



**CONFINED SPACE RESCUE**

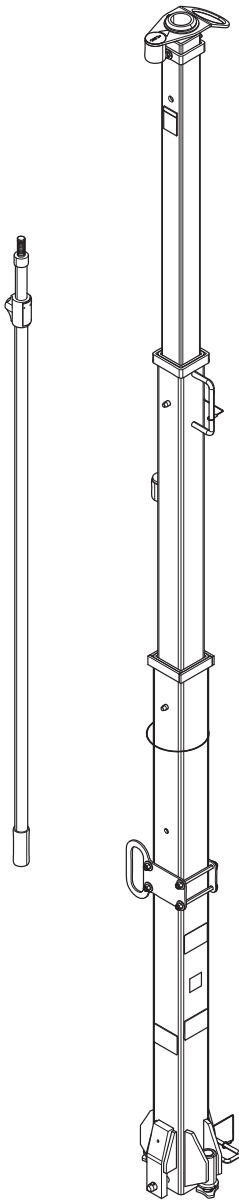
**14' Fall Arrest Post**

Model Number: 8516996

**USER INSTRUCTION MANUAL**

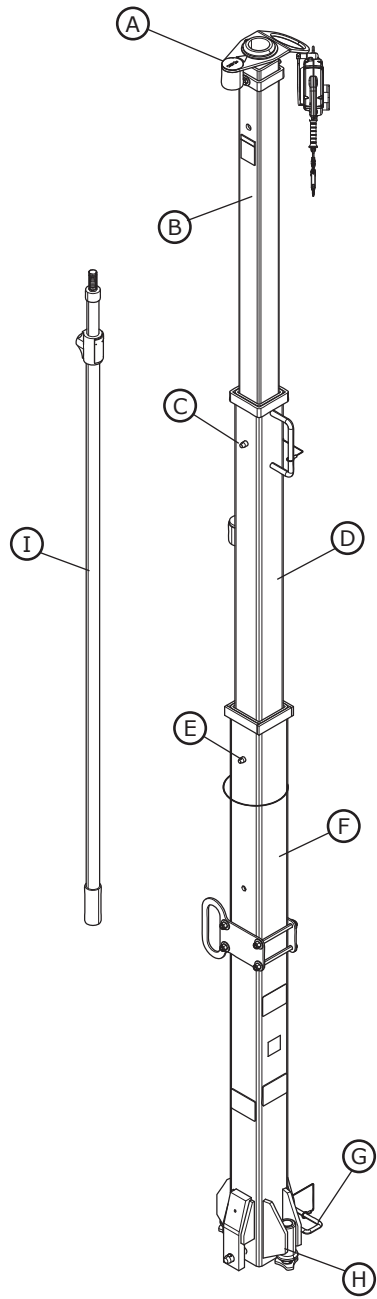
Fall Protection

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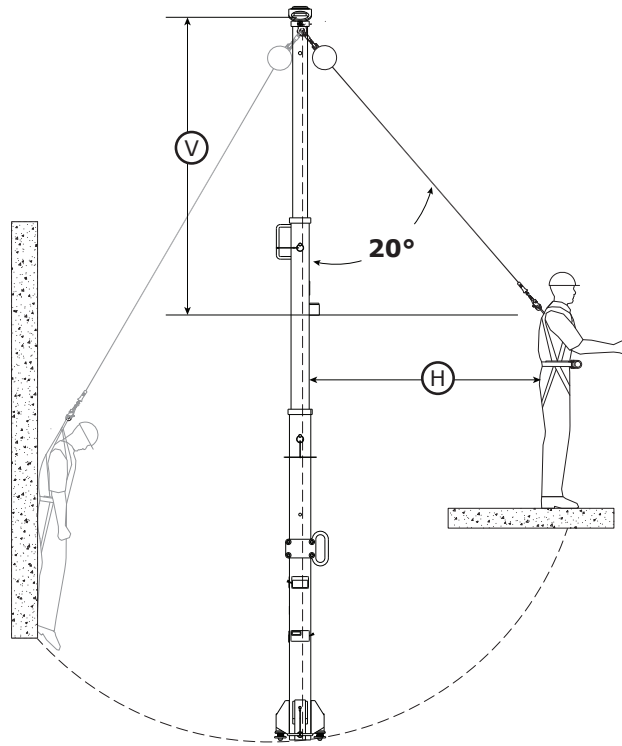


