



Operating Manual
Suspension Trauma Safety Step
Fall Protection



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WARNING!

These instructions must be provided to users before use of the product and retained for ready reference by the user. Read this manual carefully before using or maintaining the device. The device will perform as designed only if it is used and maintained in accordance with the manufacturer's instructions. Otherwise, it could fail to perform as designed, and persons who rely on this device could sustain serious injury or death.

The warranties made by MSA with respect to the product are voided if the product is not installed and used in accordance with the instructions in this manual. Please protect yourself and your employees by following the instructions.

Please read and observe the WARNINGS and CAUTIONS inside. For additional information relative to use or repair, call 1-800-MSA-2222 during regular working hours.

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1 Specifications

Use only as part of a complete system for personal fall arrest meeting any local regulations.

Capacity is one person, 400 lb (180 kg), including weight of the user plus clothing, tools and other user-borne objects.

WARNING!

- When used in accordance with the instructions in this manual, the Suspension Trauma Safety Step can reduce but NOT eliminate the potential for suspension trauma.
- The user must have a rescue plan and the means at hand to implement it. The plan must take into account the equipment and specific training necessary to affect prompt rescue under all foreseeable conditions. Prompt rescue can help to reduce the likelihood of suspension intolerance. If the rescue be from a confined space, the provisions of OSHA regulation 1910.146 and ANSI Z117.1 must be taken into account. It is recommended to provide means for user evacuation without assistance of others. This will usually reduce the time to get to a safe place and reduce or prevent the risk to rescuers.

Failure to follow these warnings can result in serious personal injury or death.

2 Training

It is the responsibility of the purchaser of the MSA Suspension Trauma Safety Step to assure that the product users are made familiar with these instructions and trained by a competent person in: (a) what to do after a fall to protect the user from injury, including emergency rescue planning and execution; and (b) the consequences of improper use of the equipment and of failure to follow instructions and training. If the MSA Suspension Trauma Safety Step is to be used for confined space applications, the user must also be trained in accordance with the requirements of OSHA 29 CFR 1910.46 and ANSI Z117.1. Training must be conducted without undue exposure of the trainee to hazards. The effectiveness of training should be periodically assessed (at least annually) and the need for more training or retraining determined. MSA offers training programs. Contact MSA for training information.

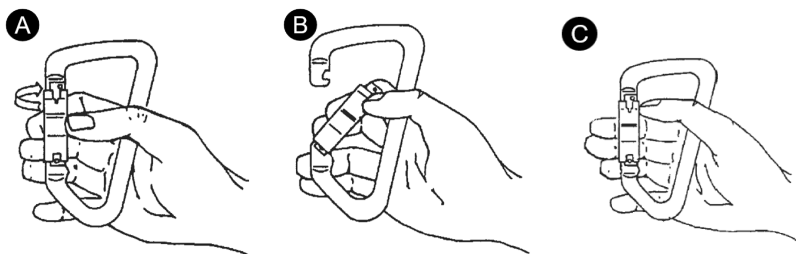
For additional information on reducing the potential for suspension trauma, consult OSHA Safety and Health Information Bulletin SHIB 03-24-2004, "Suspension Trauma/Orthostatic Intolerance."

3 Description

The MSA Suspension Trauma Safety Step is a light-weight strap ladder (Safety Step) designed to reduce the potential for suspension trauma following a fall in a full body harness for fall arrest. The loops of the Safety Step provide a means for the user to place load on the legs while suspended in the harness.

4 Instructions For Use

4.1 Carabiner Operation



1. Rotate gate 90 degrees about its axis to unlock (Fig. A).
2. Depress gate until it pivots about the hinge to open (Fig. B)
3. Release gate and it should swing back and contact nose (Fig. C).

NOTE: The gate should rotate 90 degrees and engage the nose (lock).

4.2 Hitch Loop Operation - QR Code links to Hitch Loop Operation Video



1. Attach one Safety Step Pouch or one on each side, at the webs that cross at the hip level.
2. To attach the hitch loop, feed the pouch through the loop around the webs that cross at hip level.
3. Pull tight to secure the hitch loop on the webs that cross at hip level.

NOTE: MSA recommends one safety step on each side of the harness while using the hitch loop attached at the webs that cross at hip level.

4.3 How to Deploy Safety Step with Carabiner

Follow these steps as soon as practical after a fall:



1. Open the carrying bag and deploy the Safety Step to its full length. Take care to always keep hold of the Safety Step with two hands to prevent dropping it (Fig D).
2. Connect the carabiner to the harness back D-ring or to the snaphook attached to the lanyard (Fig E).
 - a. After a fall, the D-ring will be located approximately at the level of the head, within easy reach.
 - b. Be sure to hold the Safety Step with both hands while connecting the carabiner until you are sure the carabiner is closed and locked onto the D-ring.

NOTE: The safety step should drape over the front of the shoulder.

4.4 Safety Step Use



1. Place one foot in a low-hanging loop, holding the Safety Step strap steady with the hands in front of the body (Fig F).
2. Place the other foot in the loop next to the first (Fig G).

NOTE: The feet should be positioned on either side of the central strap, low enough to straighten the legs as far as practical.
3. With both feet in adjacent loops of the Safety Step, flex, or “pump” the leg muscles frequently while suspended in the harness (Fig H).

NOTE: Pumping the large muscles of the leg causes blood to circulate and reduces the potential for suspension trauma.



WARNING!

- Do not unfasten the leg or shoulder buckles of the harness while suspended.
- Monitor the suspended worker for signs and symptoms of suspension trauma before and after rescue. Ensure that the worker is evaluated by a healthcare professional.

Failure to follow these warnings can result in serious personal injury or death.

5 Environment

Chemical hazards, heat and corrosion may damage the Safety Step. More frequent inspections are required in these environments. Do not use in environments with temperatures greater than 185°F (85°C). Use caution when working around electrical hazards, moving machinery and abrasive surfaces.

WARNING!

If the fall arrest system (ie: harness, anchorage connector, shock absorber) has been subjected to fall arrest forces, it must be immediately removed from use and marked as “UNUSABLE” until destroyed or returned to the factory for repairs.

Failure to follow this warning can result in serious personal injury or death.

6 Inspection

Inspect the MSA Suspension Trauma Safety Step along with the fall arrest harness, before each use.

Inspect the webbing and stitching to verify that there are no cuts, burns or damaged webbing and no missing or broken stitches.

Inspect the entire Suspension Strap, including carabiner, if included, for damage including, but not limited to, tears, stretching, mildew/ mold, dents, deformation, kinks, corrosion, chemical attach, excessive heating, excessive aging or excessive wear.

Inspect at least annually by a competent person other than the user and log the results of inspection on the form provided or equivalent documentation.

WARNING!

Remove the Suspension Trauma Safety Step from service if it does not pass inspection.

Failure to follow this warning can result in serious personal injury or death.

6.1 Inspection Checklist

Model No.	
Inspector	
Serial No.	
Inspection Date	
Date Made	
Disposition	