

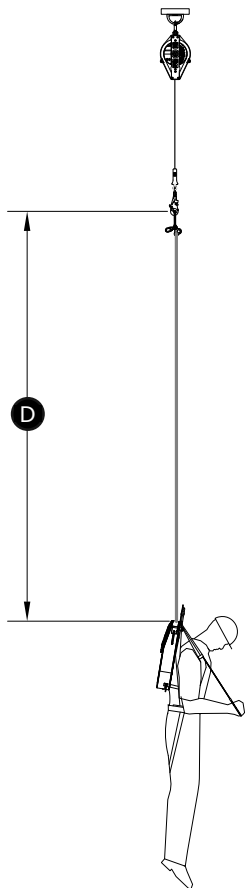


The Ultimate in Fall Protection

INSTRUCTION MANUAL	
ANSI/ASSE Z359.4	
USI 22159:07/1/D	OSHA

SELF-RESCUE
DESCENT SYSTEMS
Models: (See Figure 1.)

Figure 1 – Self-Rescue Descent Systems



MODELS:

Model	Description	Maximum Descent Height	Weight
3320030	Self-Rescue 50 Descent System	50 ft (15.2 m)	5.0 lbs (2.3 kg)
3320031	Self-Rescue 100 Descent System	100 ft (30.5 m)	5.8 lbs (2.6 kg)
3320037	Self-Rescue TRAINING Reusable Training System (20 Descents for Training Only)	30 ft (9.1 m)	4.7 lbs (2.1 kg)
8900299	Accessory DBI-SALA Rescue Pole with Carrying Bag and Tagline with Carabiner	Rescue Pole Collapsed - 2.2 ft (0.7 m) Rescue Pole Extended - 8.7 ft (2.7 m) Tagline Length - 12 ft (3.7 m)	2.0 lbs (0.9 kg)

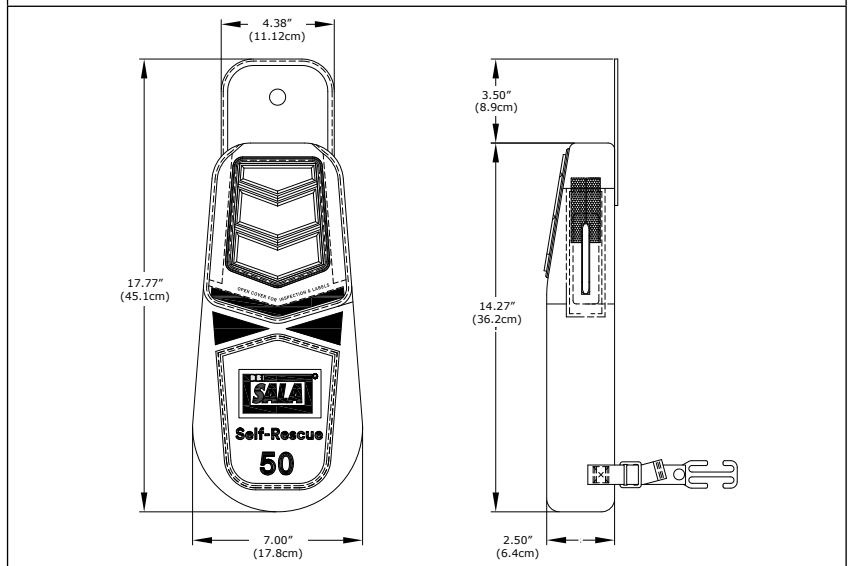
SPECIFICATIONS - PERFORMANCE:

Operating Temperature	Maximum Number of Descents	Approximate Descent Speed	Maximum Number of Users	User Weight Range
-40° F - 140° F (-40° C - 60° C)	1	5 ft/s @ 310 lb (0.9 m/s @ 141 kg)	1 Person	130 lb - 310 lb (59 kg - 141 kg)

SPECIFICATIONS - COMPONENTS:

Lifeline	5.5 mm Dia. Rope	Minimum Breaking Strength: 6,500 lbs (28.9 kN)
D-Ring	Alloy Steel	Minimum Breaking Strength: 5,000 lbs (22 kN) Proof Load: 3,600 lbs (16 kN)
Release Cord	Stainless Steel Cable	
Assisted-Rescue Buddy Pull Ring and Cable	Plastic Overmold Ring with Stainless Steel Cable	
Descent Device	Aluminum Alloy Housing with integrated Alloy Steel Harness Interface Pin and Alloy Steel Latch Arm	
Backpack	Ripstop Nylon Bag with Molded PVC Wear Pad, Nylon Mesh Inspection Panel, and Polyester Web Straps	
Rescue Pole	9 ft (2.7 m) Aluminum Telescoping Pole, 3/16 in. Dia. Polypropylene Rope, Aluminum Carabiner	

SPECIFICATIONS - BACKPACK DIMENSIONS



⚠ WARNING: This product is part of an Emergency Rescue System. The user must follow the manufacturer's instructions for each component of the system. These instructions must be provided to the user of this equipment. The user must read and understand these instructions before using this equipment. Manufacturer's instructions must be followed for proper use and maintenance of this equipment. Alterations or misuse of this product or failure to follow instructions may result in serious injury or death.

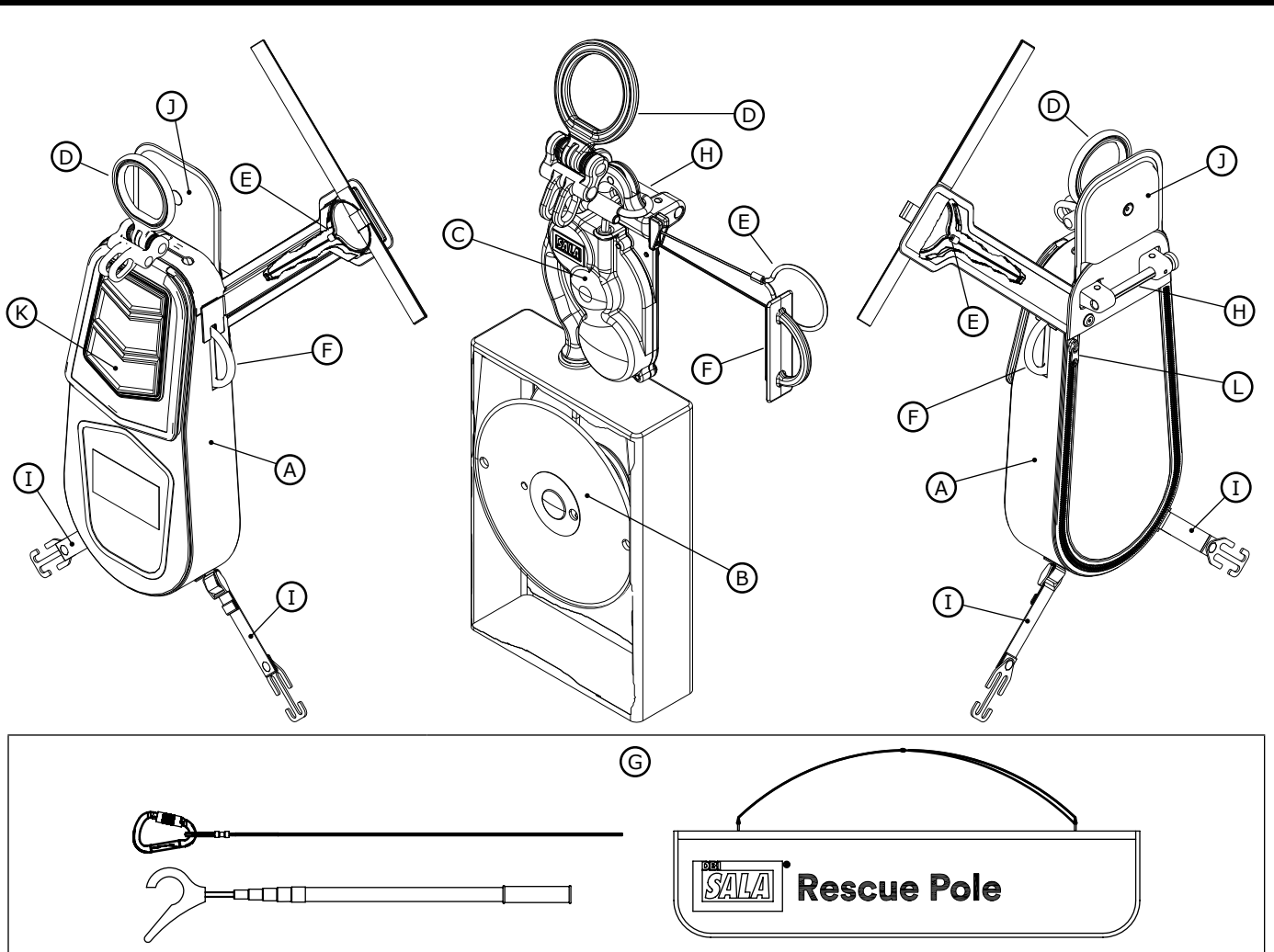
❶ IMPORTANT: If you have questions on the use, care, or suitability of this equipment for your application, contact Capital Safety.

❶ IMPORTANT: Before using this equipment, record the product identification information from the ID label in the 'Inspection and Maintenance Log' at the back of this manual.

