

Poseidon Wireman & Rescue Swimmers Harness

PRSH1196 &
PRSH1196(LP)

User's Manual



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Poseidon Wireman/Rescue Swimmers Harness PRSH1196 & PRSH1196(LP)

Owner's Manual Part No. PMPRSH1196-1



Product Warning – Read Manual prior to use:

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Three Levels of Caution Notices



Danger of death

The **WARNING** indicates a procedure or situation that, if not avoided, could result in serious injury or death to the User



Possible Damage to Apparatus

The **CAUTION** indicates any situation or technique that could cause damage to the product and could subsequently result in injury to the user.



The **NOTE** is used to emphasize important aspect, tips, and reminders.

Product Description

The PRSH1196 and PRSH1196(LP) Wireman/Rescue Swimmers Harness is a unique ANZS1891.1 approved harness, incorporating dynamic movement, with a controlled snug fit to the body.

The PRSH1196 is designed to be integrated to the Poseidon Life Jacket system via the modular design and weeing attachment points, where once integrated the design becomes the PRSH1196(LP) {Life Preserver}.

The PRSH1196(LP) has been approved to both TSO-C13f and ISO12402 (SOLAS) to be fully compliant in Aviation and Maritime use.

The PRSH1196(LP) is also ANZS1891.1 Approved with the Life Jacket integrated during the testing and approval phase of the Drop Tests.

The PRSH1196 & PRSH1196(LP) are made entirely of FR materials with areas of hi-luminance colouring for ease of visual identification, and Stainless Steel 316 fittings.

The design allows for use with of Users of 40kg – through to 150kg via the two size options, in a design which ensures the User at all times are held securely and comfortably within the harness, at the correct angle for stability, as stipulated within ANZS1891.1

With correct adjustment of the two Shoulder, two Waist points and two Crotch adjustment points, the Users are offered a snug, comfortable and correct angle during the winching process

The PRSH1196 & PRSH1196(LP) offers the Wireman/Rescue Swimmer comfort in long durations of use, with the fit remaining snug to the person throughout all ranges of body movement.

General Pre-Cautions and Warnings.



Poseidon recommends that these instructions are read in conjunction with AS/NZS 1891.4:2009 “Industrial fall-arrest systems and devices”.



The PRSH1196 & PRSH1196(LP) is an Integrated harness design and is not allowed to be altered, amended or added to in any form, unless agreed to by manufacturer in writing and counter signed by the Aviation Authority



Users must be certified and competent in the use of this equipment



All equipment must be checked by the end-user before and after each use. If there is any doubt about the condition of the equipment or its ability to perform it should be removed from service and marked clearly with “Non-Serviceable” and isolated.



All equipment must be checked by the end-user before each use to ensure the item is in service and has received a 6 month Inspection with the appropriate Release To Service (RTS) inspection tag/card for that current period

Intended Use:

The Wireman/Rescue Swimmers Harness may be used for:
Hoisting of Front Rings joined together, or Rear Dorsal attachment limitations:



The harness is only permitted to be used where the maximum allowable free fall distance is less than 2 meters



All fall arrest connection points are labeled. Front fall arrest “D” rings or webbing loops are to be connected together using a karabiner or similar device.



Only the attachment points marked for fall arrest shall be used for the attachment of lanyards or other equipment provided to arrest a free fall



Only the attachment points marked for fall arrest shall be used for the attachment of lanyards or other equipment provided to arrest a free fall



All other attachments are for pole straps, limited fall or retrieval only and are not suitable for fall arrest.



Confined Space Attachment Points are for victim evacuation only and should be used in conjunction with a two-point spreader frame.

The spreader frame must be attached to the loops on the shoulder straps of the harness.
(Refer to AS 2865 for confined space procedures and practices.)



Only competent users who have received training should use this equipment. (Refer to the AS/NZS 1891-4: 2009 recommendations concerning selection, use and maintenance.)



Personal energy absorbers that absorb energy by permanent deformation or destructive action must be discarded if that process has commenced.



No modifications or alterations are to be made to the equipment, this will make the Standard compliance and warranty null and void



Ensure that the harness or webbing does not come into contact with high temperature surfaces, welding, heat sources, electrical hazards or moving machinery. Specially designed harnesses with high heat webbing is available for specialized heat applications



If the equipment is used in areas, or comes into contact with hazardous chemicals, e.g. cleaning materials or atmospheres that may cause damage to the product, contact the manufacturer to see if it is still suitable for use.



