

Mittelmann

Sicherheitstechnik

Technology that safeguards life

Fall Protection Device including a Rigid Anchor Line Guided Type Fall Arrester: AH 5

CE 0158

DIN EN 353-1: 2018

Instructions for Use / Test Book



Item number of the instructions: 177703

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Instructions for use

1. Application

The Guided Type Fall Arrester AH5 in combination with a safety harness in accordance with EN 361 is suitable as fall protection with a rigid anchor line under different working conditions on vertical ladders and crampon courses.

Precondition: Correctly fitted Mittelmann Ø 8 mm steel wire rope in a vertical or forwards inclined alignment up to a maximum of 15° in accordance with the assembly instructions of the AH5 fall protection system. The wire rope secured at the top and bottom must be pre-tensioned to approximately 1 kN using the turnbuckle.

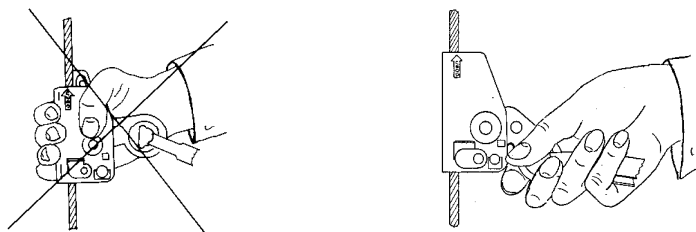
The maximum load on the top anchorage point in the wire rope down direction when in use simultaneously by 6 people is 11 kN.

The Guided Type Fall Arrester must only be used with tested and approved components. The Guided Type Fall Arrester AH5 must be opened for removal or attachment to the rigid anchor line. To do so, turn the knurled screw to the left, push down the locking lever and fold out the device while keeping the locking lever pressed. For attaching, the red slider, arrow and sun must point upwards. Push the pivot lever with the yellow eyelet upwards and put the device around the rope and press it shut. When the locking lever is engaged, turn the knurled screw right until it is screwed down.

Function test: Pull the device quickly downwards on the carabiner. In doing so, the device must not slip downwards on the rope. Pull the device upwards on the carabiner. The device must slide down as well as up. Hook the Trilock carabiner of the guided fall arrester AH5 into the corresponding catching eyelet on the safety harness. For the use of an arrester system, the optimum position of the catching eyelet on the safety harness is in the chest area. The weight of the user including tools and equipment must not exceed the maximum nominal load specified on the rating plate of the guided type fall arrester. Similarly, the weight of the user excluding tools and equipment must not be less than the minimum nominal load specified on the rating plate of the guided type fall arrester. Please make sure that the harness is properly attached to the body. The straps must fit tightly to the body and must not be loose (note the safety harness instructions).

The Guided Type Fall Arrester AH5 is then operational. For ascent and descent, the Guided Type Fall Arrester must run freely on the rope. If the safety harness becomes loose during ascent or descent, then, in a secured position, it must be correctly adjusted again.

Never grasp the device, but only use it as shown in the illustration. It must be ensured that the pivot lever always moves freely. It must not be blocked by objects, because otherwise the clamping function of the guided type fall arrester on the steel wire rope can be impaired in the event of a fall. The activation of the guided type fall arrester during ascent or descent can impede the function of the brake mechanism and should, therefore, only be carried out when in a safe position where there is no risk of falling.



If intermediate rope holders are present, grasp the Guided Type Fall Arrester by the swivel and pull the steel wire rope out of the intermediate rope holder clamp. After passing the intermediate rope holder, push the steel wire rope into the intermediate rope holder clamp again. The guided type fall arrester must not be used for workplace positioning. If operations, work positioning or rest periods are required, an appropriate separate system must be carried along.

Unhooking from the fall arrester or removing the fall arrester from the steel wire rope during or after a climb must only then take place, when the person is in a safe position and there is no danger of a fall or the person is protected against falling by an additional system. The coldest temperature in which the Guided Type Fall Arrester AH5 may be used is -40°C.

Caution: Protect the Guided Type Fall Arrester AH5 including the rigid anchor line from sharp-edged objects, welding sparks or other destructive or damaging hazards. The connection between the fall arrester and safety harness must not be extended. Climbing protection equipment in stainless steel must not be installed in highly corrosive atmospheres (for example, over a swimming pool). Familiarise yourself with the function before using it for the first time. For the safety of the user it is important that he or she has read and understood the user instructions. The Guided Type Fall Arrester AH5 must only be used by trained and/or otherwise competent personnel or the user should be under the direct supervision of such a person. The Guided Type Fall Arrester AH5 must only be used within the specified operating conditions and only for the intended purpose. For reasons of safety, it is important so to choose the position of the anchorage system or the anchorage point that the free fall and the fall height are kept to a minimum. With the combination of pieces of equipment into a system, it must always be ensured that the functions of the individual pieces of equipment are not adversely affected. For safety reasons it is important that, with fall arrest systems, before each use the required free space below the user is ensured so that in the event of a fall collision with the ground or any other obstacle is not possible. Health restrictions such as, for example, heart and circulation problems, use of medication or similar can impair the safety of the user when working at height. On the first lower 2m of the vertical climbing protection special care must be taken while ascending and descending, because in this area a fall could result in hitting the ground. When 2 people are simultaneously ascending or descending, they must keep a minimum distance of 3m from each other. A plan of the rescue measures in which all possible emergencies during the work are considered must be available. Rescue measures must always be executable in a safe and effective manner. If the Guided Type Fall Arrester AH5 is sold to another country, the reseller must provide instructions for use, upkeep, regular inspection and maintenance in the language of the respective country.

