



ANSI/ASSP Z359.9-2021
Type 1

OSHA 29 CFR 1910.140
OSHA 29 CFR 1926.502

SELF-RESCUE

Descent Systems

USER INSTRUCTIONS

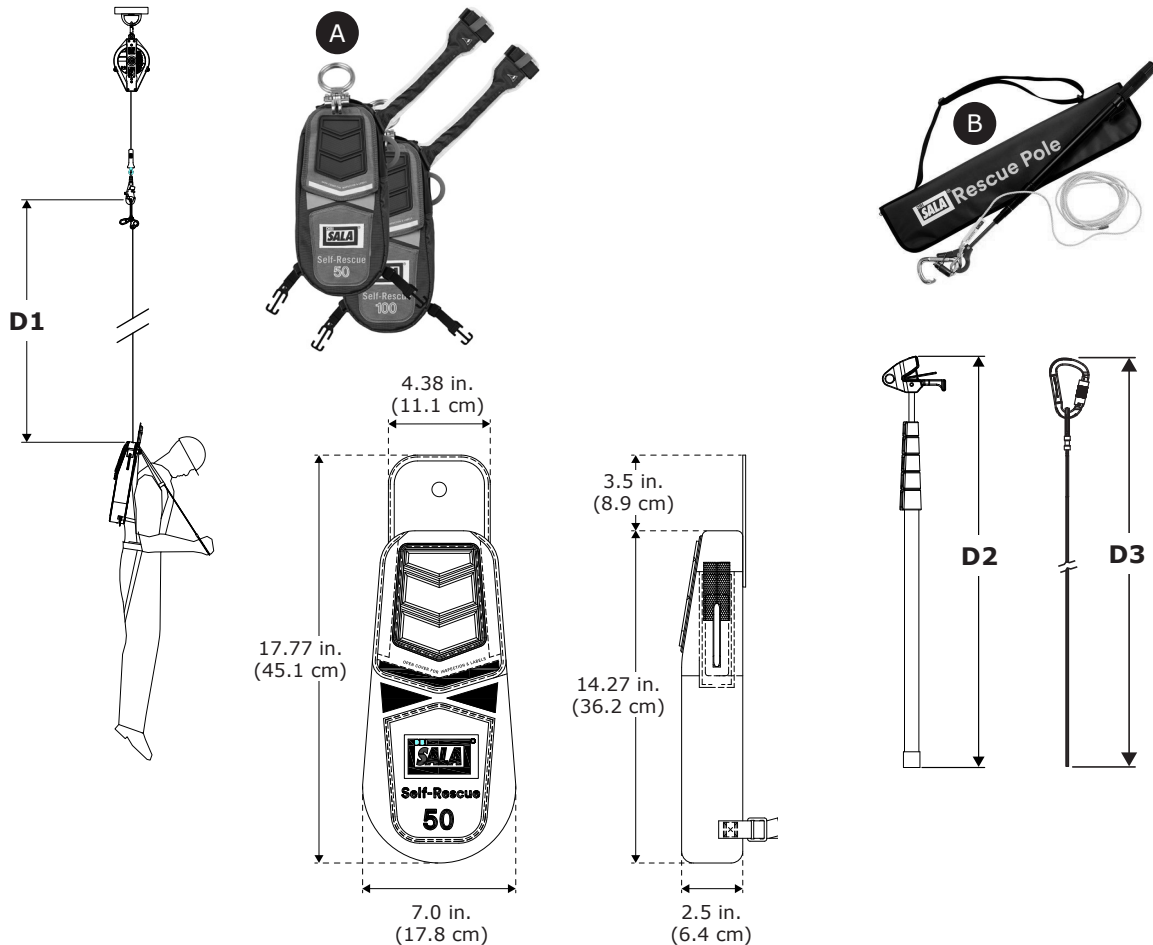
5908107 REV. A

Fall Protection

☑ For identification of product codes, refer to Table 1. See "Table 1 - Product Specifications" for more product information.

