



ABS SafetyHike[®]



Vertical fall protection cabling system with stainless steel guides and traveling rope grab (arrester system glider), licensed in accordance with DIN EN 353-1:2002 and document VG11 CNB/P/11.073

The ABS SafetyHike[®] arrester system was developed to protect individuals climbing up and down ladders. It consists of top and bottom end brackets and may include additional intermediate cable brackets as required. A stainless steel cable is stretched between the brackets. The user connects up to the system by attaching his/her personal safety equipment (safety harness, force absorber and lanyard) to the arrester system glider which is automatically triggered if the user falls.

Designed for vertical implementation

The device must be attached to either welded or crimped steel or aluminum ladder rungs

Distance between the rungs: 28cm, rung size max. 3.5 x 3.5cm



IMPORTANT

Please study this Installation and User Manual carefully prior to installation and make sure the instructions are strictly followed! All individuals using this anchorage system should read and make sure they have understood the User Manual and must strictly observe the manufacturer's instructions.

INSPECTION (PRIOR TO USAGE):

- The recommendations for the usage of other products in conjunction with this product must be observed.
- All system components must be free from damage with no evidence of corrosion.
- It should be possible to attach the ABS SafetyHike® arrester system glider to the cable easily and without any difficulty.
- The force absorber integrated in the ABS SafetyHike® arrester system glider must be free from damage and should not have been triggered.
- The ABS SafetyHike® arrester system glider must glide freely along the cable.
- The stop/brake mechanism of the ABS SafetyHike® arrester system glider must move freely without obstruction.
- The ladder wall fixture must be in good order.
- The ladder must be free from damage with no evidence of corrosion
- The safety system must not be used if the above criteria are not fulfilled.



The system must be subjected to an annual inspection by an expert in compliance with BGR198 (Rule 198 of the employers' liability insurance association rules) and accordingly documented. This examination is crucial to both the effectiveness and the durability of the system - which in turn has an immediate impact on the user's safety.

SAFETY REGULATIONS

- **Never** use the system for transporting materials.
- The maximum number of simultaneous users must be strictly adhered to. If the manufacturer specifies that fewer users should use the system, this stipulation must be observed.
- This product may only be used by appropriately instructed/trained personnel.
- This product must be used with connectors (in accordance with EN 362) and personal fall protection equipment (e.g. lanyard with fall absorber according to EN 354 and EN 355).
- The maximum distance between the safety harness arrester system eyelet and the leading edge of the arrester system glider must not exceed 30cm. This requirement is met by the lanyard and force absorber automatically supplied by ABS.
- One may only hook up to the system via the arrester system glider (please refer to page 5 "Usage" for exceptions)
- Following a fall the product must be taken out of service and examined by the manufacturer.
- Do not expose the system to chemicals or other aggressive substances. If in doubt, please contact the manufacturer.
- If there are any doubts as to the safety of the system it should be immediately taken out of service and inspected by the manufacturer.

CERTIFICATION

The ABS SafetyHike® fall arrest system is licensed in accordance with EN 353-1:2002 and document VG11 CNB/P/11.073 ("recommendation for use") for up to 4 individuals (1 individual per glider) and meets the requirements set down by the industrial employers' liability insurance associations.

REQUIREMENTS TO BE FULFILLED BY THE USER

The ABS SafetyHike® arrester system was developed to protect individuals from falling whilst working. In the case of a fall the force exerted on the user is reduced to what medical experts view as an acceptable level. Only individuals who are familiar with the user manual and are physically healthy may use the system. If there are any doubts regarding the user's physical condition, please consult a doctor prior to usage. Children and expectant mothers should not use the system.

COMPATIBLE EQUIPMENT

Only equipment tested and approved by ABS may be used in combination with the ABS SafetyHike® arrester system. ABS accepts no liability for incidents resulting from the use of non-compatible equipment. The use of alternative equipment is only possible after receiving written permission from ABS.



IMPORTANT: ABS supplies a suitable lanyard equipped with a force absorber with every arrester system glider. This guarantees that the maximum distance between the safety arrester system eyelet and the leading edge of the arrester system glider prescribed by EN 353-1, i.e. 30cm, is not exceeded. ABS accepts no liability in cases where this device is not used - or where a different force absorber is implemented.

