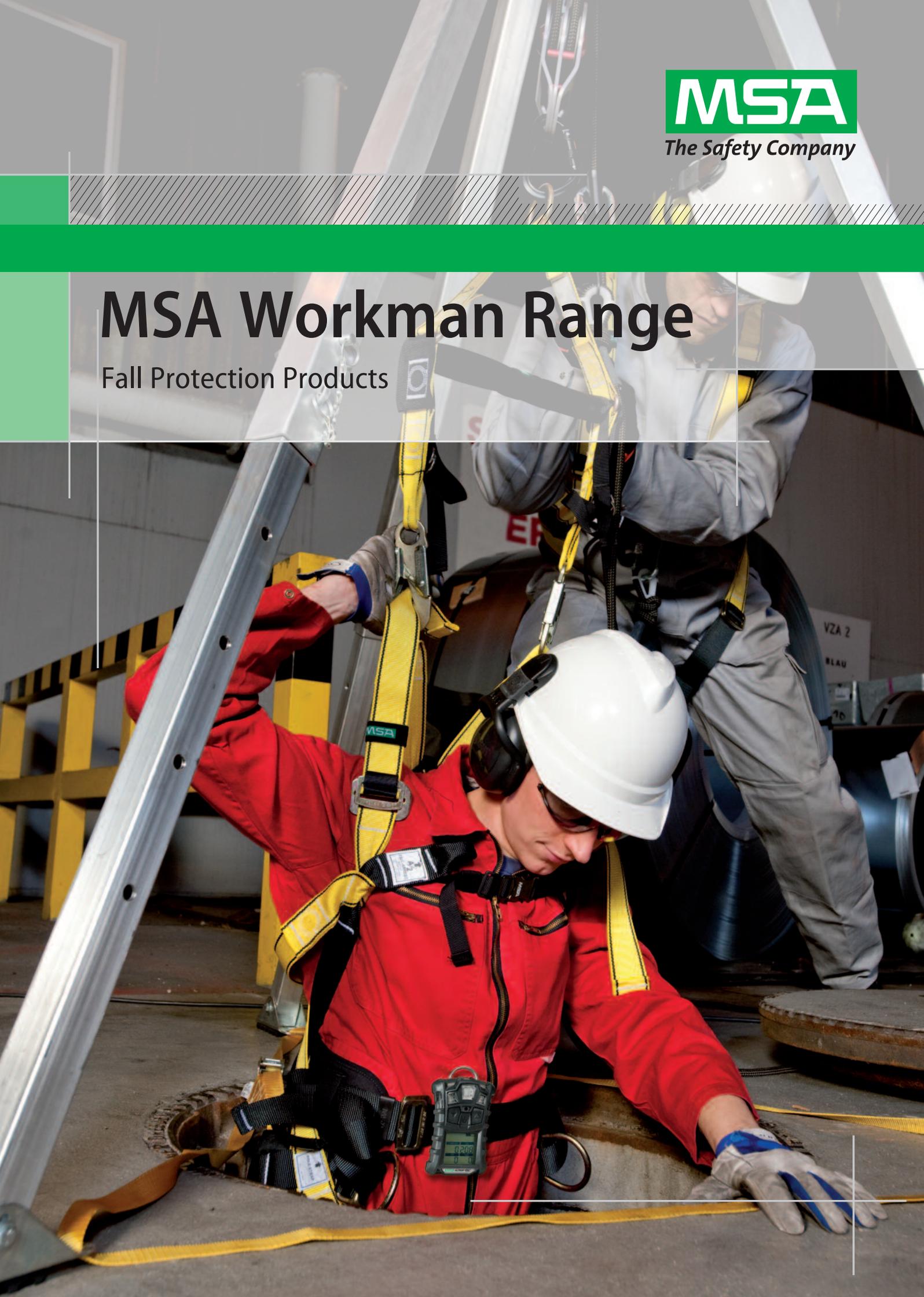


MSA Workman Range

Fall Protection Products



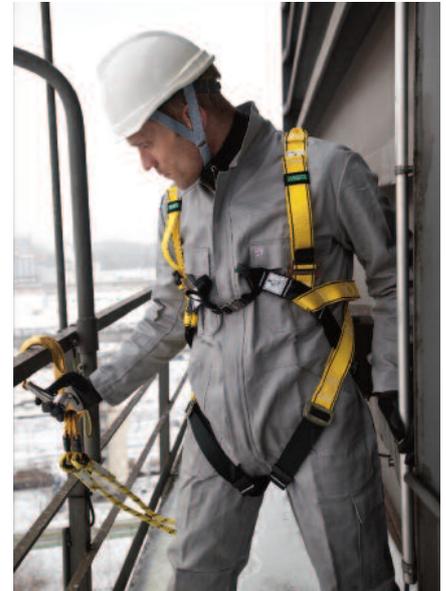
Fall Protection

Fall Protection personal protective equipment is used by workers in many industries. It is designed and used to prevent accidents at work or to protect against consequences of accidents at work.

