



Instructions for the following series products:
**MOBILE ACCESS WORK PLATFORM
WITH RAIL F.A.S.**

8530397

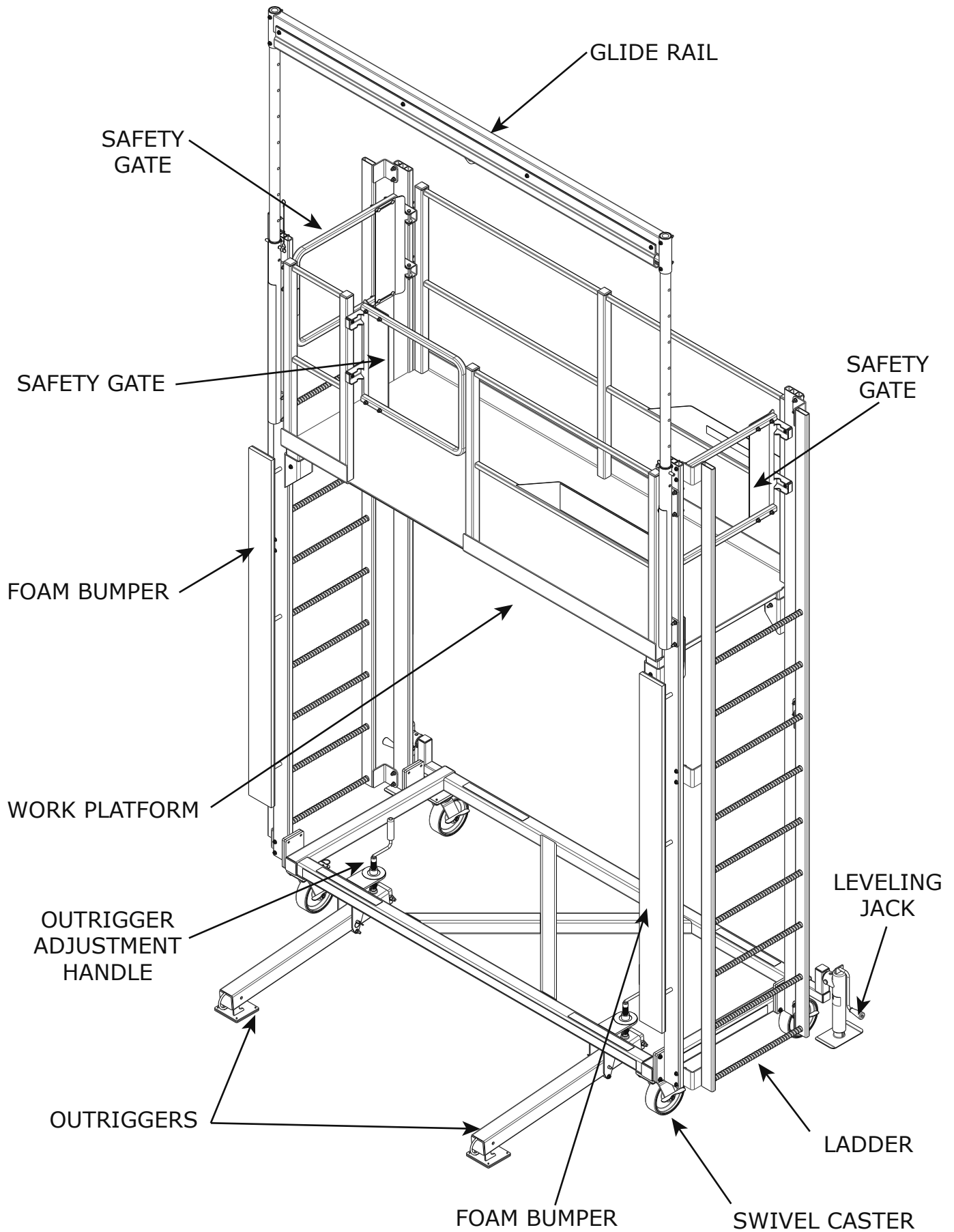
User Instruction Manual

MOBILE ACCESS WORK PLATFORM WITH RAIL F.A.S

This manual is intended to be used as part of an employee training program as required by OSHA.



