

### Product Record

This documentation should be issued with, and kept for, each item or system. Please see the product label for the details required below. Consult this guide for advice on inspection, maintenance, lifespan, etc.

Owner / User's Name:			
Date of Manufacture:		Date of Purchase:	
Date of First Used:		Product Serial No.:	

### Inspection & Maintenance Record

Date & Time	Type of Inspection & Comments	Name & Signature of Inspector	Next Inspection Due

### Certificate Of Conformity

We certify that the SAR Bungee Ankle Harnesses conform to the manufacturing specifications of SAR Products Ltd.

Signature:  ..... For SAR Products Ltd

Specialist Access & Rescue Products Ltd.  
Sarena House, Vulcan Street, Oldham, OL1 4LQ  
+44 (0)161 621 0309 | sales@sar-products.com | www.sar-products.com



# User Guide: Bungee Ankle Harnesses



Serial No.:

sar-products.com  
+44 (0)161 621 0309  
sales@sar-products.com

# Bungee Ankle Harnesses

## Important:

Please read and understand these instructions before use. This product should only be used by trained & competent operatives, or under the supervision of such a person.

## Use

The SAR Bungee Ankle Harness and the SAR Single Bungee Ankle Harness are designed to be used as restraint harnesses for bungee jumping. They are not items of Personal Protective Equipment, and, as such, should not be used without a suitable back up harness.

It is the user's responsibility to ensure that any items of PPE or other equipment used with the Bungee Ankle Harnesses are compatible and do not interfere with the safe function of any other component. Any item of equipment used should comply to the relevant standard(s).

## Safety

The safety provided by the Bungee Ankle Harnesses is dependant on the scenario, the anchors used and the skill of the user. The strength and suitability will be reduced through factors such as, but not limited to, age, wear & tear, abrasion, cuts, high impact loads, tight/sharp edges, knots, some chemicals (e.g. strong alkalis), UV exposure, environment (damp or icy conditions), failure to store & maintain as recommended, etc.

An appropriate connection method must always be used between the harness and the anchor or system. A rescue plan should always be in place prior to any work at height.

Do not alter or repair the product in any way. Any component subjected to a dynamic loading should be regularly examined and should be discarded if there is any sign of defect, or any doubts about its safety.

## Lifespan

The lifespan of any product will be affected by the conditions in which it is used and stored/ maintained. This product is manufactured using high grade polyester webbing. Textile components should be retired no later than 10 years after the Date of Manufacture.

Metal components will have an indefinite lifespan, depending on use. The working life will be reduced through general wear and tear, abrasion, cuts, damage to component parts, inappropriate ancillary equipment, high impact load, prolonged exposure to UV light including sunlight, elevated temperature (50° C max), exposure to some chemicals (e.g. strong alkalis) or failure to store and maintain as recommended. This list is not exhaustive.

## Inspection

Before each use, conduct a visual inspection and function test to ensure the product is in serviceable condition and operates correctly. A periodic examination should be carried out at by a competent person at least every 12 months. These inspections should be recorded, paying particular attention to areas of potentially high wear such as attachment points, textiles, cams, bearings, etc. It is the user's responsibility to ensure they comply with the guidance for inspection in their own country or region. Inspect as follows:

**Textiles:** Check for cuts, tears & abrasions, damage due to deterioration, contact with heat, alkalis or other corrosives, label legibility.

**Sewing:** Check for broken, cut or worn threads.

**Metals:** Check for cracks, distortion, corrosion, wear by abrasion, burrs, worn or loose rivets or screws, discolouration caused by extreme heat (greater than 100° C) broken springs, seizure of moving parts, broken or missing components, marking legibility.

Immediately withdraw from service any items showing defects. Any repairs must be carried out by the manufacturer or their authorised agent.

## Anchorage

Anchor points should always be assessed for strength and suitability for the task (EN795, minimum 12kN). Sharp edges, abrasive or high temperature surfaces should be avoided or protected against. Anchor points, wherever possible, should be above the user.