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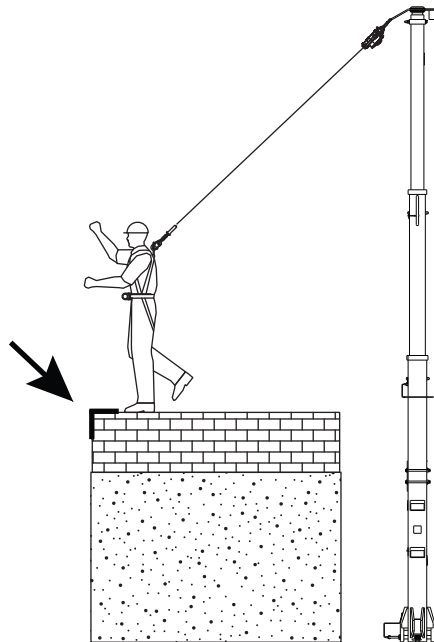




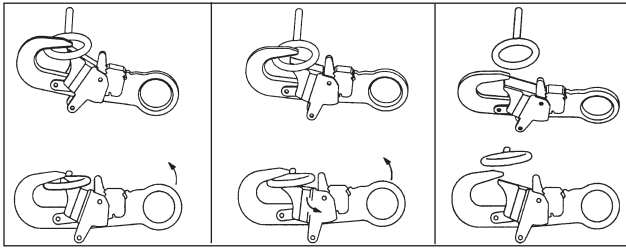
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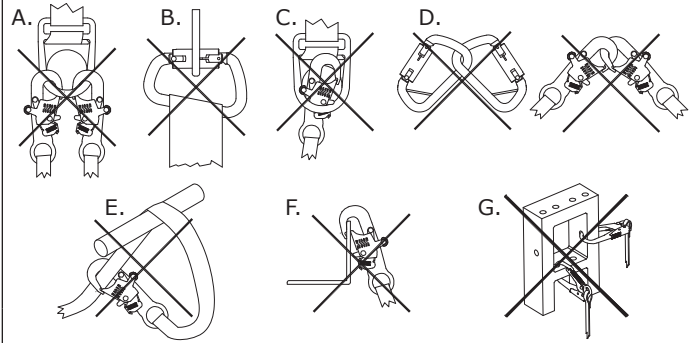


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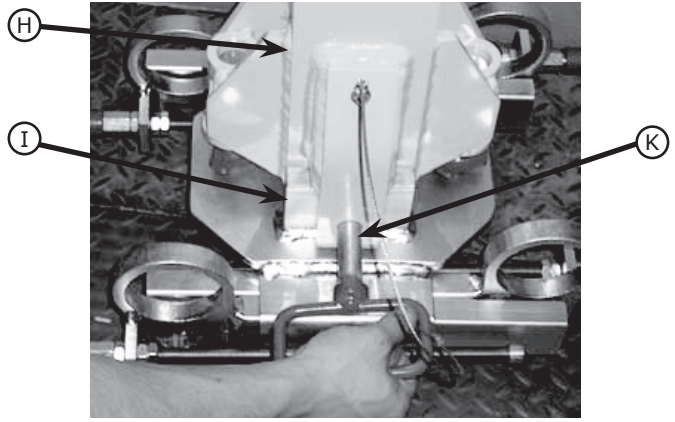
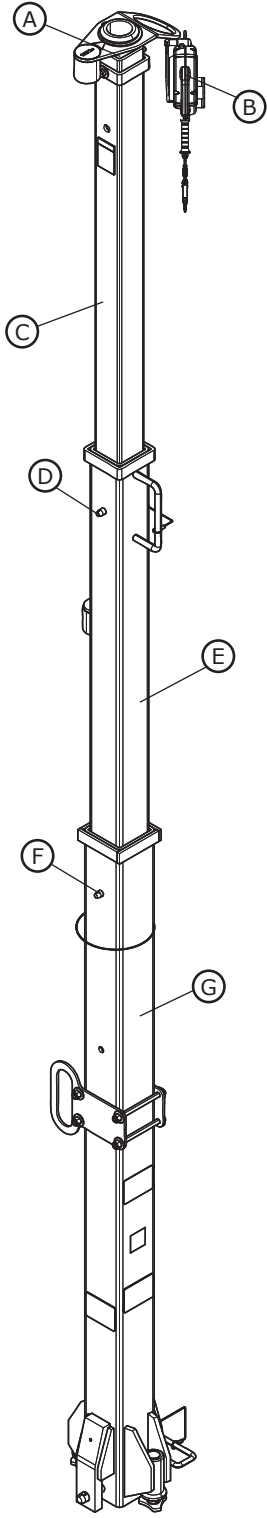
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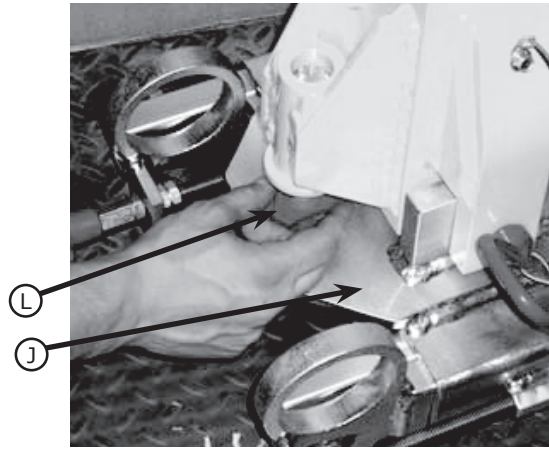
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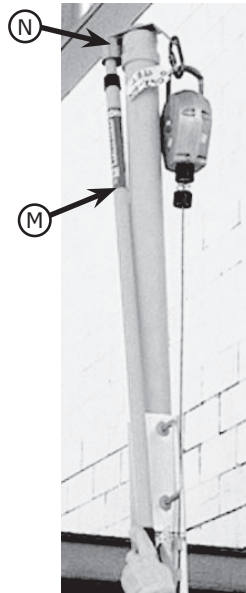




