

# GUARDIAN

## FALL PROTECTION



## Product Name: Arc-O-Pod

Part #: 15030; 20001; 20004

## Instruction Manual

**Do not throw away these instructions!**

**Read and understand these instructions before using equipment!**

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## Introduction

Thank you for purchasing a Guardian Fall Protection Arc-O-Pod. This manual must be read and understood in its entirety, and used as part of an employee training program as required by OSHA or any applicable state agency.

This and any other included instructions must be made available to the user of the equipment. The user must understand how to safely and effectively use the Arc-O-Pod, and all fall safety equipment used in combination with the Arc-O-Pod.

User Information	
Date of First Use:	_____
Serial #:	_____
Trainer:	_____
User:	_____

## Applicable Safety Standards

When used according to instruction specifications, this product meets or exceeds all applicable OSHA 1926 Subpart M, OSHA 1910, ANSI Z359.1-2007, and ANSI A10.32-2012 standards for fall protection. Applicable standards and regulations depend on the type of work being done, and also might include state-specific regulations. Consult regulatory agencies for more information on fall protection systems and associated components.

## Worker Classifications



Understand the following definitions of those who work near or who may be exposed to fall hazards.

**Qualified Person:** A person with an accredited degree or certification, and with extensive experience or sufficient professional standing, who is considered proficient in planning and reviewing the conformity of fall protection and rescue systems.

**Competent Person:** A highly trained and experienced person who is ASSIGNED BY THE EMPLOYER to be responsible for all elements of a fall safety program, including, but not limited to, its regulation, management, and application. A person who is proficient in identifying existing and predictable fall hazards, and who has the authority to stop work in order to eliminate hazards.

**Authorized Person:** A person who is assigned by their employer to work around or be subject to potential or existing fall hazards.

**It is the responsibility of a Qualified or Competent person to supervise the job site and ensure all applicable safety regulations are complied with.**

## Product Specific Applications



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



**Personal Fall Arrest:** Arc-O-Pod may be used to support a MAXIMUM 1 Personal Fall Arrest System (PFAS) for use in Fall Arrest applications, unless being used for purposes of assisted rescue, at which point 2 PFAS may be accommodated. Structure must withstand loads applied in the directions permitted by the system of at least 5,000 lbs. Maximum free fall is 6'. Applicable D-Ring: Dorsal.



**Rescue/Confined Space:** Arc-O-Pod may be used in Rescue/Confined Space applications. Rescue systems function to safely recover a worker from a confined location or after exposed to a fall. There are various configurations of Rescue systems depending on the type of rescue. Structure must withstand loads applied in the directions permitted by the system of at least 3,000 lbs. No free fall is permitted. Applicable D-rings: Dorsal, chest, shoulder.

**For all fall protection applications: worker weight capacity range (including all clothing, tools, and equipment) is 130-420 lbs.**

**If used in assisted rescue, maximum combined worker capacity (including all clothing, tools, and equipment) is 620 lbs.**

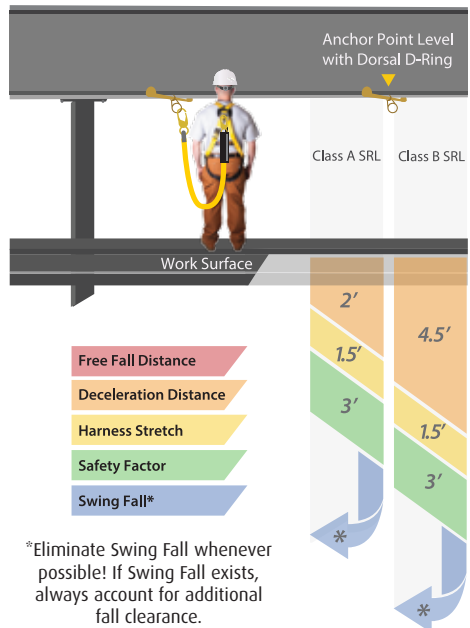
## Limitations

**Fall Clearance:** There must be sufficient clearance below the anchorage connector to arrest a fall before the user strikes the ground or an obstruction. When calculating fall clearance, account for a MINIMUM 3' safety factor, user height, length of lanyard/SRL, harness stretch, and all other applicable factors.

**Diagram shown is an example fall clearance calculation ONLY.**

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

Fall clearance calculation shown based on standing worker falling directly in-line with anchor point. Always consider potential swing fall and other hazards when calculating fall clearance.