Figure 1 - Product Overview

Style	Model	ANSI	OSHA	D1	D2	D3	Weight
A	3320051	✓	✓	50 ft. (15.2 m)	---	---	5.0 lb. (2.3 kg)
A	3320052	✓	✓	100 ft. (30.5 m)	---	---	5.8 lb. (2.6 kg)
A	3320053			50 ft. (15.2 m)	---	---	5.0 lb. (2.3 kg)
B	8900299	✓	✓	---	2.2 ft. (0.7 m) - 8.7 ft. (2.7 m)	12 ft. (3.7 m)	2.0 lb. (0.9 kg)



SAFETY INFORMATION

Please read, understand, and follow all safety information contained in these instructions, prior to the use of this product. **FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY OR DEATH.**

These instructions must be provided to the user of the equipment. Retain these instructions for future reference.

Intended Use:

This product is used as part of a complete Fall Protection system.

Use in any other application including, but not limited to, material handling, recreational or sports-related activities, or other activities not described in these instructions, is not approved by 3M and could result in serious injury or death.

This product is only to be used by trained users in workplace applications.



WARNING

This product is used as part of a complete Fall Protection system. All users must be fully trained in the safe installation and operation of their complete Fall Protection system. **Misuse of this product could result in serious injury or death.** For proper selection, operation, installation, maintenance, and service, refer to all instruction manuals and manufacturer recommendations. For more information, see your supervisor or contact 3M Technical Services.

- **To reduce the risks associated with working with a Rescue Device which, if not avoided, could result in serious injury or death:**
 - Inspect the product before each use and after any fall event, in accordance with the procedures specified in these instructions.
 - If inspection reveals an unsafe or defective condition, remove the product from service immediately and clearly tag it "DO NOT USE". Destroy or repair the product as required by these instructions.
 - Any product that has been subject to fall arrest or impact force must be immediately removed from service. Destroy or repair the product as required by these instructions.
 - Ensure that Fall Protection systems assembled from components made by different manufacturers are compatible and meet all applicable Fall Protection regulations, standards, or requirements. Always consult a Competent or Qualified Person before using these systems.
 - Ensure the lifeline is kept free from all hazards, including, but not limited to: entanglement with users, other workers, moving machinery, other surrounding objects, or impact from overhead objects that could fall onto the lifeline or users.
 - Use appropriate edge protection when the lifeline may contact sharp edges or abrasive surfaces.
 - Do not twist, tie, knot, or allow slack in the lifeline.
 - Do not touch parts of the system exposed to friction during or after a descent; these parts become hot and may cause burns.
 - Follow all manufacturer recommendations when connecting a lifeline.
 - Always follow your workplace rescue plan when performing rescue operations.
 - Do not use this product unless you have received technical rescue training.
 - Ensure the product is configured and installed properly for safe operation as described in these instructions.
 - Do not exceed the number of allowable users specified in these instructions.
 - Ensure a clear descent path, and that the landing area is clear of any obstructions or hazards that you may contact.
 - Use caution when installing, using, or moving the product as moving parts may create pinch points.
 - Always record descents as specified by these instructions and remove product from service as necessary in accordance with listed usage limits.
- **To reduce the risks associated with working at height which, if not avoided, could result in serious injury or death:**
 - Your health and physical condition must allow you to safely work at height and to withstand all forces associated with a fall arrest event. Consult your doctor if you have questions regarding your ability to use this equipment.
 - Never exceed allowable capacity of your Fall Protection equipment.
 - Never exceed the maximum free fall distance specified for your Fall Protection equipment.
 - Do not use any Fall Protection equipment that fails inspection, or if you have concerns about the use or suitability of the equipment. Contact 3M Technical Services with any questions.
 - Some subsystem and component combinations may interfere with the operation of this equipment. Only use compatible connections. Contact 3M Technical Services before using this equipment in combination with components or subsystems other than those described in these instructions.
 - Use extra precautions when working around moving machinery, electrical hazards, extreme temperatures, chemical hazards, explosive or toxic gases, sharp edges, abrasive surfaces, or below overhead materials that could fall onto you or your Fall Protection equipment.
 - Ensure use of your product is rated for the hazards present in your work environment.
 - Ensure there is sufficient fall clearance when working at height.
 - Never modify or alter your Fall Protection equipment. Only 3M, or persons authorized in writing by 3M, may make repairs to 3M equipment.
 - Before using Fall Protection equipment, ensure a written rescue plan is in place to provide prompt rescue if a fall incident occurs.
 - If a fall incident occurs, immediately seek medical attention for the fallen worker.
 - Only use a full body harness for Fall Arrest applications. Do not use a body belt.
 - Minimize swing falls by working as directly below the anchorage point as possible.
 - A secondary Fall Protection system must be used when training with this product. Trainees must not be exposed to an unintended fall hazard.
 - Always wear appropriate Personal Protective Equipment when installing, using, or inspecting the product.
 - Never work below a suspended load or worker.
 - Always maintain 100% tie-off.