USER MANUAL

If the product is distributed in countries where a different language is spoken the dealer is responsible for ensuring that a user manual is supplied in the corresponding local language.

Rules and Regulations:

The accident prevention rules set out by the employers' liability insurance associations apply. The regulations for using personal fall arrest protection equipment (BGR198 = Rule 198 of the employers' liability insurance association rules) also apply accordingly.

Excerpts from BGR198:

Operating Instructions (BGR198, 7.1)

The entrepreneur must compile operation instructions for the use of personal fall arrest protection equipment containing all the necessary information for its safe usage, in particular the risks which have been identified, how to behave when using the personal protective equipment and what to do when damage has been discovered.

Instruction (BGR198, 7.2)

The entrepreneur must provide appropriate instruction to the insured parties prior to initial usage and as otherwise required –at least once a year – in accordance with § 4 of the employers' liability insurance association regulation "Principles of Prevention" (BGV A 1). The instruction must include:

- Current special requirements corresponding to the type of individual equipment used,
- Proper usage,
- How to hook up correctly,
- Correct storage,
- How to recognize damage.

Orderly Condition

System Checks (BGR198, 8.2)

8.2.1 The insured parties must always visually check the personal fall arrest protection equipment prior to usage to ensure that it is in orderly condition and functions properly.

8.2.2. The entrepreneur must have personal fall arrest protection equipment checked by a qualified person as required by the respective implementation and operating conditions –at least once a year – to ensure it is in perfect condition.



Often it is not possible to examine the whole system before the user attaches himself/herself to it. However, should damage, corrosion, deformation etc. be clearly visible the system must not be used.

USAGE

The **ABS SafetyHike® arrester system** was developed to allow a user unrestricted movement when ascending or descending a latter. Normally the arrester system glider runs smoothly along the stainless steel cable guide alongside the user. When an intermediate bracket is reached, only one hand is needed to pull the cable out of the plastic guide and push it back in once the glider has passed over the bracket.

The brackets have been specially designed to buckle when put under pressure (in the case of a fall) in order to protect both the construction and the user from being subjected to excessive force.

1. PUTTING ON AND SECURING A SAFETY HARNESS

Please refer to the corresponding product user manual.

2. HOOKING UP TO THE SYSTEM

The arrester system glider eyelet is used to hook up to the stainless steel cable guide. The lanyard has a carabiner hook which is used to connect up.

The body connection is made by hooking the carabiner snap hook onto the safety harness arrester system eyelet. Connections may only be made to the arrester system eyelet and glider.

3. UNHOOKING FROM THE SYSTEM

One unhooks from the system by unhooking the lanyard's carabiner snap hook. However, one should never forget that as soon as an individual has detached himself/herself from the system that person is no longer secured. Should there still be a risk of falling, backup protective equipment should be available.

RECOMMENDED INSTALLATION TOOLS

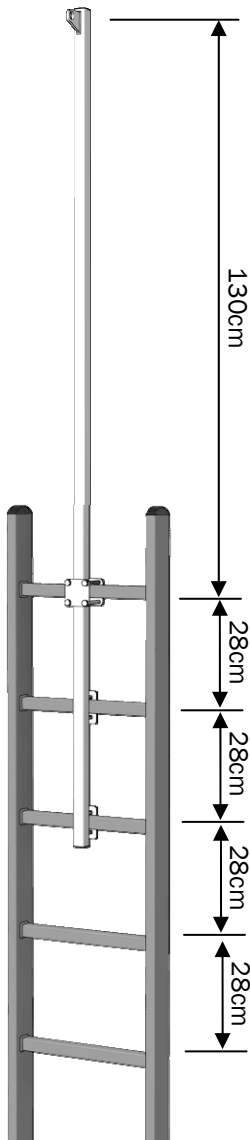
1x torque wrench with a 13mm nut (for M8)
2x 19mm spanner (for M12)
2x 24mm spanner (for M16)
1x pipe wrench
Screw sealant (amount varies depending on usage)

Optional:

1x cable cutters for stainless steel cable d=8mm

TOP INSTALLATION: CHOICE OF CORRECT RUNGS

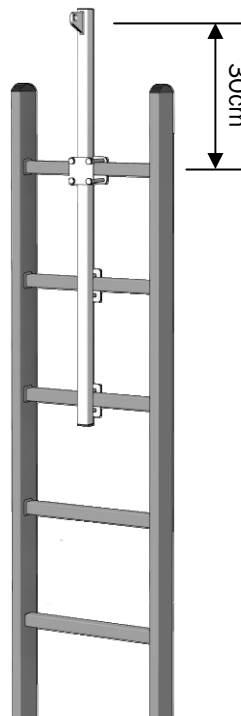
The tube protrusion can be adjusted at 28cm intervals by moving the top securing bracket down one to three rungs (long version).



