



OSHA 1926.502
OSHA 1910.140

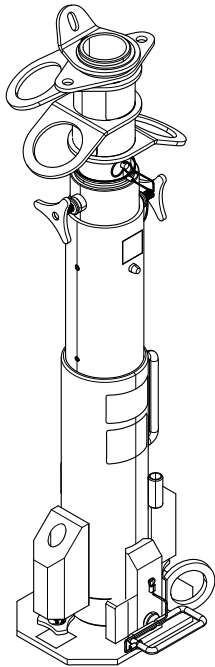
**PORTABLE FALL ARREST POST**  
Anchorage Connector



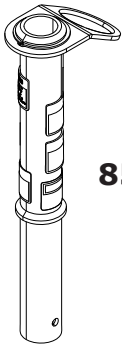
**USER INSTRUCTIONS**  
5902422 REV. F

Fall Protection

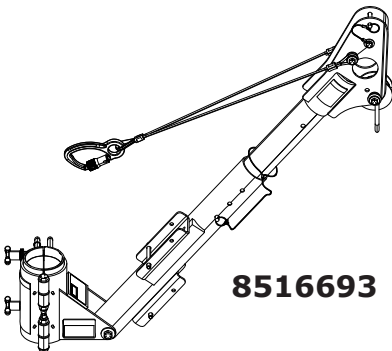
1



**8516691**

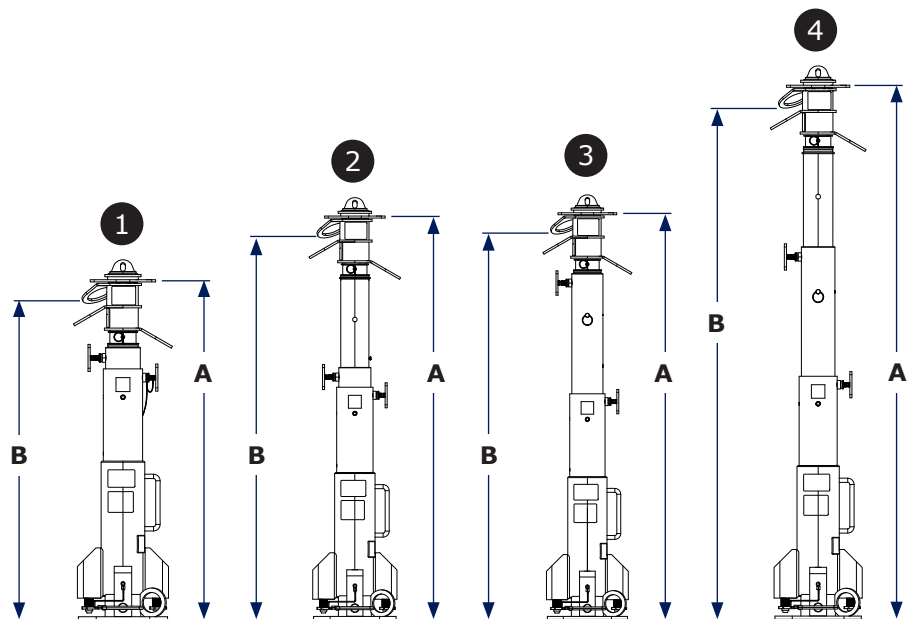
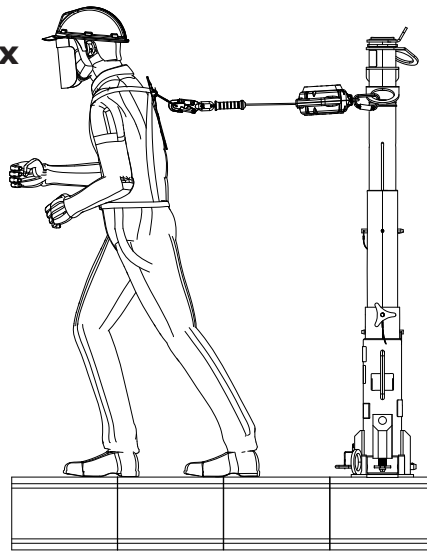


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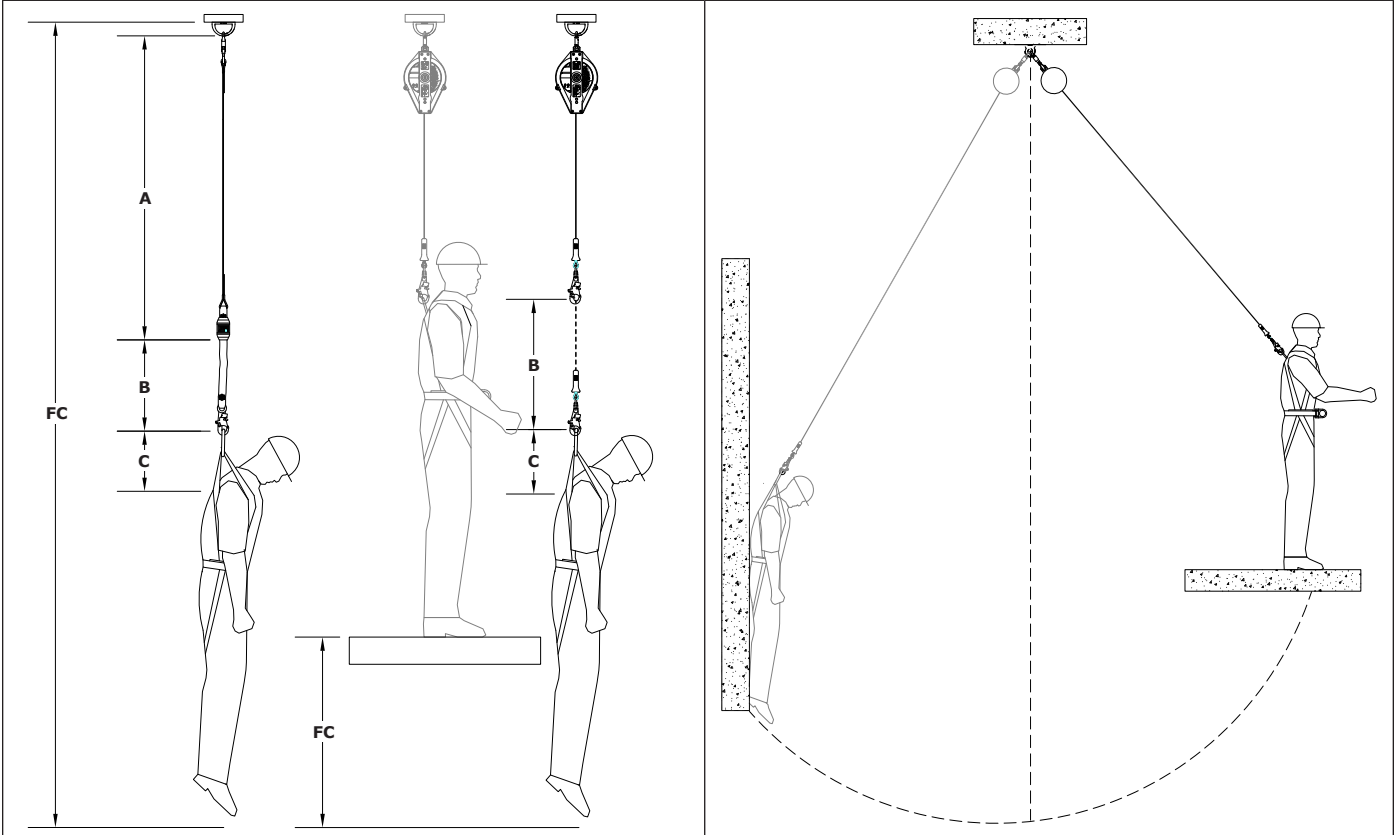
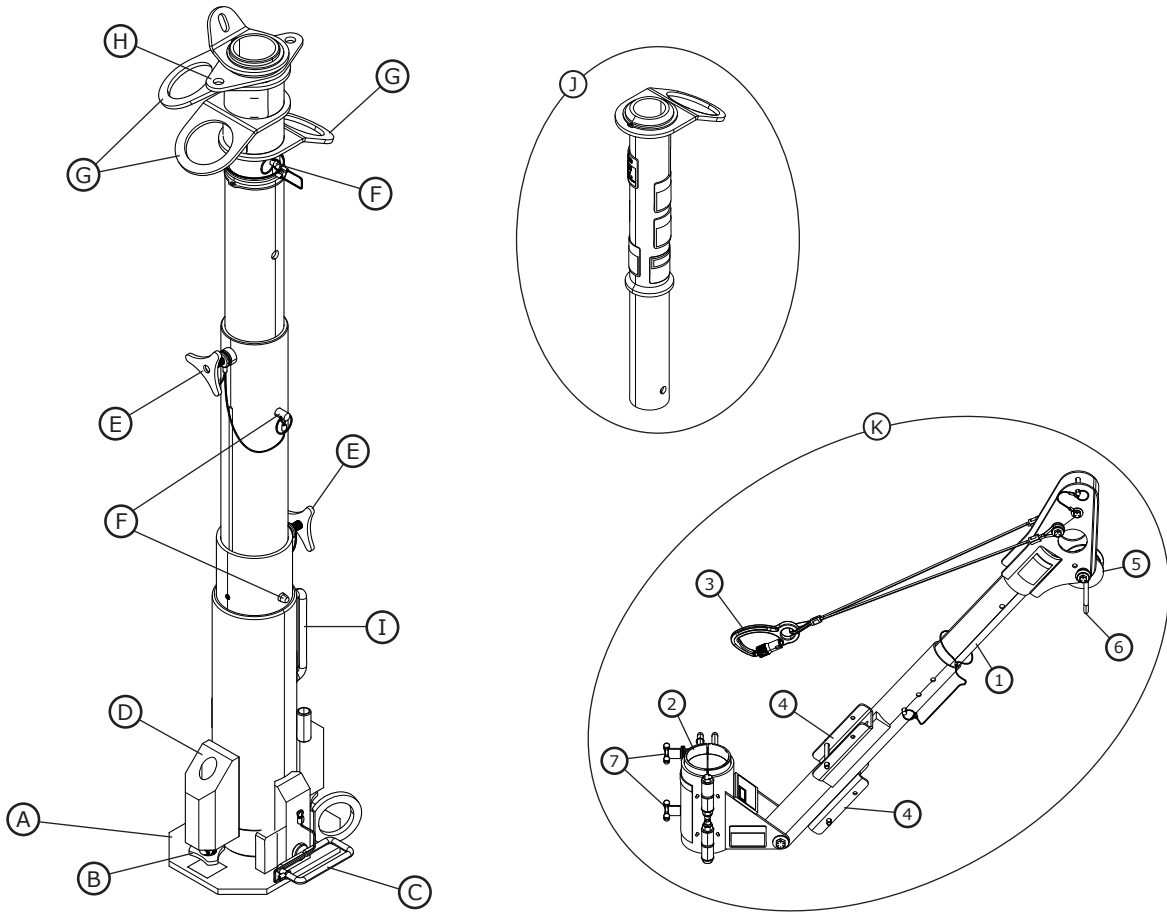


