

**Product Record**

This documentation should be issued with, and kept for, each item or system. Please see the product label for the details required below. Consult this guide for advice on inspection, maintenance, lifespan, etc.

|                      |  |                     |  |
|----------------------|--|---------------------|--|
| Owner / User's Name: |  |                     |  |
| Date of Manufacture: |  | Date of Purchase:   |  |
| Date of First Used:  |  | Product Serial No.: |  |

**Inspection & Maintenance Record**

| Date & Time | Type of Inspection & Comments | Name & Signature of Inspector | Next Inspection Due |
|-------------|-------------------------------|-------------------------------|---------------------|
|             |                               |                               |                     |
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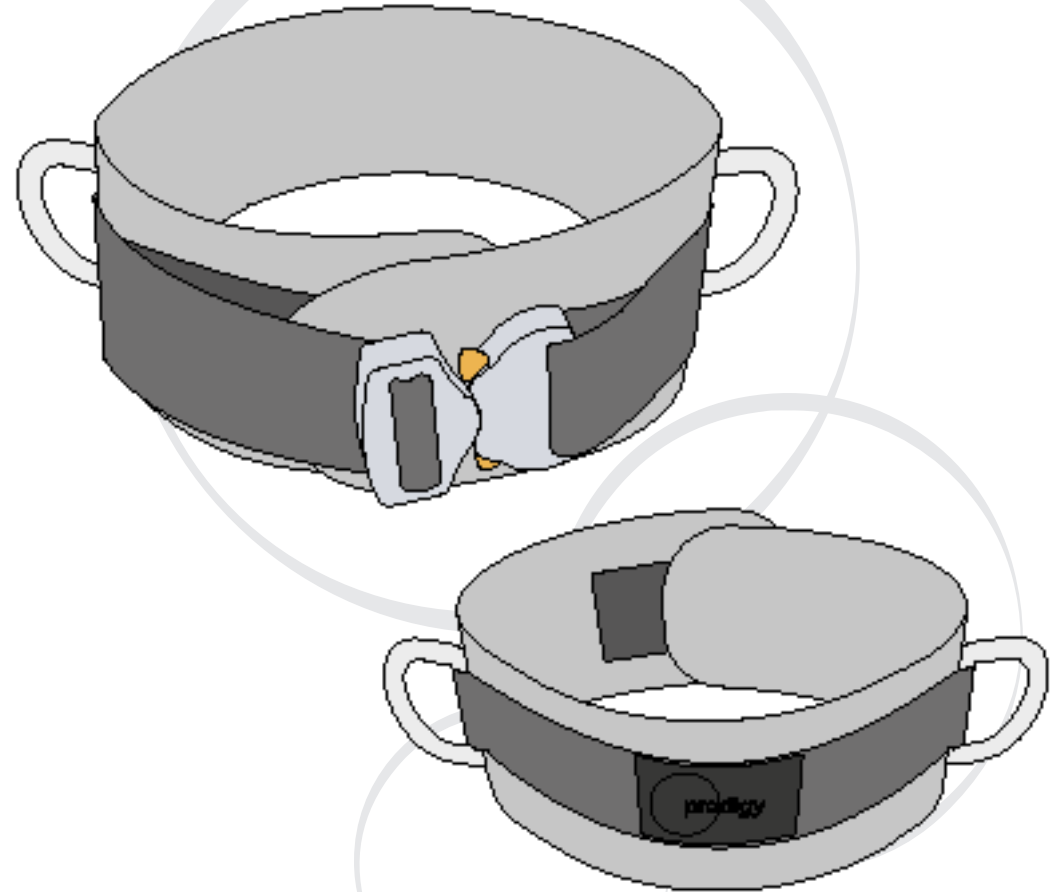
**Certificate Of Conformity**

Due to the nature of the Lunge Belt and the way it is used, there is no applicable EN standard. The Prodigy Acro-Lunge Belt has been manufactured & tested to the same high specifications as all of our products.

Signature:..... For Firetoys



# User Guide: Acro-Lunge Belt



Serial No.:

# Acro-Lunge Belt

## Important

Please read and understand these instructions before use. This product should only be used by trained & competent operatives, or under the supervision of such a person.

## Use

The Prodigy Acro-Lunge Belt is designed to be used as a support belt. It is not an item of Personal Protective Equipment, and, as such, should not be used without suitable backup measures in place.

It is the user's responsibility to ensure that any items of PPE or other equipment used with the Lunge Belt are compatible and do not interfere with the safe function of any other component. Any item of equipment used should comply to the relevant standard(s).

