

Where there is a risk of fall, do not use a restraint belt, a full safety harness must be used.

Regardless of the set up, the anchor must not be less than 2M from the edge. If set any closer the unit will not work correctly following a fall and may end in a fatal accident.

Check that, if a fall occurs, the user will not strike an object on the way down, this includes power and telecom cables, attachments to the side of the building (satellite dishes for example) or glass roofs.

Make a clear disaster plan, of how the user will be retrieved, should a fall occur. It is all very well using a fall arrest system, but if the user does fall he/she must be lowered to the ground using an alternative system, a boom lift for example.

The anchor is designed for one man use only to a maximum load of 100Kg.

Having carried out a risk assessment and confirmed that this equipment is safe to use for your particular task, you can begin to set the unit up.

## GETTING STARTED

Sweep any loose chippings or debris clear of the area where the anchor is to be set-up.

Confirm there are no signs of ICE, mud, grease, water, or debris. If it begins to rain, do not use this anchor.

Unload the trolley of all parts and check that they are all present and in good condition.

Place the main frame central to the swept area, and slide 1 hand weight fully onto each leg (see illustration), then firmly tighten the locking levers (turn clockwise).

Fit the extension legs to the ends of the main frame legs and again fully tighten the lock levers. Finally fit the remaining 2 hand weights to the end of the extension legs and tighten their lock levers.

Before continuing, check the weights and extension legs are all secured correctly. If any of the locking levers prove faulty, STOP and contact your local HSS Lift & Shift Office for a replacement.

Having satisfied yourself that the anchor is correctly placed and assembled, attach the lanyard or 'G stop' to the central karabina which in turn is connected to the central spring. DO NOT bypass this spring, you must not connect directly to the springs anchorage handle.

## BASIC TECHNIQUES

Always ensure that the harness and 'G stop' or lanyard are in good condition. Have a colleague confirm that the harness has been correctly fitted and that the lanyard or 'G stop' are also correctly fitted.

When attached and working do not take any risks, work with the same caution you would use if you were not connected.

Take your time and don't overdo it. You are more likely to have an accident if you are tired or rushing.

## EQUIPMENT CARE

Never push the equipment beyond its design limits. If it will not do what you want safely and with reasonable ease, assume you have the wrong type of equipment for the job. Contact your local HSS Lift & Shift Office for advice.

Keep the equipment clean, you will find this less of a chore if you clean it regularly, rather than wait until the end of the hire period.

When not in use, store the equipment somewhere clean, dry and safe from thieves.

## FINISHING OFF

Disconnect the lanyard/'G stop' from the anchor. Dismantle the anchor assembly, simply reverse the assembly instructions in 'GETTING STARTED'.

Place all the parts on to the transport trolley, ready for return, to your local HSS Lift & Shift Office.



## ...any comments?

If you have any suggestions to enable us to improve the information within this guide please fax your comments or write to the Product Manager at the address below

Fax: 0181-687 5001

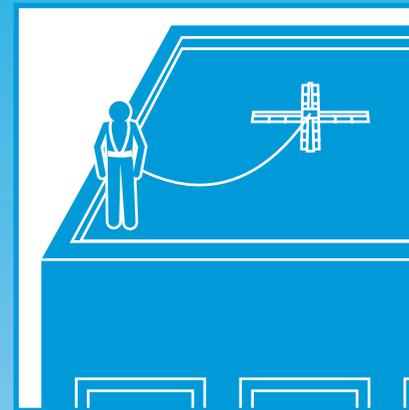
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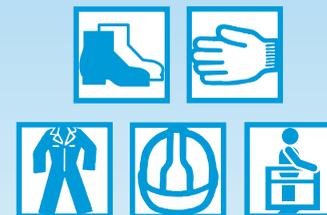
# Operating & Safety Guide LS08

## HSS Lift & Shift



# Roof Man Anchor

A one man fall protection system for flat roofs.



Code 70921

## GENERAL SAFETY

For advice on the safety and suitability of this equipment contact your local HSS Lift & Shift Office.

There is a serious risk of personal injury if you do not follow all instructions laid down in this guide.

This equipment is designed to be used by an able bodied, competent adult who has read and understood these instructions. Anyone with either a temporary or permanent disability, should seek expert advice before using it.

Keep children, animals and bystanders away from the work area.

  Never use this equipment if you are ill, feeling tired, or under the influence of alcohol or drugs.

    Wear practical, protective clothing, gloves, footwear and a protective hard hat. Avoid loose garments and jewellery that could catch in moving parts, tie back long hair.

 Before use check that the hook/safety catch is engaged and the load cable/lanyard is untangled, hanging freely and shows no sign of damage.

 A safety harness or restraint belt is required with this equipment, available for sale from your local HSS Lift & Shift Office.

Make sure you know how to construct and set-up this equipment safely and are aware of its limitations before you use it.

It is both the hirers and the users responsibility to perform a risk assessment before using this equipment.

Make sure that anyone in the immediate work area is warned of what you are doing. Make sure someone is close by, to summon help if you have an accident.