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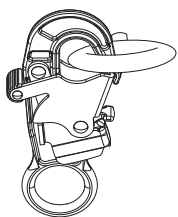
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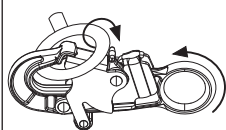
	<b>A</b>	<b>B</b>
①	32.75 in. (83.2 cm)	30.5 in. (77.5 cm)
②	44.0 in. (111.8 cm)	41.5 in. (105.4 cm)
③	46.0 in. (116.8 cm)	43.0 in. (109.2 cm)
④	57.2 in. (145.4 cm)	54.5 in. (138.4 cm)



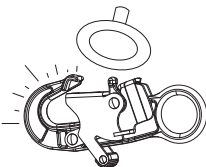
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A

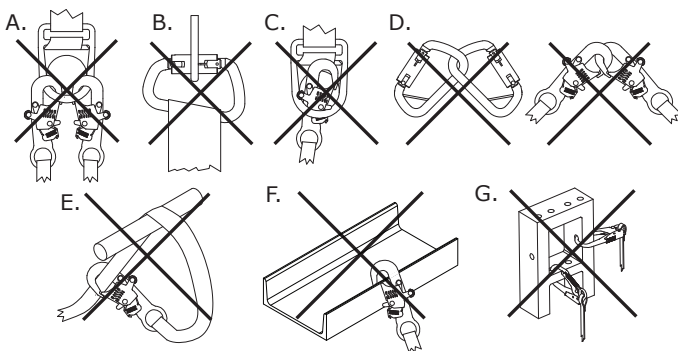


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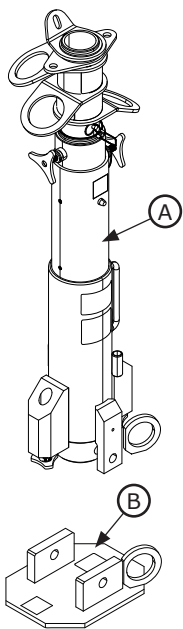
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6

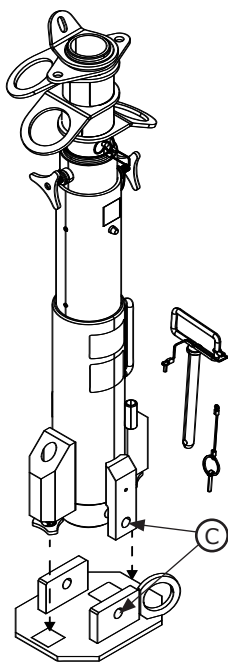


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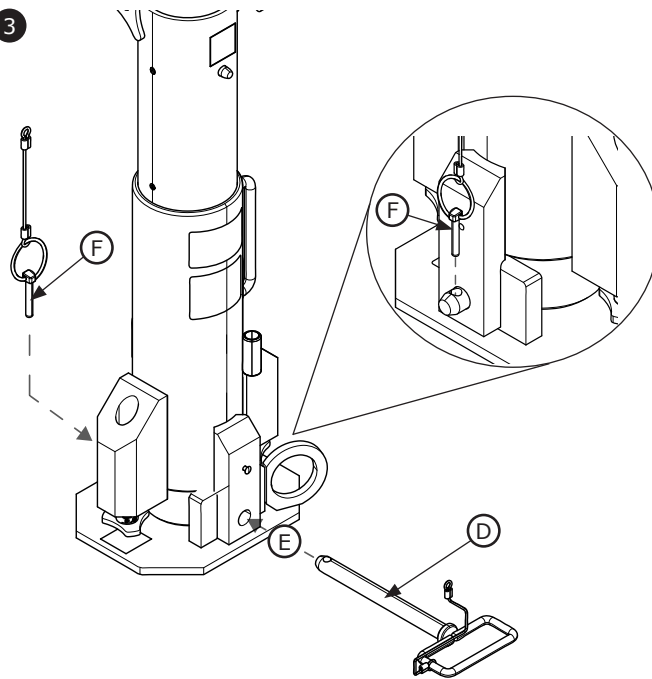
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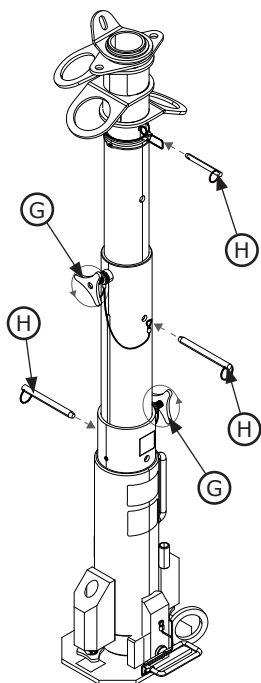
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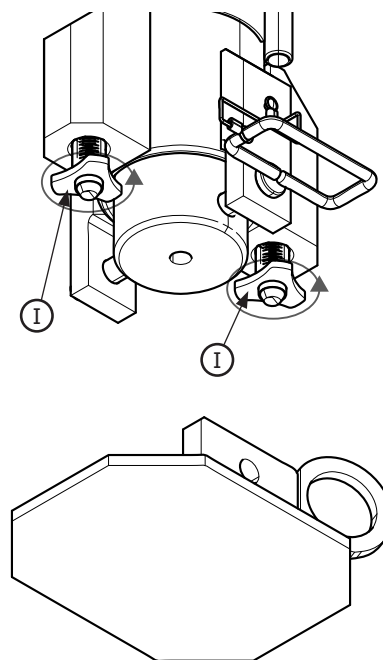
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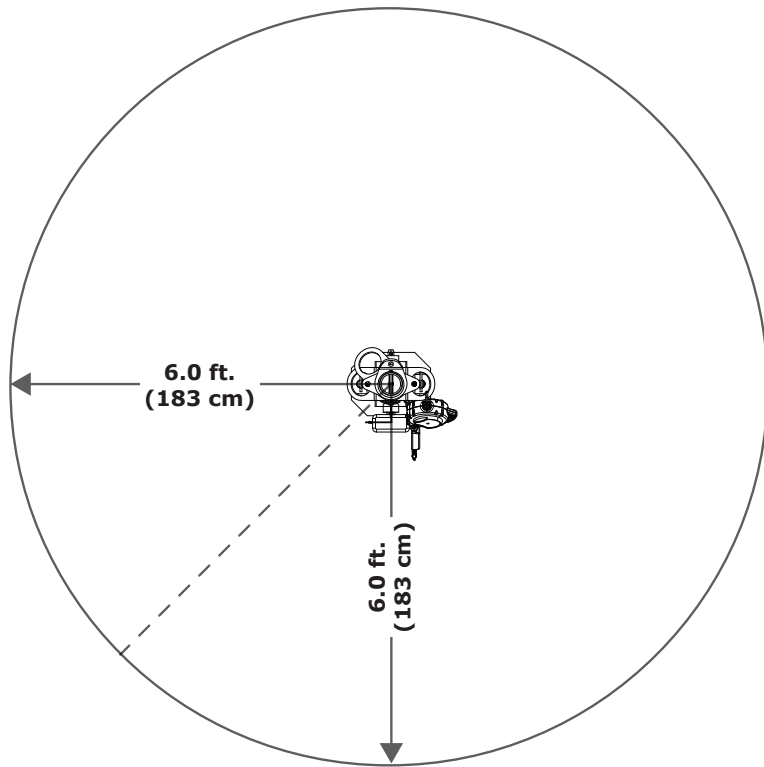
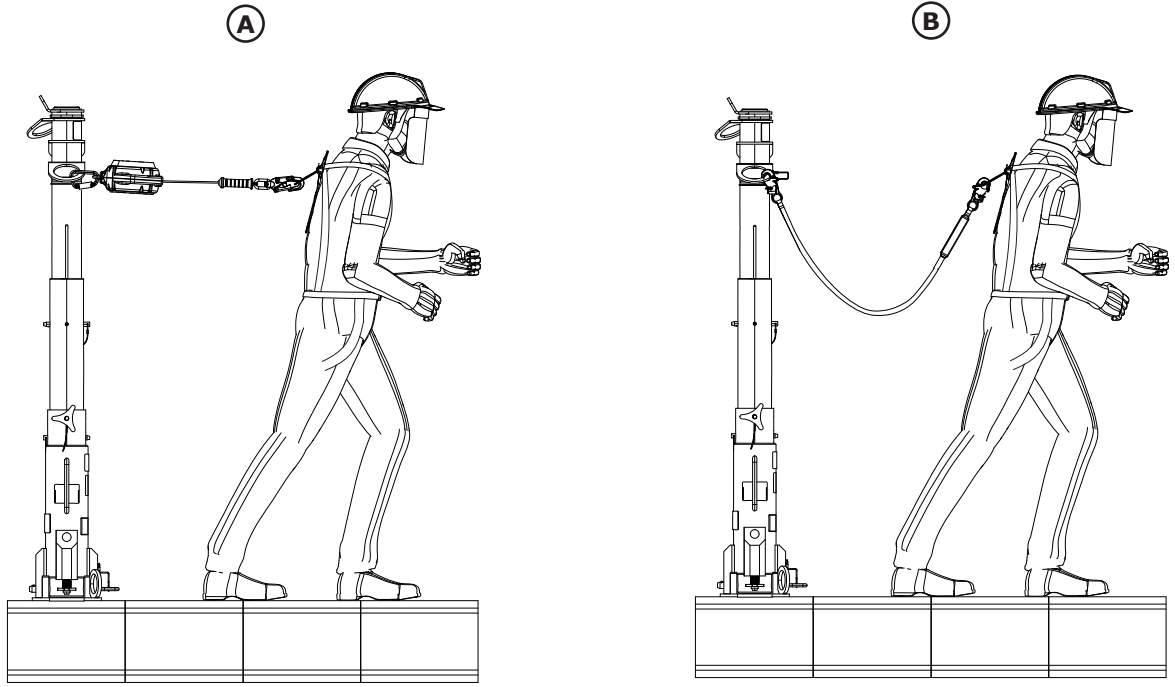


