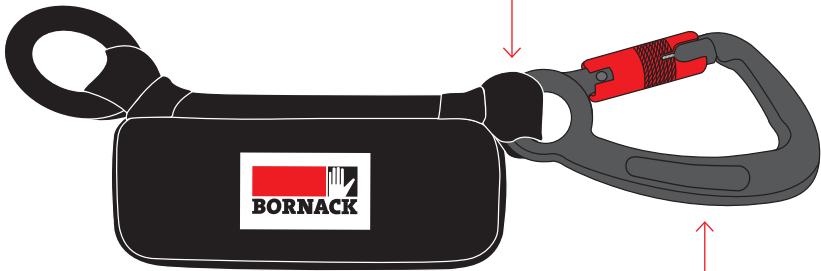
### USE

- Arresting
- Reduction of the fall impact after a fall

**ONE**

black aluminium ring

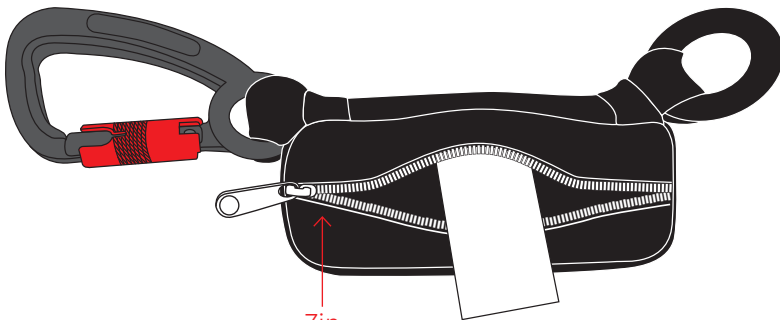
Loop to attach the lanyard according to EN 362



Bag

Lanyard element according to EN 362 (optional)

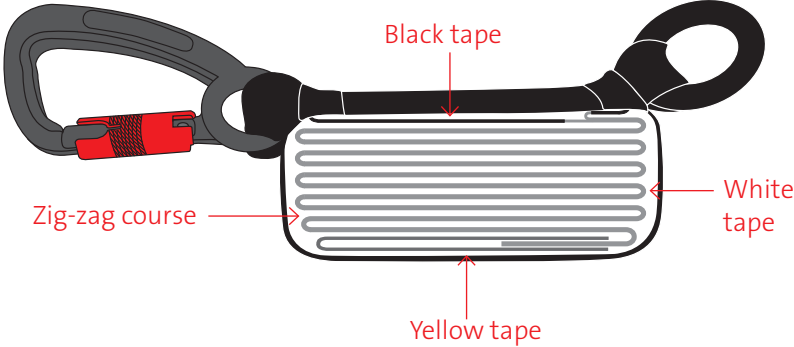
**ONE REVERSE/IDENTIFICATION**



Zip

Identification

**ONE TAPE COURSE INSIDE THE BAG**



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## INFORMATION BEFORE USE

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### Always check before use!

- The personal protective equipment (PPE) may no longer be used even in the case of very minor faults, or if there is any doubt about safe use.
- Faulty PPE components may only be tested or repaired by BORNACK or in a workshop authorised in writing by BORNACK.
- Regular inspections are essential because the safety of the user depends on the efficiency and durability of the PPE.
- The user must have completely read and understood the User Manual before use.

### VISUAL INSPECTION

- Tape energy absorber complete and flawless.
- Safety seams of the tape energy absorber are undamaged.
- Black aluminium ring undamaged.
- Lanyard element (optional) without damage.
- Product identification legible.
- The last inspection by an expert was carried out within the past 12 months.

### CAUTION:



The tape energy absorber must be immediately withdrawn from use after a fall load. An expert decides about the re-release according to DGUV Principle 312-906 after an in-depth inspection based on their technical expertise. Only use with the written approval of the expert.

### FUNCTION TEST

- Fastener of the lanyard (optional) and its lock are functional.