MSA has been in the business of safety at height since 1930. Today it is at the forefront in both the supply and the range of innovative fall protection products. MSA is truly a global manufacturer of fall protection, with major manufacturing plants in North and South America, Mexico and China, complimented by distribution hubs throughout the world.

Guidelines for working at height

- Avoid work at height, where possible
- Use other measures, such as guard rails, to prevent falls where working at height cannot be avoided
- Use personal restraint equipment that prevents the user reaching a potential hazard
- Use personal fall arrest equipment that will minimise the distance and force if a fall should occur. Remember: you must use the most suitable equipment that gives protection measures, such as guard rails, priority over personal protection fall arrest systems



MSA Workman Range

Statistics prove, year after year, that lack of fall protection is a leading factor in job fatalities and injuries. The MSA Workman product line enables your company to provide optimum quality, comfortable fall arrest systems for your workers. It combines quality, comfort and value.

- Excellent value
- Optimum quality
- Reliable protection
- Practical operation
- User-friendly design
- Comfortable



Harnesses

MSA Workman Light

The MSA Workman Light, single D-ring harness, provides comfortable protection, due to its lightweight components and durable webbing.

The vest-style harness fits a wide range of body types and sizes. Colour-contrasting thigh and torso straps simplify donning. The Quick-fit leg straps offer easy adjustment.

Certified to EN 361.



MSA Workman Premier

The MSA Workman Premier offers the user an additional attachment point at the front, with extra adjusters on the torso for even greater adjustment. The harness also offers shoulder loops for use with the MSA Spreader Bar.

The MSA Workman Premier harness is available with Quick-fit (traditional mating buckle) or bayonet style (auto lock double action unlock) leg straps. Both styles offer fast and easy connection and adjustment.

Certified to EN 361, EN 1497.



MSA Workman Utility

The MSA Workman Utility offers everything the Premier harness offers and more. An integral waist belt and pad for added comfort and hip positioning D-rings make this the perfect harness for Utility work.

Certified to EN 358, EN 361, EN 1497.



MSA Workman Spreader Bar

The MSA Workman Spreader Bar is used in conjunction with the Premier or Utility harness for raising and lowering a person during rescue. The attached web loops can be used to secure an incapacitated victim's arms when lifting or lowering.

Certified to EN 354.

Lanyards and Anchorage Connectors

MSA Workman Energy-Absorbing Lanyards

Energy-absorbing lanyards provide a means of connection between the fall arrest attachment of MSA full body harnesses and a qualified anchorage and anchorage connector. The energy absorber keeps fall arrest forces below EN limits and deceleration distance is controlled to a maximum of 175 cm. The lanyard is available in web and kernmantel rope configurations with a variety of snaphooks.

MSA Workman energy-absorbing lanyards are lightweight with a low-profile body. The energy absorber includes a clear, durable protective cover over the labels to increase service life and allow for easy inspection.

- Tear-tape design to keep fall arrest forces below 6 kN
- Choice of single or twin-leg configurations
- Choice of connector configurations
- Certified to EN 354, EN 355

Variants



Single-Leg, webbing,
steel screwgate carabiners



Single-Leg, kernmantel rope,
steel screwgate carabiners



Twin-Leg, webbing,
steel screwgate carabiners



Twin-Leg, kernmantel rope,
steel screwgate carabiners

Other connections ...

- Aluminium screwgate carabiner (1)
- Aluminium snaphook (2)
- Steel scaffold hook (3)
- Aluminium scaffold hook (4)
- Aluminium autolock carabiner (5)

... to anchorage



... to harness



MSA Workman Restraint Lanyards

Restraint lanyards are primarily used for travel restriction (to restrain a worker from reaching a fall hazard) and work positioning (stabilizing a worker at an elevated location) applications. It connects the anchor point with the body harness and should never be used to arrest a fall.

