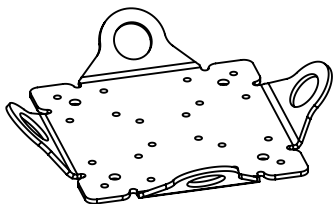


4-WAY PLATE ANCHOR

Part # 00691

Instruction Manual



2	Product Specific Applications
2	Applicable Safety Standards
2	Product Capacity
2	Worker Classifications
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- ✗ Do not throw instructions away.
- ⚠ Read and understand instructions before using this equipment.

Product Specific Applications



Fall Arrest: May be used to support a **MAXIMUM ONE (1) Personal Fall Arrest System (PFAS)** for use in Fall Arrest applications only when used in combination with an energy absorbing device rated to reduce fall arrest forces to no greater than 1,800 lb (8 kN). Structure must withstand loads applied in the directions permitted by the system of at least 5,000 lb (22,2 kN) or maintain a 2:1 safety factor. Maximum free fall is 6 ft (1,8 m) or up to 12 ft (3,7 m) if used in combination with equipment explicitly certified for such use. 4-Way Plate Anchor may be loaded in any direction, and is permitted for use as a component in a horizontal lifeline system.

D-rings: Dorsal.



Travel Restraint: 4-Way Plate Anchor may be used to support a **MAXIMUM 2 PFAS** for use in Restraint applications. Restraint systems prevent workers from reaching the leading edge of a fall hazard. Always account for fully extended length of connecting equipment. Structure must withstand loads applied in the directions permitted by the system of at least 1,000 lb (4,4 kN). No free fall is permitted. Travel Restraint systems may only be used on surfaces with slopes up to 4/12 (vertical/horizontal).
D-rings: Dorsal, Chest, Side, Shoulder.

Applicable Safety Standards

When used in accordance with these instructions and all local, state, and federal requirements, this product meets or exceeds all applicable requirements of:

- **OSHA 1910.140**
- **OSHA 1926.502**

Product Capacity

- **Maximum user weight (including all clothing, tools, and equipment) is:**

100-420 lb (45-190 kg)

Worker Classifications

- **Qualified Person:** A person with an accredited degree or certification, and with extensive experience or sufficient professional standing, who is considered proficient in planning/reviewing the conformity of fall protection and rescue systems.
- **Competent Person:** A highly trained and experienced person who is **ASSIGNED BY THE EMPLOYER** to be responsible for all elements of a fall safety program, including, but not limited to, its regulation, management, and application. A person who is proficient in identifying existing and predictable fall hazards, and who has the authority to stop work in order to eliminate hazards.
- **Authorized Person:** A person who is assigned by their employer to work around or be subject to potential existing fall hazards.

Compatibility

When making connections, eliminate all possibility of roll-out. Roll-out occurs when interference between a connector and the attachment point causes the connector gate to unintentionally open and release.

All connections must be selected and deemed compatible with the harness by a Competent Person.

All connector gates must be self-closing, self-locking, and withstand a minimum load of 3,600 lb (16 kN).

See Diagram A on page 10.

Limitations

Fall Clearance: There must be sufficient clearance below the work surface to arrest a fall before the user strikes the ground or an obstruction. When calculating fall clearance, account for free fall, maximum arrest distance, harness stretch, a minimum 2 ft (0,6 m) safety factor, swing fall, and all other applicable factors.

See Guardian Fall Clearance Calculator:
<https://guardianfall.com/digital-resources/fall-clearance-calculator>

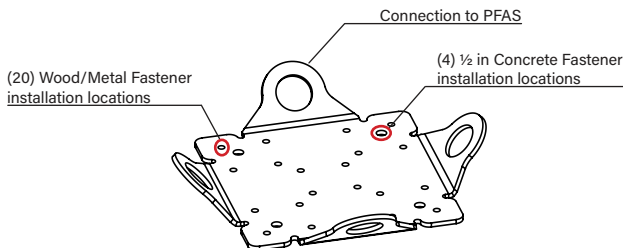
Swing Falls: Prior to installation or use, make considerations for eliminating or minimising all swing fall hazards. Swing falls occur when the anchor is not directly above the location where a fall occurs. Always work as close to in-line with the anchor point as possible. Swing falls significantly increase the likelihood of serious injury or death in the event of a fall.