All equipment that has been involved in preventing a fall or significant loading must be withdrawn from service and destroyed



The following instructions for the use of the PRSH1196 & PRSH1196(LP) from this point forward are based on the User being certified for the Operations, that the item and its use, and has been stored correctly and packed in accordance with the manual for use

Donning of the PRSH1196 & PRSH1196(LP):

1.0 Sizing the Harness:

- 1.1 Sizing is determined by body shape, rather than physical size and length of the torso
- 1.2 Two sizes are offered to cover this body shape ranging of:
 - 1.2.1 Small/Medium, and
 - 1.2.2 Large/XLarge

2.0 Donning the PRSH1196 & PRSH1196(LP)

PRSH1196 & PRSH1196(LP) Rescue Swimmers Harness/Life Preserver Donning Process

- 2.1 The device is donned like a typical Fall Arrest/Restraint Harness. The device is secured by 3 side-release buckles: one at the waist and one at each thigh. After these buckles have been fastened, there are 5 adjustment points on the harness system to assure proper fit, both right and left for each: waist adjustment, chest adjustment, and thigh adjustment.
- 2.2 The waist adjustment is made on the lateral sides of waist belt, and is adjusted first. The second adjustment is in each thigh loop. The third and fourth adjustment is to the front chest adjustment, respectively. All adjustments should be made so that the harness and Life Preserver is snug on the body, but allows user flexibility and mobility.



CAUTION: *The Rescue Swimmer Harness/Life Preserver(PRSH1196(LP) should not be worn on the inside of a ballistic vest to avoid secondary impact injuries. The device is designed to take damage and perform as required and should be configured on the outside of any tactical ensemble*

- 2.2.1 Elastic retainers are fitted onto each adjustment webbing to secure excess strapping after the harness has been adjusted. The excess strapping can be flaked into the elastic retainers where significant lengths are left after adjustment.
- 2.2.2 The harness should be fitted snug and secure to the body, but not to the extent that all the elastised portion of the harness has that the “Stretch” in the Shoulder Straps is removed. The Harness should remain snug to the body, rump and thighs with minimal movement/sagging in a crouch position

Figure 33a - 33h Step a. – Step i. Donning Process

33a



33b



33c



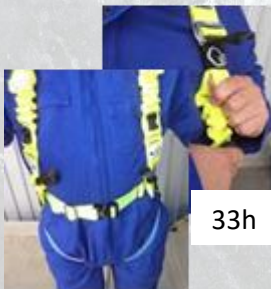
33d



33e



33f



33g

33h

- a. Remove harness from packaging and read instructions. Pick up harness by the back “D” ring and shake it so all the straps fall into place.
- b. If any of the leg or chest straps are buckled up, un- buckle them to release the straps.
- c. Once all buckles and leg straps are hanging loose and in the correct position, put the harness on like a jacket with the back “D” ring facing outwards.
- d. The “D” ring must be positioned between the centre of the shoulder blades. All padded areas must sit at the lower back. Adjust the shoulder straps to ensure the back pad is on the lower back.
- e. Fasten the waist belt via the side release buckle and adjust to ensure the harness is fitting correctly. Ensure all excess webbing is fed through the locking buckle. It may take some time to get the correct length of waist belt, it is critical to ensure a good fit with no slippage.
- f. Pass the right leg strap between the legs coming from the front of the body to the back and fasten to side release buckle on right hand side. Make sure the webbing is not twisted and the adjustment tag is facing out- wards.
- g. Repeat procedure on left leg, do not cross the webbing. Ensure the seat of the harness is fitting snug.
- h. Leg straps must be tight but not restrictive, leg straps that are too loose could cause injury to the wearer during a fall.
- i. Once the harness is on and adjust shoulder straps to fit correctly, run your hands along all the straps to ensure they are not twisted. If they are twisted re- move the harness and refit.

1.1.2. Ask a colleague to check your harness is laying on you correctly, and all lanyards are attached and closed.

3.0 Adjustment of Harness

Figure i Step a. Fasten Buckles



- a. To fasten buckles such as leg straps and waist belts, snap the Male and Female 3 release buckles together. Make sure the webbing is not twisted and the two buckles are flush against each other when closed.