Figure 1 - PARTS DIAGRAM



WARNING: This product is part of a personal fall protection system. The user must read and follow the manufacturer's instructions for each component of the system. These instructions must be provided to the user and the rescuer. (See section 8 Terminology.) 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 equipment, or failure to follow instructions, may result in serious injury or death.

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

1.0 APPLICATIONS

1.1 PURPOSE: This system is designed to provide safe access and egress to elevated work areas as well as providing a safe working platform. A fall arrest rail provides active fall protection for work being done outside the confines of the work platform.

1.2 LIMITATIONS: The following application limitations must be considered before using this equipment:

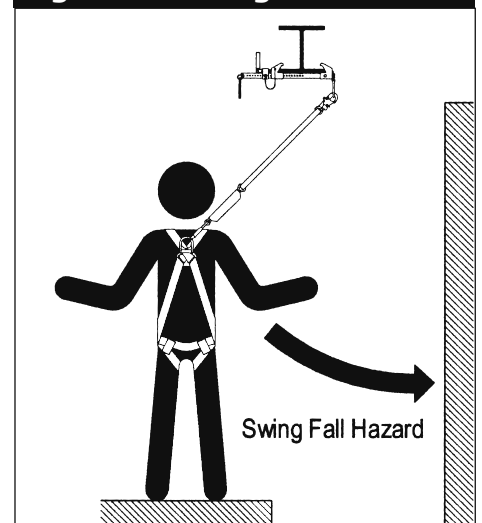
- A. MAXIMUM ALLOWED ARRESTING FORCE (M.A.F):** 900lb. (4kN) for retractables and shock absorbers.
- B. CAPACITY (PERSONNEL):** This system is designed for a maximum of 2 persons user capacity. This equipment is designed for use by persons with a combined weight (clothing, tools, etc.) of no more than 310 lbs per person.

IMPORTANT: Only one user is allowed per trolley. The number of trolleys shall be determined by Capital Safety. Additional trolleys may never be added to the system.

- C. PERSONAL FALL ARREST SYSTEM:** The personal fall arrest system used with this equipment must meet the requirements specified in section 2.1.
- D. FREE FALL:** Personal fall arrest systems used with this equipment must be rigged to limit the free fall to a maximum of six feet when possible, as required by OSHA. The maximum free fall must always be within the manufacturer's free fall capacity of the system components used to arrest the fall. See section 2.1 and connecting subsystem manufacturer's instructions for more information.
- E. SWING FALLS:** See figure 2. Swing falls occur when an anchorage point is not directly above or below the point where a fall occurs. The force of striking an object in a swing fall may cause serious injury or death. Minimize swing falls by working as close to the anchorage as possible. Do not permit a swing fall if injury could occur. Swing falls will significantly increase the clearance required when a self retracting lifeline or other variable length connecting subsystem is used.
- F. FALL CLEARANCE:** There must be sufficient clearance below the user to arrest a fall before the user strikes the ground or other obstructions. The clearance required is dependent on the following factors:
 - Elevation of anchor points
 - Length of connecting subsystem
 - Deceleration distance
 - Movement of harness attachment element (sliding D-ring)
 - Worker height
 - Free fall distance

See personal fall arrest system manufacturer's instructions for more information.