2. Meaning of the Labelling



The user must read and observe the instructions

Fall Arrester AH5	Type designation of the Guided Type Fall Arrest
Webbing Shock Absorber FD15	Type designation of the Webbing Shock Absorber
Mittelmann Sicherheitstechnik	Manufacturer Mittelmann Sicherheitstechnik GmbH & Co. KG
Bessemerstraße 25, 42551 Velbert	Address of the manufacturer
www.mittelmann.com	Internet address of the manufacturer
Year of manufacture: XX/XXXX	Year of production
Serial number: XXXXXX	Serial number of the Fall Arrester / Webbing Shock Absorber
Rated load: min 50 kg	Minimum body weight of the user without equipment
Rated load: max 130 kg	Maximum body weight of the user with equipment
DIN EN353-1:2018	Number and year of the document corresponding to the equipment
CE 0158	Code number of the notified inspection agency
Only for Mittelmann steel wire rope Ø 8mm	Guided Type Fall Arrester AH5 must only be used with a Mittelmann steel wire rope 8mm
Only for Guided Type Fall Arrester AH5	Webbing Shock Absorber FD15 must only be used on the Guided Type Fall Arrester AH5
Symbols arrow and sun	Direction indicator 'top' for attaching the AH5 to the rigid anchor line

Additional labelling on the rigid anchor line:

Vertical climbing protection must only be used with the Guided Type Fall Arrester AH5.

A maximum of 6 persons may simultaneously ascend or descend.

Minimum distance between the users 3.0 m

3. Maintenance and Storage

- At the end of work, clean the Guided Type Fall Arrester AH5 and store it in a dry, airy and shady place.
- During transport the Guided Type Fall Arrester AH5 must be kept in a suitable transport container (such as a device bag or device case).
- Avoid contact with oils or fats. If unavoidable, clean with mild detergent and lots of water (40°C) as quickly as possible. Only dry naturally, never near a fire or other heat sources.
- The Guided Type Fall Arrester AH5 must not come into contact with acids or corrosive liquids. Should it come into contact with such substances, it must not be used anymore.
- For questions about disinfection please refer to the manufacturer.

N O T E: Strictly observe the cleaning instructions!

4. Information about Materials

The Guided Type Fall Arrester AH5 is made of the following materials:

Guided Type Fall Arrester made of stainless steel, brass, galvanised steel and plastic

Belt strap made of polyester

Sewing thread polyester

Carabiner made of aluminium

Shackle made of stainless steel

5. Operating life

The operating life depends on the respective operating conditions. For the Guided Type Fall Arrester AH5, wear is the controlling criterion. For the webbing shock absorber FD 15, experience has shown that an operating life of 8 years under normal operating conditions can be assumed. The year of manufacture of the webbing shock absorber is inscribed on the label.

6. Control

- Inspect all components of the Guided Type Fall Arrester AH5 (fall arrester, shackle, webbing shock absorber and carabiner) for wear or damage and test the function on the rigid anchor line before starting work. Check the legibility of the labelling.
- Should any doubts arise about the safe condition of the system or the components, these must be replaced immediately. This must be carried out by the manufacturer or another qualified person.
- The inspection before use can be omitted for certain parts of equipment used for emergencies if they were packed or sealed by a qualified person.
- Once a year or as required, an inspection by the manufacturer or an expert must be carried out. This yearly inspection by the manufacturer or expert is absolutely necessary since the safety of the user depends on the effectiveness and durability of the equipment. The inspection must be carried out with due regard to the instructions of the manufacturer.

N O T E: Damaged devices must not be used.

- Systems stressed by a fall must be withdrawn from use and be sent to the manufacturer or an authorised repair workshop for maintenance and re-inspection.

N O T E: Without the prior written consent of the manufacturer, no changes or additions may be made to the product. Maintenance must only be carried out by the manufacturer or an authorised repair workshop and in accordance with the procedure specified by the manufacturer.

The instructions for use / test book are delivered with every Guided Type Fall Arrester AH5. They must be kept near the equipment. The Declaration of Conformity can be downloaded from the website www.mittelmann.com. Without fail, observe the user instructions for the products used in conjunction with the Guided Type Fall Arrester AH5 and the accident prevention regulations currently in force.

Notified body engaged: DEKRA Testing and Certification GmbH
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