To meet all your application needs and environments, MSA Workman Restraint Lanyards are available in web and kernmantel rope.

Certified to EN 358.



Kernmantel Rope, Aluminium Carabiner



Webbing, Steel Screwgate Carabiner



MSA Workman Anchorage Sling

Anchorage Connectors are compatible for use with MSA fall arrest and confined space entry/retrieval components. They have a minimum breaking strength of 22.24 kN.

- 25 mm webbing
- 1.5 m or 2 m lengths available
- Certified to EN 354, EN 795

MSA Workman PFL EN Self-Retracting Lanyards

Self-Retracting Lanyards are fast-acting fall arresters that limit free fall distance, deceleration distance and free fall forces while allowing the user freedom of movement.

With its solid design and fast-acting brake mechanism, you can be confident that the MSA Workman Personal Fall Limiter (PFL) will be there for you when you need it most. It is ideal for climbing ladders or any other application where vertical mobility is needed.

- Integral load indicator
- Integral swivel at PFL/SRL connector
- Durable, engineered thermoplastic housing
- Certified to EN 360



Ordering Information

Harnesses

MSA Workman Light Harness			
Part No.	Size	Leg Straps	Attachment Point
10115526	Small	Qwik-fit	Back D-ring
10115527	Medium	Qwik-fit	Back D-ring
10115528	Large	Qwik-fit	Back D-ring

MSA Workman Premier Harness			
Part No.	Size	Leg Straps	Attachment Point
10115541	Small	Qwik-fit	Back D-ring, Front, Shoulder
10115542	Medium	Qwik-fit	Back D-ring, Front, Shoulder
10115543	Large	Qwik-fit	Back D-ring, Front, Shoulder
10115544	Small	Bayonet	Back D-ring, Front, Shoulder
10115545	Medium	Bayonet	Back D-ring, Front, Shoulder
10115546	Large	Bayonet	Back D-ring, Front, Shoulder

MSA Workman Utility Harness			
Part No.	Size	Leg Straps	Attachment Point
10115547	Small	Bayonet	Back & Hip D-rings, Front, Shoulder
10115548	Medium	Bayonet	Back & Hip D-rings, Front, Shoulder
10115549	Large	Bayonet	Back & Hip D-rings, Front, Shoulder

Harness Kits

Your basic fall protection needs for construction and general maintenance are now available in one, easy to order kit. All fall protection kits include the MSA Workman Light Harness, energy-absorbing lanyard (webbing) and anchorage connector in an easy to stow bag.

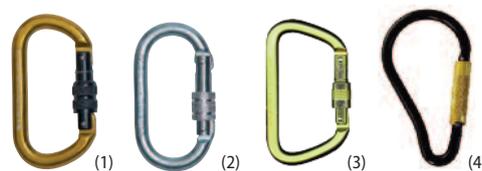
Certified to EN 354, EN 355 and EN 361.

MSA Workman Light Harness Kit			
Part No.	Size	Lanyard	Anchorage Connection
10115529	Small	Single-leg	Aluminium carabiner
10115530	Medium	Single-leg	Aluminium carabiner
10115531	Large	Single-leg	Aluminium carabiner
10115532	Small	Single-leg	Aluminium scaffold hook
10115533	Medium	Single-leg	Aluminium scaffold hook
10115534	Large	Single-leg	Aluminium scaffold hook
10115535	Small	Twin-leg	Aluminium carabiner
10115536	Medium	Twin-leg	Aluminium carabiner
10115537	Large	Twin-leg	Aluminium carabiner
10115538	Small	Twin-leg	Aluminium scaffold hook
10115539	Medium	Twin-leg	Aluminium scaffold hook
10115540	Large	Twin-leg	Aluminium scaffold hook

Others

MSA Workman Spreader Bar	
Part No.	Harness Connection
10115550	Steel snaphook
10115551	Aluminium snaphook

Carabiners		
Part No.	Gate	Model
10113001	17 mm	Steel screwgate
10080675	22 mm	Steel autolock
10080678	25 mm	Steel autolock
10080676	52 mm	Steel autolock
10113006	19 mm	Aluminium screwgate
10080677	52 mm	Aluminium scaffold autolock



- (1) Aluminium Screwgate Carabiner
- (2) Steel Screwgate Carabiner
- (3) Steel Autolock Carabiner
- (4) Aluminium Scaffold Autolock Carabiner



