

3M Occupational Health and Environmental Safety
Fall Protection Equipment



Fall Arresters User Instructions

User Instructions for 3M™ Fall Arresters.

Important: Keep these User Instructions for reference.



General Safety Information

These *User Instructions* are not to be removed except by the user of this equipment. *User Instructions* must always be available to the user.



Compliant fall protection and emergency rescue systems help prevent serious injury during fall arrest. Users must read and understand the *User Instructions* provided with the product and be properly trained by their employer prior to use per OSHA 29 CFR 1910.66 and 1926.503 or applicable local standards. **Misuse or failure to follow warnings and instructions may result in serious personal injury or death.** For proper use, see supervisor, *User Instructions*, or call Technical Service at 1-800-560-1094.

Purpose

3M Fall Arresters are Type 1, and designed to only be used on vertical lifelines as part of a personal fall arrest system, to help limit the fall arrest forces in the event of a fall.

Use Instructions

1. Failure to follow all instructions and limitations on the use of Fall Arresters may result in serious personal injury or death.
2. Before using a personal fall arrest system, employees shall be trained in accordance with the requirements of OSHA 29 CFR 1910.66 in the safe use of the system and its components.
3. Personal fall arrest systems, including Fall Arresters, shall be inspected prior to each use for wear, damage, and other deterioration and defective components must be immediately removed from service, in accordance with the requirements of OSHA 29 CFR 1910.66 and 1926.502.
4. The complete fall protection system must be planned (including all components, calculating fall clearance, and swing fall) before using.
5. Users must have a rescue plan, and the means at hand to implement it, that provides the prompt rescue of employees in the event of a fall, or assures that employees are able to rescue themselves.
6. Store Fall Arresters in a cool, dry, clean environment, out of direct sunlight, when not in use.
7. After a fall occurs, Fall Arresters must be removed from service and destroyed immediately.

Use Limitations

1. Fall Arresters must only be used with 3M vertical lifelines p/n 0221 for rope, and M400 Ladder Climb System for galvanized or stainless steel cable.
2. For single users only.
3. Fall Arresters must only be used on vertical lifelines anchored per OSHA 29 CFR 1910.66 and 1926.502 to structures capable of supporting at least 5,000 pounds (22.2 kN) per employee attached, or shall be designed, installed, and used as part of a complete personal fall arrest system which maintains a safety factor of at least two, under the supervision of a qualified person.
4. Fall Arresters must only be used with personal energy absorbers or energy absorbing lanyards of 36 in. or less.
5. Only snaphooks and carabiners with a gate opening of 1" or less are approved for connection to Fall Arresters.
6. Fall Arresters are designed to be used in temperatures ranging from -40°F to +130°F (-40°C to +54°C).
7. Do not use on an unstable surface, fine grain material, or particulate solids such as sand or coal.
8. Do not expose Fall Arresters to chemicals or harsh solutions which may have a harmful effect. Contact 3M Technical Service with any questions.
9. Caution must be taken when using Fall Arresters near moving machinery, electrical hazards, sharp edges, or abrasive surfaces, as contact may cause equipment failure, personal injury, or death.
10. Minors, pregnant women and anyone with a history of either back or neck problems should not use this equipment.
11. Do not use or install equipment without proper training from a "competent person" as defined by OSHA 29 CFR 1926.32(f).
12. Only 3M, or persons or entities authorized in writing by 3M, shall make repairs or alterations to the equipment.

Compatibility Limitations

All 3M Fall Arresters must only be coupled to compatible connectors. OSHA 29 CFR 1926.502 prohibits snaphooks from being engaged to certain objects unless two requirements are met: it must be a locking type snaphook, and it must be "designed for" making such a connection. "Designed for" means that the manufacturer of the snaphook specifically designed the snaphook to be used to connect to the equipment in question. The following connections must be avoided, as they are conditions that can result in rollout when a nonlocking snaphook is used:

- Direct connection of a snaphook to horizontal lifeline.
- Two (or more) snaphooks connected to one D-ring.
- Two snaphooks connected to each other.
- A snaphook connected back on its integral lanyard.
- A snaphook connected to a webbing loop or webbing lanyard.
- Improper dimensions of the D-ring, rebar, or other connection point in relation to the snaphook dimensions that would allow the snaphook keeper to be depressed by a turning motion of the snaphook.

Performance

3M Fall Arresters limit the arrest distance to 42 in. when dynamically tested in accordance with the requirements of the ANSI Z359.1-2007 standard.

Installation

Identify a suitable location for the vertical lifeline anchorage connection. Anchorages must be capable of meeting the strength requirements of OSHA 29 CFR 1919.66 and 1926.502. Connect anchorage connector of vertical lifeline to approved anchorage. The vertical lifeline must be installed as vertically as possible over the intended work area to reduce the possibility of dangerous swing falls.

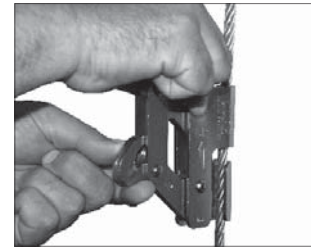
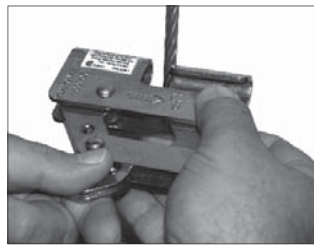
Caution: Installer may be exposed to a fall hazard during installation. Alternate safety equipment may be required during installation.