Maintenance, Cleaning, and Storage

Cleaning after use is important for maintaining the safety and longevity of the 4-Way Plate Anchor. Remove all dirt, corrosives, and contaminants from the equipment before and after each use. If 4-Way Plate Anchor cannot be cleaned with plain water, use mild soap and water, then rinse and wipe dry. NEVER clean 4-Way Plate Anchor with corrosive substances.

When not in use or during transport, store equipment where it will not be affected by heat, light, excessive moisture, chemicals, or other degrading elements.

Components



Specifications

- **Minimum Breaking Strength:**
5,000 lb (22,2 kN)
- **Minimum permitted service temperature:**
-30° F (-34° C)
- **Weight:** 13 lb (5,9 kg)

Substrate Requirements

Minimum Requirements:

- Wood:** 3/4 in CDX or better.
- Metal:** 24 gauge
- Concrete:** 6 in @ 2,500 psi

Fastener Requirements:

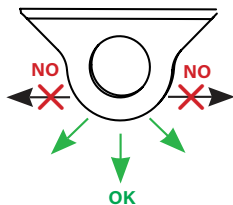
- Wood:** (20) #14-10 wood screws
- Metal:** (16-20) #14-10, 2 in metal screws
- Concrete:** (4) 1/2 in x 3 1/2 in concrete screws

Compatible Roof Pitch:

Flat - sheer. Never install past sheer (such as on the underside of a beam).

Loading Directions

⚠ WARNING! Prior to installation ensure installation location will satisfy intended work application(s).



Materials

Powder-coated steel

Installation and Use

Prior to installation, plan your system:

- ⚠ Selected installation location must be **MINIMUM 6 ft** from leading edge of fall hazard(s). Installation location must be free of debris, rot, rust, cracking, and hazardous materials.
- ⚠ Make considerations for eliminating or minimizing swing fall hazards.
- ⚠ 4-Way Plate Anchor must lie flush with substrate.
- ⚠ Never over-torque screws. Excessive torque may cause damage to screws and result in unsafe installation.
- ⚠ 4-Way Plate Anchor may be reused. Always use new fasteners.
- ⚠ Removal of anchor from initial location may cause warping/damage. Reused anchors must lie flush against substrate.
- ⚠ Substrate must support minimum application loads as specified by this instruction manual.
- ⚠ Substrate must allow all fasteners to be fully embedded as specified by this instruction manual.

Wood Install:

Step 1

Use (20) #14-10 wood screws, or fasteners deemed compatible by a Competent Person, at all wood/metal fastener installation locations (see image on pg. 4).

Step 2

All fasteners **MUST** be fully embedded in substrate.

Step 3

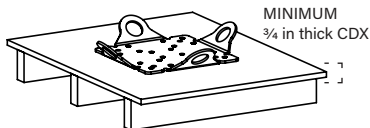
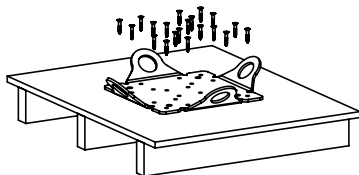
DO NOT apply torque to fasteners.

Step 4

All fasteners **MUST** be used.

Wood Install:

(20) #14-10 wood screws



Installation and Use

Metal Install:

Step 1

Use (20) #14-10, 2 in metal screws, or fasteners deemed compatible by a Competent Person, at all wood/metal fastener installation locations (see image on pg. 4).

Step 2

All fasteners **MUST** be fully embedded in substrate.

Step 3

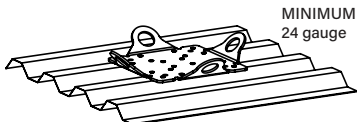
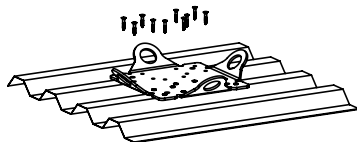
DO NOT apply torque to fasteners.

