

## USER MANUAL

**Anchor point according to EN795:2012 TYP B  
Anchor clamp for hollow core slabs type APV 038001**

**And**

**(A) energy absorbing lanyard  
according to EN 354:2002 / EN355:2002, Type Miller 1032380**

**Or**

**(C) automatic retractor according to EN 360:2002  
Type IKAR HWPS3**

**And**

**Harness according to EN361:2002, Type Teufelberger Ergo**

EU type approval by DEKRA Testing and Certification GmbH,  
Dinnendahlstrasse 9, 44809 Bochum Germany,  
notified body nr.0158

Weight of the anchor clamp is approximately 9 kg.

Project number	: 17779
Version	: 2019-01
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The fall arrestor may only be used for PPE against falling.

For documents such as this manual and EU Declaration of Conformity,  
please visit: [www.leenstra.nl/fallarrestor](http://www.leenstra.nl/fallarrestor).



## Initial check

Please check if the Leenstra fall arrestor is suitable for the slabs you are working with (see figure 1). The fall arrestor fits almost all brands of prefab floors slabs.

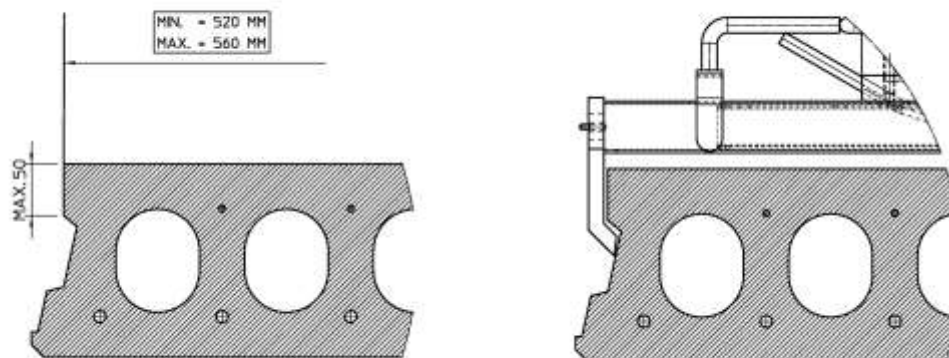


Figure 1

## Also check

- The quality of the profile the clamp fits on must be visually checked for cracks or other signs of quality defects.
- The width of the floor slabs must be 120 cm.
- Check if the grip fits correctly into the groove.
- Is the anchor point clean?
- Is the anchor point suitable for the purpose you are using it for?
- Test the clamp function by pulling the anchor rope after each placing.
- Before every use a visual check of all components of the system is mandatory. Pay attention to that all functions are working well and there is no wear of ropes etcetera. We also advise you to read the user manuals of the separate components.

## Cooperation with the crane operator

Before mounting, the crane operator should be aware that the mechanics, when using the Leenstra fall arrestor, are restrained in their movements. The placing of the hollow core slabs by the crane demands the utmost safety.

## Use of the Leenstra fall arrestor

In case of falling risk, additional safety measures for fall protection must be made. From a free fall height for Type A - 3,75 meter and for Type C - 3,03 meter the Leenstra Fall Arrestor can be used. These heights are inclusive 1 meter safety distance according to the norm.

An action plan for rescue operations must be present in which all imaginable emergencies are taken into account.

The user of this safety system should be in good health.

The user must have read and have understood the user manual before using this fall arrestor. Each other use as described in the user manual is not allowed.

We advise to use this safety anchor as personal equipment.

The safety system should be used without breaks during working on the hollow core floor slabs. When the user does not apply this in practice, this will cause dangerous situations.

The tolerable application temperature: -20 till +50 °C.

All labelling should be available and readable

## Location of the anchor clamp

The position of the clamp should be chosen in a way that in case of an accident the secured person at any time hangs on the fall arrestor system and not reaches the floor below.

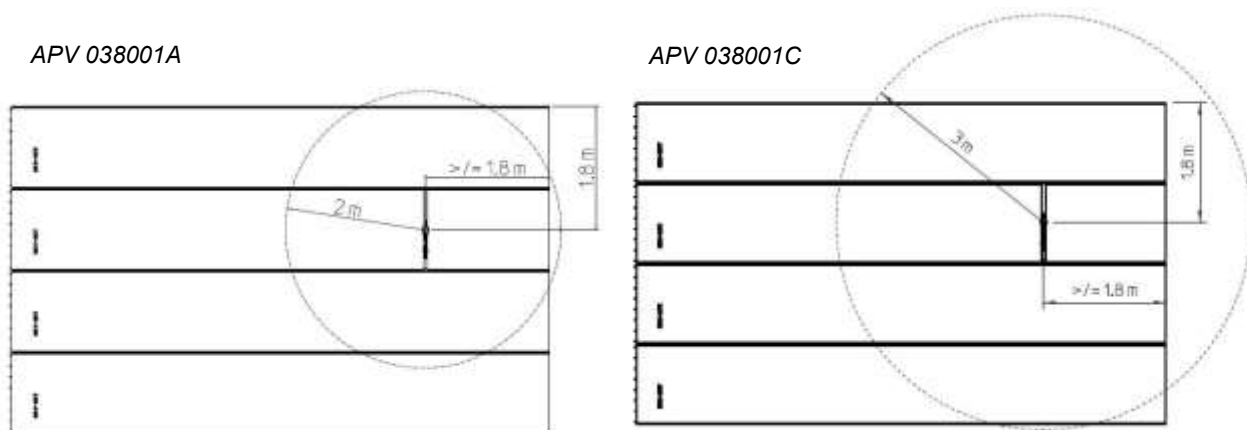


Figure 2

## Positioning the Leenstra anchor point



Figure 3

See figure 3.