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## SAFETY INFORMATION

Please read, understand, and follow all safety information contained in these instructions prior to the use of this Confined Space Entry/Rescue Device. FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY OR DEATH.

These instructions must be provided to the user of this equipment. Retain these instructions for future reference.

### Intended Use:

This Confined Space Entry/Rescue Device is intended for use as part of a complete personal fall protection or rescue system.

Use in any other application including, but not limited to, non-approved material handling applications, recreational or sports related activities, or other activities not described in the User Instructions or Installation Instructions is not approved by 3M and could result in serious injury or death.

This device is only to be used by trained users in workplace applications.

### WARNING

This Confined Space Entry/Rescue Device is part of a personal fall protection or rescue system. It is expected that all users be fully trained in the safe installation and operation of the complete system. **Misuse of this device could result in serious injury or death.** For proper selection, operation, installation, maintenance, and service, refer to all Product Instructions and all manufacturer recommendations, see your supervisor, or contact 3M Technical Service.

- **To reduce the risks associated with working with a Confined Space Entry/Rescue Device which, if not avoided, could result in serious injury or death:**
  - Inspect the device before each use, at least annually, and after any fall event. Inspect in accordance with the User Instructions.
  - If inspection reveals an unsafe or defective condition, remove the device from service and repair or replace according to the User Instructions.
  - Any device that has been subject to fall arrest or impact force must be immediately removed from service. Refer to the User Instructions or contact 3M Fall Protection.
  - The device must only be installed in the manner detailed in the Installation Instructions or User Instructions. Installations and use outside the scope of the instruction must be approved in writing by 3M Fall Protection.
  - The substrate or structure to which the device is attached must be able to sustain the static loads specified for the device in the orientations permitted in the User Instructions or Installation Instructions.
  - Do not exceed the number of allowable users.
  - Never work below a suspended load or worker.
  - Use caution when installing, using, and moving the device as moving parts may create potential pinch points. Refer to the User Instructions.
  - Ensure proper lockout/tagout procedures have been followed as applicable.
  - Never attach to a system until it is positioned, fully assembled, adjusted, and installed. Do not adjust the system while a user is attached.
  - Only connect fall protection subsystems to the designated anchorage connection point on the device.
  - Prior to drilling or fastening, ensure no electric lines, gas lines, or other critical embedded systems will be contacted by the drill or the device.
  - Ensure that fall protection systems/subsystems assembled from components made by different manufacturers are compatible and meet the requirements of applicable standards, including the ANSI Z359 or other applicable fall protection codes, standards, or requirements. Always consult a Competent or Qualified Person before using these systems.
- **To reduce the risks associated with working at height which, if not avoided, could result in serious injury or death:**
  - Ensure your health and physical condition allow you to safely withstand all of the forces associated with working at height. Consult with your doctor if you have any questions regarding your ability to use this equipment.
  - Never exceed allowable capacity of your fall protection equipment.
  - Never exceed maximum free fall distance of your fall protection equipment.
  - Do not use any fall protection equipment that fails pre-use or other scheduled inspections, or if you have concerns about the use or suitability of the equipment for your application. Contact 3M Technical Services with any questions.
  - Some subsystem and component combinations may interfere with the operation of this equipment. Only use compatible connections. Consult 3M prior to using this equipment in combination with components or subsystems other than those described in the User Instructions.
  - Use extra precautions when working around moving machinery (e.g. top drive of oil rigs) electrical hazards, extreme temperatures, chemical hazards, explosive or toxic gases, sharp edges, or below overhead materials that could fall onto you or the fall protection equipment.
  - Use Arc Flash or Hot Works devices when working in high heat environments.
  - Avoid surfaces and objects that can damage the user or equipment.
  - Ensure there is adequate fall clearance when working at height.
  - Never modify or alter your fall protection equipment. Only 3M or parties authorized in writing by 3M may make repairs to the equipment.
  - Prior to use of fall protection equipment, ensure a rescue plan is in place which allows for prompt rescue if a fall incident occurs.
  - If a fall incident occurs, immediately seek medical attention for the worker who has fallen.
  - Do not use a body belt for fall arrest applications. Use only a Full Body Harness.
  - Minimize swing falls by working as directly below the anchorage point as possible.
  - If training with this device, a secondary fall protection system must be utilized in a manner that does not expose the trainee to an unintended fall hazard.
  - Always wear appropriate personal protective equipment when installing, using, or inspecting the device/system.