Figure 2- Swing Fall Hazard



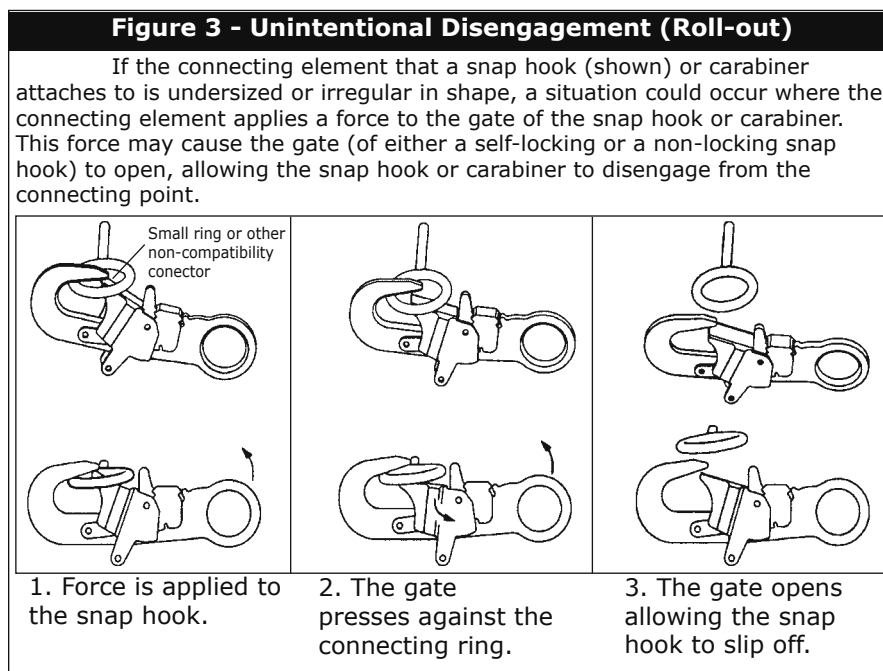
- G. ENVIRONMENTAL HAZARDS:** Use of this equipment in areas with environmental hazards may require additional precautions to reduce the possibility of injury to the user or damage to the equipment. Hazards may include, but are not limited to; heat, chemicals, corrosive environments, high voltage power lines, gases, moving machinery, and sharp edges. Contact Capital Safety if you have questions about using this equipment where environmental hazards exist.
- H. TRAINING:** This equipment must be installed and used by persons trained in its correct application and use. See section 4.0.

- 1.3** Refer to national Standards including ANSI Z359 (.0, .1, .2, .3, and .4) family of standards on fall protection, ANSI A10.32, and applicable local, state and federal (OSHA) requirements governing occupational safety for more information about fall arrest systems.

2.0 SYSTEM REQUIREMENTS:

- 2.1 PERSONAL FALL ARREST SYSTEM:** This system is designed for use with Capital Safety approved components or subsystems. Use of this equipment with non-approved components may result in incompatibility between equipment, and could affect the reliability and safety of the complete system. Personal fall arrest systems used with this equipment must meet applicable OSHA, state, federal, and ANSI requirements. A full body harness must be worn by the worker when connected to the system. As required by OSHA, the personal fall arrest system must be capable of arresting a worker's fall with a maximum arresting force no greater than 900 lbs., and limit the free fall distance to 6 ft. or less. In no case is a free fall greater than 6 ft. acceptable.
- 2.2 COMPATIBILITY OF COMPONENTS:** 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 effect the safety and reliability of the complete system.
- 2.3 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. (22.2kN). 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. Use only with connectors meeting Z359.12-2009. These connectors have high strength gates necessary to be compatible with this systems anchor points.

- 2.4 MAKING CONNECTIONS:** Only use self-locking snap hooks and carabiners with this equipment. Only use connectors that are suitable to each application. 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.

