

Workman® Fall Protection Products



MSA
The Safety Company



Quality, Comfort and Value come together in the Workman line of products.

- ➔ Excellent value
- ➔ Optimum quality
- ➔ Reliable protection

- ➔ Practical operation
- ➔ User-friendly design
- ➔ Comfortable

Statistics prove, year after year, that lack of fall protection is a leading factor in job fatalities and injuries. Now, MSA's new Workman product line enables your company to provide optimum quality, comfortable fall arrest systems for your workers.

Workman Harness

The Workman Harness provides comfortable protection, due to its lightweight components and durable webbing. The vest-style harness, with optional hip D-Rings for work positioning, fits a wide range of body types and sizes. Color-contrasting thigh and torso straps simplify donning.

Features:

- Economical
- Abrasion-resistant, strong, durable webbing
- Yellow polyester webbing for high visibility
- Web retainer collars to keep excess webbing neat
- Easy to don and adjust
- Choice of Qwik-Fit™ or Tongue-Buckle leg straps for easy adjustment
- Instructions in English, Spanish, and French
- Meets OSHA regulations, ANSI A10.32 & ANSI Z359.1, and is certified to CSA Z259.10-06.

Workman Harness Ordering Information

PART NUMBER	SIZE				CHEST STRAP	LEG BUCKLES			ATTACHMENT POINTS	
	XSM	STD	XLG	SXL		QWIK-FIT	QWIK-FIT	TONGUE	BACK	HIP
10072478	X				X	X		X		
10072479		X			X	X		X		
10072480			X		X	X		X		
10072481				X	X	X		X		
10072482	X				X	X		X	X	
10072483		X			X	X		X	X	
10072484			X		X	X		X	X	
10072485				X	X	X		X	X	
10072486	X				X		X	X		
10072487		X			X		X	X		
10072488			X		X		X	X		
10072489				X	X		X	X		
10072490	X				X		X	X	X	
10072491		X			X		X	X	X	
10072492			X		X		X	X	X	
10072493				X	X		X	X	X	



Integral Load Indicator



Workman Construction Harness

The Workman Construction harness adds an integral backpad for added comfort during work positioning and a removable, tongue-buckle tool belt. Meets applicable OSHA regulations, ANSI A10.32 and ANSI Z359.1 requirements, and is CSA certified to Z259.10-06.



Workman Harness Ordering Information

PART NUMBER	SIZE				CHEST STRAP	LEG BUCKLES		ATTACHMENT POINTS		INTEGRAL BACK PAD WITH TOOL BELT	SHOULDER PADS
	XSM	STD	XLG	SXL	QWIK-FIT	QWIK-FIT	TONGUE	BACK	HIP		
10072494	X				X		X	X	X	X	
10072495		X			X		X	X	X	X	
10072496			X		X		X	X	X	X	
10072497				X	X		X	X	X	X	
10077490	X				X		X	X	X	X	X
10077571		X			X		X	X	X	X	X
10077572			X		X		X	X	X	X	X
10077573				X	X		X	X	X	X	X

Shoulder Pads for Workman Harness

Shoulder pads attach to harness using velcro tabs to provide additional comfort.

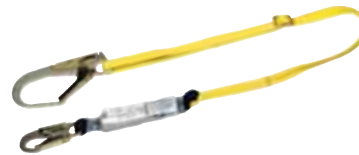
PART NUMBER	DESCRIPTION
10077489	Shoulder Pads, 1 set



Part Number 10072472



Part Number 10072473



Part Number 10076124



Part Number 10072474

Workman Energy-Absorbing Lanyards

Workman energy-absorbing lanyards are lightweight with a low-profile body. The shock absorber includes a clear, durable protective cover over the labels to increase service life and allow for easy inspection.

Features:

- Tear-tape design to keep fall arrest forces below 900 lbs.
- Choice of single or twin-leg configurations
- Choice of adjustable or tie-back configurations
- Meets ANSI A10.32, applicable OSHA regulations, and is certified to CSA Z259.11-05 E4



Part Number 10073708



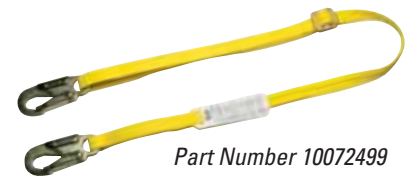
Part Number 10072475

Workman Shock-Absorbing Lanyards

PART NUMBER	HARNES CONNECTION	ANCHORAGE CONNECTION	TWIN	SINGLE	TIE-BACK
10072472	LC	LC		X	X
10072473	LC	(2)LC	X		X
10072474	LC	LC		X	
10073708	LC	(2)LC	X		
10072475	LC	(2)GL3100	X		
10076124	LC	GL3100		X	

Workman Restraint Lanyard

Restraint lanyards are primarily used for travel restriction (to restrain a worker from reaching a fall hazard) and work positioning (stabilizing a worker at an elevated location) applications. The Workman restraint lanyard meets applicable OSHA regulations and ANSI 10.32. Certified to CSA Z259.11-05.