☑ If you have questions on the use, care, or suitability of this equipment for your application, contact 3M Fall Protection. For general questions, refer to national Standards including the ANSI Z359 (.0, .1, .2, .3, and .4) family of standards on fall protection, ANSI A10.32, and applicable local, state, and federal (OSHA) requirements governing occupational safety for more information about fall protection systems.

**PRODUCT DESCRIPTION:**

Figure 1 illustrates the 14’ Fall Arrest Post. It is intended for use as an anchorage in a Personal Fall Arrest System (PFAS). This system is a modular unit consisting of a three section tubular body, constructed of welded aluminum. The head assembly is equipped with a swivel tie-off ring. The post has leveling screws and a level indicator to ensure the post is installed vertically. The 14’ Fall Arrest Post has an adjustable height of 82” (208.3 cm) to 168” (426.7 cm).

Figure 2 illustrates components of the 14’ Fall Arrest Post. See Table 1 for Component Specifications.

**Table 1 – Specifications**

<b>Product Specifications:</b>		
<b>Capacity:</b>	1 Person ≤ 310 lbs (141 kg) - The 14’ Fall Arrest Post is designed for one user with a combined weight (clothing, tools, etc.) of no more than 310 lbs (141 kg).	
<b>Anghorage:</b>	The mounting structure to which the 14’ Fall Arrest Post is mounted to, must be be able to withstand a minimum 103,500 in-lb (11,700 N-m) moment load and a 1,800 lb (8,000 kN) vertical load.	
<b>Component Specifications:</b>		
<b>Figure 2 Reference</b>	<b>Component</b>	<b>Materials</b>
(A)	Swiveling Anchor Ring, Primary (Fall Arrest)	Zinc Plated Steel
(B)	Section 3	Powder Coated Aluminum
(C)	Section 2 Pin	Zinc Plated Steel
(D)	Section 2	Powder Coated Aluminum
(E)	Section 1 Pin	Zinc Plated Steel
(F)	Section 1	Powder Coated Aluminum
(G)	3/4” Mount Pin	Zinc Plated Steel
(H)	Level Adjuster	Zinc Plated Steel
(I)	Lifting Rod	Fiberglass & Aluminum
<b>1 Anchorage Connection Points:</b> Each Anchorage Connection Point has been tested and verified to a safety factor of 2:1 (1,800 lb [817 kg]) per OSHA.		

## 1.0 PRODUCT APPLICATION

- 1.1 PURPOSE:** Anchorage Systems are designed to provide anchorage connection points for a Personal Fall Arrest System (PFAS).
- 1.2 SUPERVISION:** Installation of this equipment must be supervised by a Qualified Person<sup>1</sup>. Use of this equipment must be supervised by a Competent Person<sup>2</sup>.
- 1.3 TRAINING:** This equipment must be installed and used by persons trained in its correct application. This manual is to be used as part of an employee training program as required by OSHA. It is the responsibility of the users and installers of this equipment to ensure they are familiar with these instructions, trained in the correct care and use of this equipment, and are aware of the operating characteristics, application limitations, and consequences of improper use of this equipment.
- 1.4 RESCUE PLAN:** When using this equipment and connecting subsystem(s), the employer must have a rescue plan and the means at hand to implement and communicate that plan to users, authorized persons<sup>3</sup>, and rescuers<sup>4</sup>. A trained, on-site rescue team is recommended. Team members should be provided with the equipment and techniques to perform a successful rescue. Training should be provided on a periodic basis to ensure rescuer proficiency.
- 1.5 INSPECTION FREQUENCY:** The Anchorage System shall be inspected by the user before each use and, additionally, by a competent person other than the user at intervals of no longer than one year.<sup>5</sup> Inspection procedures are described in the "Inspection and Maintenance Log" (Table 2). Results of each Competent Person inspection should be recorded on copies of the "Inspection and Maintenance Log".