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## ONE IN USE

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### PREPARATION

**A** Attach the lanyard (EN 354) to the black aluminium ring of the energy absorber.

**CAUTION THREAT TO LIFE:**

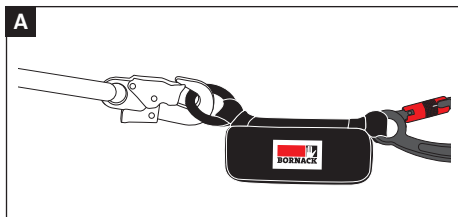


The lanyard may only be attached to the black aluminium ring!

**CAUTION:**




In combination with PPE according to EN 354 ensure that the entire length of the connection between persons and the attachment point does not exceed 2.0 m (including the energy absorber, lanyard and connecting elements).

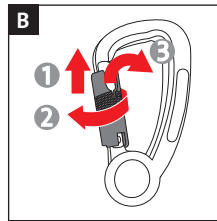


## ONE IN USE

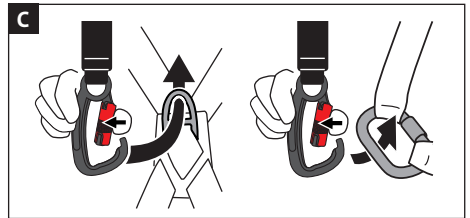
### ATTACHMENT TO THE FULL BODY HARNESS

Use the full body harness acc. to EN 361 and observe the User Manual of the full body harness. 

**B** Open the lanyard element of the energy absorber. Observe the User Manual of the lanyard element. Push up and turn the fastener of the TWISTLOCK PLUS karabiner, then open the snapper.

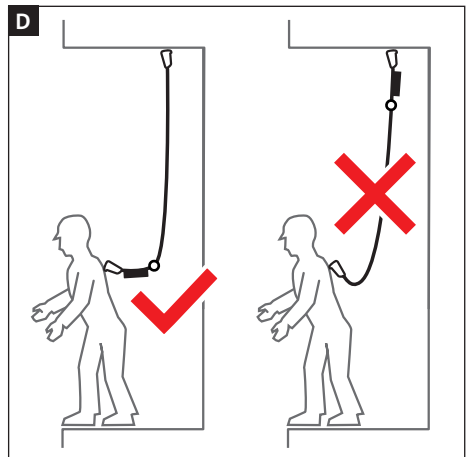


**CAUTION:**  Ensure that this lanyard is attached to the designated loop (see page 4 top) of the ONE.



**C** Hook in the lanyard of the energy absorber into the D-ring at the front or rear of the full body harness marked A.

**D** When using the energy absorber with a lanyard according to EN 354, the energy absorber always needs to be attached to the full body harness and not to the attachment point. Otherwise, the energy absorbing function of the energy absorber could be compromised.




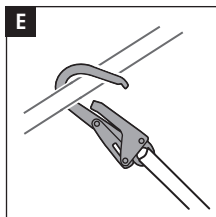


## ONE IN USE

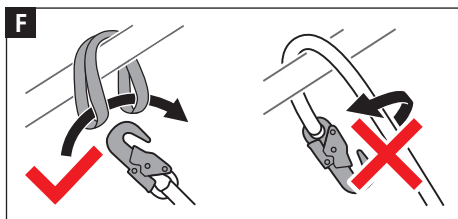
### ATTACHMENT TO THE ANCHOR POINT

**E** Attach lanyard to a secure anchor point.

**CAUTION THREAT TO LIFE:**  Anchor points must be adequately strong (observe 12 kN according to EN 795 and/or DGUV Regulation 112-198)!



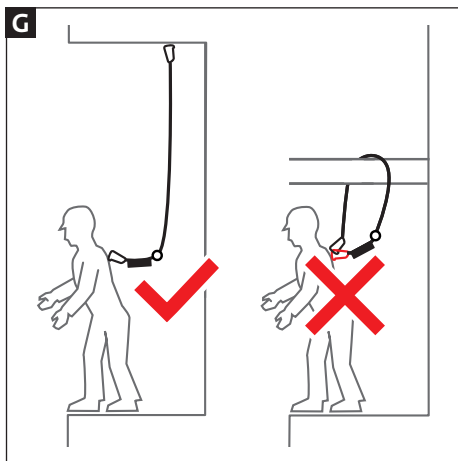
**F** Protect lanyards against shearing forces (bending). If necessary, create an attachment point with a tape sling (e.g. PROTEC S).