**Compatibility:** When making connections with Arc-O-Pod, eliminate all possibility of roll-out. Roll-out occurs when interference between a hook and the attachment point causes the hook gate to unintentionally open and release. All connections must be selected and deemed compatible with Arc-O-Pod by a Competent Person. All connector gates must be self-closing and self-locking, and withstand minimum loads of 3,600 lbs. See the following for examples of compatible/incompatible connections:

Connector closed and locked to D-ring. **OK.**



Connector to integral lanyard. **NO.**

Two connectors to same D-ring. **NO.**



Connector directly to webbing. **NO.**

Incompatible or irregular application, which may increase risk of roll-out. **NO.**



Connector directly to horizontal lifeline. **NO.**

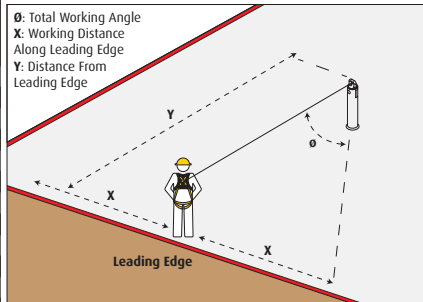
Two or more snap hooks or carabiners connected to each other. **NO.**



### Correct Anchorage Positioning:

This chart details allowable working zones required to reduce risk of swing falls and improper side loading. ALWAYS adhere to information specified by chart.

Anchor Distance From Leading Edge (Y)	Working Distance Along Roof Edge (Either Direction) (X)	Working Angle From Perpendicular ( $\theta$ )
6'	8'	53°
10'	9' - 9"	45°
15'	11' - 7"	38°
20'	13' - 3"	33°
25'	14' - 6"	30°
30'	16'	28°
35'	17' - 2"	26°
40'	18' - 3"	24°
45'	19' - 4"	23°
50'	19' - 10"	21°
55'	21' - 4"	21°
60'	22' - 3"	21°



For example, if the anchorage connector is 6' from the leading edge (Y), the working distance (X) is 8' in each direction from the perpendicular, which translates to a 53° working angle.

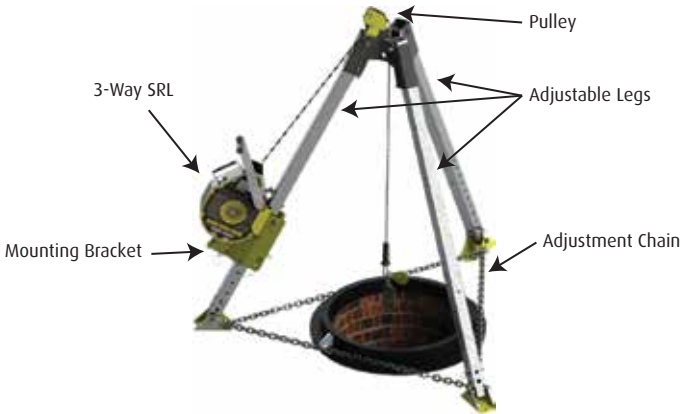
## Components and Specifications

Guardian Fall Protection requires the Arc-O-Pod be used with a compatible SRL certified for use in Rescue/Confined Space applications, such as the 3-Way SRL (part #s 10974 and 10981). **To mount fall protection equipment (SRL or winch) to Arc-O-Pod, a bracket designed to be used in combination with the SRL/winch is required. Contact Guardian Fall Protection with any questions regarding proper and compatible equipment configurations.**

Part #	Description
15030	Arc-O-Pod
20001	Arc-O-Pod Kit w/50' 3-Way SRL (#10974) & Ultra Sack (#00768)
20004	Arc-O-Pod Kit w/65' 3-Way SRL (#10981) & Ultra Sack (#00768)

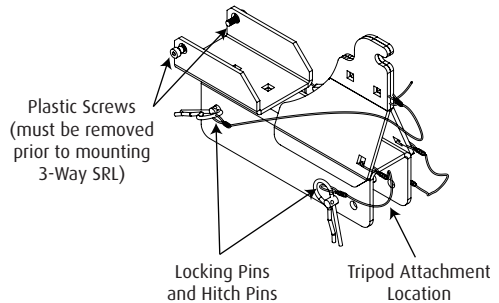
Arc-O-Pod: #15030

Made from powder-coated steel, stainless steel, aluminum, neoprene, and polyethylene.



#10974 / 10981: 3-Way SRL

#10983: Mounting Bracket



## Installation and Use

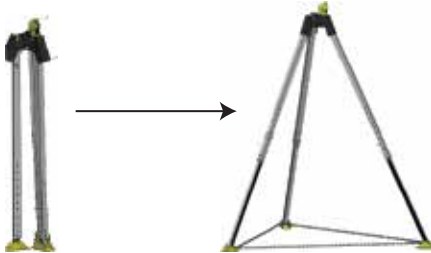
The Arc-O-Pod is only rated for use by a single user, unless assisted rescue of a fallen worker is required.

In the event an assisted rescue is required, a second PFAS may be connected to the Arc-O-Pod for the purposes of protecting the person performing the rescue. Never make more than one connection to same attachment point. Combined worker capacity must never exceed 620 lbs.