DESCRIPTION:

Figure 2 identifies key components of the Self-Rescue Descent System (Self-Rescue System). The Self-Rescue System is a harness mounted Backpack (A) containing a spooled Lifeline (B) feeding through a sealed Descent Device (C). The Lifeline is terminated with an Easy-Link™ D-Ring (D) coupled to the exit port on the Descent Device. In an emergency, the user can release the Easy-Link™ D-ring and initiate descent by pulling a Release Cord (E) mounted on the harness shoulder strap. If the user is incapacitated, a rescuer can pull the Assisted-Rescue Ring (F) on the side of the Backpack with the accessory Rescue Pole Kit (G) to release the D-Ring and initiate descent. A Mounting Pin (H) on the Descent Device Housing and two adjustable Clip Straps (I) on the bottom of Backpack secure the Self-Rescue System to the Full Body Harness. A D-Ring Cover (J) on the top of the Backpack snaps over the Harness Dorsal D-Ring to eliminate inadvertent use of the D-Ring. A Front Flap (K) and Back Zipper (L) on the Backpack facilitate inspection of the Product Labels and internal components. See Figure 1 for available Self-Rescue models and accessories:

Figure 2 – Self-Rescue Descent System Components



A -Backpack **B** - Lifeline **C** - Descent Device **D** - Easy-Link™ D-Ring **E** - Release Cord **F** - Assisted-Rescue Ring
G - Rescue Pole Kit **H** - Mounting Pin **I** - Clip Straps **J** - D-Ring Cover **K** - Front Flap **L** - Back Zipper

1.0 APPLICATIONS

- 1.1 PURPOSE:** DBI-SALA® Self-Rescue Systems are self-rescue devices that attach between the dorsal webbing on a Full Body Harness and Fall Arrest Equipment such as a Lanyard or Self-Retracting Device. The Self-Rescue System allows the user to descend from a suspended height in an emergency. Figure 1 defines available Self-Rescue models and their capabilities.
- 1.2 STANDARDS:** Your Self-Rescue System conforms to the national or regional standard(s) identified on the front cover of these instructions.
- 1.3 TRAINING:** This equipment is intended to be used by persons trained in its correct application and use. It is the responsibility of the user to assure they are familiar with these instructions and are trained in the correct care and use of this equipment. Users must also be aware of the operating characteristics, application limits, and the consequences of improper use. The Self-Rescue TRAINING System can be used to train personnel in the use of the Self-Rescue System (see Appendix A)
- 1.4 LIMITATIONS:** In addition to the limitations defined in the manufacturer's instructions for your Full Body Harness and Fall Arrest Equipment, always consider the following limitations when installing or using the Self-Rescue System:

⚠ WARNING: Failure to observe the following restrictions may result in injury or death.

- **Capacity:** The Self-Rescue System has been compliance tested for use by one person with a combined weight (clothing, tools, etc.) from 130 lbs (59 kg) to 310 lbs (141 kg). Make sure all of the components in your system are rated to a capacity appropriate to your application.
- **Anchorage Strength:** Anchorages suspending the Self-Rescue System shall have a strength capable of sustaining static loads applied in the directions permitted by the system of at least: 5,000 lbs. (22.2 kN) for non-certified anchorages, or two times the maximum arresting force for certified anchorages. See the manufacturer's instructions for your Fall Protection equipment for any additional anchorage requirements.
- **Maximum Number of Descents:** The Self-Rescue 50 and Self-Rescue 100 Systems are single-descent devices. After a descent, remove the Self-Rescue System from service and contact Capital Safety regarding repair.

ⓘ IMPORTANT: Only Capital Safety or parties authorized in writing may make repairs to this equipment.

ⓘ SELF-RESCUE TRAINING SYSTEM: The Self-Rescue TRAINING System can be used for up to 20 descents in a controlled training environment with secondary fall protection (see Appendix A).

- **Maximum Descent Speed:** Per ANSI Z359.4, Maximum Descent Speed of the Self-Rescue System shall not exceed 6.6 ft/s (2 m/s). Descent Speed will vary with the weight of the user. See the Figure 1 performance specifications for the "Approximate Descent Speed".
- **Hazards:** Use of this equipment in areas where surrounding hazards exist may require additional precautions to reduce the possibility of injury to the user or damage to the equipment. Hazards may include, but are not limited to: high heat, caustic chemicals, corrosive environments, high voltage power lines, explosive or toxic gases, moving machinery, or overhead materials that may fall and contact the user or fall arrest system. Avoid working where Self-Rescue Lifeline may cross or tangle with that of another worker. Avoid working where an object may fall and strike the Lifeline, resulting in loss of balance or damage to the Lifeline. Do not allow the Lifeline to pass under arms or between legs.
- **Sharp Edges:** Avoid working where the Self-Rescue Lifeline will be in contact with or abrade against unprotected sharp edges. Where contact with a sharp edge is unavoidable, cover the edge with abrasion resistant material.

2.0 USE

- 2.1 FALL PROTECTION AND RESCUE PLAN:** The employer must have a Fall Protection and Rescue Plan in place that meets *ANSI Z359.2 Minimum Requirements for a Comprehensive Managed Fall Protection Program*. The plan should provide guidelines and requirements for an employer's managed fall protection program, including policies, duties and training; fall protection procedures; eliminating and controlling fall hazards; rescue procedures; incident investigations; and evaluating program effectiveness.
- 2.2 INSPECTION FREQUENCY:** The Self-Rescue 50 and Self-Rescue 100 Systems must be inspected by an Authorized Person¹ or Rescuer² before each use. Additionally, annual inspections must be conducted by a Competent Person³ other than the user. Extreme working conditions may necessitate more frequent Competent Person inspections. The Self-Rescue TRAINING System shall be inspected by a Competent Person before each use. The Competent Person shall use the Inspection Schedule (Table 1) to determine appropriate inspection intervals. Inspection procedures are described in the "Inspection Checklist" (Table 2). Results of the Competent Person inspection should be recorded in the "Inspection and Maintenance Log" on the back pages of these instructions or recorded with the i-Safe™ system (see Section 5).

¹ **Authorized Person:** A person assigned by the employer to perform duties at a location where the person will be exposed to a fall hazard.

² **Rescuer:** Person or persons other than the rescue subject acting to perform an assisted rescue by operation of a rescue system.

³ **Competent Person:** An individual designated by the employer to be responsible for the immediate supervision, implementation, and monitoring of the employer's managed fall protection program who, through training and knowledge, is capable of identifying, evaluating, and addressing existing and potential fall hazards, and who has the employer's authority to take prompt corrective action with regard to such hazards.

Table 1 – Competent Person Inspection Schedule

Type of Use	Application Examples	Conditions of Use	Competent Person Inspection Frequency
Infrequent to Light	Rescue and Confined Space, Factory Maintenance	Good Storage Conditions, Indoor or Infrequent Outdoor Use, Room Temperature, Clean Environments	Annually
Moderate to Heavy	Transportation, Residential Construction, Utilities, Warehouse	Fair Storage Conditions, Indoor and Extended Outdoor Use, All Temperatures, Clean or Dusty Environments	Semi-Annually to Annually
Severe to Continuous	Commercial Construction, Oil and Gas, Mining	Harsh Storage Conditions, Prolonged or Continuous Outdoor Use, All Temperatures, Dirty Environment	Quarterly to Semi-Annually
Multiple Descents	Training with the Self-Rescue TRAINING System only	Up to 20 descents in a controlled training environment	Before each Descent

2.3 BODY SUPPORT: A Full Body Harness must be used with the Self-Rescue System. The EZ-Link™ D-Ring on the Self-Rescue System must be above the user’s center of gravity. A body belt is not authorized for use with the Self-Rescue System. If a fall occurs when using a body belt it may cause unintentional release or physical trauma from improper body support.

2.4 COMPATIBILITY OF COMPONENTS: Unless otherwise noted, Capital Safety equipment is designed for use with Capital Safety approved components and subsystems only. Substitutions or replacements made with non approved components or subsystems may jeopardize compatibility of equipment and may affect safety and reliability of the complete system.

④ **IMPORTANT:** Follow manufacturer’s instructions for all components and subsystems in your personal fall arrest system.

2.5 COMPATIBILITY OF CONNECTORS: Connectors are considered to be compatible with connecting elements when they have been designed to work together in such a way that their sizes and shapes do not cause their gate mechanisms to inadvertently open regardless of how they become oriented. Contact Capital Safety if you have any questions about compatibility. Connectors (hooks, carabiners, and D-rings) must be capable of supporting at least 5,000 lbs. (22.2 kN). Connectors must be compatible with the anchorage or other system components. Do not use equipment that is not compatible. Non-compatible connectors may unintentionally disengage (see Figure 3). Connectors must be compatible in size, shape, and strength. Self-locking snap hooks and carabiners are required.

2.6 MAKING CONNECTIONS: Snap hooks and carabiners used with this equipment must be self-locking. Ensure all connections are compatible in size, shape and strength. Do not use equipment that is not compatible. Ensure all connectors are fully closed and locked. Capital Safety connectors (snap hooks and carabiners) are designed to be used only as specified in each product’s user instructions. See Figure 4 for examples of inappropriate connections. Do not connect snap hooks and carabiners:

- A. To a D-ring to which another connector is attached.
- B. In a manner that would result in a load on the gate.

④ **NOTE:** Large throat snap hooks should not be connected to standard size D-rings or similar objects which will result in a load on the gate if the hook or D-ring twists or rotates, unless the snap hook is equipped with a 3,600 lb (16 kN) gate. Check the marking on your snap hook to verify that it is appropriate for your application.

- C. Where the size or shape of the mating connectors are not compatible and, without visual confirmation of proper connection, may create the false impression of being properly connected.
- D. To each other.
- E. Directly to webbing or rope lanyard or tie-back (unless the manufacturer’s instructions for both the lanyard and connector specifically allows such a connection).
- F. To any object which is shaped or dimensioned such that the snap hook or carabiner will not close and lock, or that roll-out could occur.
- G. In a manner that does not allow the connector to align properly while under load.

