

Limited Warranty

Yates Gear Inc. warrants for one year from the purchase date and only to the original retail buyer that our products are free from defects in material and workmanship. If the buyer discovers a warranty related defect, the buyer should return the product to Yates Gear Inc. Yates Gear Inc. reserves the option to repair or replace any product returned under warranty. That is the extent of our liability under this warranty and, upon the expiration of the applicable warranty period, all such liability shall terminate.

Warranty Exclusions

Yates Gear Inc. does not warrant products against normal wear and tear, unauthorized modification or alteration, improper use, improper maintenance, accident, misuse, negligence, damage, or if the product is used for a purpose for which it was not designed. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. Except as expressly stated in this warranty, Yates Gear Inc. shall not be liable for direct, indirect, incidental, or other types of damages arising out of, or resulting from the use of the product.

Warning

Products manufactured by Yates Gear Inc. are intended for use by professionals trained and experienced in the use, inspection, and maintenance of these products. Many products which Yates manufactures are used in high angle environments which pose a very substantial risk of serious injury or death. You must read and understand all of the manufacturer's instructions before use. Any person purchasing this equipment assumes the responsibility for seeking proper training in its use. Purchaser also assumes all risk for any injury or damage sustained while using any of this equipment. Failure to follow these warnings increases the risk of injury and death.

Keep this user instructions/information sheet as a permanent record after it is separated from the harness/belt, and make a copy to be kept with the harness/belt.

It is suggested that the user refer to this user information sheet before and after each use of the harness/belt.

Do not alter or intentionally misuse this harness in any way. Any alterations or repairs to this harness should be conducted by the manufacturer only.

Use caution when using this equipment around moving machinery, electrical hazards, sharp edges, chemical hazards and high heat environment or flame. Carry the harness/belt where it will be protected as the harness/belt could melt or burn and fall if exposed to flame or high temperature.

This sheet has been prepared in accordance with the requirements of NFPA 1983 (2017 edition).

If you have any questions concerning the condition of your harness/belt, or have any doubt about putting it into service contact manufacturer.

Yates Gear Inc.

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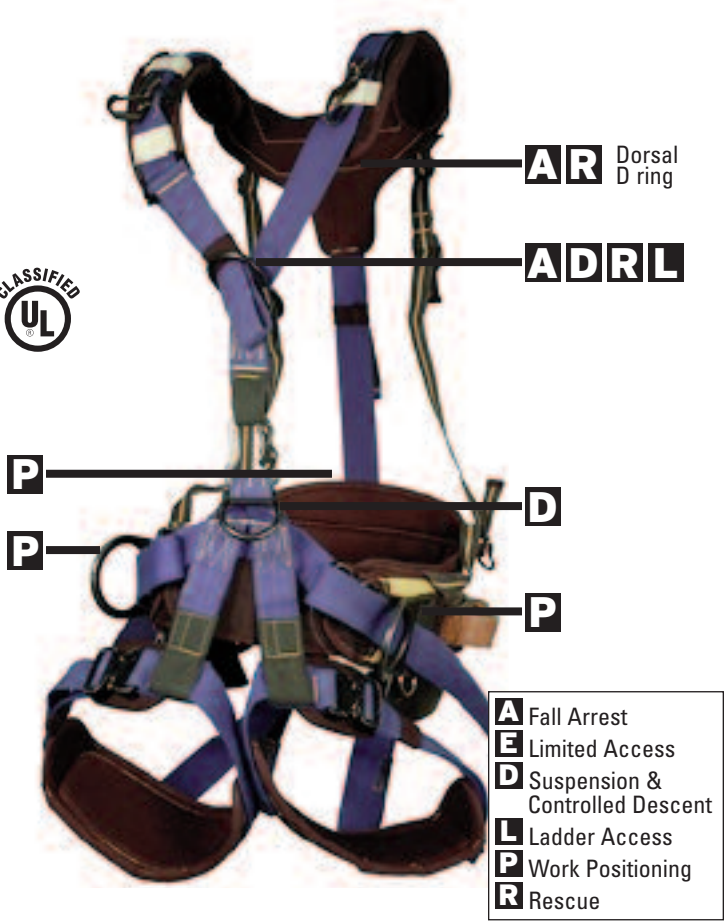
www.yatesgear.com

Rev. 11.2017

390FRC Construction Lineman Harness

In conjunction with PG&E, Yates has designed the 390FRC Construction Lineman Harness to meet the stringent requirements of ASTM F887-13 Electric Arc-Flash rating for personal climbing equipment. Cobra quick connect buckles are on the waist portion of the harness, an ANSI compliant carabiner to attach chest to seat, and diagonal rear support webbing to distribute the load from chest through shoulders and down to the waist belt over the hips. Chest portion of harness specifically designed with U shape for tower access work and is tailored to reduce chafing of the neck. Constructed from webbing which is a blend of Nomex in the exterior for comfort and durability and Kevlar in the interior for strength. Specially designed for the professional transmission tower worker. Wide anatomical waist pad for increased comfort and added back support. Modular work/tool pouch system allows the user to customize each harness to their own arrangement. Easily adjustable for variations in clothing by use of camlock and cobra buckles. Attachment points at waist, hips, chest, back (lumbar) and back (dorsal). Extra large side positioning rings (lineman style) allow the user to easily make connections to safety belt. Weight 7 lb. 7 oz.