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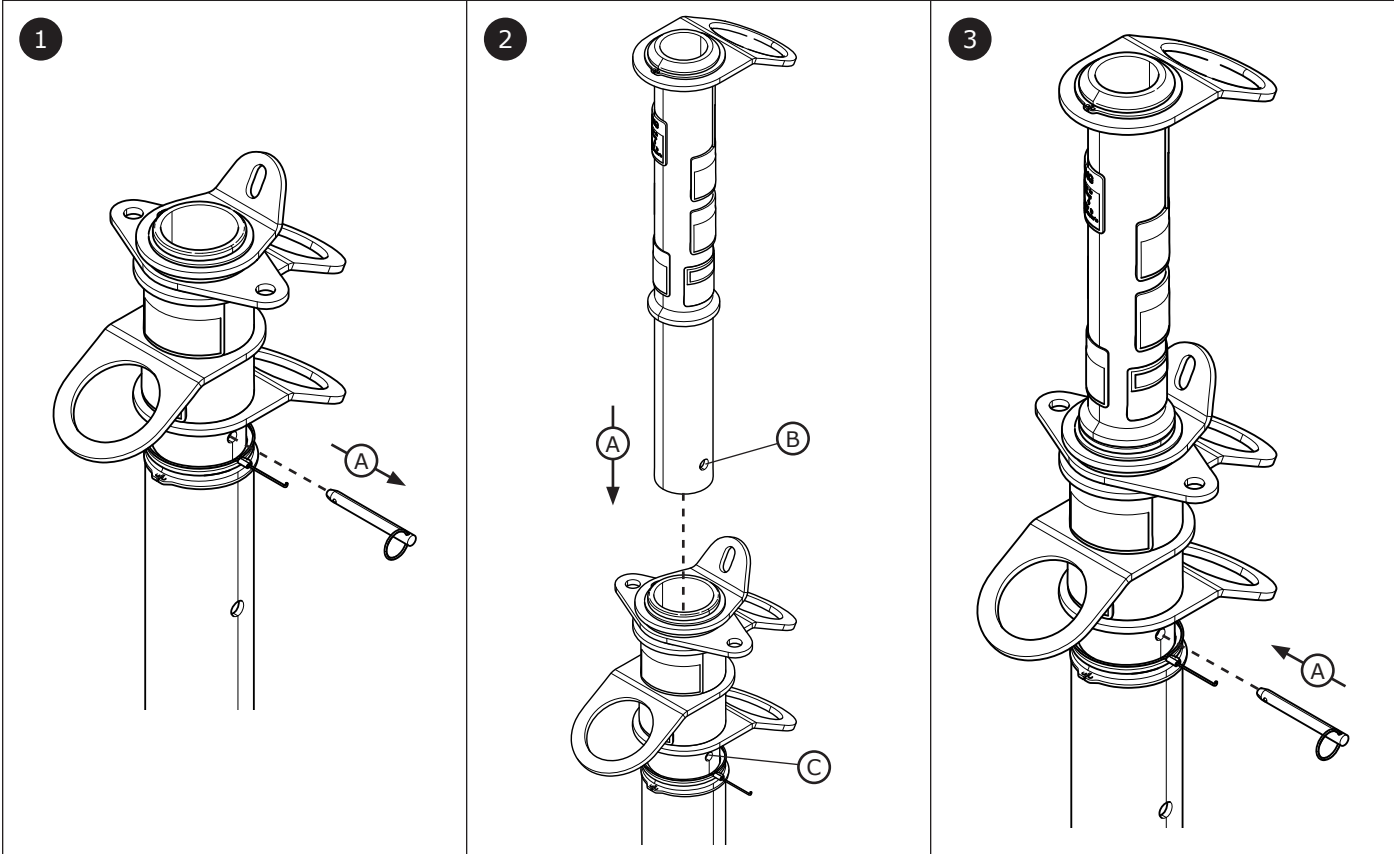


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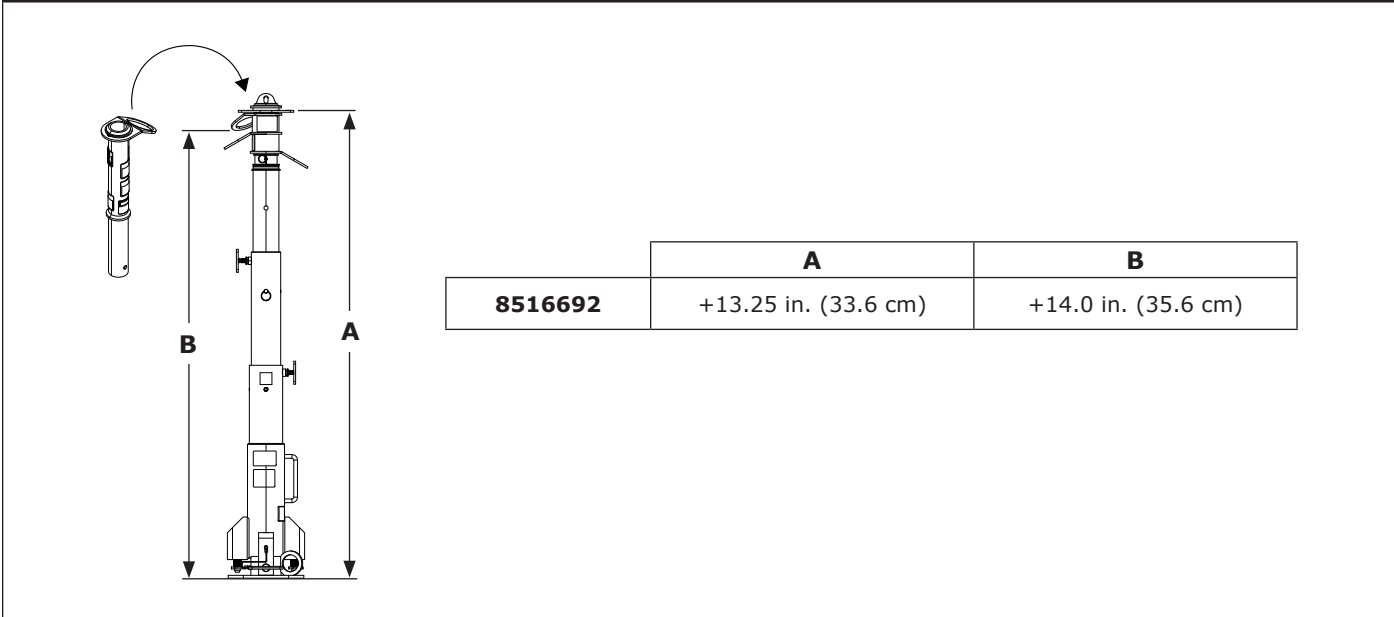