Figure 3 – Unintentional Disengagement

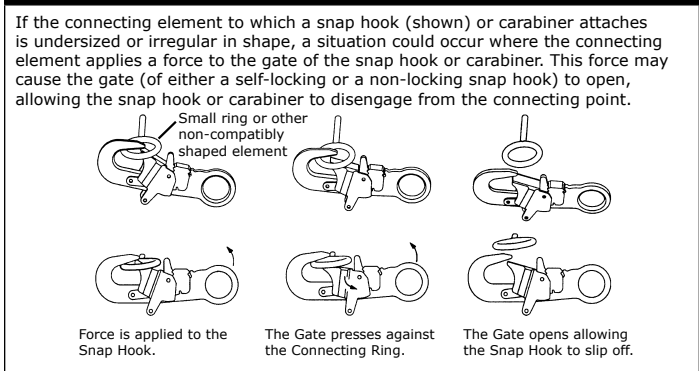
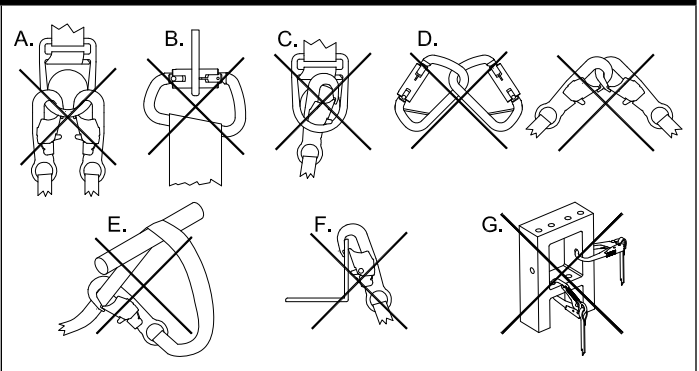


Figure 4 – Inappropriate Connections



3.0 INSTALLATION

⚠ CAUTION: Do not alter or intentionally misuse this equipment. Consult Capital Safety when using this equipment in combination with components or subsystems other than those described in this manual. Some subsystem and component combinations may interfere with the operation of this equipment. Use caution when using this equipment around moving machinery, electrical and chemical hazards, and sharp edges.

3.1 PLAN your Fall Arrest and Rescue systems before use. Consider all factors that will affect your safety during use of this equipment. The following list gives important points to consider when planning your system:

- **ANCHORAGE:** Select an anchorage that meets the requirements specified in "Limitations" (Section 1.4).
- **SHARP EDGES:** Avoid working where system components may be in contact with, or abrade against, unprotected sharp edges.
- **RESCUE:** The employer must have a "Fall Protection and Rescue Plan" when using this equipment (see Section 2.1). Equipment users and rescuers must know the "Fall Protection and Rescue Plan" and have the ability to perform a rescue quickly and safely.

3.2 HARNESS MOUNTING - STANDARD D-RING: On Capital Safety or other manufacturers' Full Body Harnesses, the Self-Rescue System attaches to harness webbing directly below the Dorsal D-Ring (see Figure 5). To mount the Self-Rescue System on the Harness:

- 1. Loosen the Harness Webbing:** Pull out the Harness Straps (A) where they pass through the bottom of the Dorsal D-Ring (B) until there is sufficient space to slide the Mounting Pin between the Harness Straps and Back Pad.
- 2. Open the Mounting Pin:** Push in the Locking Buttons (A) simultaneously and slide the Locking Pin (B) out.
- 3. Cover the Harness Dorsal D-Ring:** Unsnap the D-Ring Cover (A). Slide the D-Ring Cover over the Dorsal D-Ring (B) of the Harness to prevent accidental connection to the wrong D-Ring when the Self-Rescue System is in use. Snap the D-Ring Cover shut.

① **NOTE:** Covering the Harness Dorsal D-Ring is optional, but leaving the D-Ring uncovered allows accidental connection to the wrong D-Ring; in which case, the Self-Rescue System is unusable in the event rescue descent is necessary.

- 4. Pin the Mounting Pin around the Harness Straps:** Position the Mounting Pin (A) around the Web Straps (B). Push the Locking Pin (C) in under the Web Straps until the Locking Buttons engage (pop out) and the Red Warning Ring (D) is no longer visible. Pull the Harness Straps tight.
- 5. Attach and adjust the Clip Straps:** Attach the Locking Clips (A) on each Clip Strap (B) to the Back Straps or Waist Belt on the Harness. The webbing should pass through both slots on the Locking Clip so the Locking Clip does not slide freely on the webbing. Adjust the Clip Straps so the Self-Rescue Backpack is centered on the users back and the bottom of the Backpack can not flip up during use.
- 6. Secure the Release Cord to the Harness Shoulder Strap:** Drape the Release Cord Shoulder Strap (A) over the right Shoulder Strap (B) on the Harness. Fasten the Hook and Loop Strip (C) around the Shoulder Strap webbing.

3.3 HARNESS MOUNTING - EASY-LINK™ D-RING: On Capital Safety Full Body Harnesses equipped with an Easy-Link™ Dorsal D-Ring, the Self-Rescue System attaches to the upper device adapter on the Easy-Link D-Ring (see Figure 6). To mount the Self-Rescue System on the Harness:

- 1. Open the Mounting Pin:** Push in the Locking Buttons (A) simultaneously and slide the Locking Pin (B) out.
- 2. Cover the Harness Dorsal D-Ring:** Unsnap the D-Ring Cover (A). Slide the D-Ring Cover over the Dorsal D-Ring (B) on the Harness to prevent accidental connection to the wrong D-Ring when the Self-Rescue System is in use. Snap the D-Ring Cover shut.

① **NOTE:** Covering the Harness Dorsal D-Ring is optional, but leaving the D-Ring uncovered allows accidental connection to the wrong D-Ring; in which case, the Self-Rescue System is unusable in the event rescue descent is necessary.

- 3. Pin the Mounting Pin to the Easy-Link D-Ring:** Align the gate on the Mounting Pin (A) with the upper Easy-Link Connection (B). Push the Locking Pin (C) through the Easy-Link Connection until the Locking Buttons engage (pop out) and the Red Warning Ring (D) is no longer visible.
- 4. Attach and adjust the Clip Straps:** Attach the Locking Clips (A) on each Clip Strap (B) to the Back Straps or Waist Belt on the Harness. The webbing should pass through both slots on the Locking Clip so the Locking Clip does not slide freely on the webbing. Adjust the Clip Straps so the Self-Rescue Backpack is centered on the users back and the bottom of the Backpack can not flip up during use.
- 5. Secure the Release Cord to the Harness Shoulder Strap:** Drape the Release Cord Shoulder Strap (A) over the Right Shoulder Strap (B) on the Harness. Fasten the Hook and Loop Strip (C) around the Shoulder Strap webbing.