## Safety

The safety provided by the Lunge Belt is dependant on the scenario, the anchors used and the skill of the user. The strength and suitability will be reduced through factors such as, but not limited to, age, wear & tear, abrasion, cuts, high impact loads, tight/sharp edges, knots, some chemicals (e.g. strong alkalis), UV exposure, environment (damp or icy conditions), failure to store & maintain as recommended, etc. An appropriate connection method must always be used between the belt and the anchor or system. Do not alter or repair the product in any way. Any component subjected to a dynamic loading should be examined and should be discarded if there is any sign of defect, or any doubts about its safety.

## Lifespan

The lifespan of any product will be affected by the conditions in which it is used and stored/ maintained. This product is manufactured using high grade polyester webbing.

Textile components should be retired no later than 10 years after the Date of Manufacture (DoM). Metal components will have an indefinite lifespan, depending on use.

The working life will be reduced through general wear and tear, abrasion, cuts, damage to component parts, inappropriate ancillary equipment, high impact load, prolonged exposure to UV light including sunlight, elevated temperature (50°C max), exposure to some chemicals (e.g. strong alkalis) or failure to store and maintain as recommended. This list is not exhaustive.

## Inspection

Before each use, conduct a visual inspection and function test to ensure the product is in serviceable condition and operates correctly. A periodic examination should be carried out at by a competent person at least every 12 months. These inspections should be recorded, paying particular attention to areas of potentially high wear such as attachment points, textiles, cams, bearings, etc. It is the user's responsibility to ensure they comply with the guidance for inspection in their own country or region.

**Textiles:** Check for cuts, tears & abrasions, damage due to deterioration, contact with heat, alkalis or other corrosives, label legibility.

**Stitching:** Check for broken, cut, loose or worn threads.

**Metals:** Check for cracks, distortion, corrosion, wear by abrasion, burrs, worn or loose rivets or screws, discolouration caused by extreme heat (greater than 100° C) broken springs, seizure of moving parts, broken or missing components, marking legibility.

Immediately withdraw from service any items showing defects. Any repairs must be carried out by the manufacturer or their authorised agent.

## Anchorage

Anchor points should always be assessed for strength and suitability for the task (EN795, minimum 12kN). Sharp edges, abrasive or high temperature surfaces should be avoided or protected against. Anchor points, wherever possible, should be above the user.

## Cleaning

Rinse in clean cold water. If still soiled, wash in clean warm water (max. 40°C) with pure soap or a mild detergent (within pH range of 5.5 to 8.5). A machine wash may be used, but care must be taken to protect against mechanical damage, for example by placing the item in a bag prior to washing. Rinse thoroughly in clean cold water.

## Maintenance

Always keep the product clean and dry. Any excess moisture should be removed with a clean cloth and then allowed to dry naturally in a warm room away from direct heat.

Metal parts may be lubricated with a dry PTFE lubricant or WD40 type spray. Excess lubricant should be wiped off to avoid attracting dirt.

## Chemicals

Avoid contact with any chemicals which could affect the performance of the product. If contact occurs, or is suspected, then remove the product from service immediately.

If used in a marine environment, thoroughly rinse in clean cold water and dry after each use.

## Storage

After cleaning, store unpacked in a cool, dry, dark place away from excessive heat sources or other possible causes of damage. Do not store wet. Transport in a suitable protective bag. If a long shelf life is required it is advisable to store in a moisture proof package.

## Warning

It is the user's responsibility to ensure understanding of the correct and safe use of this equipment, to use it only for the purposes for which it is designed and to practise all proper safety procedures. Attention should be paid to the dangers suspension trauma.

The user shall ensure that the safe function of this product is not impaired by, and does not impair, the safe function of another component or system. This belt/ is not a fall arrest harness.

## Markings

Each individual component is marked, where applicable, with:

- The name, trademark or any other means of identification provided by the manufacturer or supplier.
- The batch or serial number
- The date of manufacture (DoM)
- Product description and/or reference

Nothing in this document affects the consumer's statutory rights.

| size | A      | B    | C    | D      | stitching   |
|------|--------|------|------|--------|-------------|
| 0    | 66cm   | 58cm | 53cm | 26.5cm | light green |
| 1    | 73.5cm | 66cm | 56cm | 28cm   | blue        |
| 2    | 84cm   | 76cm | 67cm | 33.5cm | yellow      |
| 3    | 93.5cm | 86cm | 76cm | 38cm   | red         |
| 4    | 104cm  | 96cm | 87cm | 43cm   | white       |

## Fitting instructions

1. Pass the waist belt around the waist and hold in place with the velcro.
2. Insert the male part of the Quick Clip buckle into the female part.
3. Pull on the tail end of the webbing to adjust the belt. The fit should be tight but not uncomfortable.
4. Tidy the excess webbing using the elastic loop.
5. Check the side D rings are in a comfortable location on each hip.

Finally, always ask another operative to conduct a final check to ensure all of the above is correct before committing to height. Buckles and fit should be regularly checked during use.