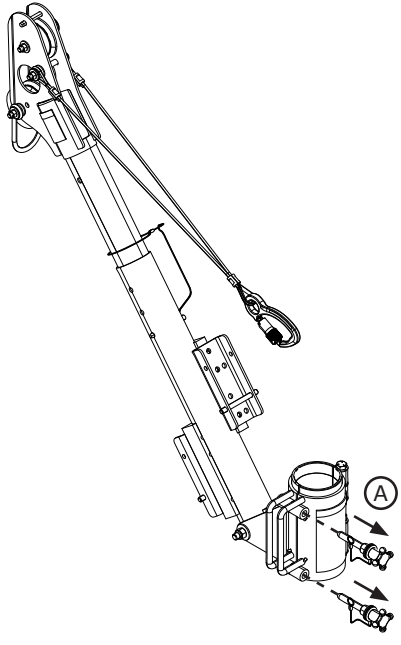
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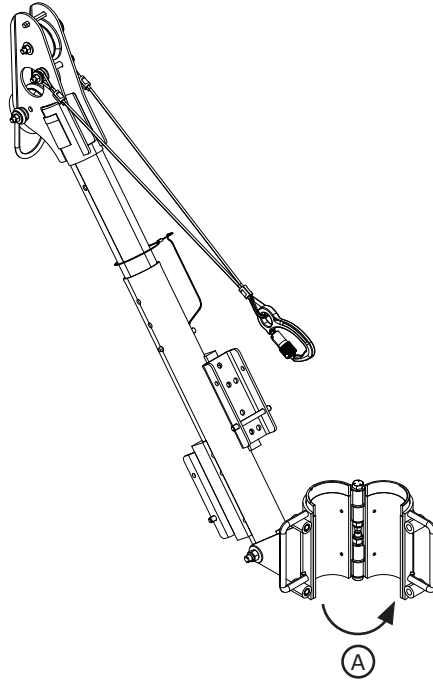
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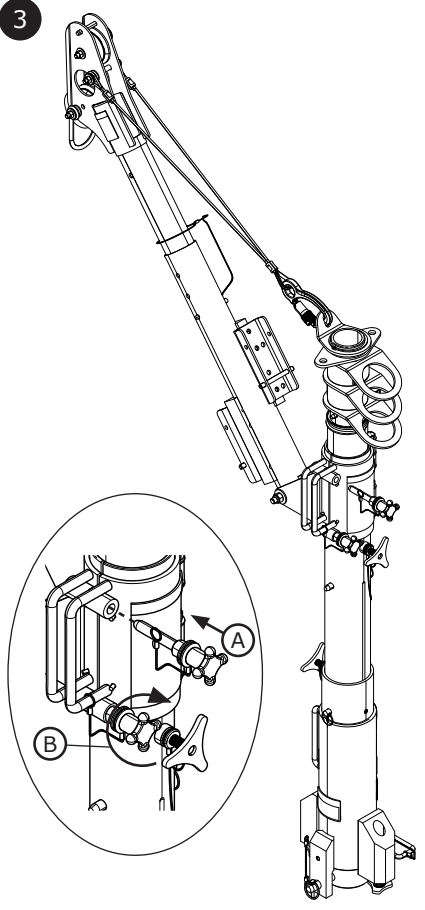
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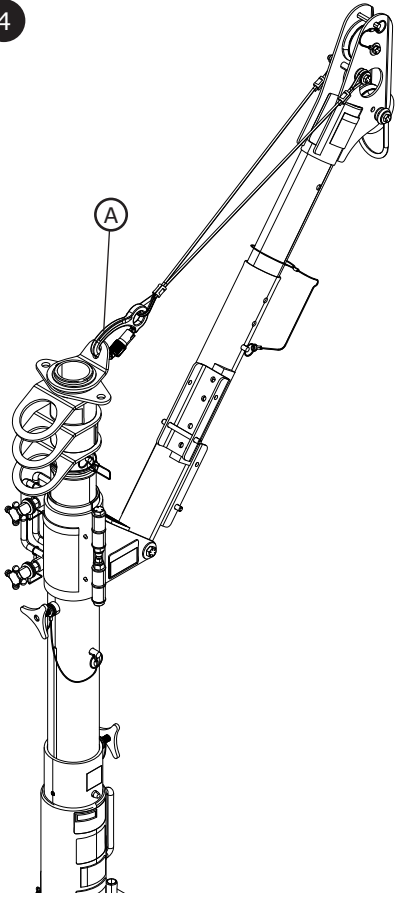
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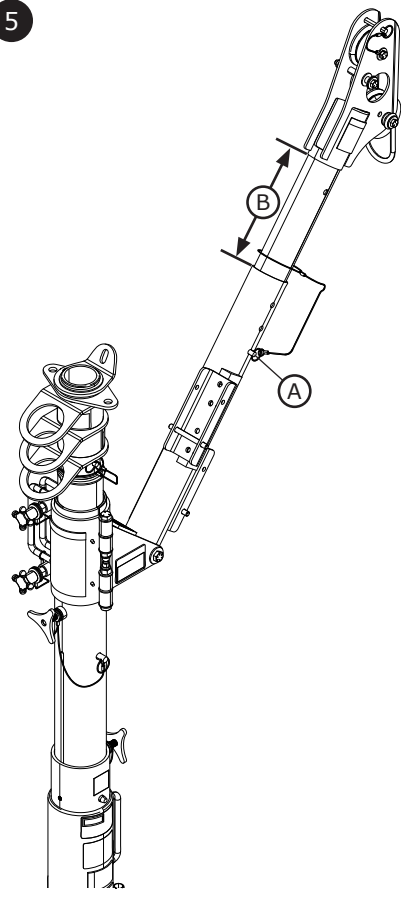
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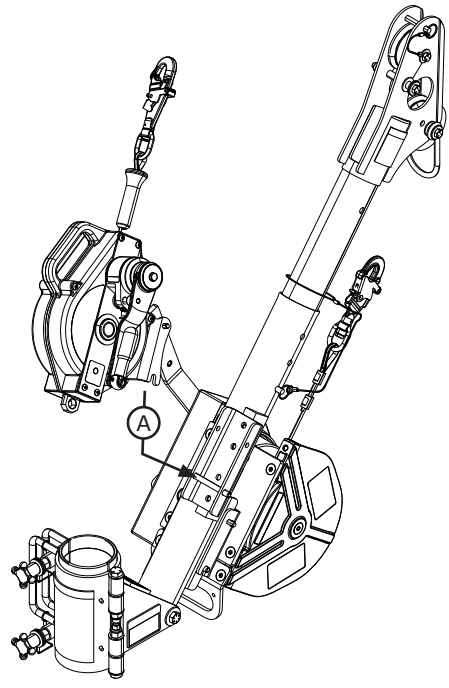
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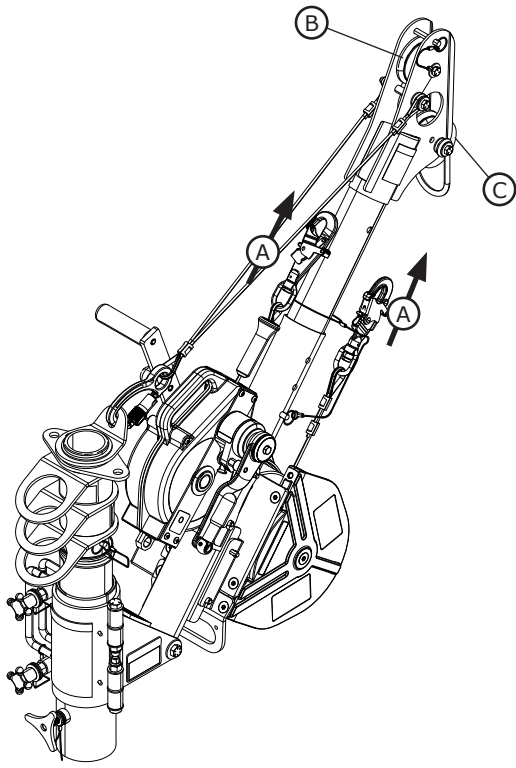
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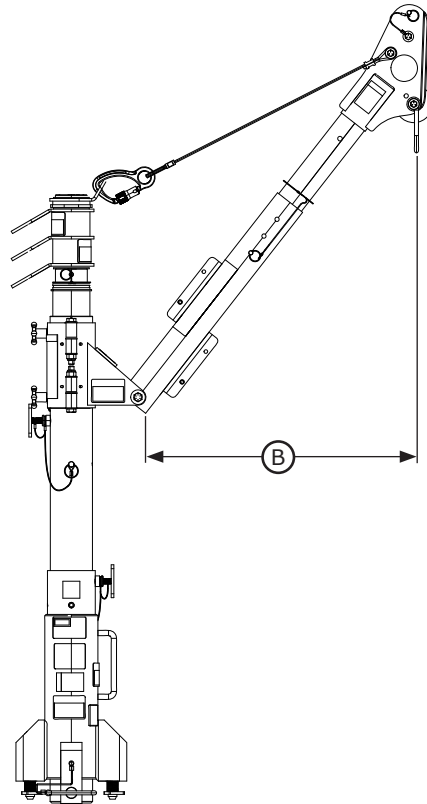
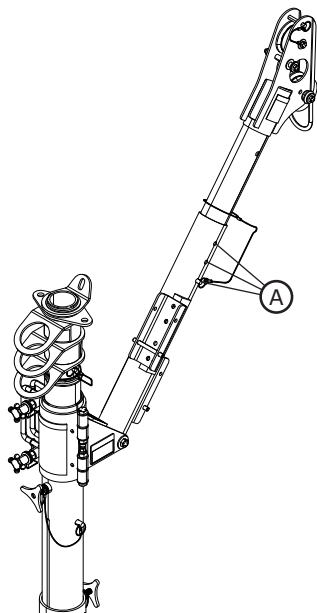
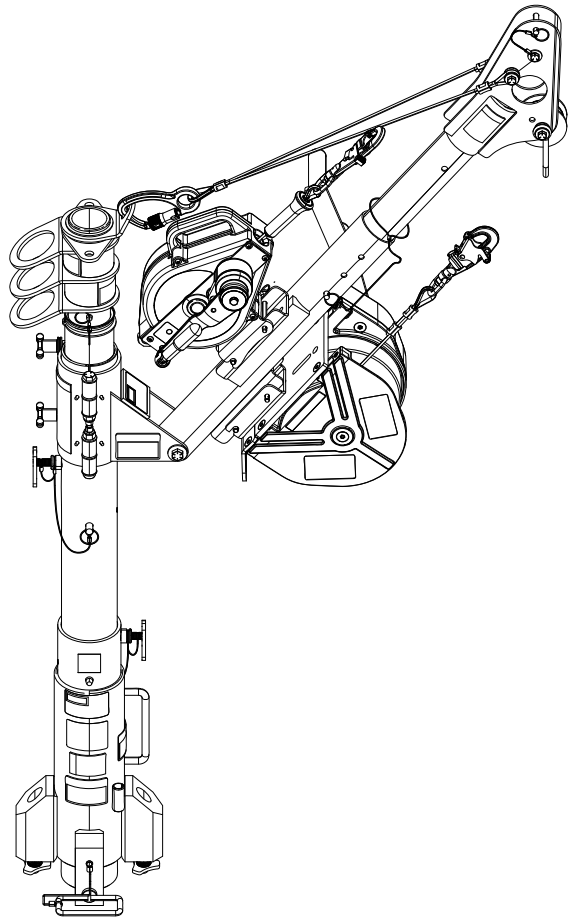
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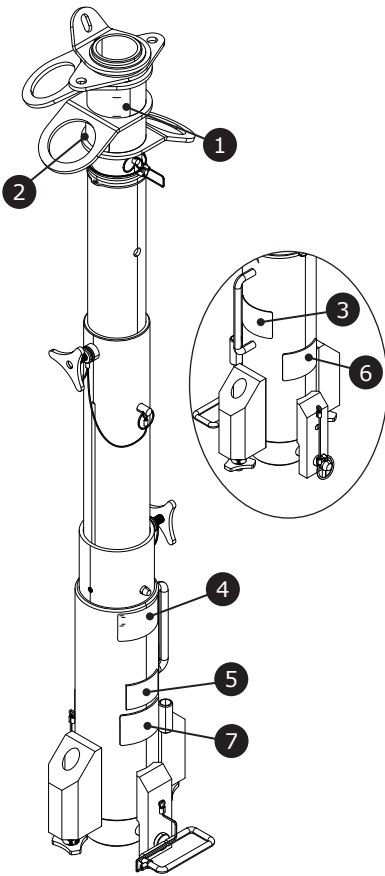