### Arc-O-Pod Set Up:

\* The Arc-O-Pod is easier to set up with two workers. If setting up system alone, complete steps 1 - 3 with Arc-O-Pod lying on ground.

1. Hold the collapsed Arc-O-Pod vertically with its feet on the ground. Remove Detent Pins from top of Arc-O-Pod.
2. Fully spread legs of Arc-O-Pod and replace Detent Pins removed in Step 1 to secure Adjustable Legs in an outward position.
3. Remove all Locking Pins from Arc-O-Pod Adjustable Legs. Fully extend Adjustable Legs. Reinstall Locking Pins with Adjustable Legs in fully extended positions.



4. Place Arc-O-Pod over confined space entry point. Adjust Arc-O-Pod as necessary by removing Locking Pin from one leg at a time and adjusting leg higher or lower, then reinserting pin to secure leg at proper height. Arc-O-Pod must be positioned level above confined space entry point.

5. Remove all slack from Adjustment Chain by loosening the quick connects at the feet of Arc-O-Pod legs. DO NOT use Arc-O-Pod if Adjustment Chain is not present; doing so could result in serious injury or death.



### 3-Way SRL Set Up:

**NEVER use 3-Way SRL for material hoisting or for routine personnel hoisting; doing so may result in increased wear of internal components.**

**3-Way SRL should only be used in personnel hoisting for the purposes or rescue/retrieval (to raise or lower a worker that has experienced a fall).**

For routine personnel or material hoisting, always use an independent winch, such as Guardian's Rescue Winch (part # 15028). If using a winch for personnel hoisting, always use a backup fall protection device rated for Fall Arrest.

If a winch and 3-Way SRL are being used simultaneously, winch and 3-Way SRL must be installed on separate Arc-O-Pod legs, and Arc-O-Pod must be equipped with additional pulley.

Never connect the hook components of the winch and 3-Way SRL to same D-ring on full-body harness. This may require the use of a dual-leg connecting device to allow the worker to employ full-body harness shoulder D-rings.

**For information relating to the use of 3-Way SRL, please refer to instructions provided with product.**

**For information relating to the installation and use of the Guardian Rescue Winch (part # 15028), please refer to instructions provided with product.**

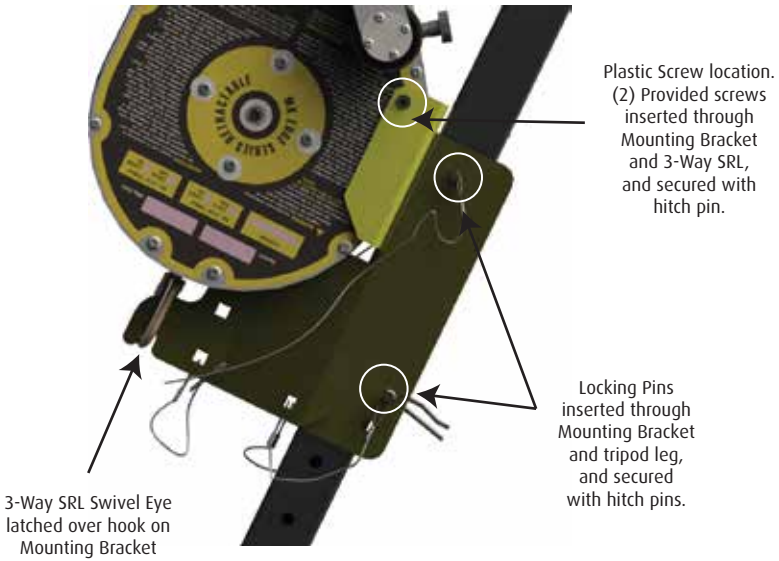
#### 1. Install Mounting Bracket onto Arc-O-Pod leg:

- Place Mounting Bracket over leg so 3-Way SRL snap hook will face up towards Arc-O-Pod Pulley.
- Select desired height of 3-Way SRL on Arc-O-Pod leg, and place Mounting Bracket at location.
- Install (2) provided Locking Pins through Mounting Bracket and Arc-O-Pod leg as shown.
- Secure Locking Pins with connected hitch pins, and ensure Mounting Bracket is fully secured to Arc-O-Pod leg.

#### 2. Install 3-Way SRL on Mounting Bracket:

- Remove (2) Plastic Screws from 3-Way SRL.
- Latch 3-Way SRL Swivel Eye over hook on Mounting Bracket, then lower 3-Way SRL into Mounting Bracket cradle.
- Insert (2) screws provided with Mounting Bracket through Mounting Bracket and into 3-Way SRL at location where Plastic Screws were removed. **DO NOT** use Plastic Screws to mount 3-Way SRL.

See image on following page.