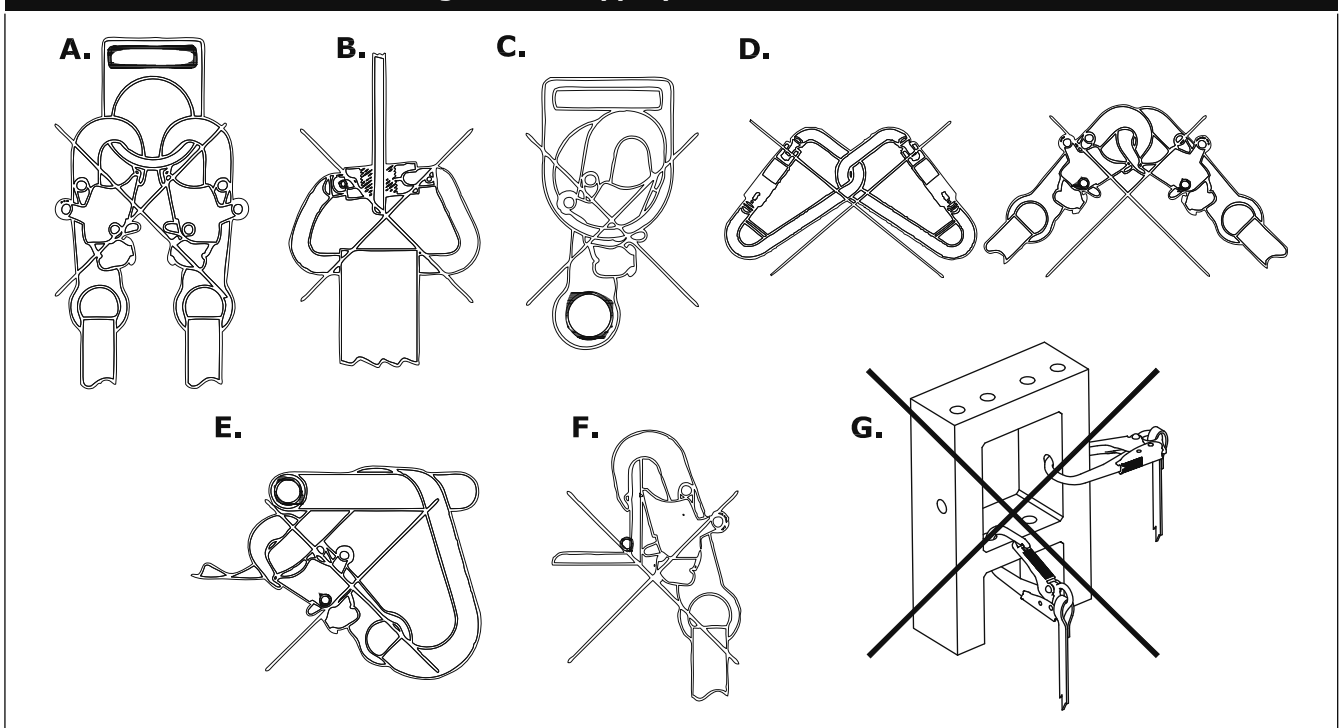
Capital Safety connectors (snap hooks and carabiners) are designed to be used only as specified in each product's user's instructions. See Figure 4 for inappropriate connections. Capital Safety snap hooks and carabiners should not be connected:

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

NOTE: Large throat opening 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. Large throat snap hooks are designed for use on fixed structural elements such as rebar or cross members that are not shaped in a way that can capture the gate of the hook.

- 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 any manner that does not allow the connector to align properly while under load.

Figure 4 - Inappropriate Connections



2.5 ANCHORAGE STRENGTH: This system is designed for use with retractable devices and shock absorbers with a maximum arresting force (m.a.f.) rating of 900lbs(4kn) or less. Each anchor point has been tested and verified with a safety factor of 2:1 (1800 lbs) per OSHA 1926.502 (d)(15) & (d)(15)(i). If the system is resting on any surface other than the ground, the supporting structure must be capable of withstanding a minimum vertical load of 5,000 lbs.

3.0 INSTALLATION AND USE:

WARNING: 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 hazards, chemical hazards, and sharp edges.

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 use Capital Safety anchorage connectors.

3.1 BEFORE EACH USE: Inspect this equipment according to Section 5.0 of this manual.

3.2 INSTALLATION:

Figure 5 - Installation

POSITIONING THE SYSTEM

STEP 1: Ensure that all wheel brakes are in the unlocked position

STEP 2: Crank the two rear jacks until the footpads are no longer contacting the ground. Also, ensure both outriggers are in the transport position.

STEP 3: Ensure that the path of travel is free of overhead powerlines or other power sources. This ladder conducts electricity.