7



8





**1**

**⚠ WARNING**

**Horizontal Lifeline (HLL) Anchor Point Ultimate Strength Rating**

Position 1 5700 lbs (25kN)  
 Position 2 4000 lbs (17.7kN) (A)  
 Position 3 4000 lbs (17.7kN)  
 Position 4 3250 lbs (14.5kN)

Please see manual for positions and additional information. HLL systems must be approved for each application with the post by a qualified engineer.

8517382 Rev. B

**2**

**⚠ WARNING**

(A) This product is approved for use with retractable devices and shock absorbers with an **AVERAGE ARRESTING FORCE OF 900 lb (4 kN) OR LESS**, to provide a safety factor of 2:1.

Retractable devices and shock absorbers must be installed, maintained and used according to the manufacturer's instructions.

8513818 Rev. B

**3**

**⚠ WARNING**  
**AVERTISSEMENT**

(A) YOU MUST READ AND UNDERSTAND THE OPERATOR'S MANUAL OR HAVE INSTRUCTIONS EXPLAINED TO YOU BEFORE USING THIS PRODUCT. Not following the instructions in the operator's manual can cause serious injury or death.

VOUS DEVEZ LIRE ET COMPRENDRE LE GUIDE DE L'UTILISATEUR OU VOUS FAIRE EXPLIQUER LES INSTRUCTIONS AVANT D'UTILISER CE PRODUIT. Négliger d'observer les instructions du guide de l'utilisateur peut causer des blessures graves, voire mortelles.

851575 Rev. B

**4**

**3M** | **SALA**

**Fall Protection**

(A) SERIAL NO.: XXXXXX  
 Numéro de série: XXXXXX

3M.com/FallProtection  
 Red Wing, MN 55066, USA

MFRD/Mod: Fabricat(e)/m	LOT NO.: Numéro de lot:	MODEL NO.: Numéro du modèle:	LENGTH/ft: Longueur(m):
B	C	D	E

8516399 Rev. B

**5**

**⚠ DANGER**

**ELECTROCUTION HAZARD**  
**HASARD D'ELECTROCUTION**

(A)

(B)

WATCH FOR OVERHEAD POWER LINES  
 PRENEZ GARDE AUX LIGNES ELECTRIQUES AERIENNES

8516399 Rev. B

**6**

**⚠ WARNING**

(A) This component is rated for a working load of 310 lb. (141 kg) when used with approved components in an approved configuration. Refer to component specifications and rating stickers to establish system design factor.

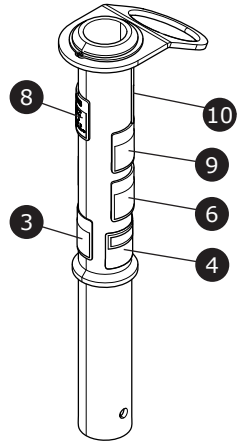
Pt# 16970

**7**

**⚠ WARNING**

(A) This mast is to maintain a vertical position at all times it is being used as a fall-arrest anchor point.

Pt# 16994

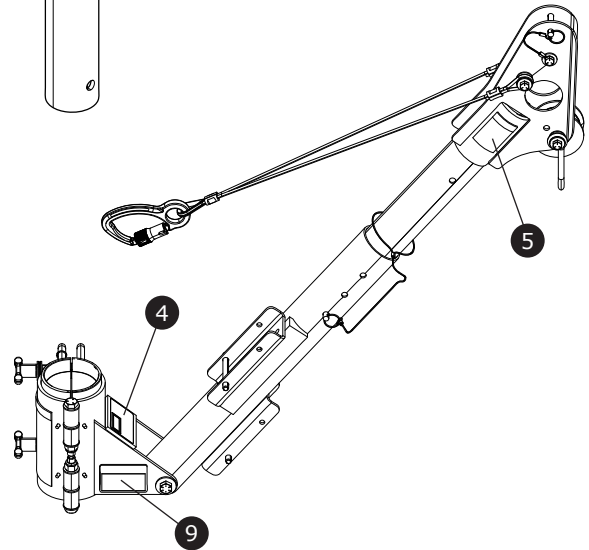


**8**

**⚠ WARNING**

(A) This man-rated system is designed for a maximum **1 2 3 4** person(s) user capacity in accordance with manufacturer's instructions.