Long top bracket

Possible protrusion lengths:

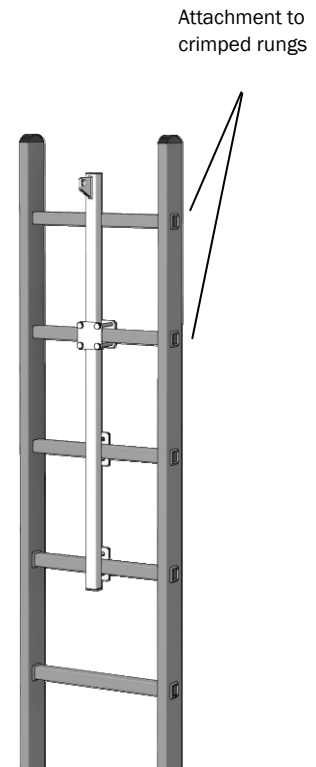
From 1st rung 130cm
From 2nd rung 102cm
From 3rd rung 74cm
From 4th rung 46cm



Short top bracket

Possible protrusion lengths:

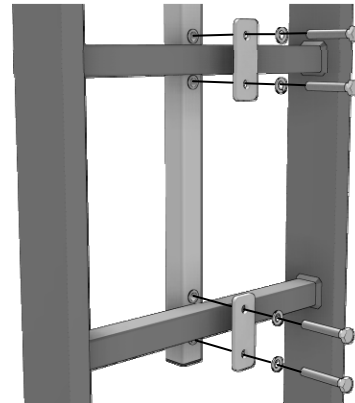
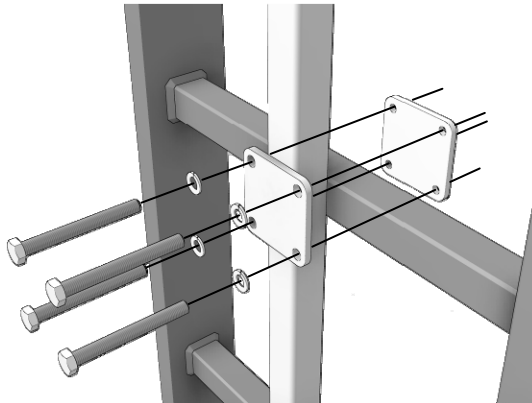
From 1st rung: 30cm
Attached to 2nd rung 2cm
No protrusion further down



Important:

Attachment to crimped rungs:
Attachment to crimped ladder rungs is possible (incl. aluminum). However, it should be noted that this requires the top bracket to be attached **one rung further down!**

INSTALLING THE TOP BRACKET

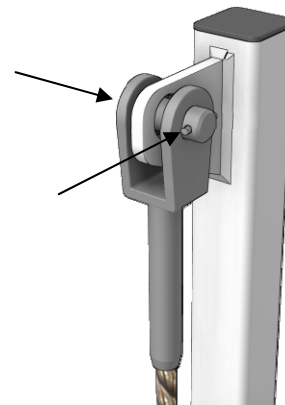
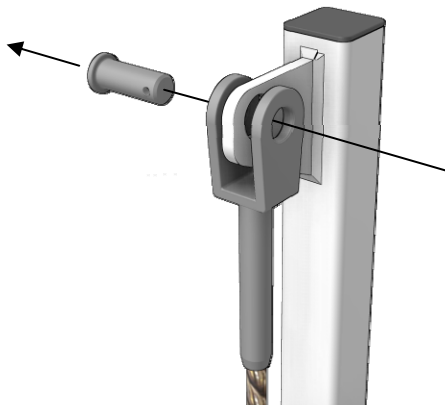


1. The base plate which is welded onto the tube is attached and countered using 4 long bolts (80mm) and the counter plate.
2. The device is attached to each of the lower rungs using 2 counter plates and 2 short bolts (50mm) with spring washers. The bracket has matching threaded bore holes.