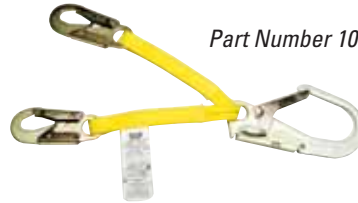


Part Number 10072499

PART NO.	MATERIAL			TYPE				HARNES CONNECTION	ANCHORAGE CONNECTION	LENGTH				
	WEB	NYLON	POLYESTER	SINGLE-LEG	TWIN-LEG	ADJUST.	FIXED			2'	3'	4'	5'	6'
10072499	1"		X	X		X		LS	LS					X

Workman Rebar Assembly

Designed for work positioning applications such as tying rebar or constructing concrete forms. Meets applicable OSHA regulations, ANSI A10.32, and is CSA Z259.11-05 certified.



Part Number 10072498

PART NO.	DESCRIPTION
10072498	Rebar web assembly, 13" legs, with sliding large snaphook

Workman Kits

Your basic fall protection needs for construction and general maintenance are now available in one, easy to order kit. All fall protection kits include the Workman Vest-Style Harness, the Workman Shock-Absorbing Lanyard, the PointGuard™ Anchor Strap, and a duffel bag.



PART NUMBER	DESCRIPTION
10092166	Workman Fall Protection kit includes STD size Vest-Style Harness with Qwik-Fit Leg Straps; Workman Shock-Absorbing Lanyard, single-leg, adjustable; Pointguard Anchor Strap; duffel bag
10092167	Workman Fall Protection kit includes STD size Vest-Style Harness with Tongue-buckle Leg Straps; Workman Shock-Absorbing Lanyard, single-leg, adjustable; Pointguard Anchor Strap; duffel bag
10092168	Workman Fall Protection kit includes XLG size Vest-Style Harness with Qwik-Fit Leg Straps; Workman Shock-Absorbing Lanyard, single-leg, adjustable; Pointguard Anchor Strap; duffel bag
10092169	Workman Fall Protection kit includes XLG size Vest-Style Harness with Tongue-buckle Leg Straps; Workman Shock-Absorbing Lanyard, single-leg, adjustable; Pointguard Anchor Strap; duffel bag

All Aerial Kits include the Workman Vest-Style Harness, the Workman Shock-Absorbing Lanyard, and a convenient storage bag that can be attached to an aerial lift.



PART NUMBER	DESCRIPTION
10092170	Workman Aerial Kit includes STD size Vest-Style Harness with Qwik-Fit leg straps; Workman Shock-Absorbing Lanyard, single-leg, adjustable; carry bag
10092191	Workman Aerial Kit includes STD size Vest-Style Harness with Tongue-Buckle leg straps; Workman Shock-Absorbing Lanyard, single-leg, adjustable; carry bag
10092192	Workman Aerial Kit includes XLG size Vest-Style Harness with Qwik-Fit leg straps; Workman Shock-Absorbing Lanyard, single-leg, adjustable; carry bag
10092193	Workman Aerial Kit includes STD size Vest-Style Harness with Tongue-Buckle leg straps; Workman Shock-Absorbing Lanyard, single-leg, adjustable; carry bag

Workman Roofers' Kits

A comprehensive kit created for roofing fall protection. The Workman Roofer's Kit includes a Vest-style Workman harness; 25' or 50' rope lifeline with either a trailing rope grab or a manual rope grab; carrying bag or reusable bucket. Bucket kits include a temporary roof anchor. When roofing is complete, the temporary roof anchor can be removed and stored for the next job.