Observe the User Manual of the lanyard element.



**G** Only use the energy absorber in a way that allows it to assume the fall-absorbing function in case of a fall.




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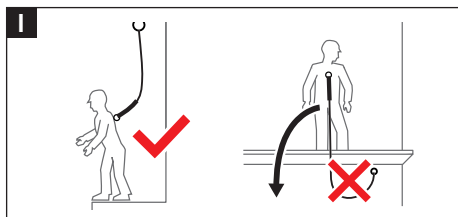
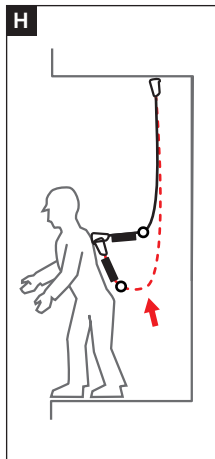
## ONE IN USE

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**H** Avoid slack line. Slack rope extends the fall path.


**I** If possible, select an attachment point vertically above the work point.

**CAUTION THREAT TO LIFE:**   
When selecting the attachment point, always minimise the fall height and/or the free fall!



## ONE IN USE

J Ensure that there is adequate clearance below the edge.

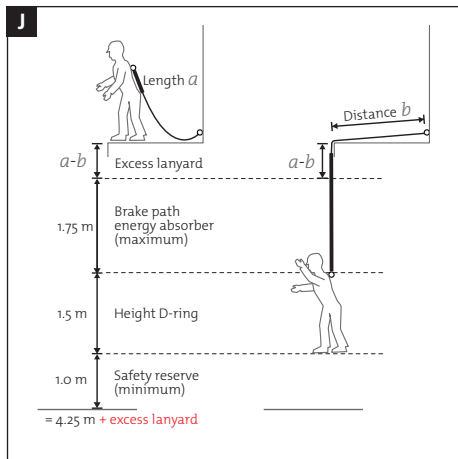
**CAUTION THREAT TO LIFE:**  The lanyard excess is the difference between the length of the lanyard  $a$  (incl. energy absorber, end connections and connecting elements) and the distance between the attachment point and the fall edge  $b$  and always needs to be calculated into the required clearance!

Example calculation:

When attaching a 2.0 m long lanyard ( $a = 2.0$  m) directly on the fall edge ( $b = 0$  m), a clearance of 6.25 m is required.

**CAUTION:** 

It is not allowed to use the ONE horizontally over an edge as separate PPE. For information about combinations, see the following page.



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## ONE IN USE

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### COMBINATION

If this product is combined with other components, there is a risk that they mutually impact on operating safety which is why they should only be used and combined in combination with CE-identified and compatible parts of fall protection equipment (PSAgA) and rescue equipment.

#### CAUTION:

In combination with PPE according to EN 354 ensure that the entire length of the connection between persons and the attachment point does not exceed 2.0 m (including the energy absorber, lanyard and connecting elements).



It is not allowed to use the ONE over an edge as separate PPE, only in combination with a lanyard according to EN 354. The horizontal use of a combination of the ONE and a lanyard over an edge is only allowed, if the lanyard has been tested and approved for use with the ONE as a unit for horizontal use over an edge according to CNB/P/11.074.

To this end, always observe the separate user manual of the combined product.