Figure 5 – Harness Mounting - Standard D-Ring

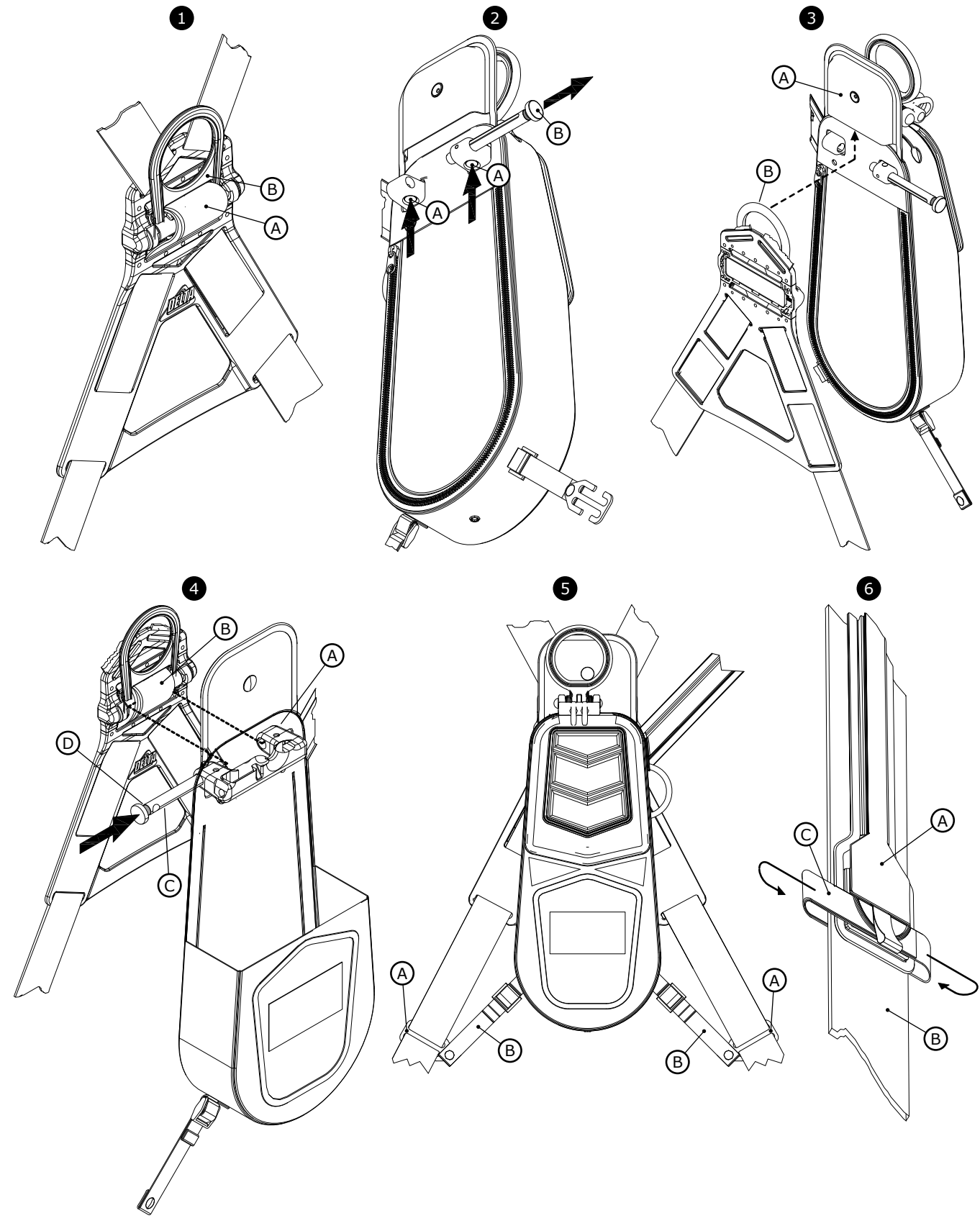
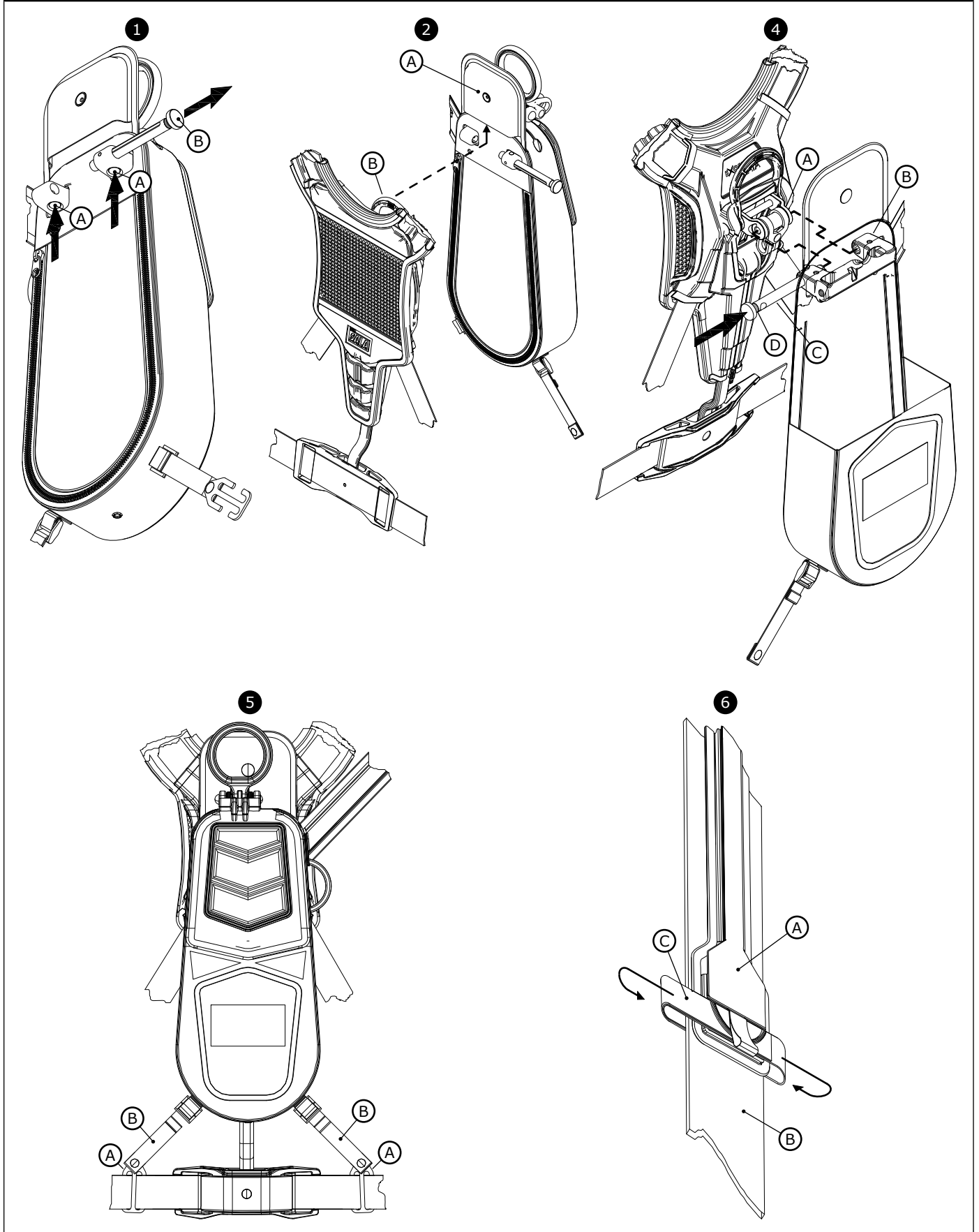


Figure 6 – Harness Mounting - Easy-Link™ D-Ring



3.4 FALL PROTECTION EQUIPMENT ATTACHMENTS: The Self-Rescue System is equipped with an Easy-Link™ D-Ring with attachment elements for Harness-Mounted Self-Retracting Devices (SRDs). Energy Absorbing Lanyards and Overhead Anchorage SRDs attach to the D-Ring (see Figure 7). Harness Mounted SRDs are secured through the Easy-Link Connection below the D-Ring with their designated Interface Connector (see Figure 8). See the instructions included with the SRD for details regarding the Interface Connector and installation.

① **IMPORTANT:** Contact Capital Safety with any questions or concerns regarding compatibility of your SRD with the Easy-Link System.

Figure 7 – Fall Protection Equipment Attachment - Dorsal D-Ring

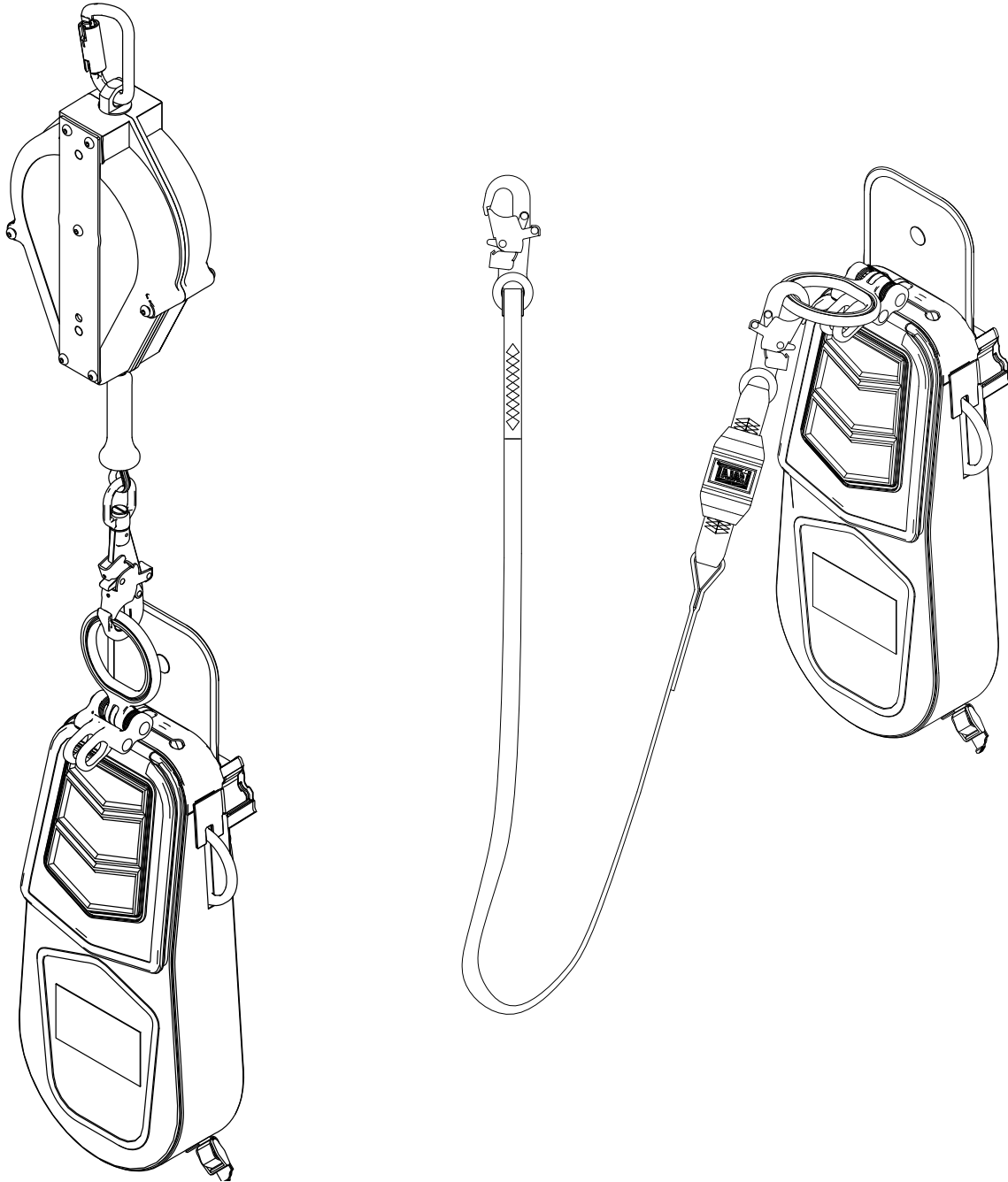
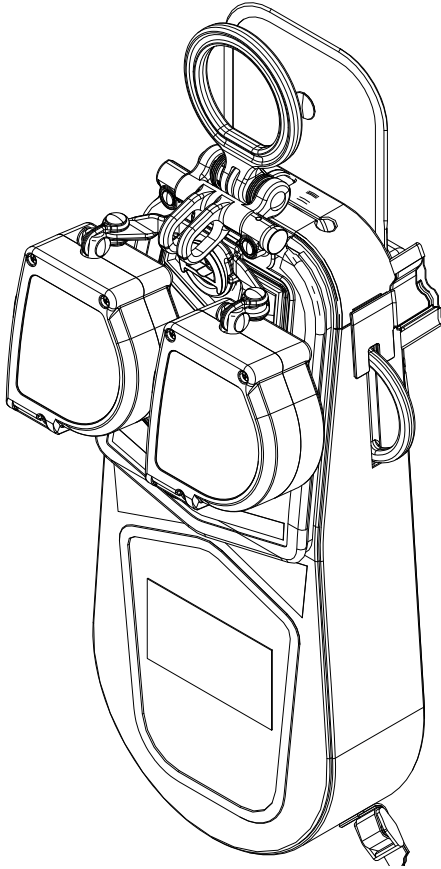
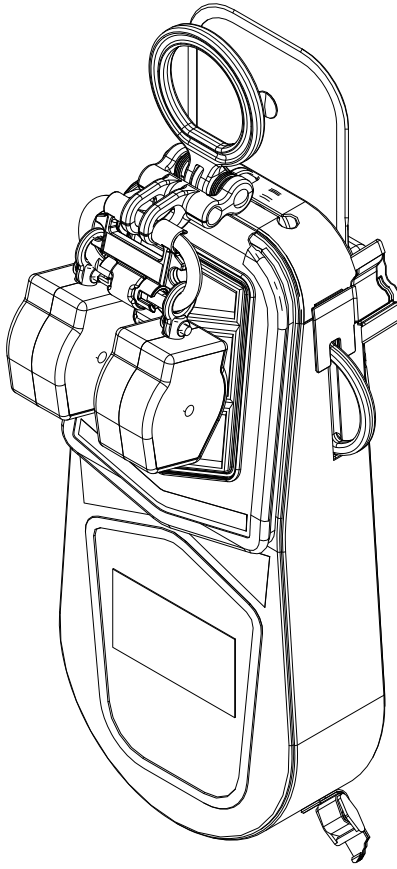


