

Alsamex Fall Arrest Units
Soft landing system for collective fall arrest safety



STILLAGE USER GUIDE

INTRODUCTION

The Alsamex Stillage is designed to be used for storing, lifting and moving fall arrest units

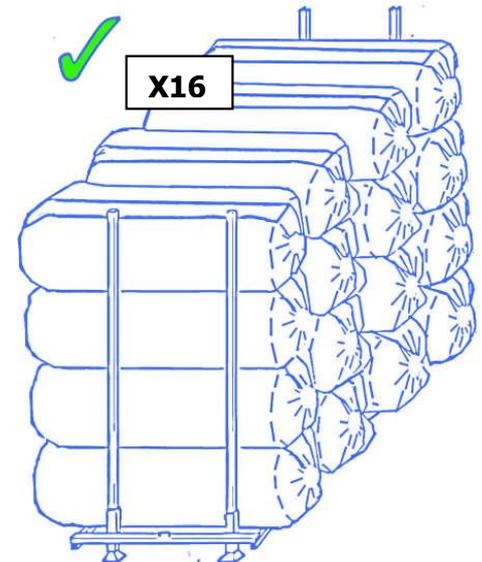
The Stillage is not to be used to carry any other articles or passengers

The straps provided are to tie down the units to the Stillage and to secure the Stillage to the forklift truck.

The straps are not to be used for lifting or other purpose.

Unassembled stillages (pillars removed) can be stacked
For stability, this should be kept to a MAXIMUM of 6 high
GWT of 6 Stillages = 540Kg, including pillars

The straps provided can also be used to secure the stack of unassembled stillages



INSTRUCTION FOR USE:



Turn the wing bolts anticlockwise until the threaded bolts are clear & the pillars can drop fully to the base of the sockets

Insert all 4 side pillars into the sockets (foot posts)

Load the fall arrest units. Load the units relatively central over the base



After loading the Stillage with Units hand-tighten the four wing bolts to lock the pillars

For information on installation & use of the Units, please refer to the Alsamex fall arrest user guide version 1.8 or higher

Loading the final unit in the top layer is best achieved by leaving the gap for the last unit in between other units rather than between a unit and side pillar. If using a step ladder to load/unload the Stillage, seek assistance from someone to hold the foot of the step ladder. Do not use or lean ladders against the units or Stillage.

When being removed, one of the pillars can be used to carefully guide the top layer of units down to the floor.



CARRYING & LIFTING STILLAGES

Approach the Stillage with the forklift truck slowly & squarely & ensure the forks are fully inserted until the Stillage is firmly located against the fork's carriage or load guard.

Take care not to damage the fall arrest units with the forks.



When the lift truck is lifting or travelling;

- the Stillage and fork truck sideshift should be centralised
- the forks should be clear of the ground by a minimum of 2" (50mm)
- the forks should be at a maximum of 6" (150mm) clear off the ground
- maximum amount of backward tilt must be applied
- drive smoothly & slowly. Avoid braking suddenly
- for lifting or for longer travel distances, always use the 2m red belt provided to secure the Stillage** to one side of the lift truck carriage or load guard. Attach the red strap after Stillage has been loaded and forks placed underneath

When the Stillage is loaded, forward vision will be restricted. The lift truck should travel in a reverse direction and the driver looking in the direction of travel & checking for overhead obstructions

When locating or positioning the Stillage, whilst travelling in a forward direction, the driver should seek assistance from a person acting as banksman and who is not standing in the path of the truck or Stillage



Manual Handling & Lifting

The weight of each unloaded Stillage with pillars is approx 90Kg (74Kg base, plus 4 off pillars 4Kg ea) When loaded with 19 units, when wet, allow for an addition of up to 160Kg i.e. Gross Weight GWT (loaded) approx. 250Kg

If carrying the Stillage manually, this must be done with the base and the pillars carried separately and with a minimum of 2 persons over short distances less than 2 metres. Keep a straight back, your chin up and arms & Stillage close to the body.

Avoid manually lifting the Stillage with or without pillars and, where practical, always use a forklift to lift the Stillage. If carrying the Stillage over longer distances, only use a fork lift truck. Do not attempt to manually lift more than one Stillage or a Stillage holding any fall arrest units

Equipment check

Care in handling and use is important to extend the life of the stillages.
Before using the Stillage, visually check that it is undamaged & brushed free of any dirt or mortar,

Always report any faults found and withdraw any faulty Stillage from service until it is repaired or replaced

Avoid dragging, towing or pushing the Stillage with the Stillage feet on the ground

Straps - Before use

Inspect the straps and clamping buckle or ratchet for wear or any damage. Ensure the strap is clean & brushed free of any dirt or mortar