STEP 4: Push the ladder stand into position roughly 10 feet away from the desired working surface.

STEP 5: Extend both outriggers by removing the detent pins and pulling them out until they hit the stops. Once fully extended, re-insert the detent pins.

STEP 6: Push the system into position near the desired work surface until it gently bumps the foam stop plates.

STEP 7: Lower both outriggers until they firmly contact the ground by cranking the handles counter-clockwise.

STEP 8: Lower both jacks until the footpads contact the ground. Adjust the outriggers and jacks as necessary to level the system

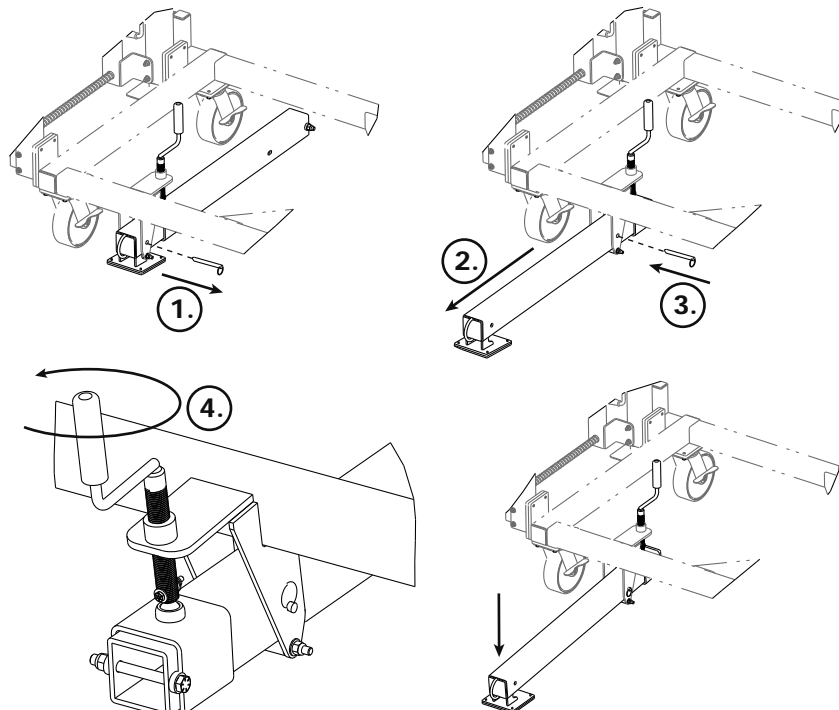


Figure 5 - Installation Diagram Continued

USING THE SYSTEM

NOTE: This system can be used for both active and passive fall protection. If the intent is to leave the confines of the platform, active fall protection will need to be used. If this is the case, a harness must be donned **before** climbing the ladder.

STEP 1: Gain access to the work platform by climbing one of the ladders located on either side of the system.

IMPORTANT: Always maintain a 3-point (two hands and a foot, or two feet and a hand) contact on the ladder when climbing. Keep your body near the middle of the step and always face the ladder while climbing.

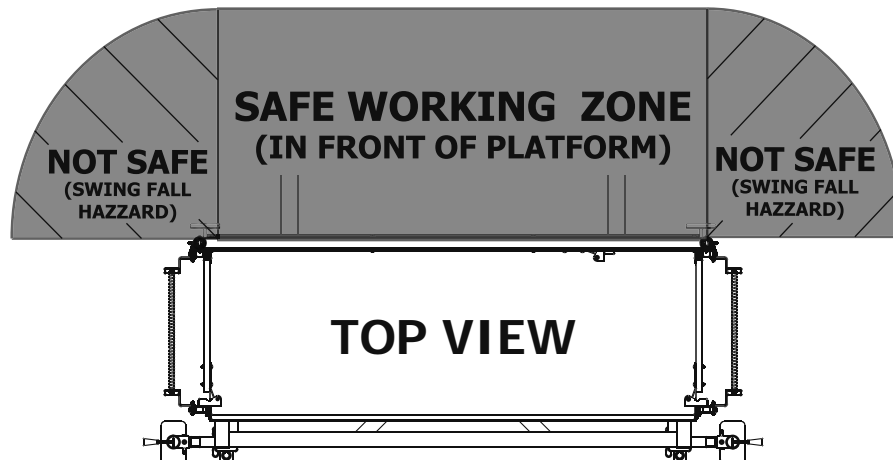
STEP 2: If using the active fall protection element, retrieve the SRL hook using the tag line. Connect the hook to the dorsal D-ring on the harness. See manufactures instructions for proper use of all system components. Once properly connected to the SRL device, it is safe to transition from the work platform to the work surface.