PART NUMBER	DESCRIPTION
10074474	STD size Vest-Style Workman Harness with Qwik-Fit leg straps; 50' Rope Lifeline with Trailing Rope Grab; Roof Anchor; Storage Bucket
10077583	XLG size Vest-Style Workman Harness with Qwik-Fit leg straps; 50' Rope Lifeline with Trailing Rope Grab; Roof Anchor; Storage Bucket
10074475	STD size Vest-Style Workman Harness with Qwik-Fit leg straps; 25' Rope Lifeline with Trailing Rope Grab; Roof Anchor; Storage Bucket
10077584	XLG size Vest-Style Workman Harness with Qwik-Fit leg straps; 25' Rope Lifeline with Trailing Rope Grab; Roof Anchor; Storage Bucket
10074476	STD size Vest-Style Workman Harness with tongue buckle leg straps; 50' Rope Lifeline with Trailing Rope Grab; Roof Anchor; Storage Bucket
10074481	XLG size Vest-Style Workman Harness with tongue buckle leg straps; 50' Rope Lifeline with Trailing Rope Grab; Roof Anchor; Storage Bucket
10074477	STD size Vest-Style Workman Harness with tongue buckle leg straps; 25' Rope Lifeline with Trailing Rope Grab; Roof Anchor; Storage Bucket
10074482	XLG size Vest-Style Workman Harness with tongue buckle leg straps; 25' Rope Lifeline with Trailing Rope Grab; Roof Anchor; Storage Bucket

PART NUMBER	DESCRIPTION
10074479	STD size Vest-Style Workman Harness with Qwik-Fit leg straps; 50' Rope Lifeline with Manual Rope Grab; Storage Bag
10077587	XLG size Vest-Style Workman Harness with Qwik-Fit leg straps; 50' Rope Lifeline with Manual Rope Grab; Storage Bag
10074480	STD size Vest-Style Workman Harness with Qwik-Fit leg straps; 25' Rope Lifeline with Manual Rope Grab; Storage Bag
10077588	XLG size Vest-Style Workman Harness with Qwik-Fit leg straps; 25' Rope Lifeline with Manual Rope Grab; Storage Bag
10092958	STD size Vest-Style Workman Harness with tongue buckle leg straps; 50' Rope Lifeline with Manual Rope Grab; Storage Bag
10077589	XLG size Vest-Style Workman Harness with tongue buckle leg straps; 50' Rope Lifeline with Manual Rope Grab; Storage Bag
10092959	STD size Vest-Style Workman Harness with tongue buckle leg straps; 25' Rope Lifeline with Manual Rope Grab; Storage Bag
10077590	XLG size Vest-Style Workman Harness with tongue buckle leg straps; 25' Rope Lifeline with Manual Rope Grab; Storage Bag



Workman Personal Fall Limiter

With its solid design and fast-acting brake mechanism, you can be confident that the Workman Personal Fall Limiter (PFL) will be there for you when you need it most. The Workman PFL features:

- A durable, engineered thermoplastic housing to increase service life.
- Rugged, impact-absorbing protective bumpers for added durability.
- A field-replaceable lifeline option eliminates down time and reduces cost of ownership.
- A lightweight design, starting at 3.5 pounds.
- Available in lengths from 6' to 12' in 1' increments.
- A 400-pound working capacity.
- No annual factory re-certification required.
- An integral load indicator lets you know when it is time to remove the product from service.
- PFL connector with integral swivel.
- ATO ordering flexibility allows you to order the exact options you want, and only the options you want.

All these features and more combine to deliver one of the most versatile fall protection devices available on the market today.



Workman PFL Ordering Information

All part numbers below meet applicable OSHA standards and ANSI A10.32.

WORKMAN PFL				STANDARDS	
PART NO.	LINE LENGTH	PFL CONNECTION	LIFELINE CONNECTION	ANSI Z359.1	CSA Z259.2.2
10093348	12'	None	LI snaphook		
10093349	12'	None	LC Snaphook		
10093350	12'	1" Steel Carabiner	LC Snaphook		
10093352	12'	Back D Connector	LC Snaphook		
10093353	12'	1" Steel Carabiner	36C Snaphook	X	
10093354	12'	None	36C Snaphook	X	
10093351	11'	Back D Connector	AL64 Snaphook		
10093355	10'	None	LI snaphook		X
10093356	10'	None	LC Snaphook		X
10093357	10'	1" Steel Carabiner	LC Snaphook		X
10093358	10'	Back D Connector	LC Snaphook		X