Pt# 20099



**9**

**⚠ WARNING**

(A) This product is approved for use with retractable devices and shock absorbers with an **AVERAGE ARRESTING FORCE OF 900 lb (4 kN) OR LESS**, to provide a safety factor of 2:1.

Retractable devices and shock absorbers must be installed, maintained and used according to the manufacturer's instructions.

8513818 Rev. B

**10**

(A) **⚠**

(B)

9508074 Rev. A



# SAFETY INFORMATION

Please read, understand, and follow all safety information contained in these instructions prior to the use of this Anchorage Connector. FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY OR DEATH.

These instructions must be provided to the user of this equipment. Retain these instructions for future reference.

## Intended Use:

This Anchorage Connector is intended for use as part of a complete personal fall protection system.

Use in any other application including, but not limited to, material handling, recreational or sports related activities, or other activities not described in the User Instructions, is not approved by 3M and could result in serious injury or death.

This device is only to be used by trained users in workplace applications.

## WARNING

This Anchorage Connector is part of a personal fall protection system. It is expected that all users be fully trained in the safe installation and operation of their personal fall protection system. **Misuse of this device could result in serious injury or death.** For proper selection, operation, installation, maintenance, and service, refer to these User Instructions and all manufacturer recommendations, see your supervisor, or contact 3M Technical Service.

- **To reduce the risks associated with working with an Anchorage Connector which, if not avoided, could result in serious injury or death:**
  - Inspect the device before each use, at least annually, and after any fall event. Inspect in accordance with the User Instructions.
  - If inspection reveals an unsafe or defective condition, remove the device from service and repair or replace according to the User Instructions.
  - Any device that has been subject to fall arrest or impact force must be immediately removed from service and destroyed.
  - The device must only be installed in the specified substrates or on structures detailed in the User Instructions. Installations and use outside the scope of this instruction must be approved by 3M Fall Protection.
  - The substrate or structure to which the anchorage connector is attached must be able to sustain the static loads specified for the anchor in the orientations permitted in the User Instructions.
  - Only connect other fall protection subsystems to the designated anchorage connection point on the device.
  - Prior to drilling or fastening, ensure no electric lines, gas lines, or other critical embedded systems will be contacted by the drill or the device.
  - Ensure that fall protection systems/subsystems assembled from components made by different manufacturers are compatible and meet the requirements of applicable standards, including the ANSI Z359 or other applicable fall protection codes, standards, or requirements. Always consult a Competent or Qualified Person before using these systems.
  
- **To reduce the risks associated with working at height which, if not avoided, could result in serious injury or death:**
  - Ensure your health and physical condition allow you to safely withstand all of the forces associated with working at height. Consult with your doctor if you have any questions regarding your ability to use this equipment.
  - Never exceed allowable capacity of your fall protection equipment.
  - Never exceed maximum free fall distance of your fall protection equipment.
  - Do not use any fall protection equipment that fails pre-use or other scheduled inspections, or if you have concerns about the use or suitability of the equipment for your application. Contact 3M Technical Services with any questions.
  - Some subsystem and component combinations may interfere with the operation of this equipment. Only use compatible connections. Consult 3M prior to using this equipment in combination with components or subsystems other than those described in the User Instructions.
  - Use extra precautions when working around moving machinery (e.g. top drive of oil rigs) electrical hazards, extreme temperatures, chemical hazards, explosive or toxic gases, sharp edges, or below overhead materials that could fall onto you or your fall protection equipment.
  - Use Arc Flash or Hot Works devices when working in high heat environments.
  - Avoid surfaces and objects that can damage the user or equipment.
  - Ensure there is adequate fall clearance when working at height.
  - Never modify or alter your fall protection equipment. Only 3M or parties authorized in writing by 3M may make repairs to the equipment.
  - Prior to use of fall protection equipment, ensure a rescue plan is in place which allows for prompt rescue if a fall incident occurs.
  - If a fall incident occurs, immediately seek medical attention for the worker who has fallen.
  - Do not use a body belt for fall arrest applications. Use only a Full Body Harness.
  - Minimize swing falls by working as directly below the anchorage point as possible.
  - If training with this device, a secondary fall protection system must be utilized in a manner that does not expose the trainee to an unintended fall hazard.
  - Always wear appropriate personal protective equipment when installing, using, or inspecting the device/system.

Prior to installation and use of this equipment, record the product identification information from the ID label in the Inspection and Maintenance Log (Table 2) at the back of this manual.

Always ensure you are using the latest revision of your 3M instruction manual. Visit the 3M website or contact 3M Technical Services for updated instruction manuals.

**PRODUCT DESCRIPTION:**

Figure 1 illustrates the 3M™ DBI-SALA® Portable Fall Arrest Post. The Portable Fall Arrest Post is a single point anchorage connector for a Fall Arrest system designed to be attached to a fixed anchorage base. The Portable Fall Arrest Post may also be used as end terminations for 3M-approved Horizontal Lifeline (HLL) Systems.

Figure 2 illustrates components of the Portable Fall Arrest Post. See Table 1 for Component Specifications. The Post is comprised of a single, extendable post made up of three sections. The Adjuster Screws (B) can be manipulated to level the Post and the 3/4 Pin (C) holds the Post in place. The Sleeve (D) holds the sections of the Post, which are adjustable with the Tri-Screws (E) and Section Pins (F). The Swivel Tie-Off Rings (G) and Horizontal Lifeline Anchor (H) are used as connections for fall arrest applications. The Carrying Handle (I) is used for transport. The Uni-Anchor Base Plate (A) is necessary for use of the Post, but is included separately with the Base Plate product.

**Table 1 – Specifications**

<b>System Specifications:</b>											
<b>Capacity:</b>	Up to three persons with a combined weight (clothing, tools, etc.) of no more than 310 lb. (140 kg) per person. Use of various accessories may reduce the number of persons that can be anchored.  <input checked="" type="checkbox"/> When used with the Post Extension (8516692) or the Rescue Arm (8516693), the capacity should be reduced to two users.										
<b>Anchorage:</b>	<b>Fall Arrest:</b> The structure to which the Anchorage Connector is attached must sustain static loads applied in the directions permitted by the Fall Arrest system of at least: 4,200 lbf (18.7 kN).										
<b>Average Arresting Force:</b>	When used as part of a Fall Arrest system, use of the Portable Fall Arrest Post must limit Arresting Force to the following values, as determined by the type of connecting subsystem that is used: <table border="1" style="margin-left: 20px;"> <thead> <tr> <th>Connecting Subsystem</th> <th>Average Arresting Force</th> </tr> </thead> <tbody> <tr> <td>Energy-Absorbing Lanyard</td> <td>900 lbf (4.0 kN)</td> </tr> <tr> <td>Self-Retracting Device (SRD)</td> <td>900 lbf (4.0 kN)</td> </tr> </tbody> </table>	Connecting Subsystem	Average Arresting Force	Energy-Absorbing Lanyard	900 lbf (4.0 kN)	Self-Retracting Device (SRD)	900 lbf (4.0 kN)				
Connecting Subsystem	Average Arresting Force										
Energy-Absorbing Lanyard	900 lbf (4.0 kN)										
Self-Retracting Device (SRD)	900 lbf (4.0 kN)										
<b>HLL Position Ratings:</b>	The Portable Fall Arrest Post may be used with a compatible 3M Horizontal Lifeline (HLL) System. The rating of the Portable Fall Arrest Post when used with an HLL System depends into which position the Portable Fall Arrest Post is installed. See Figure 1 for reference. All HLL System Ratings listed below assume that there is no tie-back used with the system. <table border="1" style="margin-left: 20px;"> <thead> <tr> <th>Position</th> <th>HLL System Rating</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">①</td> <td>5,700 lbf (25.0 kN)</td> </tr> <tr> <td style="text-align: center;">②</td> <td>4,000 lbf (17.6 kN)</td> </tr> <tr> <td style="text-align: center;">③</td> <td>4,000 lbf (17.7 kN)</td> </tr> <tr> <td style="text-align: center;">④</td> <td>3,250 lbf (14.5 kN)</td> </tr> </tbody> </table> <input checked="" type="checkbox"/> Refer to the instruction manual of your HLL System for more information on the maximum number of users allowed.	Position	HLL System Rating	①	5,700 lbf (25.0 kN)	②	4,000 lbf (17.6 kN)	③	4,000 lbf (17.7 kN)	④	3,250 lbf (14.5 kN)
Position	HLL System Rating										
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②	4,000 lbf (17.6 kN)										
③	4,000 lbf (17.7 kN)										
④	3,250 lbf (14.5 kN)										
<b>Dimensions:</b>	See Figure 1 for dimensions of the Portable Fall Arrest Post. See Section 4.3 for dimensions when used with the Post Extension (8516692). See Section 4.4 for dimensions when used with the Rescue Arm (8516693).										
<b>Product Weight:</b>	<b>8516691:</b> 38.0 lb. (17.5 kg) <b>8516692:</b> 5.0 lb. (2.3 kg) <b>8516693:</b> 20.5 lb. (9.3 kg)										
<b>Standards:</b>	Designed to meet the test requirements of OSHA 1910.140 and OSHA 1926.502.										
<b>Moment Load:</b>	190,000 in-lb (20.8 kN-m)										
<b>Vertical Load:</b>	4,200 lbf (18.7 kN)										