Figure 8 – Fall Protection Equipment Attachment - Easy-Link™ Connection

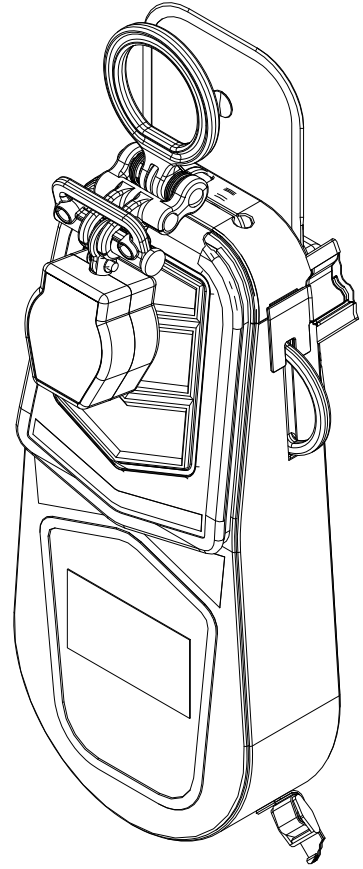
DBI-SALA Nano-Lok™ Edge SRDs



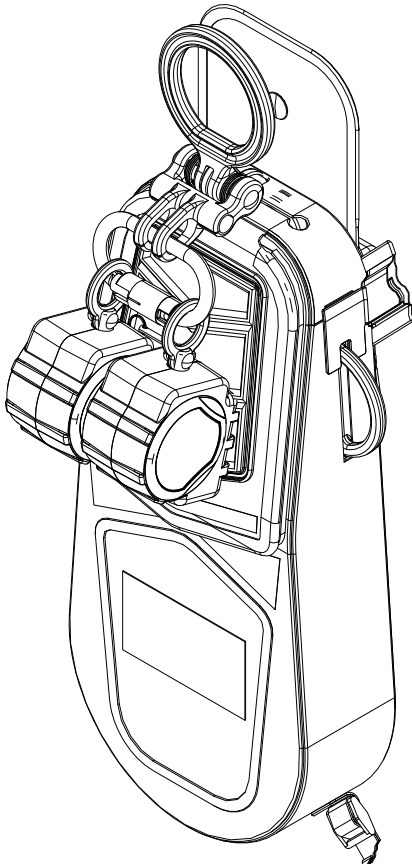
DBI-SALA Nano-Lok SRDs (Twin)



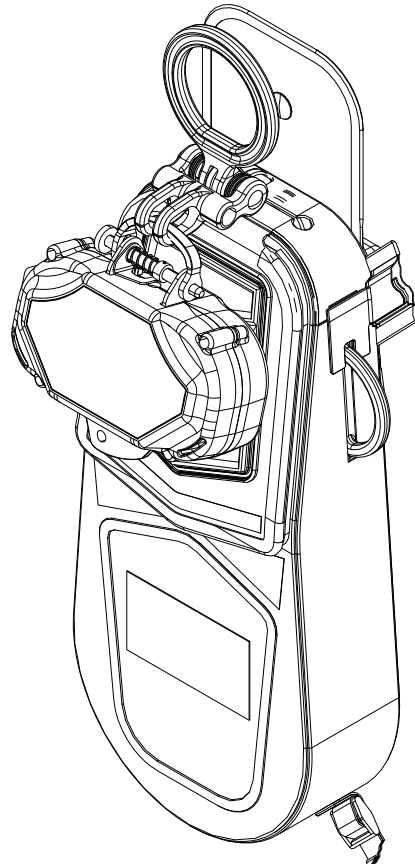
DBI-SALA Nano-Lok SRDs (Single)



Protecta Rebel™ SRDs (Twin)



DBI-TALON SRD (Twin)



4.0 Operation

⚠ WARNING: Consult your doctor if there is reason to doubt your fitness to safely absorb the shock from a fall arrest. Age and fitness seriously affect a worker's ability to withstand falls. Pregnant women or minors must not be exposed to fall hazards and fall arrest forces.

① IMPORTANT: Self-Rescue Systems are designed for emergency descent and may only be used for a single, vertical descent. If the Self-Rescue System has been used to descend, remove it from service immediately and contact Capital Safety.

4.1 BODY SUPPORT: A Full Body Harness must be worn when using Fall Arrest equipment and the Self-Rescue System. For general fall protection use, connect to the Easy-Link™ connections on the Self-Rescue System (see "Fall Protection Equipment Attachments"). Consult the harness manufacturer's instructions for details regarding use of the harness connection points.

4.2 BEFORE EACH USE: Before each use of a harness equipped with the Self-Rescue System, inspect the Self-Rescue System per the "Table 2 - Inspection Checklist" at the back of this manual. Inspect the harness per the inspection procedures in the harness manufacturer's instructions.

4.3 SELF-RESCUE OPERATION: The Self-Rescue System is equipped with a Release Cord to initiate descent (see Figure 9). To release the Easy-Link D-Ring™ from the Descent Device and begin descending to safety:

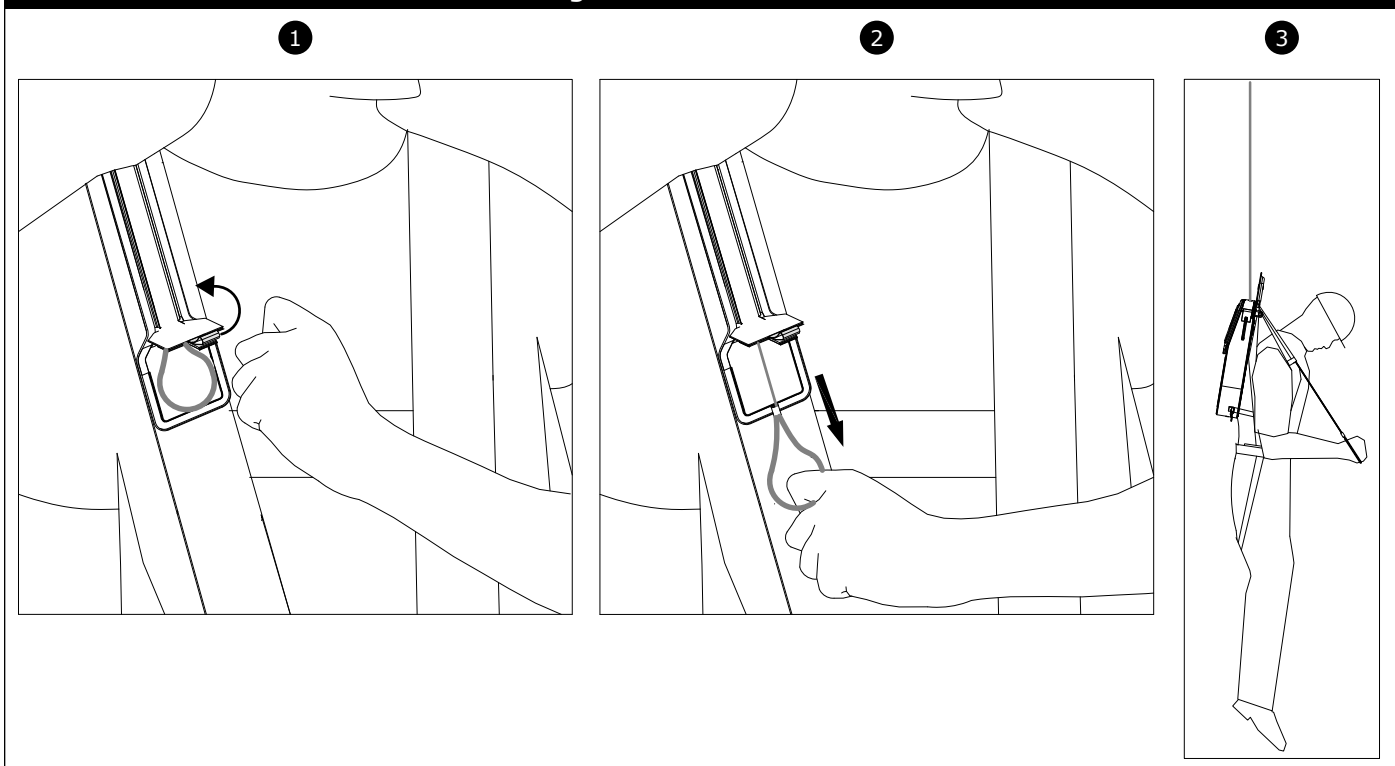
⚠ WARNING: Before descending with the Self-Rescue System always check the descent path and landing zone below for sharp edges that can cut the lifeline and other potential hazards that may injure the worker. Make sure the landing area is clear of any obstructions that you might strike.