Step 4

Guardian recommends all (20) fasteners be used for installation, however a **MINIMUM** 16 fasteners **MUST** be used. **ONLY** use fewer than 20 fasteners if valley exists in metal substrate that prevents all 20 fasteners from being fully embedded

Metal Install:

(16 to 20) #14-10,
2 in metal screws



Concrete Install:

Step 1

Use (4) ½ in concrete fastener installation locations (see image on pg. 4). Guardian recommends using ½ in x 3 ½ in threaded rod assemblies.

Step 2

Follow fastener manufacturer's instructions for limitations and installation procedure.

Step 3

All fasteners **MUST** be embedded in substrate a **MINIMUM** of 3 ½ in.

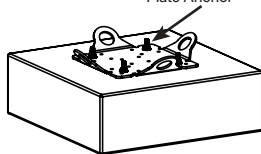
Step 4

Apply torque (per fastener manufacturer specifications) to secure anchor to substrate. Ensure washers are against anchor surface.

Concrete Install:

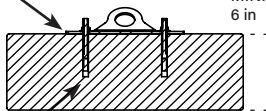
(4) ½ in concrete fastener

Washers Compressed
against 4-Way
Plate Anchor



Anchor flush
with substrate

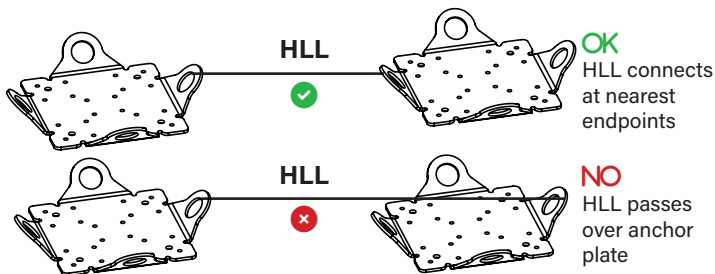
MINIMUM
6 in



MINIMUM 3 ½ in
embedment

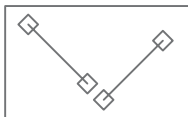
Horizontal Lifeline Use

- All stages of design, installation, and use of HLL MUST be done under the supervision of a Qualified Person. HLLs MUST be used in combination with complete and compatible PFAS, and achieve a 2:1 safety factor.
- When HLL is attached to connection point on 4-Way Plate Anchor, no other connections to the same anchor are permitted, with the exception of the continuation of the HLL system via the attachment of an additional cable run to a separate connection point. Multiple HLL spans MUST NEVER be connected to same connection point on the 4-Way Plate Anchor.
- HLL must run between nearest connection points on 4-Way Plate Anchor, such that possibilities for incompatible or side-loaded connections are avoided. Never install HLL such that it passes over 4-Way Plate Anchor.

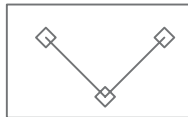


- Calculating fall clearances in HLL applications is critical. Always account for HLL system deflection in fall clearance calculations.
- Refer to applicable HLL instructions for system user and application restrictions.
- If multiple HLL spans are connected to the same 4-Way Plate Anchor they must be treated as a single continuous system.

Two Separate Systems:



Continuous System:



Safety Information

⚠ WARNING! Failure to understand and comply with safety regulations may result in serious injury or death. Regulations included herein are not all-inclusive, are for reference only, and are not intended to replace a Competent Person's judgment or knowledge of federal or state standards.

⚠ CAUTION! Understand the definitions of those who work near, or who may be exposed to, fall hazards.

⚠ WARNING! Use of equipment in unintended applications may result in serious injury or death. Maximum 1 attachment per connection point.

Do not alter equipment.