- Sizes S, M, L, XL, XXL
- UL classified to meet NFPA 1983/2017 edition standards
- UL classified to ASTM F887-13 and ANSI Z359.11-2014
- Meets ANSI/OSHA Class III harness standards
- Contoured shoulder pads included



390FRC Construction Lineman Harness



Yates PROFESSIONAL

SIZE/GRANDEUR:
 S M L XL
 ONE SIZE FITS ALL

GROUP:
 A D E L P R

CLASS III FULL BODY HARNESS
 CAPACITY 310 LBS.
 MADE IN U.S.A.

MFG. YEAR/MONTH

| | | | | | |
|----|----|----|----|----|----|
| 17 | 18 | 19 | 20 | 21 | 22 |
| J | F | M | A | M | J |
| J | A | S | O | N | D |

INSPECTION LOG

| | | | | | |
|------|--|--|--|--|--|
| 2017 | | | | | |
| 2018 | | | | | |
| 2019 | | | | | |
| 2020 | | | | | |
| 2021 | | | | | |
| 2022 | | | | | |
| 2023 | | | | | |
| 2024 | | | | | |
| 2025 | | | | | |
| 2026 | | | | | |
| 2027 | | | | | |

USER IDENTIFICATION
 MARK WITH PERMANENT MARKER

DO NOT REMOVE THIS LABEL

WARNING! DO NOT REMOVE THIS LABEL

- You could be killed or seriously injured if you do not read and understand this label before using harness.
- Special training and knowledge are required to use this harness.
- The user is responsible for understanding the intended use of this harness.
- You must thoroughly read and understand all manufacturer's instructions before use.
- Use and inspect harness only in accordance with the manufacturer's instructions.
- Refer to additional manufacturer's instructions furnished with this harness before use.

Double-check webbing through buckle as shown leaving a minimum of 3 inches of tail.

CLASSIFIED UL 93F4

EMERGENCY SERVICES LIFE SAFETY HARNESS
 IN ACCORDANCE WITH NFPA 1983-2017
 ALSO IN ACCORDANCE WITH ANSI/ASSE Z359.11-2014
 MANUFACTURED BY YATES GEAR, INC.
 MADE IN USA. MATERIAL: KEVLAR/NOMEX
 MEETS THE LIFE SAFETY HARNESS REQUIREMENTS OF NFPA 1983,
 STANDARD ON LIFE SAFETY ROPE AND EQUIPMENT FOR
 EMERGENCY SERVICES 2017 EDITION, CLASS III. THIS
 HARNESS IS FLAME RESISTANT! DO NOT REMOVE THIS LABEL!

TYPE OF HARNESS _____
 LOT & DATE OF MFG. _____
 CLASS II HARNESS: FITS WAIST SIZE _____
 CLASS III ONE PIECE HARNESS: _____
 FITS WAIST SIZE _____ FITS HEIGHT _____

CLASSIFIED UL 93F4

CLASS III FULL BODY HARNESS
 CAPACITY 310 LBS. (140 KG)
 MEETS: ANSI/ASSE Z359.11-2014,
 ASTM F887-13
 MATERIAL: KEVLAR/NOMEX
 ALWAYS USE SELF-LOCKING SNAP
 LINKS FOR CONNECTING TO HARNESS
 THAT MEETS ANSI Z359.12-2009
 STANDARD.

FOLLOW LIST BELOW FOR
 APPROPRIATE CONNECTION
 TO HARNESS:

A: FALL ARREST
 E: LIMITED ACCESS (IF PRESENT)
 D: SUSPENSION & DESCENT CONTROL
 L: LADDER ACCESS (IF PRESENT)
 P: WORK POSITIONING (IF PRESENT)
 R: RESCUE (IF PRESENT)

SEE INSTRUCTIONS FOR MORE DETAILS
 FULL BODY HARNESS IN ACCORDANCE
 WITH ANSI/ASSE Z 359.11-2014. ALSO IN
 ACCORDANCE WITH ASTM F887-13

CLASSIFIED UL 93F4 05-15-17
 DO NOT REMOVE THIS LABEL. REV. 042017

Labels Located Inside Nomex Wrap Located on Dorsal D Ring Adjustment Strap

390FRC Construction Lineman Harness

Designed for use as a Type I full body harness per the requirements set forth in ASTM F887-13 and ANSI Z359.11-2014.