IMPORTANT - SCREW SEALANT:
All ABS SafetyHike[®] counter plates have pre-drilled M8 threaded bore holes. Screw sealant should be applied to these.

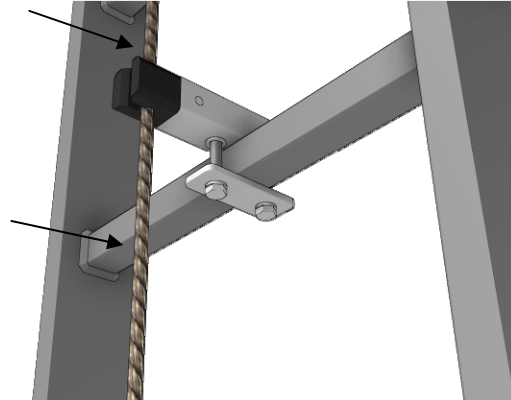
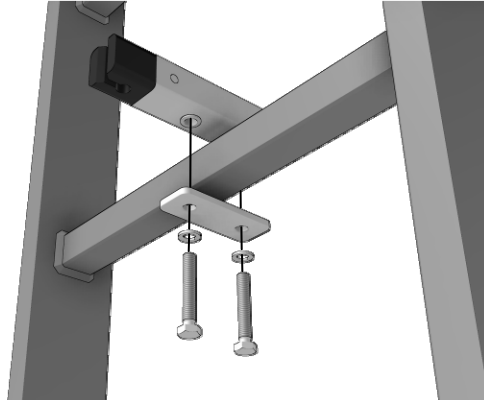
**TORQUE: Torque 9 Nm
FOR ALL BOLTS**

CONNECTING THE CABLE



1. Remove the safety bolt from the clevis.
2. Position the clevis (supplied with stainless steel cable molded on) over the top bracket tab.
3. Insert the safety bolt through the clevis and tab and fix in place using the locking pin/ring.

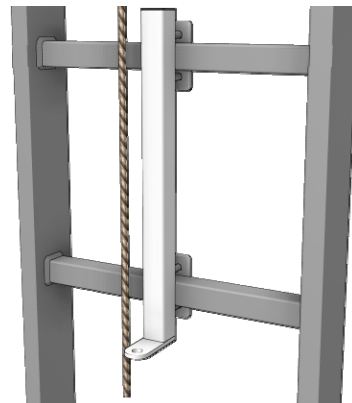
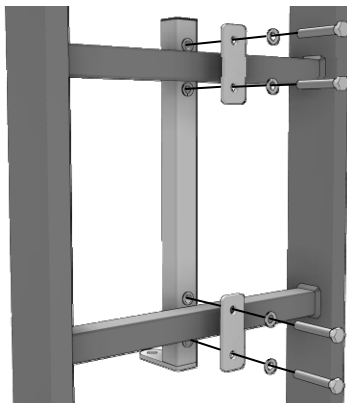
INSTALLING AN INTERMEDIATE BRACKET



1. An intermediate bracket is installed as shown in the illustration using a counter plate, 2 bolts (50mm) + 2 spring washers. The intermediate bracket has matching threaded bore holes (M8).
2. The stainless steel cable is pushed into the rubber clamps later on.

**TORQUE: Torque 9 Nm
FOR ALL BOLTS**

INSTALLING THE END BRACKET

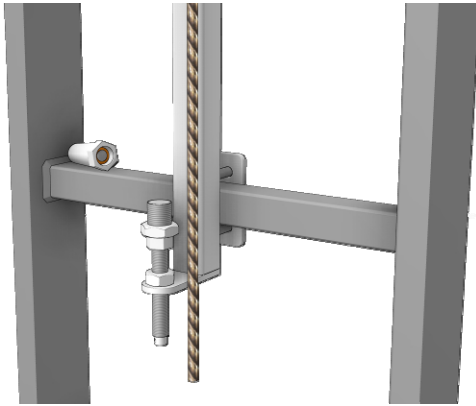


1. The device is normally attached to the 2nd and 3rd rungs from the bottom using 2 counter plates and 2 short bolts (55mm) with spring washers. The bracket has matching threaded bore holes.
2. The cable hangs down alongside the end bracket and is fixed in place using the tensioning element (please refer to the following page).