Figure i Step b. Tighten Buckles



- b. Feed the webbing through the buckle and then secure it with the keeper, if the keeper is right up against the buckle it may make it more difficult to adjust.

Figure i Step c Shoulder Straps - Pulling on the Webbing Tag



- c. Tilt the buckle by pulling on the webbing tag, this will release some of the tension on the webbing, pull the webbing while the buckle is tilted to the required length.

Figure i Step d. Buckle Keeper



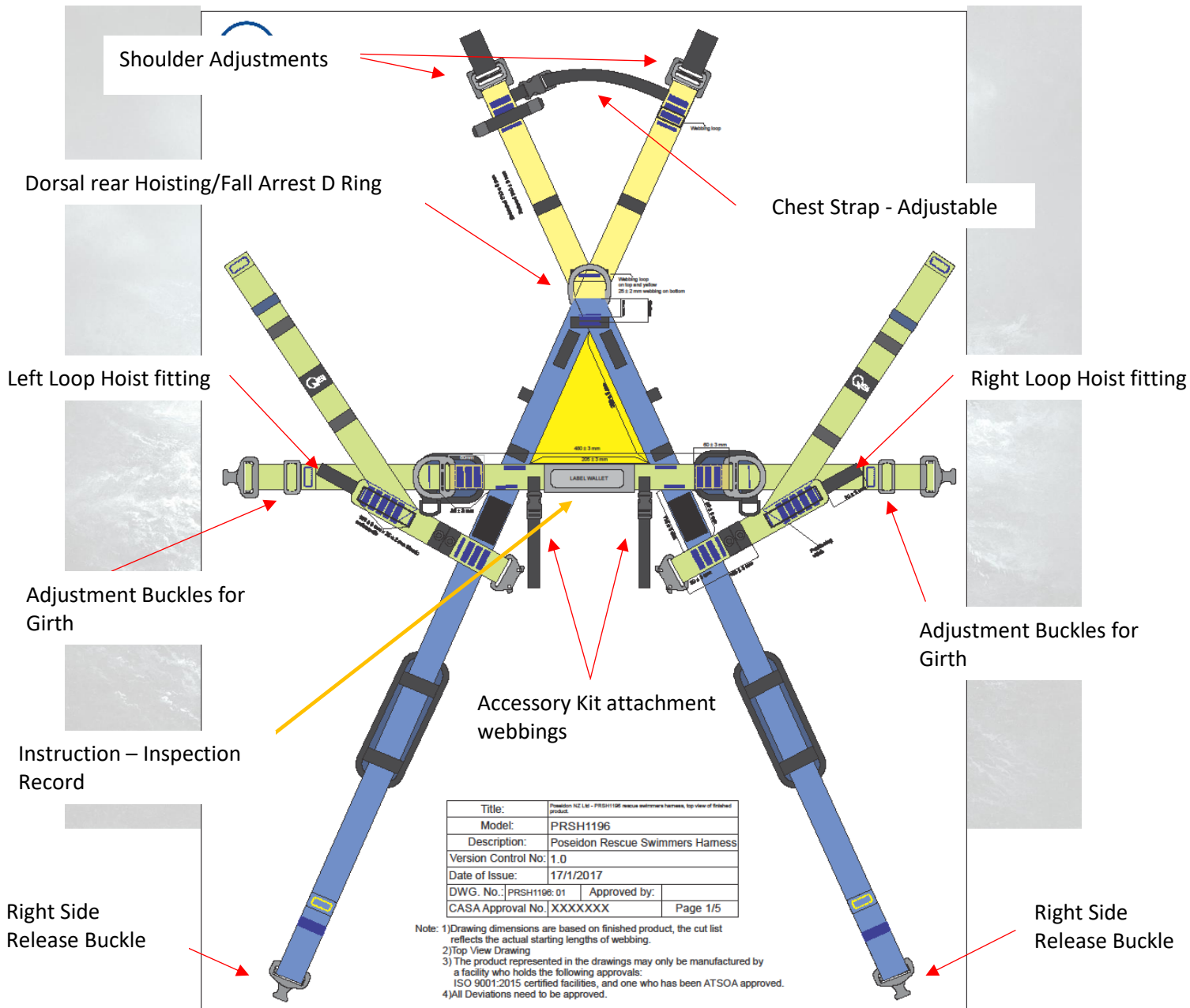
- d. Slide the keeper away from the buckle to give some slack in the webbing, tilt the buckle and pull the webbing through.

