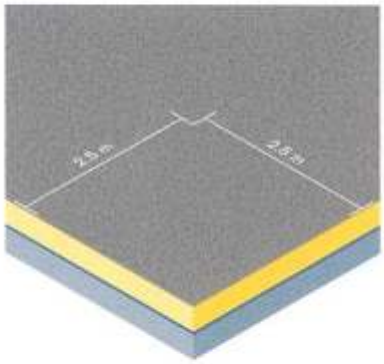
ManSafe

Freestanding Constant Force Post

The Installation Process

7:5



1 Locating the anchor

- Locate position, ensuring that no part of the anchor is less than 2.5 m from any edge, roof opening or roof light.
- Ensure the roof area is free from oil, grease or algae and remove any loose chippings within the area prior to assembling the anchor.

2 Rubber base

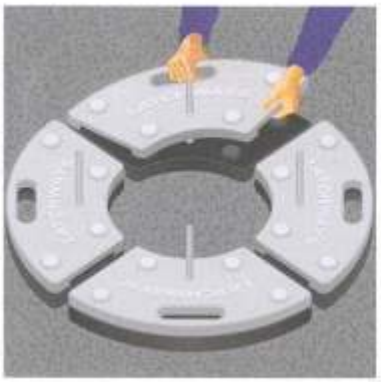
- Carefully place the 4 rubber coated base segments onto the selected roof position in a circular arrangement, ensuring the raised location pads are facing upwards and that the location bolts are fitted.

3 Cross straps

- Secure the upper and lower cross straps using 2 x M12 bolts, nuts and washers as supplied and tighten to a maximum torque of 30 Nm.

4 Attach post

- Position the warning label so that it aligns with any two holes in the flat circular section of the post base plate.
- Place the post on the centre of the cross straps and align the four holes.
- Secure the post and warning label to the cross straps using 4 x M12 bolts, nuts and washers and tighten to a recommended torque of 30 Nm.
- Check position of rubber coated segments by placing the cross strap over the 4 fixing bolts and remove when the cross strap aligns.



5 Add segments

- Fit the correct number of galvanised segments, as specified for each roof type, on top of the rubber coated base segments with the four location pads facing upwards.

NB: For the 400 Kg anchor repeat this with 4 additional segments.

6 Fixing cross straps

- Locate the assembled cross straps and Constant Force post through the threaded bolts in each of the four segments.

NB: This indicates the 200 Kg intermediate anchor. Tighten the 4 fixing bolts then continue from point 9.

7 Top segments

- Fit the final four segments on top of the cross straps and secure together using 4 x nuts and washers and tighten to a recommended torque of 50 Nm.

8 End posts (400 Kg) Single Point (300 Kg)

- On end posts and single point anchors a D ring should be attached using a single M12 bolt.
- It should be tightened to a torque of typically 20 Nm, ensuring that the spring washer is flat.

9 Intermediate posts (200 kg)

- On the intermediate post attach the cable support with an M12 bolt, tightened to a torque of typically 20 Nm, ensuring that the spring washer is flat.
- Ensure the D ring and hanger bracket are placed in the correct orientation for the cable to pass through.

NB: Alternatives to the D ring and hanger intermediate bracket can be used.

10 Fix the swageless terminal to yoke

- Fit the swageless terminal according to the instructions supplied with the part.

NB: If tension adjustment is required at both ends of the system, fit a threaded swageless termination to line tensor as supplied with the alternative end sets.

11 First end post (400 kg)

Attach the swageless terminal to yoke:

- Remove the clevis pin and attach yoke to D ring securing by replacing the clevis pin.
- Fit the split pin and open arms out fully.

12 Thread the cable (200 kg)

- When all posts and bracketry are installed, thread the cable through the support brackets, checking that it is not twisted and is free from kinks.
- Ensure that the cable is threaded through all necessary brackets such as hangers.

13 Second end post (400 kg)

- Fit the long run line tenser, turnbuckle and swageless terminal unit to the D ring, ensuring that there is the maximum adjustment available in the turnbuckle.
- Fit the split pin and open arms out fully.

14 Cut the cable

- Remove the cable slack from the system, mark the position for cutting and cut the cable to length.

15 Connect the system (400 kg)

- Remove the swageless terminal from the turnbuckle body and attach to cable as per instructions provided.
- When the cable is locked in place, re-attach to the turnbuckle.

16 Tension the system (400 kg)

- Twist the turnbuckle to tension the system.

17 Check system tension

- The correct pre-tension is achieved when the disk can be turned freely with your fingers. If this is not the case then the system will need to be adjusted prior to use.
- When the correct pre-tension has been achieved, fit split pins to the long run line tenser and the swageless terminal to prevent the turning of the turnbuckle and also maintaining system pre-tension.
- Always check the tension indicator before system use.

FOR MORE INFORMATION CONTACT:

MSA Customer Service Center:
Phone: 1-800-672-2222
Fax: 1-800-967-0398

Technical Support:
Phone: 1-888-421-8324

MSA Corporate Headquarters:
P. O. Box 426
Pittsburgh, PA 15230

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