① IMPORTANT: When descent is activated, harness mounted SRDs or Lanyards and the attached Easy-Link D-Ring will completely decouple from the Self-Rescue Descent Device. On Twin Leg SRDs or Twin Leg Lanyards, make sure the unanchored leg of the SRD or Lanyard is not connected to the Harness or anywhere else on the user's person where it will interrupt descent.

1. Pull up on the Red Tab on the Release Cord Shoulder Strap to expose the Red Pull Handle.
2. Grasp the Red Pull Handle and pull the Release Cord firmly to release the Easy-Link D-Ring and begin descending.
3. Bend your knees and brace for the landing.

4.4 ASSISTED RESCUE OPERATION: In the event the wearer is incapacitated, the Red Assisted Rescue Ring can be accessed with the accessory DBI-SALA Rescue Pole or similar equipment to initiate descent (see Figure 10). To perform an assisted rescue with the DBI-SALA Rescue Pole:

Figure 9 – Self-Rescue



⚠ WARNING: Before descending with the Self-Rescue System always check the descent path and landing zone below for sharp edges that can cut the lifeline and other hazards that may injure the worker. Make sure the landing area is clear of any objects that the incapacitated user might strike. Wherever possible station personnel at critical areas along the descent path to guide the incapacitated user safely to the landing area.

① IMPORTANT: When descent is activated, harness mounted SRDs and the attached Easy-Link D-Ring will completely decouple from the Self-Rescue System. On Twin Leg SRDs, make sure the unanchored leg of the SRD is not connected to the Harness or anywhere else on the user's person where it will interrupt descent.

1. Rotate each section of the Rescue Pole counterclockwise and pull to extend the pole. Turn each section clockwise to lock in place.
2. Open the Spring Latch on the Rescue Pole Head.
3. Position the Tagline Carabiner in the crook of the Rescue Pole Head. Secure the Carabiner in the Rescue Pole Head with the Spring Latch so the Carabiner Gate is open.
4. Grasp the Rescue Pole and tail end of the Tagline. Reach with the Rescue Pole and position the open Carabiner around the Red Assisted Rescue Ring. Pull back on the Rescue Pole to release the Spring Latch and close the Carabiner Gate.
5. Pull the Tagline to release the Easy-Link D-Ring and initiate descent.

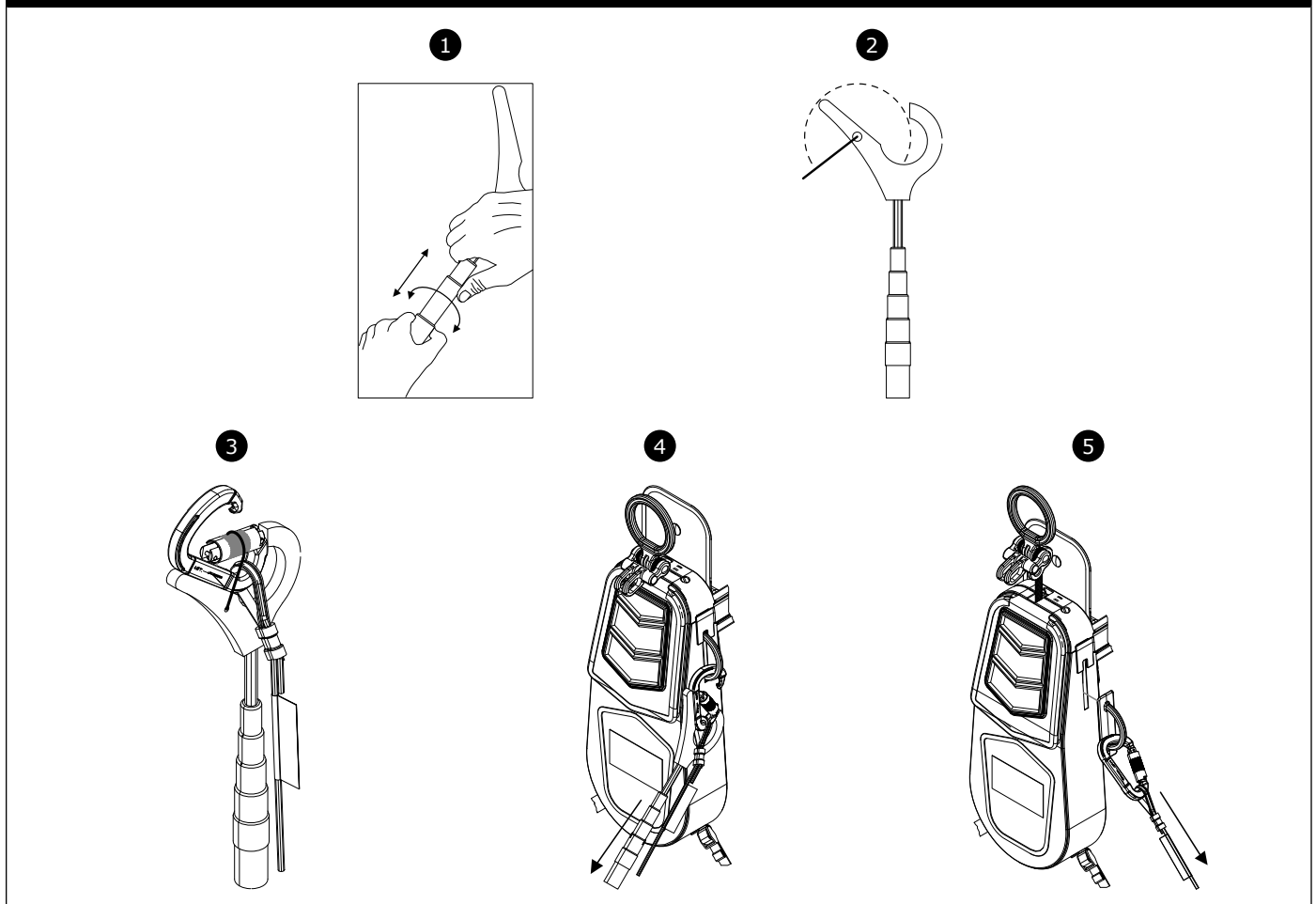
⚠ WARNING: The Red Assisted Rescue Ring is designed to detach from the Self-Rescue System when pulled. If the Tagline is pulled from below, the Rescue Ring and attached Tagline may fall to the surface below. Make sure the rescuer is not standing where they might be hit by the falling Tagline or Carabiner.

4.5 AFTER A DESCENT: The Self-Rescue 50 and Self-Rescue 100 Systems are single-descent devices. After a descent, remove the Self-Rescue System from service and contact Capital Safety regarding repair.

① IMPORTANT: Only Capital Safety or parties authorized in writing may make repairs to this equipment.

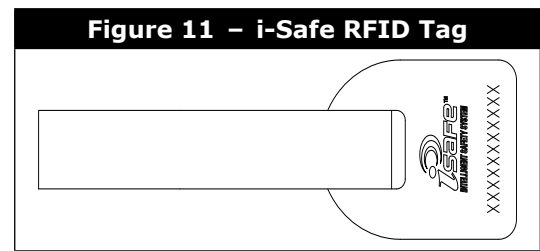
⚠ WARNING: Internal components of the Self-Rescue System will heat up during a long descent. Do not open the backpack or remove it from the harness until it has sufficient time to cool.

Figure 10 – Assisted Rescue



5.0 INSPECTION

5.1 i-Safe™ RFID TAG: The Self-Rescue System includes an i-Safe™ Radio Frequency Identification (RFID) tag. The RFID tag can be used in conjunction with the i-Safe handheld reading device and web based portal to simplify inspection and inventory control and provide records for your fall protection equipment. For details, contact a Capital Safety Customer Service representative (see back cover). Follow the instructions provided with your i-Safe handheld reader, or on the web portal, to transfer your data to your web log.



5.2 INSPECTION : The Self-Rescue System must be inspected at the intervals defined in "Section 2.2 - Inspection Frequency". Inspection procedures are described in the *Inspection Checklist (Table 2)*. Results of Competent Person inspections should be recorded in the *Inspection and Maintenance Log*.

⚠ WARNING: If the Self-Rescue System has been subjected to fall arrest or impact forces: remove from service immediately, mark as "UNUSABLE", and contact Capital Safety regarding repair. Continued use of the Self-Rescue System after fall arrest may result in injury or death.

5.3 UNSAFE OR DEFECTIVE CONDITIONS: If inspection per the *Inspection Checklist (Table 2)* reveals an unsafe or damaged condition, remove the Self-Rescue System from service immediately, mark as "UNUSABLE", and contact Capital Safety.

⚠ WARNING: Continued use of fall protection equipment with an unsafe or damaged condition may result in injury or death.

① NOTE: Only Capital Safety or parties authorized in writing may make repairs to this equipment.

5.4 PRODUCT LIFE: The functional life of DBI-SALA Self-Rescue Systems is determined by work conditions and maintenance. As long as the product passes inspection criteria, it may remain in service.

6.0 CLEANING, SERVICE, STORAGE, AND TRANSPORT

6.1 CLEANING: Periodically wipe down the exterior of the Self-Rescue System Backpack with water and a mild soap solution. Position the Backpack so excess water can drain out. Clean labels as required. Air dry only. Do not force dry with heat.