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## SAFETY INSTRUCTIONS

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### **There is a risk to life if these safety instructions are not observed!**

- The personal protective equipment (PPE) may no longer be used even in the case of very minor faults.
  - Damaged, fall-stressed, dubious personal protective equipment or safety devices must be immediately withdrawn and not used. The equipment may only be inspected by an expert in compliance with DGUV principle 312-906, by BORNACK or by a workshop authorised in writing by BORNACK. This must be documented in the test card.
  - Independent modifications or repairs are not allowed.
  - Rope protection is part of the personal fall prevention equipment and should be assigned to a specific person.
  - The personal protective equipment may only be used by qualified staff that are familiar with the material. They must be proficient in handling the personal protective equipment and must have been briefed about the possible risks associated with its use.
  - In accordance with the accident prevention guidelines (UVV), the users of fall protective equipment (Category III) must attend a theoretical training course and a practical training course. To this end, profit from the training competence of the BORNACK training centres [info@bornack.de](mailto:info@bornack.de)
- Accessories from other manufacturers may only be used if approved by BORNACK and may not impair the function and safety of the protective equipment.
  - Clothing and shoes must be suitable for the task at hand and the weather conditions.
  - Only use if fully fit and healthy.
  - Health impairments can jeopardise the safety of the user when working at heights or depths.
  - If this PPE is used as an arrester system (free fall is possible), only full body harnesses that comply with EN 361 may be used.
  - Calculation of the possible fall path, if all necessary PPE components are used correctly: surplus lanyard (situation-dependent) + braking path energy absorber (max. 1.75 m) + height of D-ring (1.5 m) + safety reserve 1.0 m.
  - Before using, ensure adequate clearance below the user to prevent impact on a protruding object or the ground.
  - Protect personal protective equipment during storing, use and transportation against the effects of heat (e.g. welding flames or sparks, burning cigarettes) and chemicals (e.g. acids, alkalis, oils) and mechanical impact (e.g. sharp edges).

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## SAFETY INSTRUCTIONS

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- The combinability and protective effect of the PPE must be checked for each hazard situation (risk assessment).
- If a casualty hangs motionless in a full body harness for a longer time, blood cannot flow back from the legs and/or the flow may be interrupted. This can lead to a suspension trauma, a circulatory shock with serious to fatal consequences.
- Before starting work, the responsible person must draw up a plan of rescue measures that defines how to rescue casualties quickly and safely and ensures first aid measures. Casualties must be rescued within 20 minutes. BORNACK can help you draw up tailor-made rescue plans and includes these in the necessary training courses. E-Mail Hotline: [info@bornack.de](mailto:info@bornack.de)
- The local safety guidelines (e.g. in Germany, the DGUV Regulations 112-198 and 112-199 issued by the professional associations) and the accident prevention guidelines for the specific industry (UVV) must be observed.

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## OTHER

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### APPROVAL

Complies with the Directive (EU) 2016/425 for PPE.

EU type testing (Module B) and production monitoring (Module C2) by:

TÜV SÜD Product Service GmbH  
Ridlerstr. 65, D-80339 Munich CE 0123

Quality management system certified to  
DIN EN ISO 9001:2015.

Production monitoring by notified office  
in accordance with Category III.

### REGULAR INSPECTIONS

- This personal protective equipment must be inspected at least once a year by an expert in compliance with DGUV Principle 312-906. The result must be documented in the test card at the end of this User Manual.
- If the tapes of the ONE have been removed from the bag for inspection, ensure when they are returned that they are stowed correctly (see page 5) to prevent malfunctions.

### SALES

- The dealer must ensure that the User Manual is supplied in the language of the designated country. The respective translation must be authorised by BORNACK.

### SERVICE

If you have any further questions about this PPE or other BORNACK services, such as:

- Risk analysis
- Rescue plans
- Training courses
- Expert inspections
- Technical inspections
- Maintenance + inspections

please send your question to our e-mail  
hotline Hotline: [info@bornack.de](mailto:info@bornack.de)  
We will be happy to help!

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## OTHER

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### MAINTENANCE

- If necessary, apply a small amount of oil on the joints so that the moving parts of the karabiner and other devices run smoothly. If possible, use precision mechanics oil. Ensure that the oil does not come into contact with textile PPE components.
- Maintenance may only be carried out by a qualified expert in compliance with DGUV Principle 312-906. All instructions in this user manual must be strictly observed.
- Protective equipment that is clean and well looked after will last longer!

