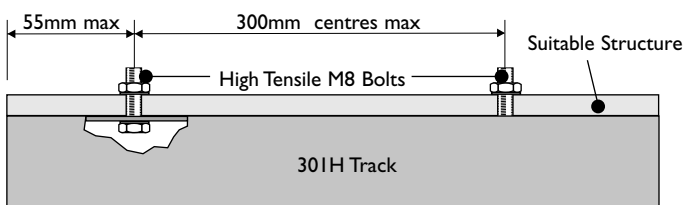
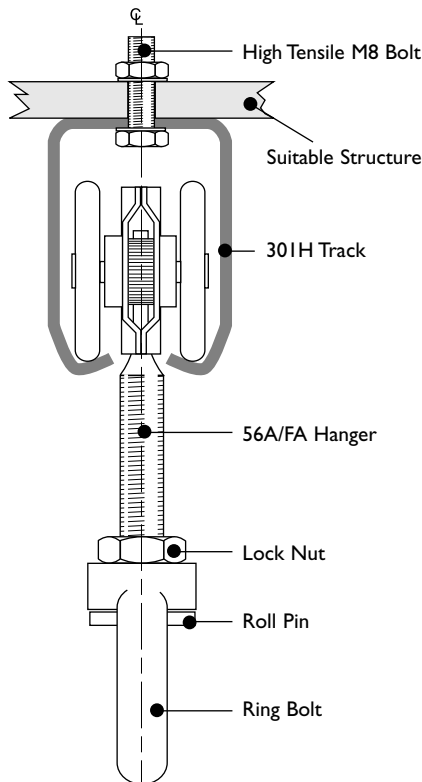
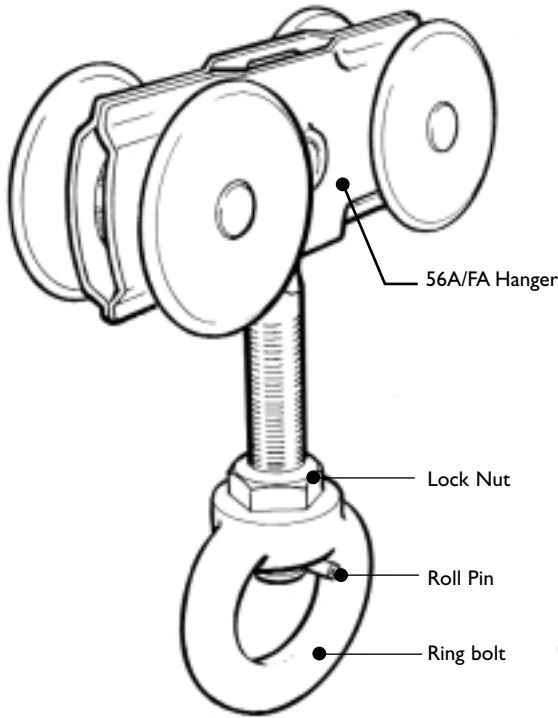


FALL ARREST RAIL SYSTEM Fixing Instructions

56A/FA hanger & 301H track



IMPORTANT NOTES

1. Only use **56A/FA** hanger and **301H** steel track.
2. Only fix track in horizontal position - **Not on a slope**
3. Fixings to be used should be **M8 high tensile bolts** of a design suited for the structure material to which they are to be bolted/screwed into.
4. Consult the manufacturer of the selected fixing for suitability of fixing for the application and relevant technical details.
5. The fixing centres should be no greater than **300mm** centres, with a fixing no more than **55mm** from the ends of each track length (including butted tracks).
6. Clearance holes for the fixings are to be drilled on site along the centre line of the **301H** track, with no more than **0.5mm** clearance for the fixing.
7. Ensure bolt heads do not foul the hanger, and the hanger slides unobstructed along the full length of the track.
8. Ensure any swarf from the drilling of the track is removed from the running surface.
9. Hanger **56A/FA** must be inserted into the **301H** track so it can run freely within the track, with the ring bolt protruding from underneath the track to allow an approved harness to be attached.
10. Ensure that there are no obstacles beneath the track that a falling person may strike before fall arrest is made.
11. For future reference, keep the hanger box with these maintenance and fixing instructions and EC Declaration of Conformity inside it.
12. Ensure the Lock Nut is tightened securely against the Ring Bolt.

MAINTENANCE INSTRUCTIONS

Tracks: Keep tracks free from obstruction and excessive dirt or water.

Where fitted to the outside of the building, a protective canopy is recommended to be fitted.

Lubricate track running surfaces with automotive grease every six months. In very dusty locations greasing is not recommended.

Hangers: All hangers are fitted with sealed lubricated ballbearings or plain bearings, requiring no greasing.

General: Inspect all fixing bolts for tightness every six months, tighten if necessary. Lubricate all moving parts and check for wear. If excessively worn, part should be replaced.

If the system has made a fall arrest, all track and hangers should be replaced.

HENDERSON

DURHAM ROAD, BOWBURN, CO. DURHAM, DH6 5NG, ENGLAND
Tel: +44(0)191 3770701 Fax: +44(0)191 3770755
e-mail: sales@pchenderson.com
www.pchenderson.com