☑ Always ensure you are using the latest revision of your 3M instruction manual. Visit www.3m.com/userinstructions or contact 3M Technical Services for updated instruction manuals.

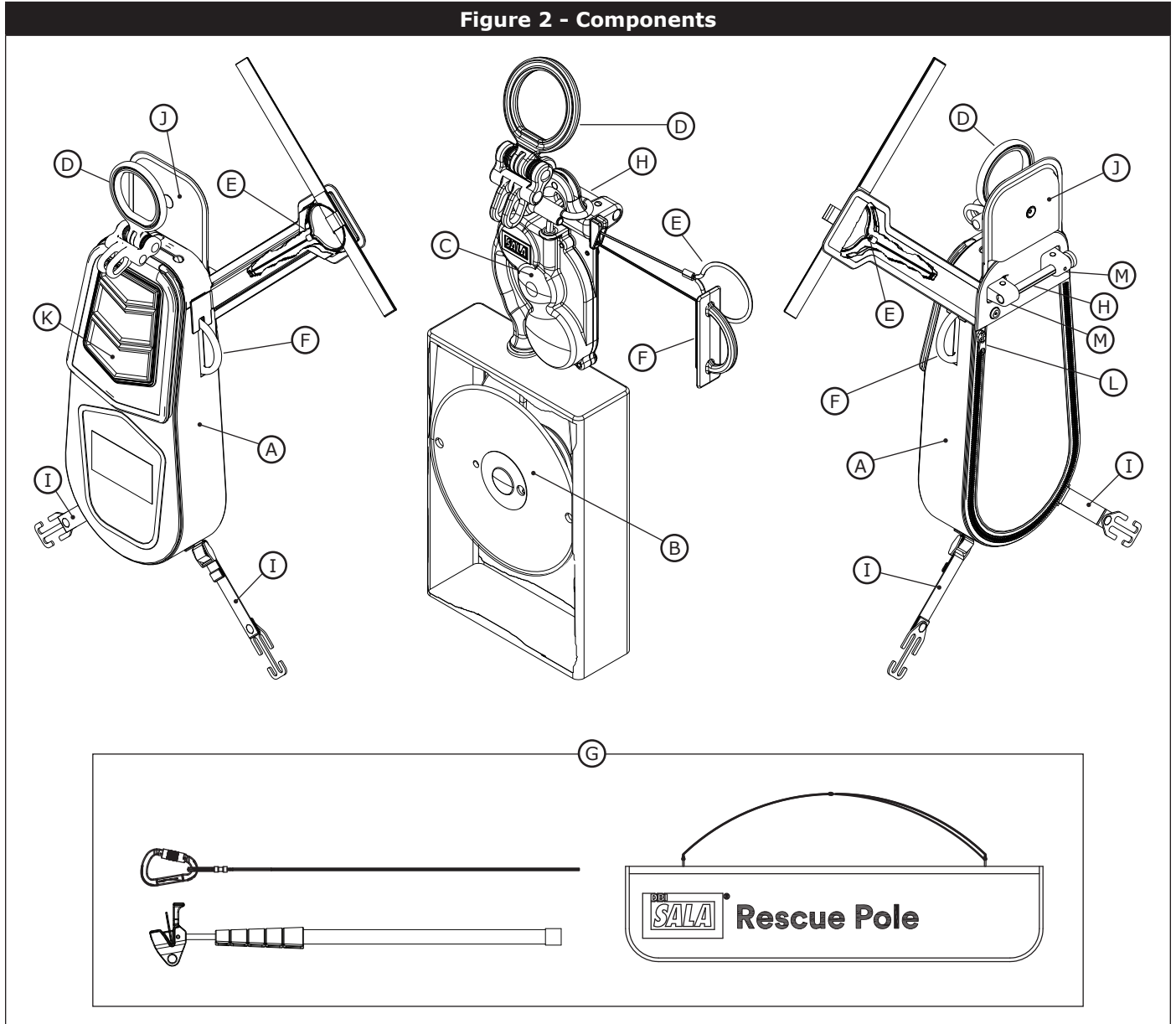
PRODUCT OVERVIEW:

Figure 1 illustrates the product models covered by this instruction. This product may be used in Rescue applications.