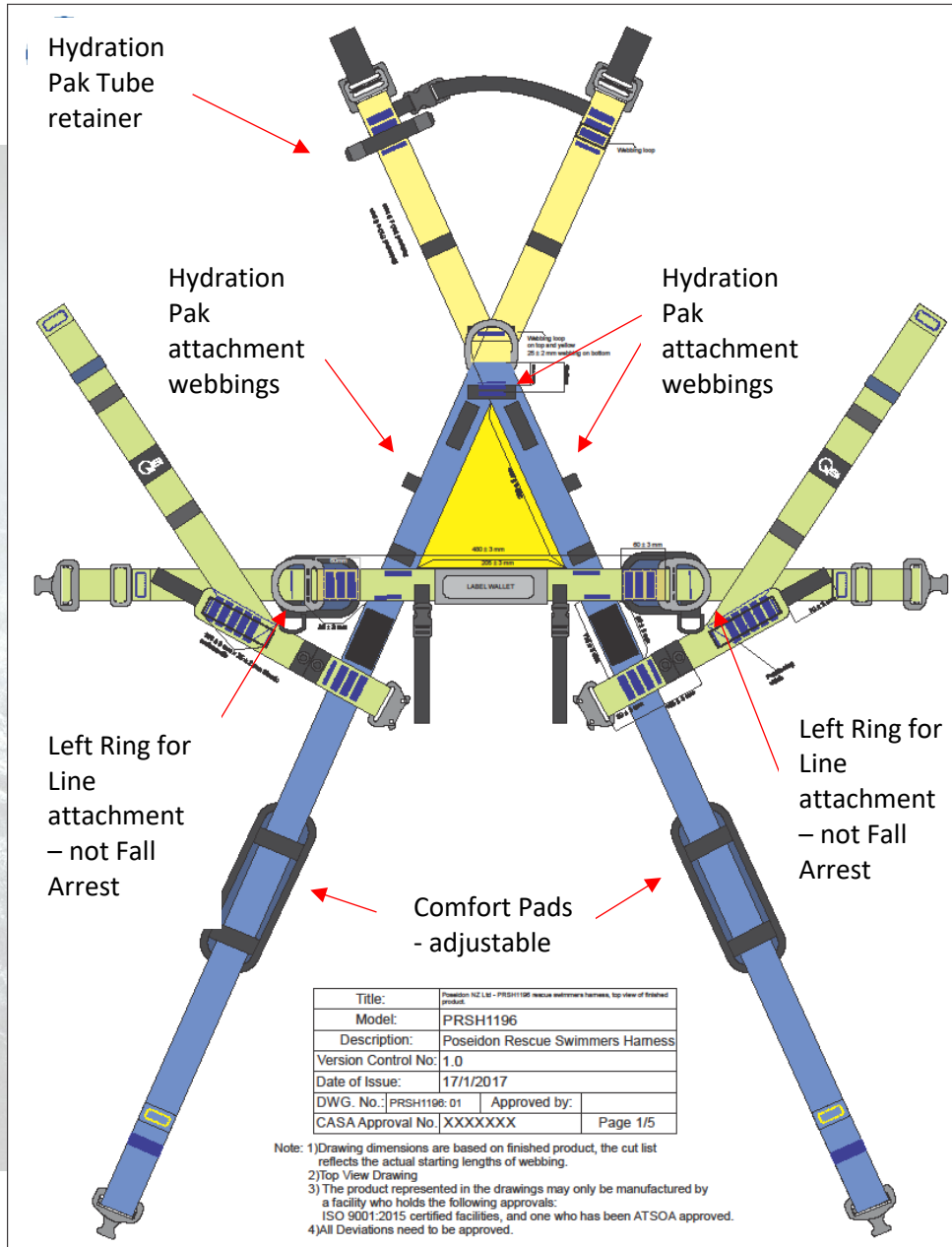
Figure i Webbing Flat Must Lay Flat

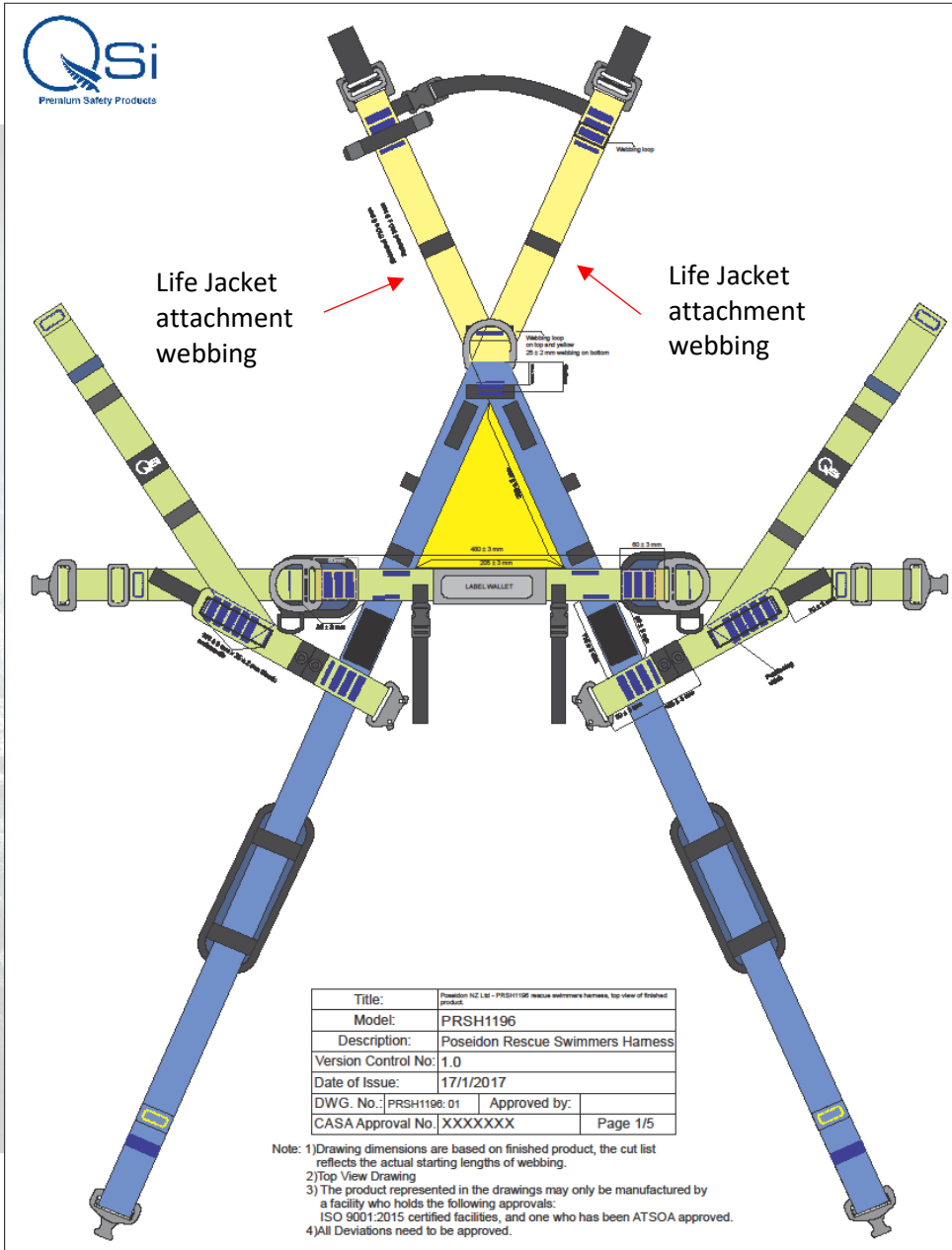


- e. Be careful not to twist the webbing or cross the chest or leg straps.

4.0 Drawing – Part Identification:







5.0 Maintenance and Care of Poseidon Products

General Maintenance

5.1 After immersion in water (other than fresh clean water), the POSEIDON Harness should be rinsed thoroughly. To increase the life of the device, it is recommended to wash the components of the POSEIDON Harness only when required.

Cleaning

5.2 Laundering Procedures

NOTE: Do not dry clean.

Do not use bleach or other chlorine products.

Do not use fabric softeners.

Do not tumble dry.

