



USER INSTRUCTIONS

- H34Q/L :standard/large
- H34Q2/Q2L : steel chest attachment, standard/large
- H34QH/QH2: Vortex Plus, standard, Vortex Plus Steel, standard

The Vortex H34Q Full Body Harness is personal protective equipment designed to protect the wearer from falls from height. It has been specifically designed for use in Wind Turbine Generators (WTG) and can be used for fall arrest, work positioning and vertical rescue. H34Q2 and H34Q2L is available with a steel rather than aluminium alloy chest attachment point. Figure 1 'A'.

Materials used are polyamide, polyester, steel and aluminium.

**Use**

Open leg buckles and then put on harness as a jacket. Fasten chest, waist and leg buckles, then adjust all buckles to fit, these are shown in Figure 1; chest (1), shoulder (2), waist (3), Leg (4). Chest strap is fastened as shown in Figure 3 and Quick Connect buckles as shown in Figure 4. To release Quick Connect buckles, the tabs on both sides of buckle must be pressed simultaneously.

Loose ends of webbing can be retained in elasticated keepers.

Check fit of harness while suspended in a safe location, the harness should feel secure but not tight.

Check that straps are not twisted. Check buckles are secure by pulling on loaded webbing - correctly threaded buckles will lock.

Re-check fastenings and adjustment regularly during use.

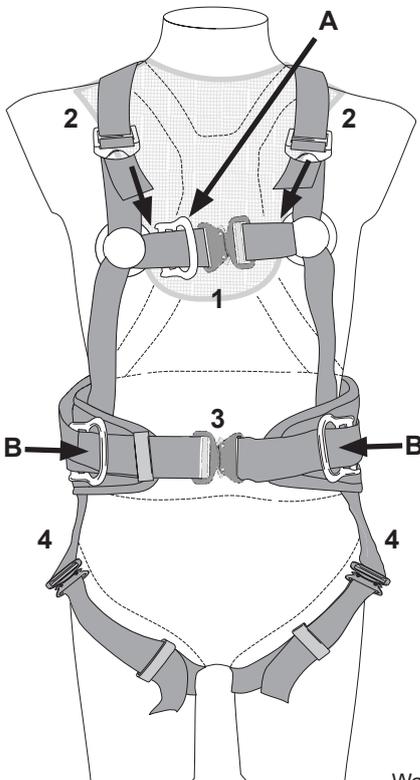


fig 1 - front

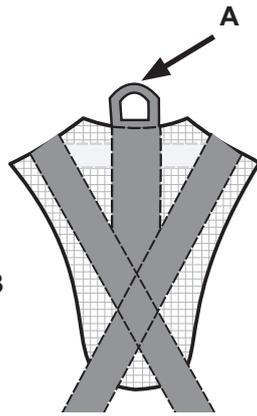


fig 2 - rear

Waist belt size: Standard: 80-120cm  
Large: 95-160cm

**Attachment Points**

These are marked in figures 1 & 2 with:

- 'A' - Fall arrest and 'B' - Work positioning
- 'A' - Chest - Fall Arrest and Rescue. H34Q2/Q2L - Steel
- 'A' - Dorsal -Fall Arrest and Rescue.
- 'B' - Side D - Ring - Work positioning and restraint ONLY. NOT FOR FALL ARREST.

For attachment of other items of PPE the use of suitable locking connectors (EN362), is recommended. Ropes may be tied directly to Attachment Points with suitable knots.

The webbing loop on each shoulder can be used to stow lanyard legs.

- Setting 1.** ● (recommended) will release at around 25kg,
- Setting 2.** ●● will release at around 60kg

**Fall Arrest:** Always use approved energy absorbing products to arrest a fall e.g. EN355, EN353.

**Work positioning:** Connection to both waist D-rings (B) simultaneously is recommended. Connection system should be above waist level and kept taut. Limit free movement to 0.6m. It is essential that a fall arrest system is also used at all times during work positioning. Attachment points A & B are suitable for static loading (work positioning) by persons & equipment with a total mass of 150kg.

**Work Restraint:** Connection to a single D-ring can be used. Remember a restraint system must prevent the user reaching a position where a fall could take place.

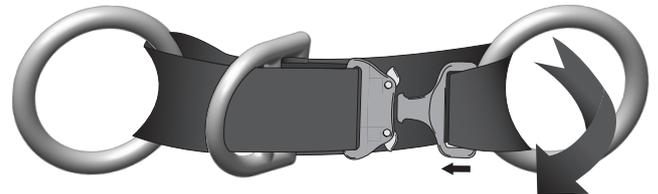


fig 3 - Fastening chest strap

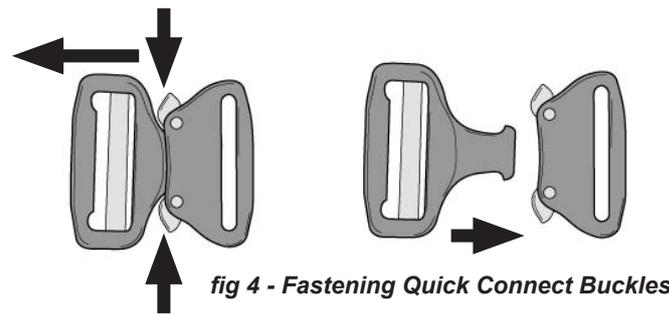
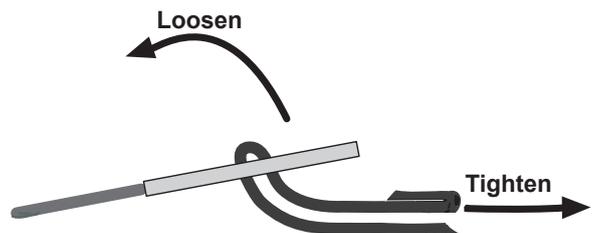


fig 4 - Fastening Quick Connect Buckles



**Warnings**

When work positioning free vertical movement should be limited and a secondary protection, such as a fall arrest system, should be used.  
The waist belt is not suitable for fall arrest purposes and that a waist belt should not be used if there is a foreseeable risk of the user becoming suspended or being exposed to unintended tension by the waist belt.  
Ensure all equipment used is suitable for total mass of user and equipment.