- Place the anchor clamp in such a way that the grip is located away from the laying front. Please be careful and beware of stumbling.
- Hook grip 'C' in the groove of the slab.
- Unlock with the help of grip E, handle B.
- Pull out the clamp with handle 'B' until the grip hooks around the groove on the other side of the slab. Release the handle and check if the handle falls into the rest position and is blocked by grip E.
- Check if both grips fit properly into the grooves of the floor slab.
- Pull the anchor rope so that you can test whether the clamp is locked well after each installation.
- You can fasten yourselves to the eye D of the rope to the lanyard (type A) or with the automatic retractor (type C).

## Repositioning the anchor clamp

See figure 3.

- Unlock with the help of grip E, handle B.
- Pull with handle 'B' the clamp apart and lift the clamp out of the joint of the concrete slab.
- Move the anchor point according to figure 2.
- Be sure there is no danger of falling whilst moving the clamp.

The complete fall arrestor may not be used any more and has to be checked by the manufacturer in case:

- One or more parts of this fall arrestor are damaged or broken.
- There is any doubt about the safe condition of the system.
- The fall arrestor has been actually used to stop a fall.
- The period between the regular inspections is more than 12 months.

### **Inspection and certification**

The complete fall arrestor has to be inspected once a year by an expert above user level. This inspection has to be registered in writing in the inspection list enclosed with the delivery of the system. Safety depends on a precise implementation of the yearly inspection.

Leenstra B.V. can train persons to guarantee that the inspection will be carried out precisely according to NEN-EN 365 (these includes article 4.4., section C, D and E).

Leenstra B.V. can carry out the inspections and certificating for you. Repair may only be performed by the manufacturer or by the manufacturer authorized person.

### **Maintenance**

After each use, the system has to be cleaned and has to be free of concrete and mortar rests. Take good care that there is no pollution in the Leenstra anchor clamp. Parts may not be lubricated. The sticking effect of fats causes a dirt accumulation with detrimental effect.

When the system is wet, it prefers to let dry the system in a natural way. Do not use hot air.

The system should be stored dry and clean. Please store the system in a light-proof bag in order to prevent the ageing process of the rope. Leenstra has appropriate equipment for this purpose.

Do only use water for cleaning.

Take good care that the fall arrest system is packed correctly during transport in order to prevent damage. Leenstra has appropriate equipment for this purpose.

All parts of the system must be kept away from welding light and -sparks, fire, acids, alkalis and all comparable fluids.

### **Retail to foreign countries**

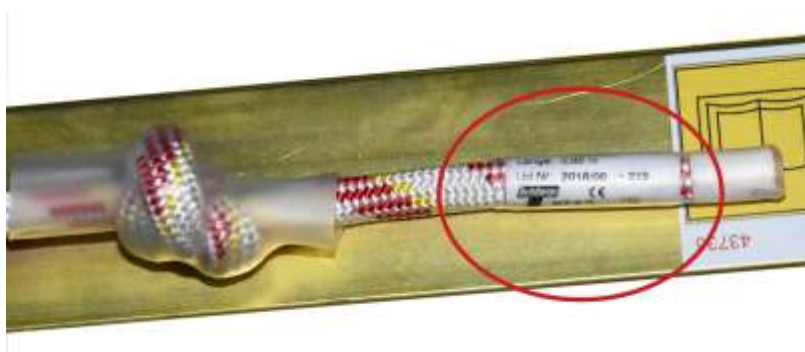
When the Leenstra safety anchor will be sold to countries with another user language then originally delivered, the seller is obliged to deliver this user manual in the user language.

### **Warning**

In the preceding text, we advise you to which the hollow core element must conform before using this system. Leenstra B.V. cannot be held responsible any consequences caused by unwise or incorrect used of the fall arrest system. For elements that do not conform to the stated specifications or if there is any doubt about the suitability of the system, we request you to contact Leenstra B.V. If necessary Leenstra can do tests with your type of floor element.

Attention! Changes to the equipment or replacements without preceding written permission of the manufacturer are not allowed and all repairs may only be performed with measures, stated by the manufacturer.

Attention! Danger can occur when one combines single elements of the equipment in case the protected function of one of the elements or components or the composed equipment is obstructed.