Do not iron.

Do not dry in front of a radiator or other source of direct heat.

Do not store in a wet condition.

- i. Hand wash or sponge down an area of the Harness System in warm (100°F) soapy (using mild laundry detergent) fresh water, then rinse with clean water. Do not machine wash any part of Poseidon.
- ii. Hang to dry the Harness in a well-ventilated area, which is free from direct sunlight.
- iii. To avoid mildew, hang dry the POSEIDON Harness after every use, and be sure not to stow the product away while damp.

Treatment After Immersion

5.3 Whenever a POSEIDON Harness has been immersed in water, it must be treated as specified below and then inspected in accordance with the current authorized servicing schedule.

Fresh Water Immersion

5.3.1 Allow the POSEIDON Harness to dry naturally, preferably in the open air.

NOTE: Ensure that the Component is completely dry before re-packing.



Salt Water Immersion

- 5.3.2 Rinse thoroughly with clean, fresh water. Allow the POSEIDON Harness to dry naturally, preferably in the open air.
- 5.3.3 Ensure adequate fresh water is rinsed between the webbings where the Stainless Steel and Aluminum fittings are applied, such as the Attachment Points and Buckles
- 5.3.4 Using a lightly soiled cloth with CRC66 or other equivalent product, wipe the Buckles thoroughly to ensure the fittings are adequately protected from the environment

Chlorinated Water Immersion

- 5.3.5 Immersion of the POSEIDON Harness in chlorinated water is not recommended. If the POSEIDON Harness is immersed in chlorinated water, use the same washing procedure as for salt water (10.5 above) immediately following immersion.

6 Service Life

- 6.1 The POSEIDON Harness service life is determined “On Condition” rather than age. POSEIDON Harness may remain in service if properly maintained and all test and inspection results are satisfactory.
- 6.2 Poseidon Harnesses must be inspected before each use by the user and regularly inspected by a competent person and recorded on a register. If the equipment has been involved in a free fall or fails any of the general inspection criteria it must be removed from service and destroyed.
- 6.3 Although the Harnesses have a recommended withdraw from service date marked on them, this is only for storage purposes and will be reviewed and updated by regular inspections undertaken by a competent person at 6 monthly intervals.
- 6.4 Refer to AS/NZS 1891.4:2009 for inspection on entry or re-entry into service (RTS).

NOTE: Harness must be inspected every 6 months to comply with meeting the service life of 10 years plus from date of manufacture in accordance with AS/NZS 1891.1:2007 standards.

7.0 Work Area

- 7.1 The work area where inspection and maintenance of the POSEIDON Harness is performed should be smooth and flat, where the POSEIDON Harness will not snag, tear or otherwise be damaged and should also be cleared of all non-essential equipment and materials.
- 7.2 The working surface should be free of harmful contaminants such as oil, grease, acids or solvents. Work areas, subject to wide temperature variations, should be avoided.



8.0 Storage

8.1.1 The Life Preservers should be stored in the following manner:

- i. They are to be stored in a cool, dry area where an even temperature can be maintained.
- ii. They are not to be exposed to sunlight, ozone gas, or ultra violet rays, and must be kept free from petroleum products, acids or other damaging contaminants.

9.0 Visual Inspection

9.1.1 Harness at all stitching points, buckles, adjusters and webbings for any signs of damage, including broken threads, webbing abrasion, buckles not functioning as required.

10.0 Repairs

10.1 General

10.1.1 It is extremely important that damaged POSEIDON Harness is handled in accordance with the following repair requirements.

Qualified repair personnel can perform some repairs, with adequate OEM Approved facilities. The manufacturer should do all major repairs, unless otherwise authorized by Poseidon NZ. This section provides some information to assist with minor or emergency repairs to the POSEIDON Harness and related components.

10.1.2 Identification of Defects

Defects should be identified in accordance with the inspection and testing procedures detailed

11.0 OEM Certified Inspection and Maintenance Requirements

11.1 Approved Technicians

11.1.1 Poseidon NZ OEM Certified and Qualified Approved Technicians who hold a current Poseidon NZ OEM Approved Certification, with proper equipment, or Poseidon NZ only may Inspect and Maintain Poseidon NZ products.

Personnel and Inspection Plant approvals require 3 yearly written Certification approved by Poseidon NZ.