## 2.0 SYSTEM CONSIDERATIONS

- 2.1 ANCHORAGE:** Structure on which the Anchorage System is placed or mounted must meet the Anchorage specifications defined in Table 1.

**FROM OSHA:** Anchorages used for attachment of Personal Fall Arrest Systems shall be independent of any anchorage being used to support or suspend platforms, and capable of supporting at least 5,000 lbs (22 kN) per user attached, or be designed, installed, and used as part of a complete Personal Fall Arrest System which maintains a safety factor of a least 2, and is under the supervision of a qualified person.

- 2.2 PERSONAL FALL ARREST SYSTEM:** Figure 1 illustrates the application of this Flexiguard Anchorage System. Personal Fall Arrest Systems (PFAS) used with the system must meet applicable OSHA, ANSI, state, and federal requirements. The PFAS shall incorporate a Full Body Harness and meet the following capabilities:

	Maximum Arresting Force	Maximum Free Fall Distance
<b>PFAS with Shock Absorbing Lanyard</b>	900 lb (4 kN)	6 ft (1.8 m)
	Arresting Force	Maximum Free Fall Distance
<b>PFAS with Self Retracting Device (SRD)</b>	900 lb (4 kN) Maximum Arresting Force or 900 lb (4 kN) Average Arresting Force (as defined in ANSI Z359.14)	2 ft (0.61 m)

- 2.3 FALL PATH AND SRD LOCKING SPEED:** A clear path is required to assure positive locking of an SRD. Situations which do not allow for an unobstructed fall path should be avoided. Working in confined or cramped spaces may not allow the body to reach sufficient speed to cause the SRD to lock if a fall occurs. Working on slowly shifting material, such as sand or grain, may not allow enough speed buildup to cause the SRD to lock.
- 2.4 HAZARDS:** Use of this equipment in areas with environmental hazards may require additional precautions to prevent injury to the user or damage to the equipment. Hazards may include, but are not limited to: heat, chemicals, corrosive environments, high voltage power lines, explosive or toxic gases, moving machinery, sharp edges, or overhead materials that may fall and contact the user or Personal Fall Arrest System.
- 2.5 FALL CLEARANCE:** There must be sufficient clearance below the user to arrest a fall before the user strikes the ground or other obstruction. Fall Clearance is dependent on the following factors:
- Deceleration Distance
  - Worker Height
  - Elevation of Anchorage Connector
  - Free Fall Distance
  - Movement of Harness Attachment Element
  - Connecting Subsystem Length

See the Personal Fall Arrest System manufacturer's instructions for specifics regarding Fall Clearance calculation.

- 2.6 SWING FALLS:** Swing Falls occur when the anchorage point is not directly above the point where the fall occurs (see Figure 3). The force of striking an object while swinging from the pendulum effects of a Swing Fall can cause serious injury. Swing Falls can be minimized by limiting the horizontal distance (H) between the user and the anchorage point. In a Swing Fall, the total vertical fall distance (F) will be greater than if the user had fallen directly below the anchorage point, thus increasing Fall Clearance required to safely arrest the user's fall. See the PFAS manufacturer's instructions for details regarding Swing Falls and Fall Clearance calculation.

**1 Qualified Person:** A person with a recognized degree of professional certificate and with extensive knowledge, training, and experience in the fall protection and rescue field who is capable of designing, analyzing, evaluating, and specifying fall protections and rescue systems to the extent required by OSHA and other applicable standards.

**2 Competent Person:** One who is capable of identifying existing and predictable hazards in the surroundings or working conditions which are unsanitary, hazardous, or dangerous to employees, and who has authorization to take prompt corrective measures to eliminate them.

**3 Authorized Person:** For purposes of the Z359 standards, a person assigned by the employer to perform duties at a location where the person will be exposed to a fall hazard.

**4 Rescuer:** Person or persons other than the rescue subject acting to perform an assisted rescue by operation of a rescue system.

**5 Inspection Frequency:** Extreme working conditions (harsh environments, prolonged use, etc.) may require increasing the frequency of competent person inspections.



**2.7 SHARP EDGES:** Avoid working where Lifeline or Lanyard components of the Personal Fall Arrest System (PFAS) can contact or abrade against unprotected sharp edges (see Figure 4). Where contact with a sharp edge is unavoidable, cover the edge with protective material (A).