**TORQUE: Torque 9 Nm
FOR ALL BOLTS**

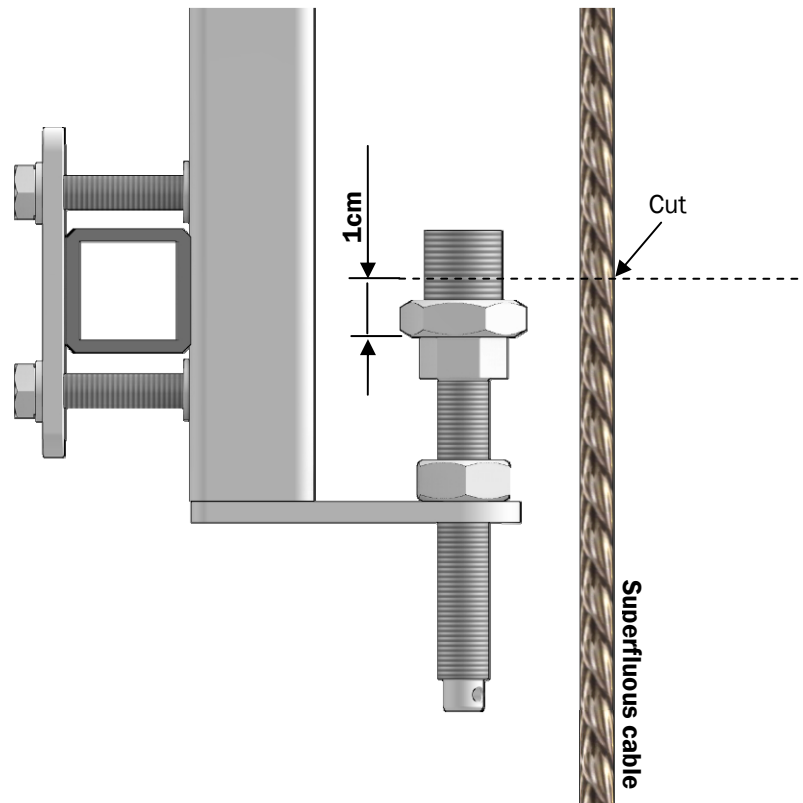
SHORTENING THE CABLE

In order to be able to tighten up the cable accordingly, it needs to be shortened. The following steps must be carried out:

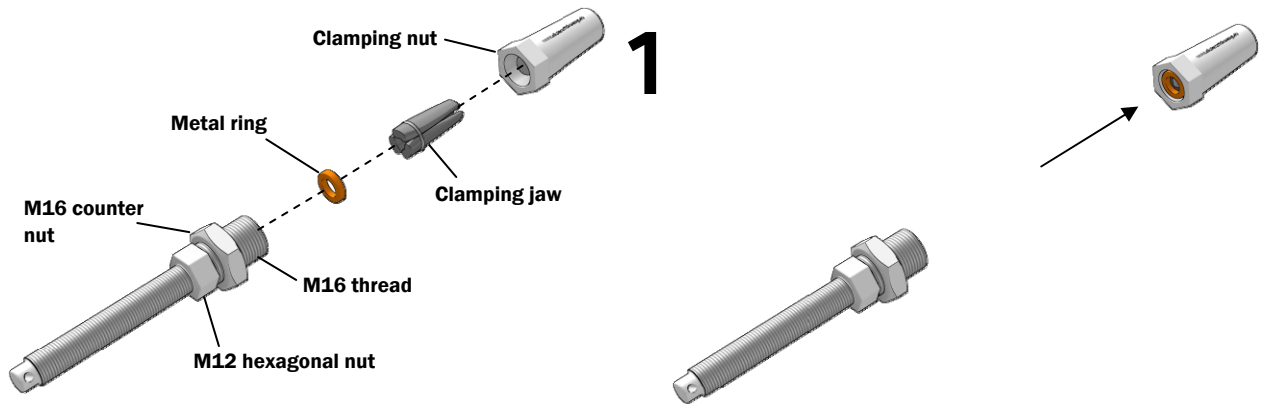


Please note: If you do not have any steel cable cutters to hand an angle grinder ("flex") can be used. To do this, first wrap several layers of insulating or sticky tape tightly around the area where the cable is to be cut otherwise the individual cable strands will fray and no longer fit into the clamping jaw!