Usage and Applications

D ring located in the rear between the shoulders (dorsal) as well as sternal D ring (2 ft. free fall max.) should be used for all Class III full body fall arrest applications. Attach only ANSI compliant lanyards and shock absorbing/decelerating devices to dorsal or sternal D ring (excluding appropriate rope access backup applications). Maximum free fall distance is dictated by type of fall protection lanyard or system utilized. Following current ANSI specifications, sternal attachment of fall arrest systems should be limited to 2 ft. free fall. Dorsal attachment allows for 6 or 12 ft. free fall if utilizing energy absorbing lanyards designed for 6 or 12 ft. free fall. Ensure complete inspection and qualified person verification of fall protection system to meet needed protection.

Maximum capacity of harness is 310 lbs. per ANSI Z359.11-2014

Before Use

The techniques employed in the proper and safe use of this equipment may only be learned through *personal* instruction received from an instructor who is well-qualified in all phases of vertical rope work. Such instruction will include an evaluation of your comprehension of, and ability to perform, the tasks required to safely and efficiently use this equipment. Never attempt its use until you have received such instruction and are believed competent by your instructor.

Donning and Fitting the Harness

First inspect entire harness: see section Maintenance, Service, Storage
Step 1: Locate black aluminum rear fall arrest D ring located on rear of harness. Hold harness up by this D ring and ensure that the straps are not twisted.

Step 2: Disconnect carabiner that attaches chest portion of harness from waist portion of harness.

Disconnect all Cobra quick connect buckles. Cobra buckles are located on left and right side of waist belt and on leg loop areas of harness. Loosen adjuster buckle located at shoulder/chest by lifting up on side tabs located on buckle. Loosen shoulder completely.

Step 3: Pull up waist portion of harness and secure with cummerbund. Secure left and right Cobra waist belt buckles and tighten waist portion of harness to be snug around waist.

Step 4: Connect and secure the Cobra buckles located on leg loop portion of harness and snug up leg loops.

Step 4: Pull chest portion of harness over head and attach carabiner behind waist D ring.

Dorsal D ring should be adjusted to sit between shoulder blades. Tighten chest portion of harness to be snug.

Step 5: Make certain straps are not tangled and hang freely. Black chest D ring will be positioned in front. Adjust all buckles to be snug starting with leg straps, then waist, shoulders and chest. Always adjust harness from the leg working up the harness. It is not necessary to tie-off any adjuster buckle on this harness. Secure webbing ends in elastic keepers.

Sharp Edges

Avoid working where the harness will be in contact with, or abrade against, unprotected or sharp edges. If working with this equipment near sharp edges is unavoidable, protection against cutting should be provided by using a heavy pad or other means over the exposed edge.

Roll Out

When using a hook to connect to an anchor or when coupling components of a system together, be certain accidental disengagement (roll out) cannot occur. Roll out occurs when a hook is snapped into an undersized ring or non-compatible shaped connector (D ring) causing the hook's gate or keeper to accidentally open and release. Self-locking snap hooks or self-locking and self-closing gate carabiners should be used to reduce the possibility of roll out. Do not attach two snap hooks onto one D ring.

After a Fall

Harnesses which have been subject to the forces involved in arresting a fall must be removed from service and destroyed.

Inspection Procedures

Before and after each use, visually and by touch, inspect this equipment for cracks, distortion, corrosion, gouges, sharp edges, burrs, or rough areas on all metal parts and for cuts, tears, abrasion, melting or excessive fuzzing, soiling, or staining of the nylon, nomex, or kevlar webbing. Inspect for chemical or heat damage indicated by brown, discolored, or brittle areas. Inspect for ultraviolet damage indicated by discoloration and the presence of splinters or slivers on the webbing surface. Inspect all stitching for abrasion, discoloration and wear to ensure integrity. Inspect stitching for pulled or cut stitches. Inspect all connectors to ensure smooth operation and full closure. Examine fully for any worn or damaged parts. Ensure all hardware (D rings, buckles, etc.) are present. Thoroughly inspect harness after any period of extended storage. Compare this equipment with a new model if necessary to determine its condition. Remove it from service if there is any doubt about its safety or serviceability. If inspection reveals an unsafe or defective condition, remove the equipment from service and destroy. This equipment is not repairable. No repairs or alterations are permitted.

Remove this equipment from service and destroy if it has been subjected to the forces of arresting a fall.

The functional life of this equipment is determined by work conditions and maintenance. As long as the equipment passes inspection criteria, it may remain in service.

Fully inspect this equipment prior to each use and additionally at a minimum of yearly by a competent inspector and recorded. Failure to properly inspect this equipment could result in product failure and serious injury or death.