**2.8 COMPONENT COMPATIBILITY:** 3M equipment is designed for use with 3M approved components and subsystems only. Substitutions or replacements made with non-approved components or subsystems may jeopardize compatibility of equipment and may effect the safety and reliability of the complete system.

**2.9 CONNECTOR COMPATIBILITY:** Connectors are considered to be compatible with connecting elements when they have been designed to work together in such a way that their sizes and shapes do not cause their gate mechanisms to inadvertently open regardless of how they become oriented. Contact 3M if you have any questions about compatibility.

Connectors (hooks, carabiners, and D-rings) must be capable of supporting at least 5,000 lbs. (22.2 kN). Connectors must be compatible with the anchorage or other system components. Do not use equipment that is not compatible.

Non-compatible connectors may unintentionally disengage (see Figure 5). Connectors must be compatible in size, shape, and strength. If the connecting element to which a snap hook or carabiner attaches is undersized or irregular in shape, a situation could occur where the connecting element applies a force to the gate of the snap hook or carabiner (A). This force may cause the gate to open (B), allowing the snap hook or carabiner to disengage from the connecting point (C).

Self-locking snap hooks and carabiners are required by ANSI Z359 and OSHA.

**2.10 MAKING CONNECTIONS:** Snap hooks and carabiners used with this equipment must be self-locking. Ensure all connections are compatible in size, shape and strength. Do not use equipment that is not compatible. Ensure all connectors are fully closed and locked.

3M connectors (snap hooks and carabiners) are designed to be used only as specified in each product's user's instructions. See Figure 6 for examples of inappropriate connections. Do not connect snap hooks and carabiners:

- A. To a D-ring to which another connector is attached.
- B. In a manner that would result in a load on the gate.

*Large throat snap hooks should not be connected to standard size D-rings or similar objects which will result in a load on the gate if the hook or D-ring twists or rotates, unless the snap hook complies is equipped with a 3,600 lb (16 kN) gate. Check the marking on your snap hook to verify that it is appropriate for your application.*

- C. In a false engagement, where features that protrude from the snap hook or carabiner catch on the anchor, and without visual confirmation seems to be fully engaged to the anchor point.
- D. To each other.
- E. Directly to webbing or rope lanyard or tie-back (unless the manufacturer's instructions for both the lanyard and connector specifically allows such a connection).
- F. To any object which is shaped or dimensioned such that the snap hook or carabiner will not close and lock, or that roll-out could occur.
- G. In a manner that does not allow the connector to align properly while under load.

### 3.0 INSTALLATION

**3.1 PLANNING:** Plan your fall protection system prior to installation of the 14' Fall Arrest Post. Account for all factors that may affect safety before, during, and after a fall. Consider all requirements, limitations, and specifications defined in Section 2 and Table 1.

#### 3.2 SETUP FALL ARREST POST:

*Never exceed the Capacity maximums specified in Table 1. Exceeding the stated capacity could collapse or tip the system, resulting in serious injury or death.*

Step 1: Before setting up for any work at heights, fall arrest, or confined space entry be sure that you have all equipment required to safely carry out the work to be performed, and to meet all applicable standards and regulations for your area.

Step 2: Set-up or locate the Fall Arrest System Base intended for use in the application according to the instructions in the applicable section of this manual. Ensure that the base is structurally sound and free of any corrosion or contamination which may affect the insertion of the connecting pin or the structural integrity of the base.

Step 3: As shown in Fig. 8 (A), insert the 14' Fall Arrest Post (H) between the base plates tabs (I) and visually align the 3/4" holes. Secure the Post by inserting the 3/4" pin (K) through the base plate tabs (I) and the fall arrest post holes. Make sure the pin fully engages both the base plate tabs (I) and the entire post to lock the post firmly in place.

Step 4: Before extending the post, tag the SRD lifeline snap hook onto the handle of the unit so it is accessible to clip the operator to the SRD prior to climbing. This post is capable of adjustment to a variety of heights below 14 feet by adjusting the sections of the post. Adjust the post according to the height of the application that the work is performed. See Figure 8. Extend the post by removing both pin assemblies (D & F). Using the extension pole (M), insert the pole into the socket (N) on Section 3 and extend the sections. Align the holes and secure using pin assemblies (D & F).

Step 5: The 14' Fall-Arrest Post (Fig. 8) must be in a vertical position at all times when it is being used as a Fall Arrest anchor point. The Post may be leveled by using the adjuster screws (L) the base plate (J) or a combination of these. The adjuster screws are alternately loosened and tightened to level the Post.