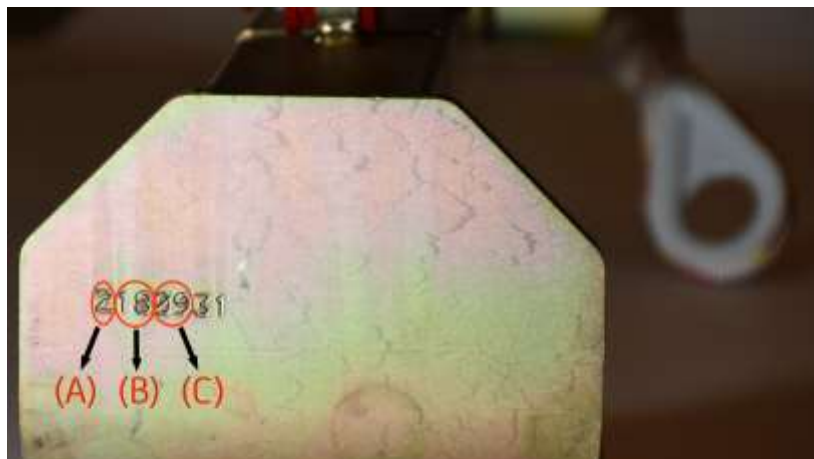
## Anchor point service life

The anchor point (terminal) has an unlimited service life, provided it has been tested (approved) less than a year ago and meets the standard. The anchor line in the anchor point has a limited service life of up to 5 years after the use of the clamp (anchor point) or 6 years after the production date of the line (visible on the line, see image).

## Year of manufacture

The year of manufacture is indicated in the serial number. The left number shows the century (A) and the two numbers next to it (B) are the year. The next two numbers (C) indicate the month. The following numbers indicate the serial number of the production. Example 2180931 = September 2018 with serial number 31.

The position of the serial number is indicated on the last page of this manual.



## Type A with energy absorbing lanyard (Art.-nummer 1032380)

Description of components (figure 4):

- 1.PA-PES O11mm line lanyard (tearing strength tested on sharp edge)
- 2.PES energy absorber with Miller Logo, Serial-und Article-number (edge tested)
- 3.Connector is compliant with standard (EN 362:2005) (D link on back of harness)
- 4.Connector is compliant with standard (EN 362:2005) (anchor side)

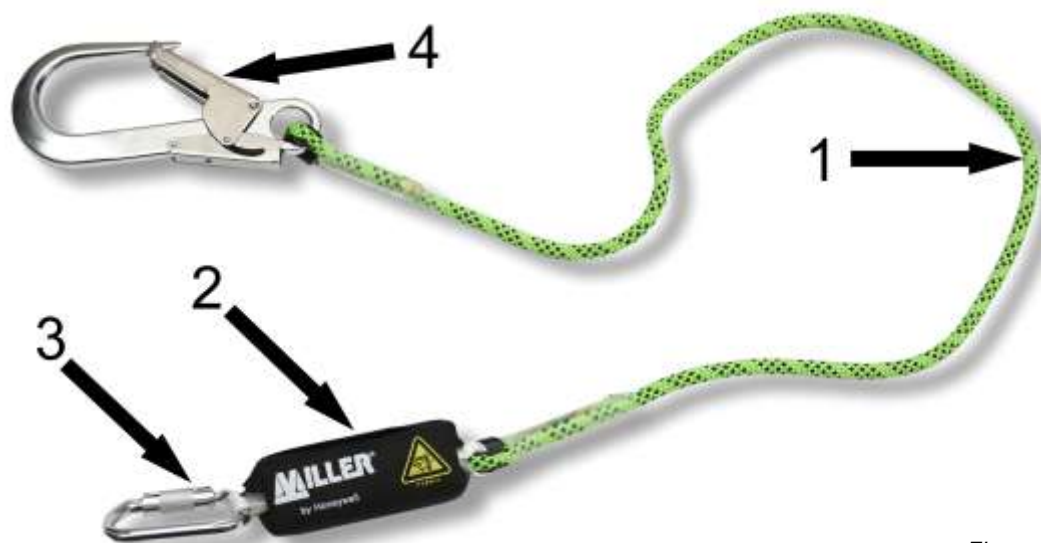


Figure 4

Attach the end with the absorber(3) to the back D-link of the harness.  
Lanyard end (4) is attached to the anchor clamp. See also figure 4a.

The maximum length of this lanyard is 2m, including all the karabiners, and it is not allowed to be lengthened.



Figure 4a

## Type C with automatic retractor (Art.-nummer HWPS3)

Description of all elements (figure 5):

1. steel cable (edge tested)
2. automatic retractor with brake
3. connector is compliant with standard (EN 362:2005) (D link on back of harness)
4. connector is compliant with standard (EN 362:2005) (anchor side)



Figure 5

The end with the steel cable (3) must be connected with the D-ring on the back side of the harness.

The end of the retractor (4) must be connected to the eye (D) of the anchor clamp. See also figure 5a.

The length of the steel cable including all the karabiners and retractor is 3 m and may not be lengthened.



Figure 5a



# User manual APV 038001 A or C

## Explanation of markings