Storage and Maintenance

Store harness in a cool, dry, clean environment out of direct sunlight and away from harmful fumes or vapors. Do not expose harness to flame or high temperature environments. Avoid contact with any corrosive or caustic chemical agents such as acids, bases, or petroleum products. Discontinue use of product if it has come in contact with any of the above listed or any suspect chemical agents. Avoid storage and use of harness in areas where chemical vapors may exist. Minor sharp edges on any hardware may be smoothed with a fine abrasive cloth. Discontinue use of harness and remove from service if inspection reveals an unsafe condition.

Cleaning

Carefully clean and dry this equipment to remove all dirt or foreign material and moisture. Clean harness with warm water in a mild detergent solution. Wipe off hardware with clean, dry, cloth and hang to air dry. Do not force dry with heat.

Additional Information

Additional information regarding this type of equipment can be found in the following publications:

ANSI Z359.11-2014 Safety Requirements for Full Body Harnesses

Records

It is suggested that the user of this harness keep a permanent record listing the date and results of each usage inspection. Such record should show, as a minimum, inspection criteria as written in this document.

Use of this User Information Sheet

It is suggested that this user information sheet be retained in a permanent record after it is separated from the harness/belt, and that a copy of it be kept with the harness/belt.

It is suggested that the user refer to this user information sheet before and after each use of the harness/belt.

Do Not Remove Product Labels

Camlock Buckle System ①

Tighten the buckle by pulling on the free end of the webbing. Secure the free end of the webbing with the elastic keeper.

The buckle will adjust easier when tightening if the buckle is opened slightly by lifting on the tabs located on the side of the buckle while securing. To loosen the buckle, lift on the tabs located on the side of the buckle until the buckle is past vertical.



Cobra Buckle System A and B above right

To secure Cobra buckle insert adjuster female end into non-adjuster male end of buckle. Insure buckle clicks. Pull free end of webbing on female adjuster side to adjust to desired fit.

To disconnect Cobra buckle, press both ears located in center of buckle simultaneously.

WARNING: Keep buckle free of excessive dirt or dust. Buckle mechanism can be cleaned with compressed air or washed out with warm water and then blown dry with compressed air. Do not apply any oil or lubricant to buckle mechanism as this will attract dirt and dust and could make the buckle malfunction.

REMOVE FROM SERVICE!

WARNING!

This harness is equipped with a fall arrest indicator and label located just below the rear dorsal D-ring on the inside of the webbing that connects the rear of the chest to the rear of the seat portions of the harness. The label reads REMOVE FROM SERVICE! If this label is present after a fall occurs, this harness must be immediately removed and retired from service.

WARNING!

This harness has an allowable stretch of 25 inches (63 cm).

The user of this harness must have a safe working distance below them of at least 25 inches (63 cm).

WARNING!

No manufacturer can predict every potential hazard that exists with the use of any particular equipment. Yates Gear is not responsible for the mis-use of equipment or the negligence of end users. Training from competent, qualified trainers proven to be knowledgeable in its use is required prior to the use of this product.

- *You could be killed or seriously injured if you do not read and understand the user information before using this equipment.*
- *This product is part of a personal protective, rescue or work support system.*
- *Special training and knowledge are required to use this equipment.*
- *You must thoroughly read and understand all manufacturer's instructions before use.*
- *You must read and follow the manufacturer's instructions for this product and each component of the complete system.*
- *Use and inspect this equipment only in accordance with these instructions.*
- *You are responsible for understanding the intended use of this harness, and the intended application and use of each of the multiple attachment points located on this harness.*

- *Only make compatible connections.*
- *Avoid sharp edges and abrasive surfaces.*
- *Do not loop positioning lanyards around small diameter structural members.*
- *Do not alter this equipment in any way.*
- *Do not misuse this equipment in any way.*
- *Do not expose this equipment to harmful chemicals.*
- *Do not use this equipment around moving machinery, electrical hazards, sharp edges, or abrasive surfaces without competent analysis that the user is protected from potential harm.*
- *Never use combinations of components and subsystems that may affect or interfere with the safe function of this equipment.*
- *The user of this equipment should formulate a rescue plan and the means at hand to implement it when using this equipment.*
- *These manufacturer's instructions must be provided to the end user of this harness.*
- *User must include harness stretch (6 inches), D ring/connector length, settling of the user's body and all other contributing elements in all clearance calculations.*

Important Note: Instructions Regarding Anchorage Requirements for Personal Fall Arrest Systems (PFAS)

The anchorage selected for a personal fall arrest system (PFAS) shall have a strength capable of sustaining static loads applied in direction permitted by the PFAS of at least:

- (a) Two times the intended load (maintain safety factor of at least two) when certification exists, or
- (b) 5000 lbs. (22.2kN) in absence of certification

When more than one PFAS is attached to a single anchorage, the anchorage strength set forth in (a) and (b) above shall be multiplied by the number of PFAS's attached to the anchorage.

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