IMPORTANT: Ensure the step-across distance from the edge of the work platform to the edge of the work surface is no greater than 12".

STEP 3: While working outside the confines of the work platform, do not leave the safe working zone.

30°MAX WORKING ANGLE
FROM ANCHOR FOR FALL ARREST.
Working outside the 30 degree safe
work zone is only permissible if the
SRL/Lanyard limits the ability for a
worker to reach the leading edge
putting a worker in fall-restraint.

FRONT VIEW



3.3 USING THE MOBILE ACCESS WORK PLATFORM WITH RAIL F.A.S.

- A. PERSONAL FALL ARREST SYSTEM:** Inspect and don your full body harness according to manufacturer's instructions. Attach the connecting subsystem (energy absorbing lanyard) to the dorsal D-ring on the harness.
- B. STRUCTURE:** The systems resting structure must be certified by a qualified person to be capable of withstanding a 5000 lb (2268 kg) load.
- C. OTHER CONSIDERATIONS:** When working on a structure do not take unnecessary risks, such as jumping or reaching too far from the edge. Be aware of all environmental hazards in the area. Do not allow your connecting subsystem to pass under your arms or between your feet. To avoid inadequate fall clearance, do not climb above or to the side of the anchor points.
- D. SHARP EDGES:** Avoid working where the connecting subsystem (energy absorbing lanyard) or other system components will be in contact with, or abrade against unprotected sharp edges. If working around sharp edges is unavoidable, protection against cutting must be provided through the use of a protective cover.
- E. IN THE EVENT OF A FALL:** The responsible party must have a rescue plan and the ability to implement a rescue. Tolerable suspension time in a full body harness is limited, so a prompt rescue is critical.
- F. RESCUE:** With the number of potential scenarios for a worker requiring rescue, an on-site rescue team is beneficial. The rescue team is given the tools, both in equipment and technique, to perform a successful rescue. Training should be provided on a periodic basis to ensure rescuers proficiency.
- G. SAFE WORKING AREA:** A workers lifeline shall never exceed a maximum 30 degree angle from vertical. Working outside the 30 degree safe work zone is only permissible if the SRL/Lanyard limits the ability for a worker to reach the leading edge putting a worker in fall-restraint. Furthermore, workers should only operate directly in front of the work platform. Working off to the side of the work platform may result in a swing fall. See figure 5 for a detailed illustration of the safe working angle and the safe working area. Failure to work within the safe working area may result in serious injury or death.

4.0 TRAINING

- 4.1** 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. User must also be aware of the operating characteristics, application limits, and the consequences of improper use of this equipment.

5.0 INSPECTION

- 5.1 FREQUENCY:** Before each use, inspect the system according to sections 5.2 and 5.3. See Figure 1 for parts identification. The system must be formally inspected by a competent person other than the user at least annually. Record the results in the inspection and maintenance log in section 10.0.

IMPORTANT: *If this equipment has been subject to fall arrest forces it must be removed from service and destroyed, or returned to Capital Safety for inspection or repair.*

5.2 INSPECTION STEPS:

Please refer to the inspection and maintenance log in section 10.0 of this manual.