### CLEANING

- Dry damp personal protective equipment in the air, not on artificial heat sources. Dry metal components with cloths.
- Brush off soiled bag of the ONE or wipe with a wet cloth. Then allow to dry in the air.
- Other cleaning methods not described here are not allowed.
- If disinfection is necessary, please contact the e-mail hotline: [info@bornack.de](mailto:info@bornack.de)
- If the personal protective equipment comes into contact with saltwater, keep it wet until it can be rinsed with plenty of distilled water.
- Use compressed air to blow on the PPE if necessary.



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## OTHER

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### LIFE SPAN

The following recommendation applies for the use of the ONE:

**Maximum usage period after being used for the first time:** 8 years

In ideal storage conditions and annual inspections, the product may be stored for up to 3 years before it is used for the first time without impacting on the stated maximum usage period. Every further year in storage, reduces the final maximum allowed usage period by 1 year.

Metal parts are not subject to age-related life span deadlines. The expert makes a decision about these parts based on his technical expertise.

For reasons of safety, intensive use and/or extreme application conditions such as sharp edges, chemical influences, UV radiation etc. will reduce the usage period. The company owner needs to take this into account in the workplace risk analysis.

The company owner must ensure compliance with the maximum usage period by documenting first-time use in the test card.

The test card at the end of this user manual must be presented during the regular expert inspections and be completed by an expert.

For more details, please visit is available online at [www.bornack.de](http://www.bornack.de)

### REPAIRS

- For reasons of liability, repairs may only be carried out by BORNACK or in a workshop authorised in writing by BORNACK.
- Only original spare parts from the manufacturer may be used.

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## OTHER

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### STORAGE

- Dry damp PPE **before** storage.
- Store in a dry place away from direct sunlight.
- Do not store PPE near radiators. Permanent exposure to temperatures below 0 °C or above +50 °C have a negative impact on the strength of the textile material and shorten the life span.
- Do not allow PPE to come into contact with aggressive substances (e.g. oils, grease, acids, chemicals). Precision mechanics oils may be applied to moving metallic parts during maintenance. Always ensure that textile PPE components do not come into contact with the oil.
- Do not store personal protective equipment close to aggressive substances (see above) because even the vapours of aggressive substances can have a negative effect on the strength of the PPE.
- Protected storage in the device case or device bag.