For Part Numbers 123, 124, 129

Ensure the vertical lifeline hangs freely from anchorage without twists or knots in the lifeline. With arrow on the body of the Fall Arrester pointing up, pull security latch handle up to release the rope chamber. Unscrew thumbscrew knob until the chamber opens. Insert vertical lifeline rope into the chamber. The arrow on the body of the Fall Arrester **MUST** point upwards towards the vertical lifeline anchor point. Position back half of chamber around rope and close. Screw thumbscrew into the receiving nut until thumbscrew is tight. Secure the chamber by grasping the small knob on the security latch moving it into position in the notch. Compress the Fall Arrester upwards to position on rope. Attach approved compatible personal energy absorber or energy absorbing lanyard to the eye of the Fall Arrester.

For Part Number 128

Remove carabiner from 128. Support body of 128 and lift handle to open cams. Holding in the open position, rotate 128 90° and slide the slot over the M400 cable. Rotate back to vertical with cable laying in grooves of the 128. The arrow on the 128 **MUST** be pointed upward. Release the cam handle to close cam against the cable. Insert carabiner into hole at the bottom of the handle to secure the 128 onto the cable. Connect carabiner to front D-ring of full body harness. Do not add additional connectors to extend the distance between the 128 and the front D-ring.



Inspection

All Fall Arresters must be inspected prior to each use, and additionally a “competent person” (other than the user), as defined by OSHA, at least annually.

All rope must be inspected for tears, cuts, fraying, abrasion, discoloration, burns, holes, mold, or other signs of wear and damage.

Orientation lockout on the 128 must be functioning properly.

Cable must be inspected for kinks, broken strands, corrosion, abrasion, or other signs of wear and damage. Swaged terminations should be secure with the thimble tight, and not visibly damaged.

Any equipment that has been subjected to the forces of a fall must be removed from service.

All Fall Arresters must be free of corrosion, chemical attack, alteration, excessive heating or wear.

All markings must be legible and attached to the product.

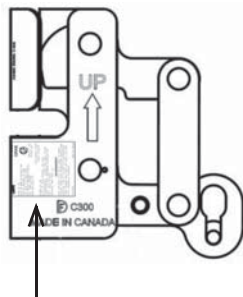
If inspection reveals any defect, inadequate maintenance, or unsafe condition, remove from service and destroy.

Note: Only manufacturer, or entities authorized in writing by the manufacturer, may make repairs to the product.

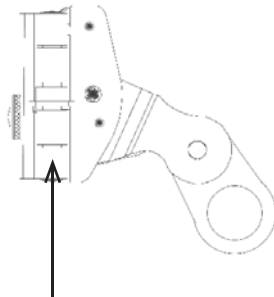
Cleaning and Maintenance

Fall Arresters can be wiped down with a dry cloth to remove dirt and grease. No maintenance is required for this product. If inspection reveals any defect, remove from service.

Part Number	Material	Lifeline Size	Connector Size	Capacity	Weight	Standard
123	Steel	5/8 in. (16mm) Rope	2 in. (53mm)	400 lbs. (181kg)	1.1 lbs. (505g)	ANSI Z359.1-07
124	Steel	5/8 in. (16mm) Rope	0.88 in. (23 mm)	400 lbs. (181kg)	1.1 lbs. (524g)	ANSI Z359.1-07
129	303 & 304 Stainless Steel	5/8 in. (16mm) Rope	2.1 in. (54 mm)	400 lbs. (181kg)	1.1 lbs. (505g)	ANSI Z359.1-07
128	Stainless Steel and Brass	3/8 in. (10mm) Cable	0.78 in. (20mm)	310 lbs. (140kg)	1.5 lbs. (684g)	ANSI Z359.1-07

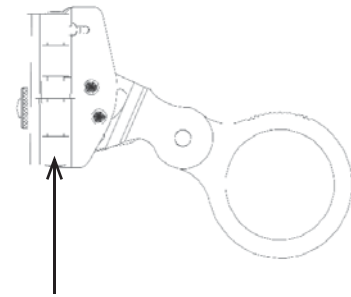


Product Label

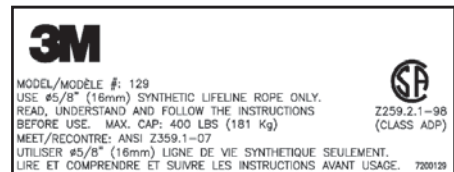


Product Marking

Use 5/8" (16mm)
 synthetic lifeline rope only Read,
 understand and follow all instructions
 Meets ANSI Z359.1 Cap.: 400 lbs



Product Label



Product Warranty, Limited Remedy, and Limitation of Liability

WARRANTY: THE FOLLOWING IS MADE IN LIEU OF ALL WARRANTIES OR CONDITIONS, EXPRESS OR IMPLIED, INCLUDING THE IMPLIED WARRANTIES OR CONDITIONS OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. Equipment offered by 3M is warranted against factory defects in workmanship and materials for a period of one year from date of installation or first use by the original owner.

LIMITED REMEDY: Upon notice in writing, 3M will promptly repair or replace all defective items. 3M reserves the right to elect to have defective item returned to its plant for inspection before making a repair or replacement. Warranty does not cover equipment damage resulting from wear, abuse, damage in transit, or other damage beyond the control of 3M. 3M shall be the sole judge of product condition and warranty options. This warranty applies only to original purchaser and is the only warranty applicable to our products. A *Return Goods Authorization Number (RGA)* must be issued by 3M on all returns for warranty consideration. All returns must be shipped to 3M freight prepaid. Please contact 3M customer service department at 1-800-560-1094 for warranty assistance.

LIMITATION OF LIABILITY: In no event will 3M be liable for any indirect, incidental, special or consequential damages including, but not limited to loss of profits, in any way related to the products regardless of the legal theory asserted.

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