- 5.3** If inspection reveals an unsafe or defective condition remove unit from service and destroy, or return to Capital Safety for repair

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

6.0 MAINTENANCE, SERVICING, STORAGE

- 6.1 CLEANING:** Periodically clean the system using water and a mild soap solution. Do not use acids or other caustic chemicals that could damage the system components. A lubricant may be applied to the threaded rods.
- 6.2 USER EQUIPMENT:** Maintain, service, and store harness and personal fall arrest components according to manufacturer's instructions.
- 7.0 STORAGE:** Make sure all wheel brakes are engaged and rear jacks are contacting the ground. Never store materials on the platform or ladder. Do not disassemble the system for transport.

7.1 SPECIFICATIONS

MATERIALS:

All materials used in the construction of this equipment are as follows:

1. Powder coated mild steel
2. Zinc plated mild steel
3. Powder coated aluminum
4. Nylatron plastic
5. Rubber

8.0 TERMINOLOGY

AUTHORIZED PERSON: A person assigned by the employer to perform duties at a location where the person will be exposed to a fall hazard (otherwise referred to as "user" for the purpose of these instructions).

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

CERTIFIED ANCHORAGE: An anchorage for fall arrest, positioning, restraint, or rescue systems that a qualified person certifies to be capable of supporting the potential fall forces that could be encountered during a fall or that meet the criteria for a certified anchorage prescribed in this standard.

QUALIFIED PERSON: A person with a recognized degree or professional certificate and with extensive knowledge, training, and experience in the fall protection and rescue field who is capable of designing, analyzing, evaluating and specifying fall protection and rescue systems to the extent required by this standard.

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.

9.1 Make sure the following labels are present and fully legible.

P/N 9512215

P/N 9512214

P/N 9512213



P/N 9506926

P/N 9504547

10.0 INSPECTION & MAINTENANCE – MOBILE ACCESS WORK PLATFORM WITH RAIL F.A.S.

Instructions: Complete this form by hand. More blank inspection forms can be requested by contacting Capital Safety. Refer to the respective Advance Systems Product Manual(s) for inspection details and component identification.				Before Each Use	Commissioning / Each Year	After a Fall
Date:	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail	Inspect entire system for damage, deformation, corrosion or rust. Look for cracks, bends, dents, or wear that could affect strength and operation of the system.	X	X	X
Approved By:						
Corrective Action/Maintenance:	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail	Inspect all fasteners. Tighten or replace as necessary.	X	X	X
	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail	Inspect the walking surface to ensure adequate friction exists to prevent slipping.		X	
	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail	Inspect all moving parts for chips, cracks, breaks, frays or worn areas that can cause malfunction during operation.	X	X	X
	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail	Verify that all adjustment points (pins, bolts, tri-screws, adjusting screws, etc.) are in full functional condition and are adjusted properly.		X	X
	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail	Make sure guardrails and safety gates are free of corrosion, cracks, or other imperfections which may cause malfunction during operation.	X	X	X
	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail	Inspect and lubricate casters via the grease zerks as required. Inspect jacks for signs of damage and unsure proper function.		X	
	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail	Verify that all labels are securely attached and are legible. Replace labels as necessary.		X	
	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail	Additional equipment such as Winches, Self-Retracting Lifelines (SRLs), work positioning or fall-arrest equipment that is used with your system should be installed and inspected per the manufacturer's instruction	X	X	X
	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail	Inspect glide rail and trolley for damage, deformation, corrosion, or rust. Look for cracks, bends, dents, or wear that could affect strength and operation	X	X	X
	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail	Inspect all ladder rungs for cracked welds, damage, or other deformation. Ensure adequate grip remains on rung to prevent slipping.	X	X	X
IMPORTANT: if you have questions on the use, care, or suitability of this equipment for your application, please contact Capital Safety.						
Notes:						

IMPORTANT: Extreme working conditions (harsh environment, prolonged use, etc.) may require increasing the frequency of inspections.

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Notes:						

IMPORTANT: Extreme working conditions (harsh environment, prolonged use, etc.) may require increasing the frequency of inspections.

LIMITED LIFETIME WARRANTY

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