USING ORANGE RATCHET STRAP WITH HOOKS

Use the provided 10m orange ratchet strap with hooks when

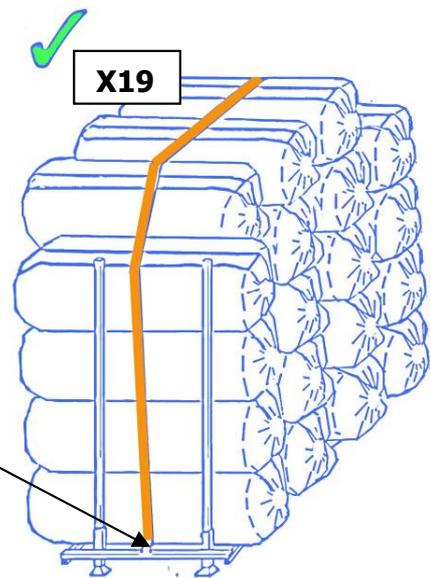
- travelling on ramps, inclines, uneven ground or rough terrain
- storing the units outside to tie down
- securing the units to the Stillage during high winds & severe weather conditions
- Carrying more than 16 units (above the pillar height)

Connect the orange strap hooks to the 2 anchor points on the Stillage.

When connecting the strap, connect the snap hook first.

This will assist by not becoming free when wrapping the strap over the units & connecting the other end.

Ensure the strap is relatively in the middle of the stack and not likely to damage the units' buckles
Do not over tighten the strap.



Use of Ratchet on strap

Close the ratchet handles together and insert the open end of the strap through the slot in the central spindle bar. To do this, you may need to open & close the handles until the slot is horizontal, facing outwards

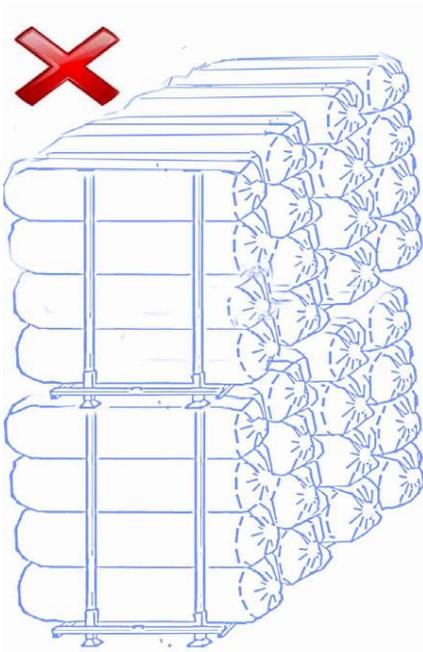
- Ensure the ratchet buckle is aligned with the direction of the tension. Pull the strap through the slot until there is no slack in the strap
- Lift the ratchet handle in an up & down motion to tighten the strap.
- Ensure there is a minimum of 2 full wraps of strap around the spindle when tight. When tension is sufficient, push the ratchet handle to closed position.
- Ensure any excess strap is neatly coiled and inserted under a fall arrest unit belt to keep tidy and not cause any hazard

Disconnection

- To release tension, pull back the ratchet handle, opening to approx 135 degrees and locate the quick release lever
- Hold down the quick release lever and fully open the ratchet handle to 180 degrees. Pull on the longer length of the strap to remove it from the slot

CAUTION:

- Never climb on the Stillages or onto the stacked units
 - Do not stand in the direct path of the strap when tensioning to prevent the risk of injury should the strap become detached
 - The straps must not be used for lifting or as a sling or as personal restraint or for towing vehicles or to support the weight of other personnel or articles
 - Avoid over tightening the ratchet strap. Only tighten the ratchet by hand operation. Do not use any tool or mechanical device to apply additional force or tension.
 - Protect the straps from sharp edges, abrasion, hot surfaces or exposure to acids
 - Regularly check the Stillage & straps for any signs of deterioration or damage.
 - When adjusting gap between forks to suit the pitch of the Stillage channels, do not stand between the forks or between the truck & Stillage
- **Do not stack assembled stillages (empty or loaded with fall arrest units)**
 - **Always ensure that any stored pillars are removed before the lift truck forks are inserted**
 - **Use the red straps to secure any stacked stillages when being stored or carried**



Remember safety first every time

Replacement & Optional straps available

- 9168/STRAP1 - Yellow 7m Ratchet** - for securing connected units to a structure
- 9168/STRAP2 - Blue 5m Cam** - for securing units to each other where necessary
- 9168/STRAP3 - Red 2m Cam** - for securing stillages to a Forklift (anti-slide)
- 9168/STRAP4 - Orange 10m Ratchet** - for securing 16 to 19 units to a Stillage