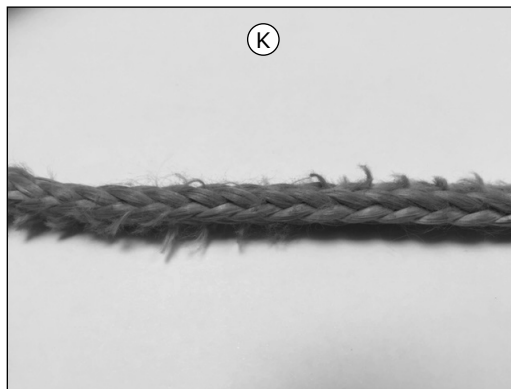
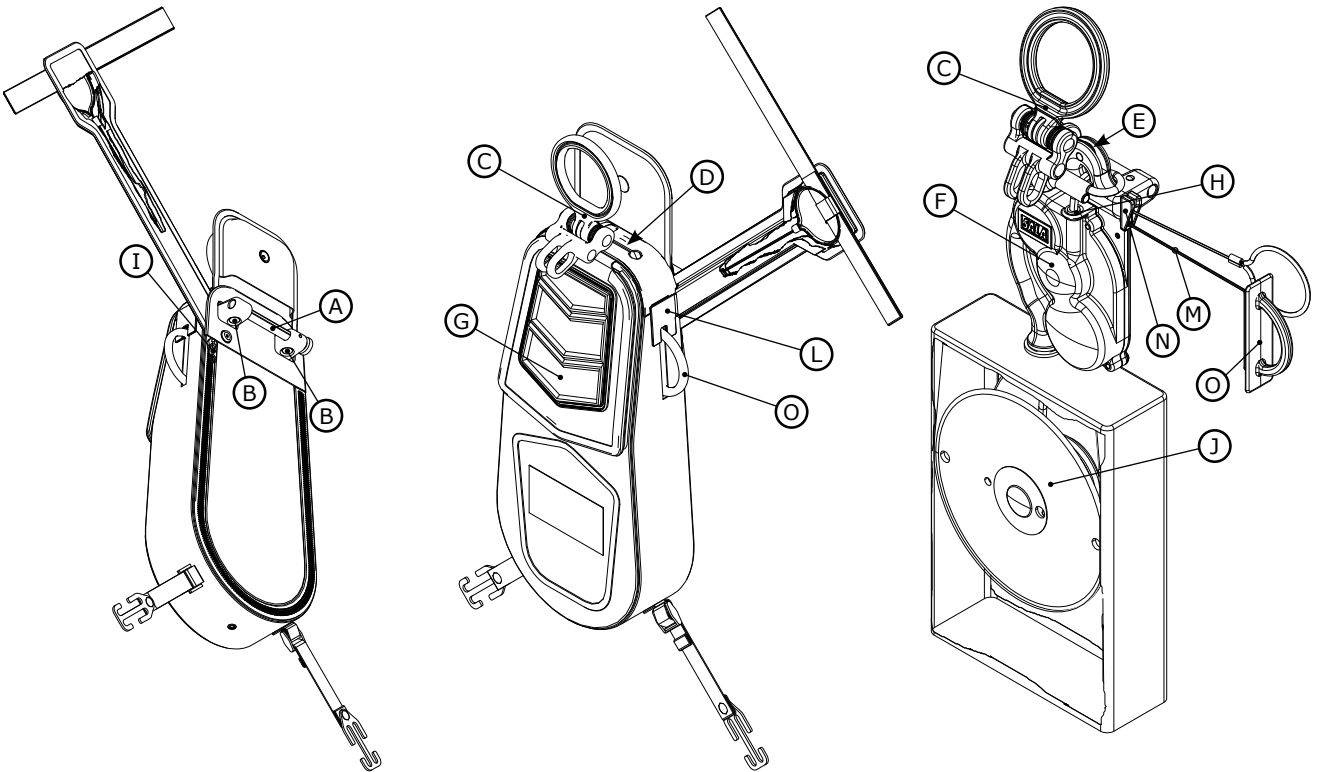
6.2 SERVICE: The Self-Rescue System is not a serviceable product. Do not attempt to disassemble the Self-Rescue System or lubricate any parts.

① SELF-RESCUE TRAINING SYSTEM: The Self-Rescue 50 and Self-Rescue 100 Systems may only be used for a single, vertical descent. After the Self-Rescue System has been used to descend, remove it from service immediately, mark as "UNUSABLE", and contact Capital Safety regarding repair. The Self-Rescue TRAINING System allows up to 20 descents for TRAINING ONLY and is configured so the Lifeline Rope can be fed back through the Descent Device and wound back on the Rope Spool (see Appendix A for instructions).

6.3 STORAGE AND TRANSPORT: Store and transport the Self-Rescue System in a cool, dry, clean environment out of direct sunlight. Avoid areas where chemical vapors may exist. Thoroughly inspect the Self-Rescue System after any period of extended storage. If the Self-Rescue System can not be stored in an appropriate environment, a humidity resistant case should be used for storage. If exposed to rain or other moisture, the Self-Rescue System should be air dried prior to storage or stored where it can dry completely during storage.

Table 2 – Inspection Checklist

Component:	Inspection: (See Section 2.2 for Inspection Frequency)	Before Each Use	Competent Person
Self-Rescue System	Inspect the Harness Interface. Ensure the Locking Pin (A) is fully seated (Red Warning Ring is not visible) and both Locking Buttons (B) are engaged.	<input type="checkbox"/>	<input type="checkbox"/>
	Inspect the Easy-Link D-Ring (C) for damage, corrosion, and proper working condition.	<input type="checkbox"/>	<input type="checkbox"/>
	Inspect inside the Easy-Link D-Ring opening (D) to ensure the lifeline termination is in good condition and the Latch Fuse (E) has not been broken from previous deployment.	<input type="checkbox"/>	<input type="checkbox"/>
	Inspect the Descent Device Housing (F) through the Front Flap (G) for distortion, cracks, or other damage. Verify that the Red Rope Exit Seal (H) is in place.	<input type="checkbox"/>	<input type="checkbox"/>
	Open the Back Zipper (I) far enough to validate the Lifeline (J) is dry, undamaged, and properly spooled. ⚠ NOTE: On the Self-Rescue TRAINING System, some discoloration and fraying of the lifeline rope is expected after multiple descents (K). As long as strands of the rope are not completely severed, the TRAINING System can remain in use for up to 20 descents (see Appendix A).	<input type="checkbox"/>	<input type="checkbox"/>
	Open the Hook and Loop Flap (L) on the side of the Backpack and verify that the Assisted Rescue Cable (M) is properly seated in the in the slot on the Connector Side Housing Clip (N) and the Assisted Rescue Handle (O) is correctly positioned with the handle protruding out the side of the Backpack.	<input type="checkbox"/>	<input type="checkbox"/>
All labels must be present and fully legible (see "Labels").		<input type="checkbox"/>	<input type="checkbox"/>
Full Body Harness	Inspect the Full Body Harness per the manufacturer's instructions.	<input type="checkbox"/>	<input type="checkbox"/>
Lanyards and Self-Retracting Devices	Inspect Lanyards and Self-Retracting Devices per the manufacturer's instructions.	<input type="checkbox"/>	<input type="checkbox"/>



LABELS

The following labels must be present on the Self-Rescue System and Rescue Pole Kit. Labels must be replaced if they are not fully legible. Contact Capital Safety for replacement labels.

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THIS PRODUCT MEETS:
ANSI/ASSE Z359.4
US1 22159:07/1/D

MODEL NO:	MFRD:
SERIAL NO:	LOT:
MAX DESCENT HEIGHT FT(M)	

OPERATING TEMP:
-40°F to +140°F (-40°C to +60°C)

USER WEIGHT RANGE:
130lb-310lb (59kg-141kg)

↑ x 1
MAX = 1x ↓

MANUFACTURER'S INSTRUCTIONS MUST BE READ AND UNDERSTOOD BEFORE USE.

USAGE: 1. CHECK THE GROUND BELOW TO ENSURE DESCENT PATH IS CLEAR OF OBSTRUCTIONS AND SHARP EDGES AND A SAFE LANDING IS POSSIBLE.
2. OPEN FLAP ON RIGHT SHOULDER.
3. PULL CORD FIRMLY.
4. BEND KNEES AND BRACE FOR LANDING.

1

2

3

4

9510291 Rev. C

(B)

USER IDENTIFICATION: _____

THIS PRODUCT IS I-SAFE ENABLED, AND CONTAINS AN ELECTRONIC TAG THAT CAN BE READ BY COMPATIBLE READERS - PROVIDING INSPECTION LOGS, INVENTORY MANAGEMENT AND OTHER SAFETY INFORMATION.

WARNING ▲

ALL UNITS MUST BE INSPECTED ACCORDING TO THE MANUFACTURING INSTRUCTIONS BEFORE EACH USE AND BY A COMPETENT PERSON AT LEAST ANNUALLY. THIS UNIT IS FOR RESCUE PURPOSES ONLY. ONLY PULL THE RELEASE CABLE IF RESCUE IS REQUIRED. BEFORE RELEASING THE DESCENDER, USER MUST CHECK BELOW TO ENSURE THEY ARE NOT DESCENDING INTO ELECTRICAL, THERMAL, CHEMICAL OR OTHER HAZARDS. DO NOT ATTEMPT TO MANUALLY LOCK OFF THE DEVICE. ONCE ACTIVATED IT IS NOT DESIGNED TO BE LOCKED OFF MID-DESCENT. THIS UNIT IS DESIGNED TO BE USED WITH THE PRE-ATTACHED 5.5mm BRAIDED ARAMID ROPE ONLY. DO NOT ATTEMPT TO REWIND THE ROPE OR MODIFY THE DEVICE IN ANY WAY.

INSPECTION LOG

DATE	INITIAL	DATE	INITIAL

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951286 Rev A

SERIAL NO:	MFRD:
MODEL NO:	LOT:

1

1) ROTATE SECTION COUNTERCLOCKWISE TO RELEASE SECTION
2) PULL TO EXTEND
3) ROTATE CLOCKWISE TO LOCK SECTION

2

1) OPEN SPRING LATCH
2) INSERT CARABINER

3

1) OPEN CARABINER GATE
2) LOCK GATE IN PLACE WITH THE SPRING LATCH

4

1) HOOK CARABINER ON ANCHOR POINT
2) PULL POLE TO RELEASE CARABINER

(B)

www.capitalsafety.com
(800) 326-6146

▲ WARNING THIS ROPE IS NOT INTENDED TO SUPPORT A USER'S WEIGHT. DO NOT USE AS PART OF A FALL ARREST, WORK POSITIONING, OR RESCUE LIFELINE SYSTEM.