**Table 1 – Specifications**

<b>Component Specifications:</b>		
<b>Figure 2 Reference</b>	<b>Component</b>	<b>Materials</b>
Ⓐ	Uni-Anchor Base Plate (sold separately)	Stainless steel/carbon steel
Ⓑ	Adjuster Screw	Carbon steel (zinc-plated)
Ⓒ	3/4 Pin	Carbon steel (zinc-plated)
Ⓓ	Sleeve	Carbon steel (zinc-plated)
Ⓔ	Tri-Screws	Carbon steel (zinc-plated)
Ⓕ	Section Pins	Carbon steel (zinc-plated)
Ⓖ	Swivel Tie-Off Rings	Carbon steel (zinc-plated)
Ⓗ	Horizontal Lifeline (HLL) Anchor	Carbon steel (zinc-plated)
Ⓘ	Carrying Handle	Aluminum (powder-coated)
Ⓙ	8516692 Post Extension (sold separately)	Aluminum (powder-coated), carbon steel (zinc-plated)
Ⓚ	8516693 Rescue Arm (sold separately)	
①	Davit Arm	Aluminum (powder-coated)
②	Post Clasp	Aluminum (powder-coated), plastic
③	Tie-Back Connector	Carbon steel (zinc-plated, galvanized)
④	Winch Bracket	Carbon steel (zinc-plated)
⑤	Pulley	Plastic
⑥	Connection Point	Stainless steel
⑦	Clasp Screws	Carbon steel (zinc-plated)

## 1.0 PRODUCT APPLICATION

- 1.1 **PURPOSE:** Portable Fall Arrest Posts are designed to provide anchorage connection points for Fall Arrest<sup>1</sup> or Rescue<sup>2</sup> systems. Portable Fall Arrest Posts may also be used as end terminations for 3M-approved Horizontal Lifeline (HLL) Systems.
- 1.2 **STANDARDS:** Your Portable Fall Arrest Post conforms to the national or regional standard(s) identified on the front cover of these instructions. If this product is resold outside the original country of destination, the re-seller must provide these instructions in the language of the country in which the product will be used.
- 1.3 **SUPERVISION:** Installation of this equipment must be supervised by a Qualified Person<sup>3</sup>. Use of this equipment must be supervised by a Competent Person<sup>4</sup>.
- 1.4 **TRAINING:** This equipment must be installed and used by persons trained in its correct application. This manual is to be used as part of an employee training program as required by national, regional, or local regulations. It is the responsibility of the users and installers of this equipment to ensure they are familiar with these instructions, are trained in the correct care and use of this equipment, and are aware of the operating characteristics, application limitations, and consequences of improper use of this equipment.
- 1.5 **RESCUE PLAN:** When using this equipment and connecting subsystem(s), the employer must have a rescue plan and the means at hand to implement and communicate that plan to users<sup>5</sup>, authorized persons<sup>6</sup>, and rescuers<sup>7</sup>. A trained, on-site rescue team is recommended. Team members should be provided with the equipment and techniques to perform a successful rescue. Training should be provided on a periodic basis to ensure rescuer proficiency. Rescuers should be provided with these instructions.
- 1.6 **AFTER A FALL:** If the Portable Fall Arrest Post is subjected to fall arrest or impact force, remove the system from service immediately. Clearly tag the system "DO NOT USE". See Section 5 for more information.

## 2.0 SYSTEM REQUIREMENTS

- 2.1 **ANCHORAGE:** Anchorage requirements vary with the fall protection application. Structure on which the Portable Fall Arrest Post is placed or mounted must meet the Anchorage specifications defined in Table 1.
- 2.2 **PERSONAL FALL ARREST SYSTEM:** Personal Fall Arrest Systems (PFAS) used with the system must meet applicable Fall Protection standards, codes, and requirements. Refer to the instructions included with your connecting subsystem for additional fall requirements. The PFAS must incorporate a Full Body Harness and limit Arresting Force to the values specified in Table 1.
- 2.3 **FALL PATH AND SRD LOCKING SPEED:** A clear path is required to assure positive locking of an SRD. Situations which do not allow for an unobstructed fall path should be avoided. Working in confined or cramped spaces may not allow the body to reach sufficient speed to cause the SRD to lock if a fall occurs. Working on slowly shifting material, such as sand or grain, may not allow enough speed buildup to cause the SRD to lock.
- 2.4 **HAZARDS:** Use of this equipment in areas with environmental hazards may require additional precautions to prevent injury to the user or damage to the equipment. Hazards may include, but are not limited to: heat, chemicals, corrosive environments, high voltage power lines, explosive or toxic gases, moving machinery, sharp edges, or overhead materials that may fall and contact the user or Personal Fall Arrest System.
- 2.5 **FALL CLEARANCE:** Figure 3 illustrates the components of a Fall Arrest. There must be sufficient Fall Clearance (FC) to arrest a fall before the user strikes the ground or other obstruction. Clearance is affected by a number of factors including: Anchorage Location, (A) Lanyard Length, (B) Lanyard Deceleration Distance or SRD Maximum Arrest Distance, (C) Harness Stretch and D-Ring/Connector Length and Settling. Refer to the instructions included with your Fall Arrest subsystem for specifics regarding Fall Clearance calculation.
- 2.6 **SWING FALLS:** Swing Falls occur when the anchorage point is not directly above the point where a fall occurs (see Figure 4). The force of striking an object in a swing fall may cause serious injury or death. Minimize swing falls by working as directly below the anchorage point as possible. Do not permit a swing fall if injury could occur. Swing falls will significantly increase the clearance required when a Self-Retracting Device or other variable length connecting subsystem is used.
- 2.7 **COMPONENT COMPATIBILITY:** 3M equipment is designed for use with 3M approved components and subsystems only. Substitutions or replacements made with non-approved components or subsystems may jeopardize compatibility of equipment and may affect the safety and reliability of the complete system.
- 2.8 **CONNECTOR COMPATIBILITY:** 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 3M if you have any questions about compatibility.  
  
Connectors must comply with EN 362. 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 5). Connectors must be compatible in size, shape, and strength. If the connecting element to which a snap hook or carabiner attaches is undersized or irregular in shape, a situation could occur where the connecting element applies a force to the

**1 Fall Arrest System:** A collection of Fall Protection equipment configured to protect the user in the event of a fall.

**2 Rescue System:** A collection of Fall Protection equipment configured to remove a person from hazards to a safe location. No free fall is permitted.

**3 Qualified Person:** A person with a recognized degree, certificate, or professional standing, or who by extensive knowledge, training, and experience has successfully demonstrated their ability to solve or resolve problems relating to fall protection and rescue systems to the extent required by applicable national, regional, and local regulations.

**4 Competent Person:** One who is capable of identifying existing and predictable hazards in the surroundings or working conditions which are unsanitary, hazardous, or dangerous to employees, and who has authorization to take prompt corrective measures to eliminate them.

**5 User:** A person who performs activities while protected by a Fall Protection System.

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

**7 Rescuer:** A person using the rescue system to perform an assisted rescue.

gate of the snap hook or carabiner (A). This force may cause the gate to open (B), allowing the snap hook or carabiner to disengage from the connecting point (C).

**2.9 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.

3M connectors (snap hooks and carabiners) are designed to be used only as specified in each product's user's instructions. See Figure 6 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. 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 complies is equipped with a 3,600 lbf (16 kN) gate. Check the marking on your snap hook to verify that it is appropriate for your application.
- C. In a false engagement, where features that protrude from the snap hook or carabiner catch on the anchor, and without visual confirmation seems to be fully engaged to the anchor point.
- 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.

### 3.0 INSTALLATION

**3.1 PLANNING:** Plan your Fall Protection system prior to installation of the Portable Fall Arrest Post. Account for all factors that may affect your safety before, during and after a fall. Consider all requirements, limitations, and specifications defined in Section 2 and Table 1.

**3.2 INSTALLING THE PORTABLE FALL ARREST POST:** The Portable Fall Arrest Post can be installed on structures meeting the anchorage requirements specified in Table 1. See Table 1 for the Horizontal Lifeline Positions and Ratings for use of the Post. The Portable Fall Arrest Post may be used only when it is attached to a compatible base (see Table 1) in an upright position, within 1° plus or minus from vertical. See Figure 7 for reference. To install the Portable Fall Arrest Post:

1. Set-up or locate the Portable Fall Arrest System Base intended for use with the Portable Fall Arrest Post (A). If the Base (B) needs to be installed, refer to the instructions included with the Base.
2. Insert the Portable Fall Arrest Post between the two base plate tabs and visually align the holes (C).
3. Secure the Post by inserting the 3/4 Pin (D) through the base plate tabs and sleeve (E). Insert the Lynch Pin (F) into the 3/4 Pin, locking the Post into place.
4. Extend the Post by first loosening the appropriate Tri-Screw (G) and then removing the appropriate Section Pin (H). Then, pull the appropriate section of the Post upwards and lock it in place by reinserting the Section Pin at the desired height and tightening the Tri-Screw. The pin holes should align exactly and the Section Pin should insert all the way through the pole.
5. The Post must be in a vertical position at all times when it is being used as a fall arrest anchor point. To achieve this, the Post may be leveled by using the Adjuster Screws (I), which are alternately loosened and tightened to level the Post.

