



Introduction

Phoenix H11 Full Body Harness is a professional rescue harness designed for use by fire service & rescue teams and can be used for Fall Arrest, Confined Spaces & Vertical Rescue. It is compliant with EN361 and EN1497 and is suitable for users up to 150kg.

The Phoenix is available with quick connect legs H11Q.

Phoenix is compatible with rear-mounted breathing apparatus.

Materials used in Phoenix are polyamide, steel and aluminium, these are not significantly affected by temperatures in the range -30°C to +80°C and should not be used for fall arrest or suspension above this. The components will not melt below 180°C

General instructions for use, care, inspection & maintenance are included on reverse.

Use

Step into the harness, then fasten and adjust in the order shown in Figures 1 & 2. Adjust as shown in figure 3.

The buckles at the base of the rear jacket, marked '4' in Figure 2, provide additional adjustment for taller users.

Ensure chest attachment point screw is fully closed, as per Figure 4.

Ensure all buckles are correctly threaded, as per Figure 5.

Check fit of harness while suspended in a safe location, the harness should feel secure, but not tight.

Check that straps are not twisted. Check buckles are secure by pulling when loaded - correctly threaded buckles will lock.

Re-check fastenings and adjustment regularly during use.

Attachment Points

These are marked in figures 1 & 2 with 'A'.

Chest - Can be used for Fall Arrest, Work Positioning and Lifting.

Dorsal - Can be used for Fall Arrest and Lifting.

Ropes may be tied directly to Attachment Points, but the use of suitable locking connectors (EN362), is recommended.

Warnings

When work positioning free vertical movement should be limited to 0.6m and a secondary protection, such as a fall arrest system, should be used.

Phoenix is suitable for use by persons up to 150kg, ensure all equipment used is suitable for weight of user.

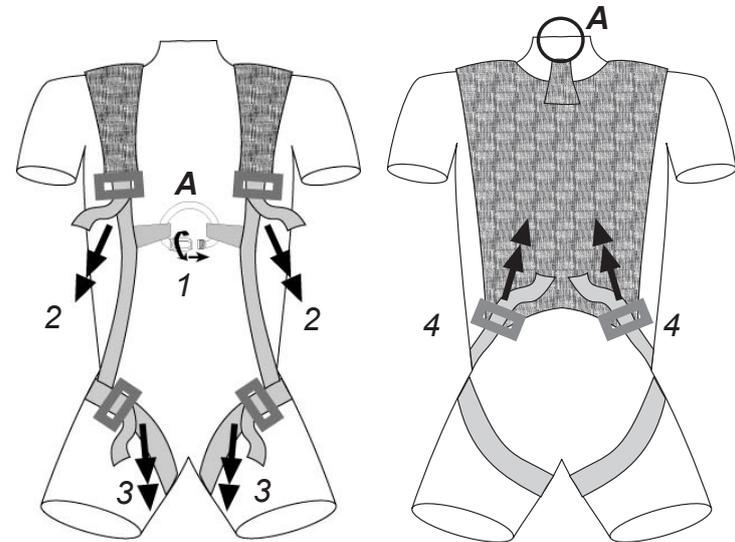


fig 1 - front

fig 2 - rear

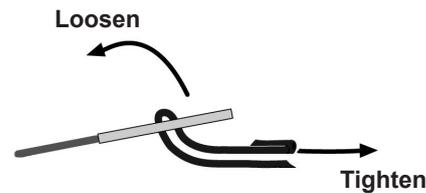


fig 3 - buckle adjustment

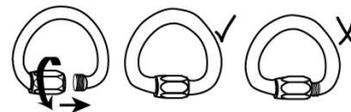


fig 4 - front attachment point screwlink

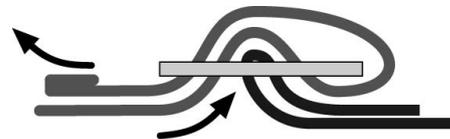


fig 5 - correct buckle threading

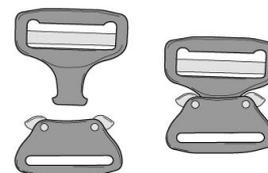


fig 6 - Quick connect buckle