Workman PFL Line Replacements Kits

REPLACEMENT LIFELINE, 10' LENGTH	REPLACEMENT LIFELINE, 12' LENGTH	LIFELINE CONNECTION
10093799	10093819	LI Snaphook
10093812	10093822	Swivel Carabiner
10093811	10093821	1" Aluminum Carabiner
10093800	10093820	1" Steel Carabiner
10093813	10093823	LS Snaphook
10093814	10093824	AL64 Snaphook
10093815	10093825	LC Snaphook
10093816	10093826	LS Swivel Snaphook
10093797	10093817	36C Snaphook
10093798	10093818	36CSN Swivel Snaphook

Workman PFL Assemble-To-Order Information

- ATO orders will ship within 5 days of order
- Products ordered using the ATO System are non-returnable

WORKMAN PERSONAL FALL LIMITER ASSEMBLE-TO-ORDER MATRIX										
APPROVALS		LINE LENGTH		SRL CONNECTOR		LIFELINE CONNECTOR			FIELD-REPLACEABLE LINE	
C	CSA & OSHA	06	6'	0	None	0	LI Snaphook	N	No	
A	ANSI Z359.1 & OSHA	07	7'	1	Back D-ring Connector	1	Swivel Carabiner	Y	Yes	
O	OSHA & ANSI A10.32	08	8'	2	1" Aluminum Carabiner	2	1" Aluminum Carabiner			
		09	9'	3	1" Steel Carabiner	3	1" Steel Carabiner			
		10	10'	4	2" Aluminum Carabiner	4	LS Snaphook			
		11	11'	5	2" Steel Carabiner	5	AL64 Snaphook			
		12	12'	6	36CL Snaphook	6	LC Swivel Snaphook			
						7	LS Swivel Snaphook			
						8	36C Snaphook			
						9	36CSN Snaphook			

A-APT					
Part Number					

Quantity



Making Fall Protection as Easy as 1, 2, 3...

1 HARNESS

What do I want?

Comfort. You want a comfortable fit. To ensure a comfortable fit, harnesses are available in different sizes. A standard size will fit most workers.

Ease of Use. You want a harness that is easy for you to get into and adjust. A vest-style harness is put on like a jacket. *The choice of style is a matter of personal preference.*

There are different types of **leg strap** connections available on a harness:

- **Qwik-Fit** (mating buckle)
- **Tongue-Buckle**

Both styles offer a fast and easy connection and adjustment. The choice of leg strap connections is a matter of personal preference.

You also have a choice of **D-Ring configurations** on a harness: Back D-Rings (required on every harness) and hip (side) D-Rings. General D-Ring usage is as follows:

- **Back D-Ring.** This is the attachment point for your lanyard. It can also be used as a rescue attachment.
- **Hip (side) D-Rings.** Typically used for work-positioning activities to allow the worker to have their hands free to perform work, or for travel restriction applications.

2 LANYARD

How do I know which to choose?

There are two primary types of lanyards:

- **Shock-absorbing lanyards** are used when the free fall distance (fall hazard) can exceed 2 feet.
- **Restraint or positioning lanyards** are used only when free fall distance (fall hazard) can be limited to 2 feet or less.

In choosing the correct lanyard, you must **keep the application in mind.**

- Make certain the lanyard is the proper length to allow the necessary worker movement/positioning.
- Make certain that the right material type is chosen (depending on your work environment).
- Make certain you have **calculated your total fall distance.**

You also need to consider the compatibility of the system components. The best way to ensure compatibility is to purchase all components from the same manufacturer.

3 CONNECTOR

How do I know which to choose?

Connector selection is **driven primarily by application.** You will need to carefully consider your work environment, in particular the type of structure where the connector will be attached.

Weight should also be a consideration if a worker will need to carry the connector around during the work day.

In addition, you will need to **consider the number of workers** required to attach to the connector. Most connectors are rated for 1 person with a 5,000 pound minimum breaking strength.



Note: This Bulletin contains only a general description of the products shown. While uses and performance capabilities are described, under no circumstances shall the products be used by untrained or unqualified individuals and not until the product instructions including any warnings or cautions provided have been thoroughly read and understood. Only they contain the complete and detailed information concerning proper use and care of these products.



Corporate Headquarters
P.O. Box 426, Pittsburgh, PA 15230 USA
Phone 412-967-3000
www.MSAnet.com

U.S. Customer Service Center
Phone 1-800-MSA-2222
Fax 1-800-967-0398

MSA Canada
Phone 1-800-672-2222
Fax 1-800-967-0398

MSA Mexico
Phone 01 800 672 7222
Fax 52 - 44 2227 3943

MSA International
Phone 412-967-3354
Fax 412-967-3451