3. Remove Detent Pin at Arc-O-Pod Pulley. Release sufficient amount of lifeline cable and run cable over Arc-O-Pod Pulley and down through top of Arc-O-Pod, so that it hangs over confined space entry location. Re-insert Detent Pin to ensure cable will stay in line with Pulley.

4. Attach complete and compatible PFAS to 3-Way SRL snap hook. All PFAS equipment must be selected and deemed compatible with Arc-O-Pod and 3-Way SRL by a Competent Person.





## Maintenance, Cleaning, and Storage

If Arc-O-Pod fails inspection in any way, immediately remove it from service, and contact Guardian to inquire about its return or repair.

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

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

## Inspection

KEEP INSTRUCTIONS AVAILABLE FOR REFERENCE. Record Date of First Use.

Prior to EACH use, inspect Arc-O-Pod for deficiencies, including, but not limited to, corrosion, deformation, pits, burrs, rough surfaces, sharp edges, cracking, rust, paint buildup, excessive heating, alteration, and missing or illegible labels. IMMEDIATELY remove Arc-O-Pod from service if defects or damage are found, or if exposed to forces of Fall Arrest.

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

At least every 6 months, a Competent Person other than the user must inspect Arc-O-Pod.

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

During inspection, consider all applications and hazards Arc-O-Pod has been subjected to.

Prior to each use, fully inspect and test functionality of Rescue/Confined Space SRL to be used in combination with Arc-O-Pod in accordance with product instructions.

- 1) If applicable, pull lifeline sharply to test locking function.
- 2) Fully inspect entire lifeline for damage, including, but not limited to, fraying, crushing, and bird-caging. Place already inspected lifeline in a bucket or other clean receptacle to prevent accidental damage or contamination. Always wear gloves when inspecting lifeline.
- 3) Rotate handle to test retraction and release of lifeline.
- 4) Handle must have free range of motion, and must not interfere with any other component. Locking mechanism must secure and release handle.

# Inspection Log

Date of First Use: \_\_\_\_\_.

Product lifetime is indefinite, as long as it passes pre-use and Competent Person inspections. User must inspect prior to EACH use. Competent Person other than user must complete formal inspection at least every 6 months. Competent Person to inspect and initial.

This inspection log must be specific to one Arc-0-Pod. Separate inspection logs must be used for each Arc-0-Pod. All inspection records must be made visible and available to all users at all times.

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



## Safety Information



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

Do not alter equipment. Do not misuse equipment.

Workplace conditions, including, but not limited to, flame, corrosive chemicals, electrical shock, sharp objects, machinery, abrasive substances, weather conditions, and uneven surfaces, must be assessed by a Competent Person before fall protection equipment is selected.

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

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

Unless explicitly stated otherwise, the maximum allowable free fall distance for lanyards must not exceed 6'. No free fall allowed for non-LE SRLs. Class A SRLs must arrest falls within 24"; Class B SRLs must arrest falls within 54".

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

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

Training of Authorized Persons to correctly erect, disassemble, inspect, maintain, store, and use equipment must be provided by a Competent Person. Training must include the ability to recognize fall hazards, minimize the likelihood of fall hazards, and the correct use of personal fall arrest systems.

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

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

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

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

## Labels

**GUARDIAN**  
FALL PROTECTION

1-800-466-6385      6305 S. 231st St.  
www.guardianfall.com      Kent, WA 98032

**Arc-O-Pod**  
Part #: 15030  
Date of Manufacture:

**Prior to use, read and understand all manufacturer's instructions provided with equipment at time of shipment from manufacturer.**

Compliant with OSHA 1910, OSHA 1926 Subpart M, ANSI Z359.1-07, and ANSI A10.32.12.

Rated for one worker, or two workers during assisted rescue. Each worker must attach to a separate connection point.

Worker capacity range (including all equipment): 130-310 lbs.

Materials:  
Powder-coated steel and aluminum.

All equipment used in combination with Arc-O-Pod **MUST** be selected and deemed compatible by a Competent Person.

Keep away from all potential hazards including, but not limited to, heat, electricity, chemicals, and sharp or abrasive edges and surfaces.

Inspect prior to EACH use. Competent Person must inspect at least every six months.

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

YR MO	20__	20__	20__	20__	20__
J					
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90076 (Rev. B)

**INSTALL LOCKING PIN IN ONE OF THE HOLES BELOW WHEN PROPER ADJUSTMENT IS REACHED**

**CARABINER ATTACHMENT POINT. USE FOR ATTACHMENT OF CONNECTING SUBSYSTEM THAT LIMITS FALL ARREST FORCES TO 1,800LBS OR LESS. MAX. WORKER WEIGHT MAY NOT EXCEED 310LBS, INCLUDING TOOLS. ONLY ATTACH DIRECTLY OVERHEAD.**

**LOCKING PIN**

**INSTALL THE TRIPOD BRACKET TO THIS LEG ONLY**