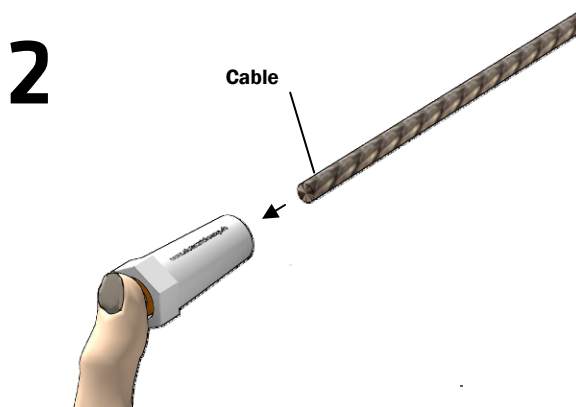
1. Unscrew the clamping nut off the tensioning element. Make sure not to lose the clamping jaw or brass ring!
2. Hold the tensioning element around the middle of the end bracket tab.
3. Mark the place where the cable needs to be cut. This can be measured as follows: **1cm down from where the M16 thread begins.**
4. Cut off any superfluous cable using stainless steel cable cutters



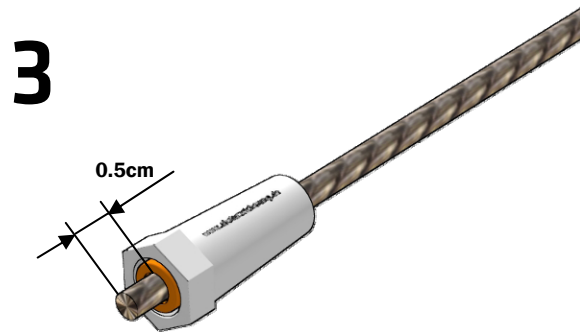
ATTACHING THE CABLE TO THE TENSIONING ELEMENT



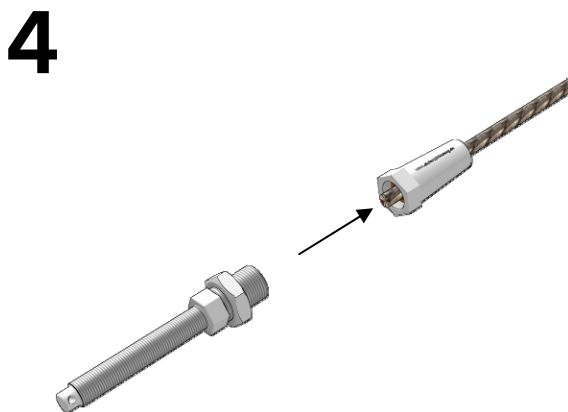
1. Unscrew the clamping nut.
Leave the clamping jaw and metal ring inside the clamping nut!



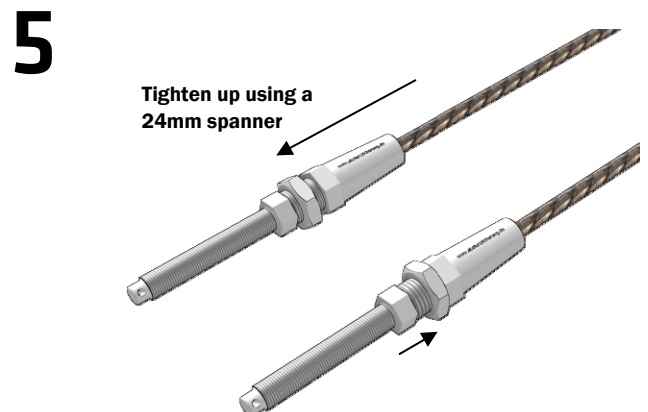
2. Insert the cable into the front end of the clamping jaw. Use your thumb to hold the clamping jaw and metal ring in place inside the clamping nut.



3. Push the cable through until it protrudes approx. 0.5cm beyond the metal ring.



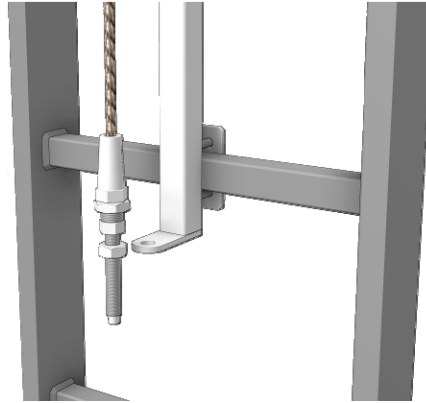
4. Pull the cable, clamping jaw and metal ring inside the clamping nut as shown in step 4.