APPENDIX A - SELF-RESCUE TRAINING SYSTEM

① **IMPORTANT:** The Self-Rescue 50 System and Self-Rescue 100 System are single-descent systems. Once used in a descent, they must be removed from service. Do not use the Self-Rescue 50 System or Self-Rescue 100 System for multiple descents as described in this Appendix. Only the Self-Rescue TRAINING System can be used for multiple descents (for training only).

- A.1 DESCRIPTION:** The model 3320037 Self-Rescue TRAINING System is a multi-descent Self-Rescue Trainer specifically for training personnel in a controlled training environment. It must be used with backup fall protection (SRL with Descent, Belay Line, etc.). Up to 20 descents of 30 ft. (9 m) or less can be performed with each Self-Rescue Trainer.
- A.2 BEFORE EACH DESCENT:** Review the *Training Descent Log (Table 3)* to confirm the Self-Rescue Trainer has not reached its 20 descent limit. If the Self-Rescue Trainer has been used in 20 descents it should be removed from service, marked as "UNUSABLE", and replaced. Contact Capital Safety for replacement.
- A.3 SETUP:** Prior to each additional descent, the Self-Rescue Trainer must be reconfigured by a Competent Person¹ per the following steps (shown in Figure A1):
1. Detach the Self-Rescue Backpack from the Harness and open the Back Flap:
 - A. Push in the Locking Buttons on the Mounting Pin and pull out the Locking Pin.
 - B. Flip the Backpack over to access the Back Flap.
 - C. Unzip and open the Back Flap.
 2. Unsnap and remove the Rope Spool from the Spool Cover. Pull excess Lifeline played out in the previous descent back through the Descent Device. Pull on the rope rather than the Rope Spool to prevent the rope from pinching and binding in the spool or damaging the spool flanges.
 3. Attach the Easy-Link D-Ring to the Latch Assembly on the Descent Device:
 - A. Slide the Latch Coupling on the Easy Link D-Ring over the Latch Arm.
 - B. Push down on the Latch Arm until the Plunger Pin clicks into place.
 - C. Route the Lifeline around the hinged end of the Latch Arm. Remove any slack in the loop terminating the Lifeline to the Easy-Link D-Ring by pulling excess rope back through the Descender.
 4. Rewind the excess Lifeline onto the Rope Spool and then snap the Rope Spool back into the Spool Cover.
 5. If the Buddy Pull Ring was used in the previous descent, reconnect the Assisted Rescue Cable to the Release Cable. Make sure the cable and cable stop on the Release Cable are fully seated in the slot in the Assisted Rescue Cable Clip.
 6. Reposition the Release Cable under the Hook and Loop Flap on the Shoulder Strap and then close the flap. Any excess cable should be loosely looped and tucked under the Hook and Loop Flap.
 7. Loosely loop any excess cable from the Assisted Rescue Handle and tuck it inside the Hook and Loop Flap along the inside wall of the Backpack. Reposition the Assisted Rescue Handle with the flanges of the handle sandwiched between the two layers of the Backpack and the Buddy Pull Ring protruding out the side of the Backpack. Close the Hook and Loop Flap.
 8. Pull up on the Easy-Link D-Ring to confirm the Latch Arm is fully latched.
- A.4 INSPECTION:** After setup and prior to each descent, the Self-Rescue Trainer must be inspected by a Competent User per the procedures in the *Inspection Checklist (Table 2)*.
- A.5 AFTER EACH DESCENT:** Record the descent in the *Training Descent Log (Table 3)*.

¹ **Competent Person:** An individual designated by the employer to be responsible for the immediate supervision, implementation, and monitoring of the employer's managed fall protection program who, through training and knowledge, is capable of identifying, evaluating, and addressing existing and potential fall hazards, and who has the employer's authority to take prompt corrective action with regard to such hazards.

Figure A1 – Self-Rescue TRAINING System Setup

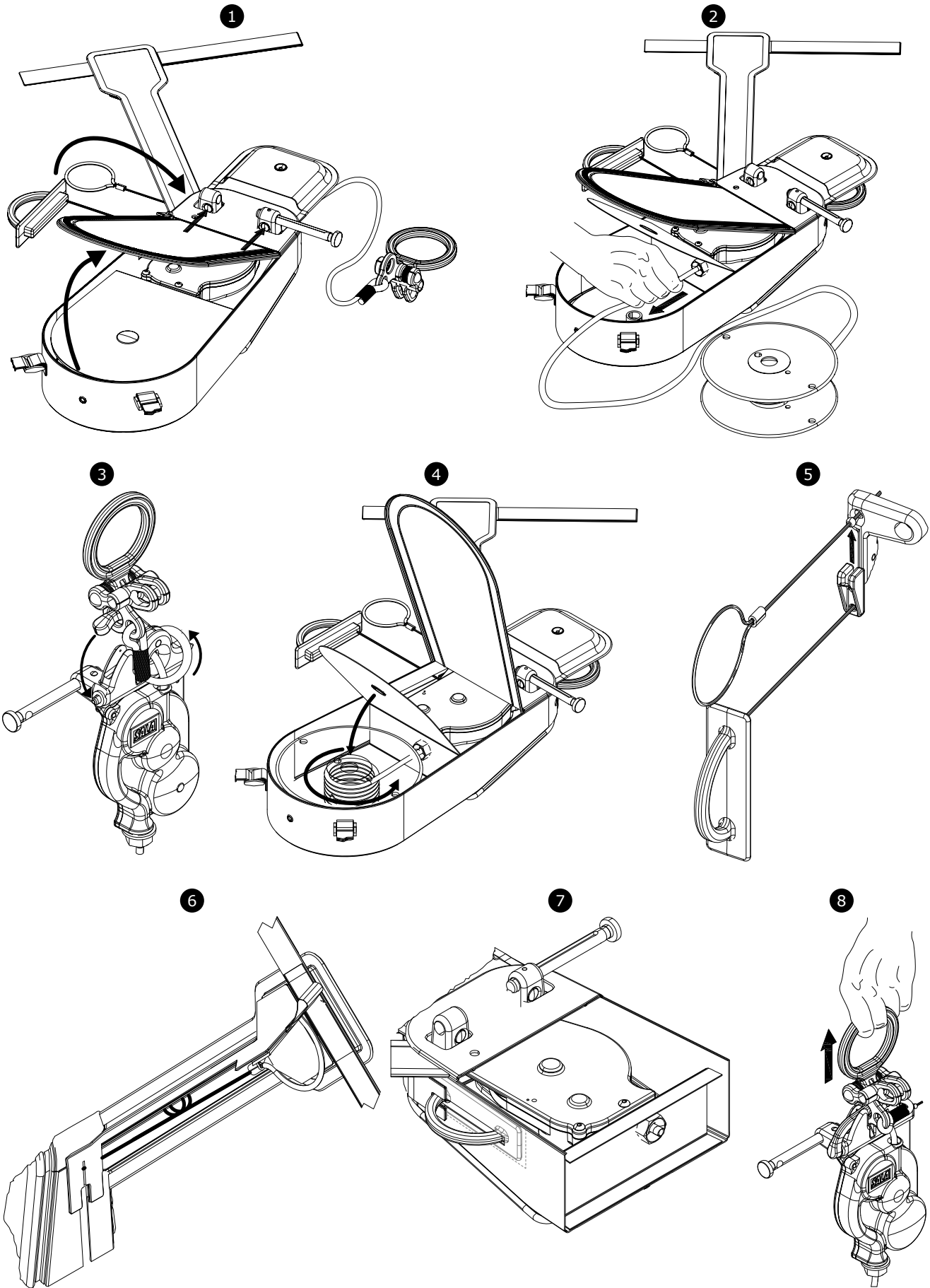


Table 3 – Training Descent Log

Descents	Serial Number	Descent Date	Inspector	Trainer
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

LIMITED LIFETIME WARRANTY

Warranty to End User: D B Industries, LLC dba CAPITAL SAFETY USA ("CAPITAL SAFETY") warrants to the original end user ("End User") that its products are free from defects in materials and workmanship under normal use and service. This warranty extends for the lifetime of the product from the date the product is purchased by the End User, in new and unused condition, from a CAPITAL SAFETY authorized distributor. CAPITAL SAFETY'S entire liability to End User and End User's exclusive remedy under this warranty is limited to the repair or replacement in kind of any defective product within its lifetime (as CAPITAL SAFETY in its sole discretion determines and deems appropriate). No oral or written information or advice given by CAPITAL SAFETY, its distributors, directors, officers, agents or employees shall create any different or additional warranties or in any way increase the scope of this warranty. CAPITAL SAFETY will not accept liability for defects that are the result of product abuse, misuse, alteration or modification, or for defects that are due to a failure to install, maintain, or use the product in accordance with the manufacturer's instructions.

CAPITAL SAFETY'S WARRANTY APPLIES ONLY TO THE END USER. THIS WARRANTY IS THE ONLY WARRANTY APPLICABLE TO OUR PRODUCTS AND IS IN LIEU OF ALL OTHER WARRANTIES AND LIABILITIES, EXPRESSED OR IMPLIED. CAPITAL SAFETY EXPRESSLY EXCLUDES AND DISCLAIMS ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, AND SHALL NOT BE LIABLE FOR INCIDENTAL, PUNITIVE OR CONSEQUENTIAL DAMAGES OF ANY NATURE, INCLUDING WITHOUT LIMITATION, LOST PROFITS, REVENUES, OR PRODUCTIVITY, OR FOR BODILY INJURY OR DEATH OR LOSS OR DAMAGE TO PROPERTY, UNDER ANY THEORY OF LIABILITY, INCLUDING WITHOUT LIMITATION, CONTRACT, WARRANTY, STRICT LIABILITY, TORT (INCLUDING NEGLIGENCE) OR OTHER LEGAL OR EQUITABLE THEORY.



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