MSA Workman Light Harness, Twin-Leg Lanyard, Aluminium Scaffold Hook

Lanyards

MSA Workman Energy-Absorbing Lanyards					
Part No. Single-Leg	Part No. Twin-Leg	Material	Length	Harness Connection	Anchorage Connection
10115741	10115750	Webbing	2.0 m adjustable	Steel screwgate carabiner	Steel screwgate carabiner
10115742	10115751	Webbing	2.0 m adjustable	Steel screwgate carabiner	Steel scaffold hook
10115745	10115754	Webbing	2.0 m adjustable	Aluminium screwgate carabiner	Aluminium screwgate carabiner
10115747	10115756	Webbing	2.0 m adjustable	Aluminium screwgate carabiner	Aluminium scaffold hook
10115748	10115757	Webbing	2.0 m adjustable	Aluminium screwgate carabiner	Aluminium snaphook
10115749	10115758	Webbing	2.0 m adjustable	Aluminium autolock carabiner	Aluminium autolock carabiner
10115759	10115777	Kernmantel rope	1.5 m fixed	Steel screwgate carabiner	Steel screwgate carabiner
10115760	10115778	Kernmantel rope	1.5 m fixed	Steel screwgate carabiner	Steel scaffold hook
10115763	10115781	Kernmantel rope	1.5 m fixed	Aluminium screwgate carabiner	Aluminium screwgate carabiner
10115765	10115783	Kernmantel rope	1.5 m fixed	Aluminium screwgate carabiner	Aluminium scaffold hook
10115766	10115784	Kernmantel rope	1.5 m fixed	Aluminium screwgate carabiner	Aluminium snaphook
10115767	10115785	Kernmantel rope	1.5 m fixed	Aluminium autolock carabiner	Aluminium autolock carabiner
10115768	10115786	Kernmantel rope	2.0 m fixed	Steel screwgate carabiner	Steel screwgate carabiner
10115769	10115787	Kernmantel rope	2.0 m fixed	Steel screwgate carabiner	Steel scaffold hook
10115772	10115790	Kernmantel rope	2.0 m fixed	Aluminium screwgate carabiner	Aluminium screwgate carabiner
10115774	10115792	Kernmantel rope	2.0 m fixed	Aluminium screwgate carabiner	Aluminium scaffold hook
10115775	10115793	Kernmantel rope	2.0 m fixed	Aluminium screwgate carabiner	Aluminium snaphook
10115776	10115794	Kernmantel rope	2.0 m fixed	Aluminium autolock carabiners	Aluminium autolock carabiner
MSA Workman Restraint Lanyards					
Part No.	Material	Length	Connection		
10115795	Webbing	1.5 m fixed	Steel screwgate carabiner		
10115796	Webbing	1.5 m fixed	Aluminium screwgate carabiner		
10115797	Webbing	2.0 m fixed	Steel screwgate carabiner		
10115798	Webbing	2.0 m fixed	Aluminium screwgate carabiner		
10115799	Webbing	2.0 m adjustable	Steel screwgate carabiner		
10115800	Webbing	2.0 m adjustable	Aluminium screwgate carabiner		
10115801	Kernmantel rope	2.0 m adjustable	Aluminium carabiner		
MSA Workman PFL EN Self-Retracting Lanyards					
Part No.	Material	Length	Lifeline Connection	PFL Connection	
10119078	Cable	3.6 m	Steel snaphook	None	
10119079	Cable	3.6 m	Aluminium snaphook	None	
10119080	Cable	3.6 m	Aluminium carabiner	None	
10119081	Cable	3.6 m	Steel scaffold hook	Back d-connector	

Anchorage Connectors

MSA Workman Anchorage Sling		
Part No.	Material	Length
10115802	Webbing	1.5 m adjustable
10115803	Webbing	2.0 m adjustable

How to put on a Harness



1



2



3



4



5

1. Hold harness from back D-ring locator pad and gently shake it to remove any twists in straps.
2. Slip straps over shoulders so to position back D-ring in the middle of your back between your shoulder blades.
3. Pull each thigh strap between legs and fasten to buckle.
4. Pull leg straps to adjust the harness for a snug and comfortable fit. If harness has a belt, connect after leg straps.
5. Connect chest strap and position in midchest area. Tighten to keep shoulder straps taut and pass excess webbing through keepers.



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