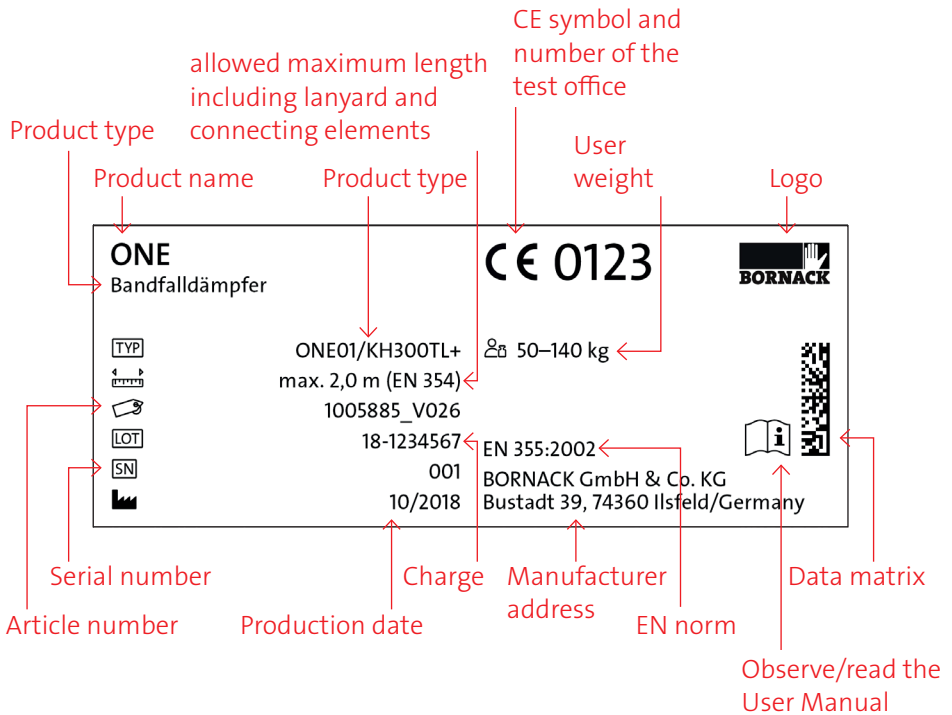
### TRANSPORT

- Protected transport in the device case or device bag.

OTHER

**PRODUCT IDENTIFICATION**

The following identification is on the product:



# TEST CARD

## FOR ANNUAL MONITORING

The test list must be completed in full by the expert during the annual inspection.

This test list does not claim to cover all test criteria and does not relieve the expert from his decision about the overall condition.

Type ONE: \_\_\_\_\_

Production date: \_\_\_\_\_

Charge: \_\_\_\_\_ Serial no.: \_\_\_\_\_

Purchase date: \_\_\_\_\_

Date of first use: \_\_\_\_\_

Life span ends at the latest: \_\_\_\_\_

	Date	Signature	Next inspection	Reason for inspection
1. year				
2. year				
3. year				
4. year				
5. year				
6. year				
7. year				
8. year				

# TEST CARD

FOR ANNUAL MONITORING

Please complete:

×     √

Year	1.	2.	3.	4.	5.	6.	7.	8.
Tape energy absorber complete?								
Bag undamaged?								
Zip undamaged?								
Black aluminium ring undamaged?								
Two black loops undamaged?								
Tape energy absorber not ripped?								
Lanyard (optional) undamaged?								
Fastener lock(s) of the lanyard (optional) undamaged?								

Continued on the next page

# TEST CARD

## FOR ANNUAL MONITORING

Please complete:

×	√
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Year	1.	2.	3.	4.	5.	6.	7.	8.
Are the tapes (see page 5) stowed in a bag in a zigzag form and are they undamaged?								
Seam patterns undamaged?								
Energy-absorbing weaving of the white tape undamaged?								
Identification legible?								
User Manual available?								
<b>OK</b>								
<b>Blocked</b>								

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## EU DECLARATION OF CONFORMITY

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### EU Declaration of Conformity

The manufacturer or his authorised representative established within the EU

BORNACK GmbH & Co. KG  
Bustadt 39  
74360 Ilsfeld  
Germany

hereby declares that the following personal protective equipment

Energy absorber  
**ONE**

- is in conformity with the relevant harmonisation legislation according to Annex V (Module B) of the Regulation (EU) 2016/425 on personal protective equipment according to Article 19 (category III PPE) and is examined to **EN 355:2002**
- is identical to the PPE that is the object of the **EU type-examination certificate No. P5A 040506 0272 Rev. 00**

issued by

TÜV SÜD Product Service GmbH  
Zertifizierstelle  
Ridlerstraße 65  
80339 München  
Germany  
CE 0123

- is subject to the assessment of conformity to type, based on internal production control plus supervised product checks according to Module C2 of the Regulation (EU) 2016/425 for personal protective equipment (category III PPE), monitored by the notified body

TÜV SÜD Product Service GmbH  
Zertifizierstelle  
Ridlerstraße 65  
80339 München  
Germany  
CE 0123

28 June 2019

BORNACK GmbH & Co. KG

Klaus Bornack  
Managing Director

A handwritten signature in blue ink, appearing to be 'Klaus Bornack', written over a light blue circular stamp.



### **FALLSTOP**

Safety equipment for securing and rescuing at heights and depths

### **SAFEPOINT**

Permanently installed safety systems for architects and industry

#### **BORNACK GmbH & Co. KG**

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info@bornack.ch  
www.bornack.ch

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