## Maintenance

Always keep the product clean and dry. Any excess moisture should be removed with a clean cloth and then allowed to dry naturally in a warm room away from direct heat.

Metal parts may be lubricated with a dry PTFE lubricant or WD40 type spray. Excess lubricant should be wiped off to avoid attracting dirt.

## Cleaning

Rinse in clean cold water. If still soiled, wash in clean warm water (max. 40°C) with pure soap or a mild detergent (within pH range of 5.5 to 8.5). A machine wash may be used, but care must be taken to protect against mechanical damage, for example by placing the item in a bag prior to washing. Rinse thoroughly in clean cold water.

## Chemicals

Avoid contact with any chemicals which could affect the performance of the product. If contact occurs, or is suspected, then remove the product from service immediately.

If used in a marine environment, thoroughly rinse in clean cold water and dry after each use.

## Storage

After cleaning, store unpacked in a cool, dry, dark place away from excessive heat sources or other possible causes of damage. Do not store wet. Transport in a suitable protective bag. If a long shelf life is required it is advisable to store in a moisture proof package.

## Meanings of Markings

Each individual component is marked, where applicable, with:

- The name, trademark or any other means of identification provided by the manufacturer or supplier.
- The batch or serial number
- The date of manufacture (DoM)
- Product description and/or reference

## Warning

It is the user's responsibility to ensure understanding of the correct and safe use of this equipment, to use it only for the purposes for which it is designed and to practise all proper safety procedures.

Attention should be paid to the dangers suspension trauma.

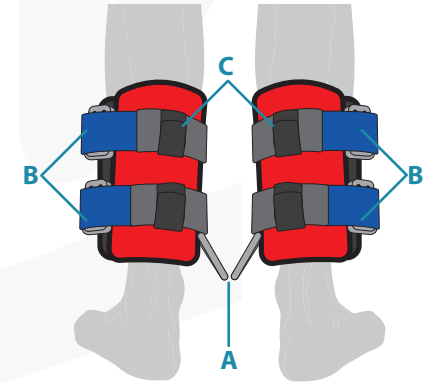
The user shall ensure that the safe function of this product is not impaired by, and does not impair, the safe function of another component or system.

This harness is not a fall arrest harness. We strongly recommend that this harness is used in conjunction with a suitable full body harness that complies to the relevant standards in the country of use.

Nothing in this document affects the consumer's statutory rights.

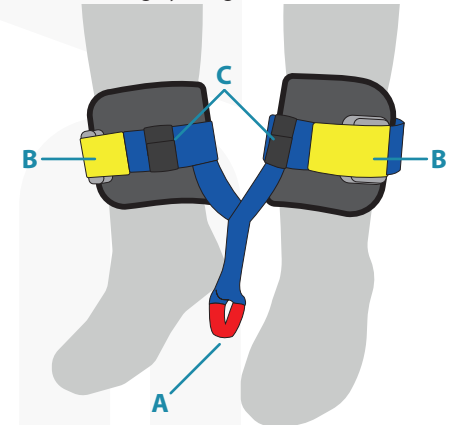
## Fitting - Single Bungee Ankle Harness

1. Step into each harness pad, ensuring the steel connection points both face inwards. (Fig A)
2. Tighten each strap, ensuring a comfortable but firm fit. (Fig B)
3. Fold the webbing tail ends away using the magnetic webbing tidies. (Fig C)
4. When making the connection to the bungee rope, both steel connection points must be used together. (Fig A)



## Fitting - Bungee Ankle Harness

1. Step into each harness pad, ensuring the webbing connection point faces inwards between the legs. (Fig A)
2. Tighten each strap, ensuring a comfortable but firm fit. (Fig B)
3. Fold the webbing tail ends away using the magnetic webbing tidies. (Fig C)
4. When making the connection to the bungee rope, use the webbing eye. (Fig A)



Finally, always ask another operative to conduct a final check to ensure all of the above is correct before committing to height. Buckles and fit should be regularly checked during use.