Workplace conditions, including, but not limited to, corrosive chemicals, electrical shock, sharp objects or edges, machinery, flame/high heat, abrasive or uneven surfaces, UV exposure, and severe or prolonged weather conditions, must be assessed by a Competent Person (CP) before fall protection equipment is selected. The presence of any/all of these conditions may have negative effects on product performance or service lifetime.

The analysis of the workplace must anticipate where workers will be performing their duties, the routes they will take to reach their work, and the potential and existing fall hazards they may be exposed to. Fall protection equipment must be chosen by a CP. Selections must account for all potential hazardous workplace conditions. All fall protection equipment should be purchased new and in an unused condition.

Fall protection systems must be selected and installed under the supervision of a CP, and used in a compliant manner. The system must be designed in a manner compliant with all federal, state, and safety regulations. Forces applied to anchors must be calculated by a CP.

Harnesses and connectors selected must be compliant with manufacturer's instructions, and must be of compatible size and configuration. Snap hooks, carabiners, and other connectors must be selected and applied in a compatible fashion. All risk of disengagement must be eliminated. All snap hooks and carabiners must be self-locking and self-closing, and must never be connected to each other.

See Diagram A on page 10.

A pre-planned rescue procedure in the case of a fall is required. The rescue plan must be project-specific. The rescue plan must allow for employees to rescue themselves, or provide an alternative means for their prompt rescue to minimise post fall suspension time. Store rescue equipment in an easily accessible and clearly marked area.

Training of Authorized Persons (APs) to correctly erect, disassemble, inspect, maintain, store, and use equipment must be provided by a CP. Training must include the ability to recognise fall hazards, minimise the likelihood of fall hazards, and the correct use of personal fall arrest systems.

NEVER use fall protection equipment of any kind to hang, lift, support, or hoist tools or equipment, unless explicitly certified for such use.

Equipment subjected to forces of fall arrest must immediately be removed from use.

Age, fitness, and health conditions can seriously affect the worker should a fall occur. Consult a doctor if there is any reason to doubt a user's ability to safely withstand fall arrest forces or perform set-up of equipment. Pregnant women and minors MUST NOT use this equipment.

Physical harm may still occur even if fall safety equipment functions correctly. Sustained post-fall suspension may result in serious injury or death. Use trauma relief straps to reduce the effects of suspension trauma.

Labels

1

**4-Way Plate Anchor**

Part #: 00691

Prior to use, read and understand all manufacturer's instructions provided with equipment.

Compliant with: OSHA 1926.502 and OSHA 1910.140 regulations.

Materials: powder-coated steel.

Worker capacity: 100-420 lb (45-190 kg) (including all clothing, tools, & equipment).

Prior to EACH use, inspect for corrosion, deformation, cracking, rust, alteration, and any other conditions that may affect functionality.

IMMEDIATELY remove from use if defects or damage are found.

User must inspect prior to EACH use. Competent Person must complete formal inspection every 12 months. Competent Person to inspect and initial.

Product lifetime is indefinite as long as it passes pre-use and Competent Person inspections.

DOM: Serial #: Lot #: Initials: Date:

Date of First Use:

If equipment fails inspection
**IMMEDIATELY REMOVE
FROM SERVICE.**

90008 Rev. F / Made in China

1

4-Way Plate Anchor Part #: 00691

DOM: SERIAL #: LOT #:

Prior to use, read and understand all manufacturer's instructions provided with equipment.

Compliant with: OSHA 1926.502 and OSHA 1910.140 regulations.

Materials: powder-coated steel.

Worker capacity: 130-420 lb (59-190 kg)

(including all clothing, tools, & equipment).

Prior to EACH use, inspect for corrosion, deformation, cracking, rust, alteration, and any other conditions that may affect functionality. **IMMEDIATELY** remove from use if defects or damage are found.

User must inspect prior to EACH use. Competent Person must complete formal inspection every 12 months. Competent Person to inspect and initial.

Product lifetime is indefinite as long as it passes pre-use and Competent Person inspections.

Inspection Grid / Date of First Use

If equipment fails inspection, **IMMEDIATELY REMOVE FROM SERVICE.**

90008 Rev F / Made in China

2

**WARNING**

Only make compatible connections. Refer to instructions for connection and installation specifications.