**3.3 INSTALLING THE POST EXTENSION (8516692):** The Post Extension enables the Portable Fall Arrest Post to be extended to greater heights. See Figure 10 for reference. To install the Post Extension:

1. Remove the Locking Pin (A) at the top of the Portable Fall Arrest Post.
2. Insert the Post Extension (A) through the top of the Portable Fall Arrest Post. Align the Post Extension Hole (B) with the Hole (C) of the Portable Fall Arrest Post.
3. Reinsert the Locking Pin (A) to secure the Post Extension.

**3.4 INSTALLING THE RESCUE ARM (8516693):** The Rescue Arm enables the Portable Fall Arrest Post to be used for Rescue applications. See Figure 12 for reference. To install the Rescue Arm onto the Portable Fall Arrest Post:

1. Remove the Clasp Screws (A) from the Post Clasp.
2. Open the Post Clasp (A).
3. Secure the Post Clasp around the Post. Reinsert the Clasp Screws (A) and turn clockwise to tighten (B).
4. Attach the Tie-Back Connector (A) to the Portable Fall Arrest Post Ring.
5. Adjust the length of the Davit Arm as necessary. Remove the Locking Pin (A) and adjust the Davit Arm to the desired length (B). Reinsert the Locking Pin once set.
6. Attach the Rescue Winch to the Winch Bracket (A). Winches may be attached to the upper or lower Winch Brackets.
7. After installing the Rescue Winches, route the lifelines of the winches through the system. When using the upper Winch Bracket, guide the Winch Cable (A) over the Upper Pulley (B) at the end of the Davit Arm. When using the lower Winch Bracket, guide the Winch Cable (A) over the Lower Pulley (C).

**3.5 ATTACHING A HORIZONTAL LIFELINE (HLL) SYSTEM:** The Portable Fall Arrest Post may be used with approved HLL Systems. Refer to Table 1 for maximum ratings without the use of a tie-back. If a tie-back is required, install the tie-back using the eye opposite the installed Horizontal Lifeline (HLL) System on the HLL Anchor (H). See Figure 2 for reference.

*Tie-back anchors must be designed and approved by the manufacturer and must meet structure mounting requirements approved by a Qualified Person.*

*Horizontal Lifelines cannot be used when the Post Extension (8516692) or the Rescue Arm (8516693) are attached to the Portable Fall Arrest Post.*

### 4.0 USE

**4.1 BEFORE EACH USE:** Verify that your work area and Personal Fall Arrest System (PFAS) meet all criteria defined in Section 2 and a formal Rescue Plan is in place. Inspect the Portable Fall Arrest Post per the 'User' inspection points defined on the "Inspection and Maintenance Log" (Table 2). If inspection reveals an unsafe or defective condition, or if there is any doubt about its condition for safe use, remove the product from service immediately. Clearly tag the system "DO NOT USE". See Section 5 for more information.

**4.2 FALL ARREST CONNECTIONS:** The Portable Fall Arrest Post is used with a Full Body Harness and Energy Absorbing Lanyard or Self-Retracting Device (SRD). Figure 8 illustrates connection of the SRD (A) or Lanyard (B) between the Harness and Portable Fall Arrest Post. Connect the Lanyard or SRD between the D-Ring on the Portable Fall Arrest Post and the back Dorsal D-Ring on the Harness as instructed in the instructions included with the Lanyard or SRD. Figure 9 illustrates the working area for the Portable Fall Arrest Post. In addition to meeting the requirements specified in Table 1, all work should be completed within six feet from the Post.

**Horizontal Lifeline Connections:** See the instruction manual for your Horizontal Lifeline (HLL) System for information on connection of the Lanyard or SRD to the HLL.

- 4.3 USE WITH THE POST EXTENSION:** When the Post Extension is installed on the Portable Fall Arrest Post, it will increase the Minimum Height and Maximum Height for the Post during use. See Figure 11 for reference. When determining system height, add the specified amount of height to the system, as determined by whether the Post is installed at Minimum Height (A) or Maximum Height (B). See Figure 1 for additional information.
- 4.4 USE WITH THE RESCUE ARM:** The offset of the Rescue Arm may be adjusted by setting the Locking Pin (A) at different positions along the Davit Arm. See Figure 13 for reference. The offset of the Davit Arm (B) has a range of 32.5 in. - 36.5 in. (82.6 cm - 92.1 cm).

**5.0 INSPECTION**

*After product has been removed from service, it may not be returned to service until a Competent Person confirms in writing that it is acceptable to do so.*

- 5.1 INSPECTION FREQUENCY:** The product shall be inspected before each use by an authorized person and, additionally, by a Competent Person other than the user at intervals of no longer than one year. A higher frequency of equipment use and harsher conditions may require increasing the frequency of Competent Person inspections. The frequency of these inspections should be determined by the Competent Person per the specific conditions of the worksite.
- 5.2 INSPECTION PROCEDURES:** Inspect this product per the procedures listed in the "Inspection and Maintenance Log". Documentation of each inspection should be maintained by the owner of this equipment. An inspection and maintenance log should be placed near the product or be otherwise easily accessible to users. It is recommended that the product is marked with the date of next or last inspection.
- 5.3 DEFECTS:** If the Portable Fall Arrest Post cannot be returned to service because of an existing defect or unsafe condition, then either destroy the product or contact 3M about possible repair.
- 5.4 PRODUCT LIFE:** The functional life of the Fall Arrest System is determined by work conditions and maintenance. As long as the product passes inspection criteria, it may remain in service.

**6.0 MAINTENANCE, SERVICE, and STORAGE**

*Equipment that is in need of maintenance or scheduled for maintenance should be tagged "DO NOT USE". These equipment tags should not be removed until maintenance is performed.*

- 6.1 CLEANING:** Periodically clean the Portable Fall Arrest Post's metal components with a soft brush, warm water, and a mild soap solution. Ensure parts are thoroughly rinsed with clean water.
- 6.2 SERVICE:** Only 3M or parties authorized in writing by 3M may make repairs to this equipment.
- 6.3 STORAGE:** If applicable, store the Portable Fall Arrest Post and associated Fall Protection equipment in a cool, dry, clean environment out of direct sunlight. Avoid areas where chemical vapors may exist. Thoroughly inspect components after extended storage.

**7.0 LABELS and MARKINGS**

- 7.1 LABELS:** Figure 14 illustrates labels on the Portable Fall Arrest Post. Labels must be replaced if they are not fully legible. Information provided on each label is as follows:

1	A) Horizontal Lifeline (HLL) Application Positions and Ratings.
2	A) Average Arresting Force must be limited to 900 lbf (4.0 kN) or less.
3	A) Read all instructions.
4	A) Serial Number B) Year and Month Manufactured C) Lot Number D) Product Model Number E) Product Length
5	A) Electrocution Hazard B) Do not use around overhead power lines.
6	A) Warning Statement
7	A) Warning Statement
8	A) Warning Statement
9	A) Warning Statement
10	A) Electrocution Hazard B) Do not use around overhead power lines.





**GLOBAL PRODUCT WARRANTY, LIMITED REMEDY  
AND LIMITATION OF LIABILITY**

**WARRANTY:** THE FOLLOWING IS MADE IN LIEU OF ALL WARRANTIES OR CONDITIONS, EXPRESS OR IMPLIED, INCLUDING THE IMPLIED WARRANTIES OR CONDITIONS OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE.

Unless otherwise provided by local laws, 3M fall protection products are warranted against factory defects in workmanship and materials for a period of one year from the date of installation or first use by the original owner.

**LIMITED REMEDY:** Upon written notice to 3M, 3M will repair or replace any product determined by 3M to have a factory defect in workmanship or materials. 3M reserves the right to require product be returned to its facility for evaluation of warranty claims. This warranty does not cover product damage due to wear, abuse, misuse, damage in transit, failure to maintain the product or other damage beyond 3M's control. 3M will be the sole judge of product condition and warranty options.

This warranty applies only to the original purchaser and is the only warranty applicable to 3M's fall protection products. Please contact 3M's customer service department in your region for assistance.

**LIMITATION OF LIABILITY:** TO THE EXTENT PERMITTED BY LOCAL LAWS, 3M IS NOT LIABLE FOR ANY INDIRECT, INCIDENTAL, SPECIAL OR CONSEQUENTIAL DAMAGES INCLUDING, BUT NOT LIMITED TO LOSS OF PROFITS, IN ANY WAY RELATED TO THE PRODUCTS REGARDLESS OF THE LEGAL THEORY ASSERTED.

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