5. Screw the clamping nut on and tighten up.
6. Counter using the M16 nut.

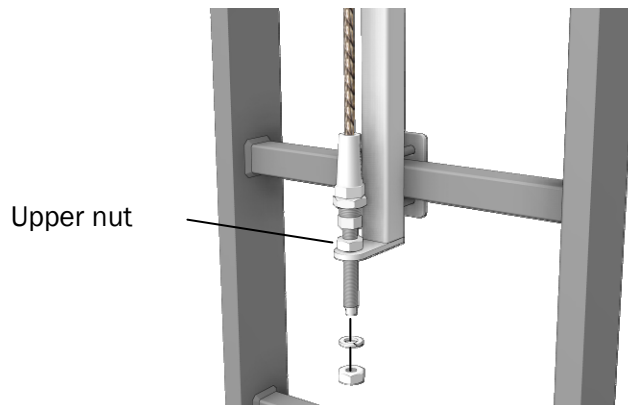
ATTACHING THE TENSIONING ELEMENT TO THE BOTTOM BRACKET

1



1. Remove the bottom nut and spring washer from the thread.

2



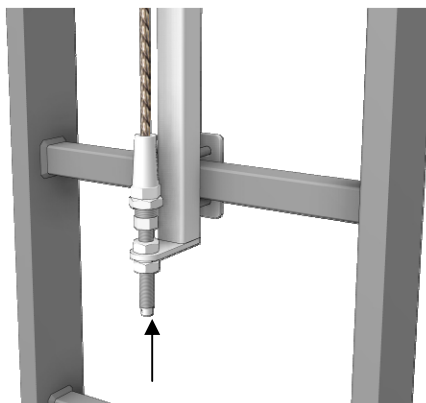
2. Insert the tensioning element into the bracket tab. Screw the upper nut upwards otherwise the cable cannot be tautened.

3

**IMPORTANT: DO NOT
OVER-TIGHTEN THE
CABLE!**

Allow the cable a little
room to work in summer.

Tighten up the cable in
winter so it is straight to
the eye.



IMPORTANT:
If the cable is pulled tight
in summer the
summer/winter stretching
of the cable may cause
damage to the brackets or
ladder rungs.

3. First screw the nut and spring washer onto the bottom and tighten them up and then counter using the upper nut.

WARRANTY

All ABS SafetyHike® system components are manufactured from stainless steel. Used under normal conditions we grant a 1 year guarantee against manufacturing faults on all components. Should, however, the system be implemented in an environment which is particularly corrosive the warranty period may be shortened. When subjected to stress (in the case of a fall) all warranty rights relating to those components designed to absorb energy and which may possibly be deformed and need replacing expire.

Damage caused to the substructure or SafetyHike components caused by pulling the cable too tight are not covered by the terms of ABS Safety's warranty. When tightening the cable, please ensure that the notes on page 11 are observed.

IMPORTANT: ABS Safety does not assume any responsibility or grant any warranties for installing the system or in cases where other installation companies are responsible for supplying and installing the components.


PRODUCTION, SALES AND SERVICE

ABS Safety GmbH
Gewerbering 3
47623 Kevelaer
GERMANY

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LABELING

A technical specification plate bearing the following information is mounted either on the arrester system itself or within visual range of it/within the area of usage:

- Protection device with rigid anchor line in accordance with EN 353-1 and CNB/P/11.073 (VG11)
- Maximum number of individuals who can use the system simultaneously
- Note that the user manual should be observed. 
- Note that the maximum load specified for the system must not be exceeded
- Note that only the certified fall absorber model may be used
- Serial number
- Installation company
- Installation date
- Service telephone number
- Next examination date
- CE-symbol and ID No. of the notified office engaged in inspecting the PPE :
DEKRA EXAM GmbH

Notified office engaged in the type approval test
DEKRA EXAM GmbH, Dinnendahlstrasse 9, 44809 Bochum, Germany