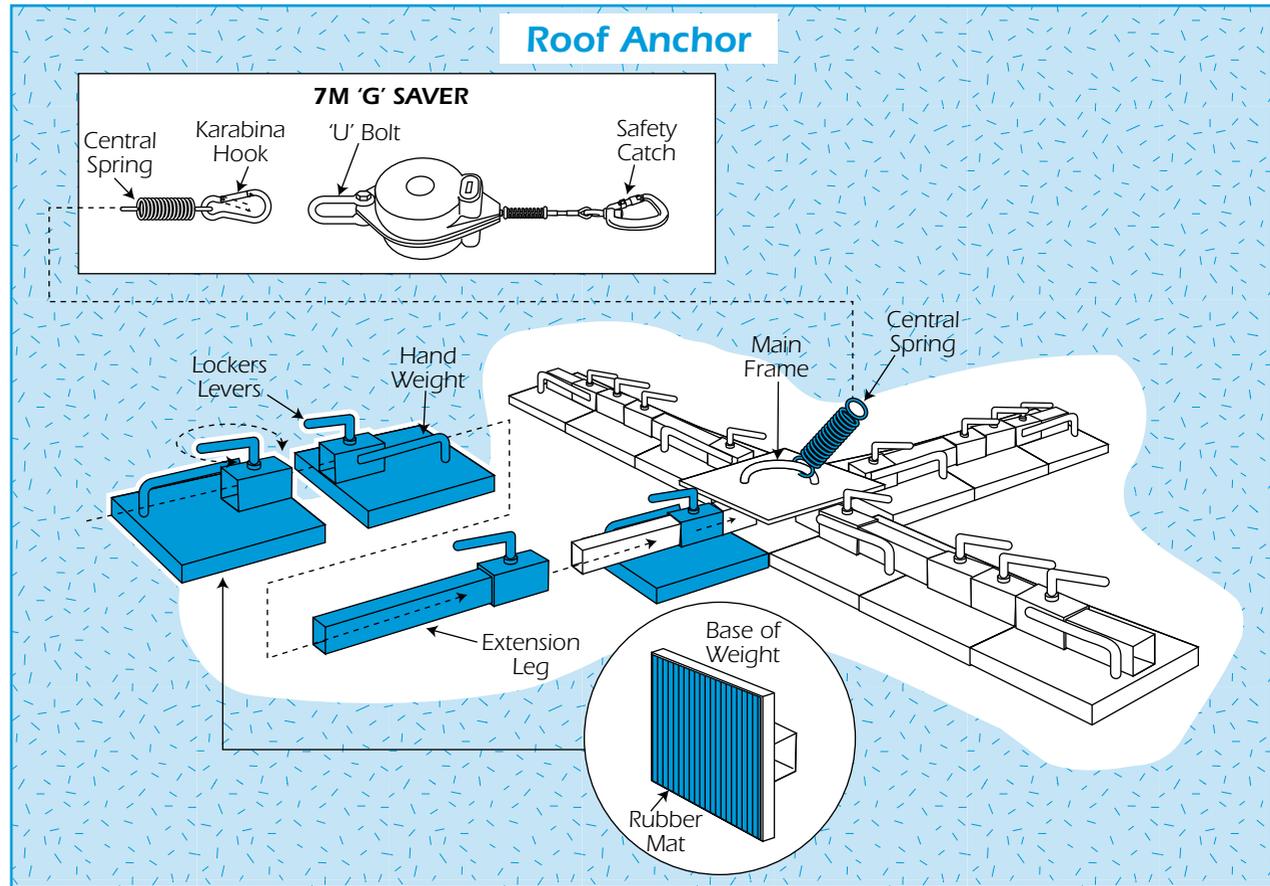
This equipment **MUST NOT** be used as an anchorage point for suspending loads or as a general anchor for lowering personnel.

Use this Anchor only on a roof which is able to bear its weight, the anchor alone weighs 240Kg.

Never exceed the Anchors safe working load of 100Kg (the users weight, the harness and lanyard/g stop and any tools the user has in a tool belt).

Check the condition of the equipment before use. If it shows signs of damage, excessive wear or parts missing, DO NOT USE IT, return it to your local HSS Lift & Shift Office.

## Roof Anchor



## RISK ASSESSMENT

The following pointers are for additional guidance and are not the only checks to be made in the assessment. If in any doubt consult a fully qualified health and safety officer.

This equipment must only be used on flat roofs, if there is the slightest amount of slope DO NOT USE IT.

All weights **MUST** be used, correctly positioned and locked in place. Never set the anchor up with an imbalance of weights, you **MUST** fit 3 weights to each of the four legs.

Clear the roof area where the anchor is to be placed. Sweep any gravel clear and check that the remaining surface is flat, smooth and free from grease, mud, ice and water. If any of these are present, **DO NOT** use the anchor until completely cleared.

Check the base of each (12 in total) hand weight ensuring the rubber mat is in good clean condition and securely fixed to the base.

If the work is not at the roofs edge, use a fixed length lanyard and restraint harness which is shorter than the distance from the anchor to the roofs edge.

If you need to work close to the edge, wear a full safety harness and attach it to the anchor using a 'G stop' with a MAX 7M run.