Avoid hazardous conditions including, but not limited to, flame, corrosive chemicals, electrical shock, machinery, abrasive surfaces, sharp edges, weather, and uneven surfaces.

DO NOT use as overhead anchor. **DO NOT** cross-load.

Anchor load **MUST** be perpendicular to leading edge.

DO NOT attach multiple HLL spans to same connection point.

IMMEDIATELY remove anchor from service if subjected to forces of fall arrest.

Anchor MAXIMUM:**1 Fall Arrest System****-or-****2 Travel Restraint Systems**

If used with two Travel Restraint Systems, systems **MUST NOT** attach to same connection point.

DO NOT REMOVE LABELS

2

Warning: Only make compatible connections. Refer to instructions for connection and installation specifications.

Avoid hazardous conditions including, but not limited to, flame, corrosive chemicals, electrical shock, machinery, abrasive surfaces, sharp edges, weather, and uneven surfaces.

DO NOT use as overhead anchor. **DO NOT** cross-load.

Anchor load **MUST** be perpendicular to leading edge.

DO NOT attach multiple HLL spans to same connection point.

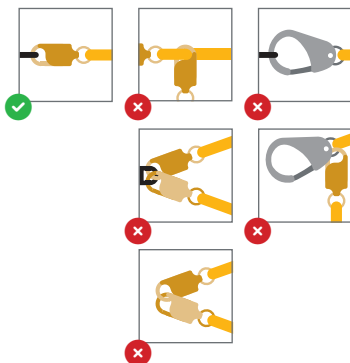
IMMEDIATELY remove anchor from service if subjected to forces of fall arrest.

Anchor MAXIMUM: 1 Fall Arrest System -or- 2 Travel Restraint Systems

If used with two Travel Restraint Systems, systems must attach to same connection point.

DO NOT REMOVE LABELS

Diagram A - Connections



Inspection

Prior to EACH use, inspect 4-Way Plate Anchor for deficiencies, including, but not limited to, corrosion, deformation, pits, burrs, rough surfaces, sharp edges, cracking, rust, paint build-up, excessive heating, alteration, broken stitching, fraying, and missing or illegible labels. **IMMEDIATELY remove 4-Way Plate Anchor from service if defects or damage are found, or if exposed to forces of fall arrest.**

Ensure that applicable work area is free of all damage, including, but not limited to, debris, rot, rust, decay, cracking, and hazardous materials. Ensure that work area will support the application-specific minimum loads set forth in this manual. Work area **MUST** be stable.

At least every 12 months, a Competent Person (CP) other than the user must inspect 4-Way Plate Anchor.

See Inspection Log on page 11.

Inspections *MUST* be recorded in inspection log in instruction manual and on equipment inspection grid label. The CP must sign their initials in the box corresponding to the month and year the inspection took place.

During inspection, consider all applications and hazards the harness has been subjected to.

Product lifetime is indefinite as long as it passes pre-use and CP inspections.

This inspection log must be specific to one 4-Way Plate Anchor. Separate inspection logs must be used for each 4-Way Plate Anchor. All inspection records must be made visible and available to all users at all times. If equipment fails inspection it must be discarded immediately.

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WARRANTY: Guardian warrants to Buyer that all products are free from defects in material, workmanship, and design (if a Supplier-responsible design), however this warranty does not cover conditions resulting from normal wear and tear, neglect, abuse, accident or otherwise. Guardian's obligations under this warranty apply for the lifetime of the products and are limited to the replacement of product only. This warranty is not transferable to any other Guardian service and does not apply to product that is resold after having been put into service. No other person, firm, entity, or the like is authorized to assume or assign for Guardian any other liability in connection with the sale or use of Guardian's products. Furthermore, this warranty is void if any product is changed or altered in any way, or if the product is used in a manner other than for which it is intended. There are no implied warranties of merchantability or fitness for a particular purpose, which are specifically disclaimed.