Step 6: Once the system is set-up inspect all components, fasteners, and other parts for wear, damage, corrosion, looseness, or any other condition that may reduce the integrity of the system. Components which are worn, damaged, corroded, or loose, must be tagged, marked with 'DO NOT USE' or like wording and prevented from being used until repaired or replaced as required.

Step 7: Following all instructions contained in the manufacturer's instructions for any PFAS or any other devices being used, the appropriate section of this manual or other manuals for any DBI-SALA Accessories being used, and all applicable standards or regulations governing Fall Protection, Confined Space Entry/ Retrieval and Rescue for your area proceed with the work.

#### 3.3 MOUNTING BASES

**A. Weld on plates:** Weld-on Plates (Part Numbers; 10816, 16775, 16776, 16777) are designed to be permanently welded to existing structures in locations of frequent work, or where use of portable base is impractical. These mounting plates are compatible with all DBI-SALA Portable FAS Posts and Accessories. Weld on Plates permanently address Portable Fall-Arrest Anchor Post mounting base requirements for steel structures. See Figure 7.

**B. Installing Weld-on Plates:** Specific installation instructions are beyond the scope of this product operator's manual. Consult DBI-SALA Safety Product Specification Sheet #10816, 16775, 16776, 16777 for detailed information on welding procedures, mounting requirements and application restrictions.

**C. Setup of the 14' Portable Fall Arrest Post:** Install and level the Portable Fall-Arrest Post as outlined in Section 3.2.

**4.0 BEFORE EACH USE:** Verify that your work area and Personal Fall Arrest System (PFAS) meet all criteria defined in Section 2 and a formal Rescue Plan is in place. Inspect the 14' Fall Arrest Post per the 'User' inspection points defined on the "Inspection and Maintenance Log" (Table 2). If inspection reveals an unsafe or defective condition, do not use the Anchor Post FAS. Remove the system from service and contact 3M regarding replacement or repair.

**SAFE WORK AREA:** *Figure 3 illustrates the Safe Work Area for the 14' Fall Arrest Post. Never work in an area where the angle of the lifeline exceeds 20° from vertical.*

## 5.0 INSPECTION

**5.1 INSPECTION FREQUENCY:** The Anchorage System must be inspected prior to use. Inspection frequency, Inspection findings, date and corrective should be recorded in the "Inspection and Maintenance Log". Inspect all other components of the Fall Protection System per the frequencies and procedures as defined in the respective manufacturer's instructions.

**RFID:** Some Anchorage Systems are equipped with an Radio Frequency Identification (RFID) Tag. The RFID Tag can be used in conjunction with a Handheld Reading Device to simplify inspection and inventory control and provide records for you fall protection equipment. If you are a first-time user, contact 3M Fall Protection.

- Inspect the System for physical damage. Look carefully for any signs of cracks, dents or deformities in the metal. Make certain components are not deformed in any way and that they move correctly.
- Inspect the System for signs of excessive corrosion.
- Ensure the condition of the mounting surface will support System loads.
- If using a support post, ensure that the base is securely attached to the mounting surface.
- Inspect each system component or subsystem (i.e. self retracting lifeline, full body harness, etc.) per associated manufacturer's instructions.
- Record the inspection date and results in the Inspection and Maintenance log.

**5.2 DEFECTS:** If inspection reveals an unsafe or defective condition, remove the Anchorage System from service immediately and contact 3M Fall Protection regarding replacement or repair. Do not attempt to repair the Anchorage System.

**5.3 PRODUCT LIFE:** The functional life of the Anchorage System is determined by work conditions and maintenance. As long as the product passes inspection criteria, it may remain in service.

## 6.0 MAINTENANCE, SERVICING, STORAGE

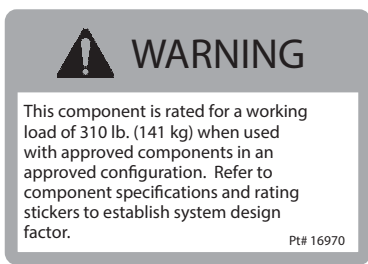
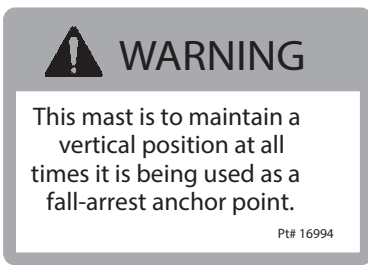
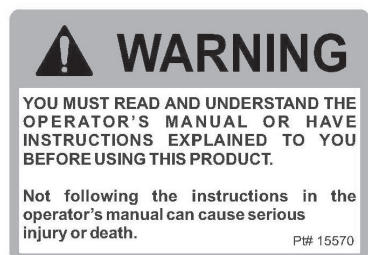
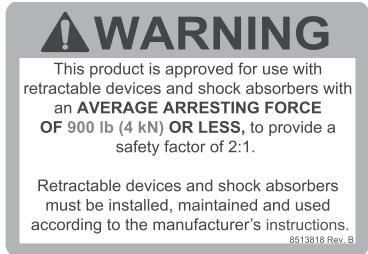
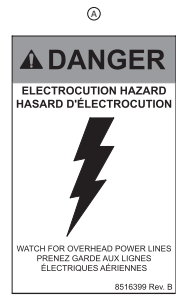
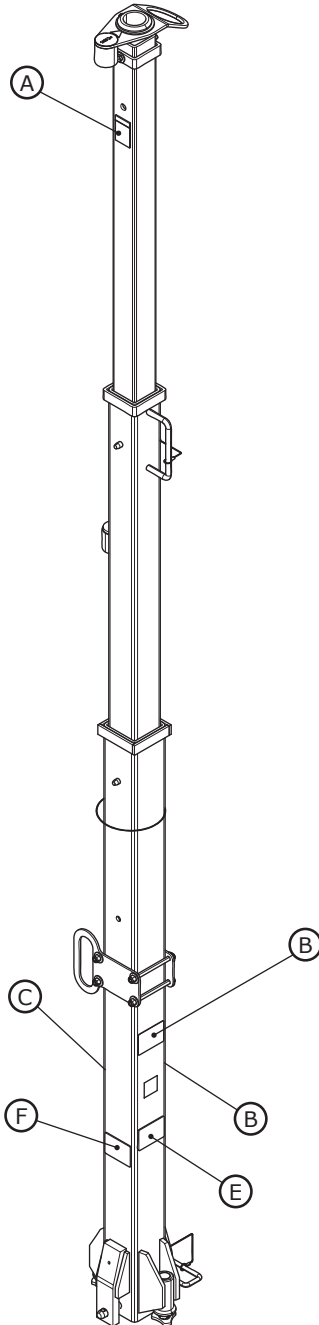
**6.1 CLEANING:** Periodically clean the Anchorage System's metal components with a soft brush, warm water, and a mild soap solution. Ensure parts are thoroughly rinsed with clean water.

**6.2 SERVICE:** Only 3M Fall Protection or parties authorized in writing by 3M Fall Protection may make repairs to this equipment. If the Anchorage System has been subject to fall force or inspection reveals an unsafe or defective conditions, remove the system from service and contact 3M Fall Protection regarding replacement or repair.

**6.3 STORAGE AND TRANSPORT:** When not in use, or where appropriate, store and transport the Anchorage System and associated fall protection equipment in a cool, dry, clean environment out of direct sunlight. Avoid areas where chemical vapors may exist. Thoroughly inspect components after extended storage.

**LABELS**

The following labels must be present on the Flexiguard 14' Portable Fall Arrest Post. Labels must be replaced if they are not fully legible. Contact 3M Fall Protection for replacement labels.









## U.S. PRODUCT WARRANTY, LIMITED REMEDY AND LIMITATION OF LIABILITY

**WARRANTY:** THE FOLLOWING IS MADE IN LIEU OF ALL WARRANTIES OR CONDITIONS, EXPRESS OR IMPLIED, INCLUDING THE IMPLIED WARRANTIES OR CONDITIONS OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE.

Unless otherwise provided by applicable law, 3M fall protection products are warranted against factory defects in workmanship and materials for a period of one year from the date of installation or first use by the original owner.

**LIMITED REMEDY:** Upon written notice to 3M, 3M will repair or replace any product determined by 3M to have a factory defect in workmanship or materials. 3M reserves the right to require product be returned to its facility for evaluation of warranty claims. This warranty does not cover product damage due to wear, abuse, misuse, damage in transit, failure to maintain the product or other damage beyond 3M's control. 3M will be the sole judge of product condition and warranty options.

This warranty applies only to the original purchaser and is the only warranty applicable to 3M's fall protection products. Please contact 3M's customer service department at 800-328-6146 or via email at 3MFallProtection@mmm.com for assistance.

**LIMITATION OF LIABILITY:** TO THE EXTENT PERMITTED BY APPLICABLE LAW, 3M IS NOT LIABLE FOR ANY INDIRECT, INCIDENTAL, SPECIAL OR CONSEQUENTIAL DAMAGES INCLUDING, BUT NOT LIMITED TO LOSS OF PROFITS, IN ANY WAY RELATED TO THE PRODUCTS REGARDLESS OF THE LEGAL THEORY ASSERTED.



Fall Protection

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