Figure 2 identifies key components of the available product models. The Self-Rescue System is a harness-mounted Backpack (A) containing a spooled Lifeline (B) feeding through a sealed Descent Device (C). The Lifeline is terminated with an Easy-Link™ D-Ring (D) coupled to the exit port on the Descent Device. In an emergency, the user can release the Easy-Link™ D-ring and initiate descent by pulling a Release Cord (E) mounted on the harness shoulder strap. If the user is incapacitated, a rescuer can pull the Assisted-Rescue Ring (F) on the side of the Backpack with the accessory Rescue Pole Kit (G) to release the D-Ring and initiate descent. A Mounting Pin (H) on the Descent Device Housing and two adjustable Clip Straps (I) on the bottom of Backpack secure the Self-Rescue System to the Full Body Harness. A D-Ring Cover (J) on the top of the Backpack snaps over the Harness Dorsal D-Ring to eliminate inadvertent use of the D-Ring. A Front Flap (K) and Back Zipper (L) on the Backpack facilitate inspection of the product labels and internal components.

See Table 1 for more information on Component Specifications.

Figure 2 - Components



Before using this equipment, record the product identification information from the ID label in the 'Inspection and Maintenance Log' at the back of this manual.

Table 1 – Product Specifications

System Specifications:

Anchorage:	Anchorage structure requirements vary with the system application and whether it is a certified anchorage or non-certified anchorage. The anchorage structure must sustain static loads applied in the directions permitted by the anchorage connector.		
	System Application	Certified Anchorage	Non-Certified Anchorage
	Fall Arrest	2 times maximum arresting force	5,000 lbf (22.2 kN)
	Restraint	2 times foreseeable force	1,000 lbf (4.4 kN) per ANSI 5,000 lbf (22.2 kN) per OSHA
	Work Positioning	2 times foreseeable force	3,000 lbf (13.3 kN)
	Rescue	5 times applied load	3,000 lbf (13.3 kN)
	When more than one system is attached to an anchorage, the strengths stated above must be multiplied by the number of systems attached to the anchorage. See ANSI Z359.2 for more information.		
	<input checked="" type="checkbox"/> Anchorage must be approved by a Qualified Person.		
Capacity:	<input checked="" type="checkbox"/> The Self-Rescue TRAINING System (3320053) can be used for multiple descents if used in a controlled training environment with secondary fall protection. See Appendix A for more information.		
	Maximum Users	Maximum Number of Descents	User Weight (including tools, clothing, etc.)
	1 Person	1	130 lb. - 310 lb. (59 kg - 140 kg)
Service Temperature:	-40°F to 130°F (-40°C to 56°C)		
Standards:	Each product model is certified to, or conforms with, the applicable standards and regulations listed within Figure 1. If none are specified, then all standards and regulations listed on the cover apply.		

Component Specifications:

Figure 2 Reference	Component	Materials
(A)	Backpack	Ripstop nylon bag with molded PVC wear pad, nylon mesh inspection panel, and polyester web straps
(B)	Lifeline	5.5 mm (0.216 in.) rope
(C)	Descent Device	Aluminum alloy housing with integrated alloy steel harness interface pin and alloy steel latch arm
(D)	Easy-Link D-ring	Alloy steel
(E)	Release Cord	Stainless steel cable
(F)	Assisted-Rescue Ring	
(G)	Rescue Pole Kit	Aluminum telescoping pole, 3/16 in. (4.76 mm) polypropylene rope, aluminum carabiner
(H)	Mounting Pin	Zinc-plated steel
(I)	Clip Straps	Stainless steel
(J)	D-Ring Cover	Nylon
(K)	Front Flap	Molded PVC
(L)	Back Zipper	

Performance Specifications:

Average Descent Speed:	4 ft/s at 310 lb. (1.2 m/s at 140 kg)
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1.0 PRODUCT APPLICATION

- 1.1 **PURPOSE:** Self-Rescue Systems are self-rescue devices that attach between the dorsal webbing on a full body harness and a connecting subsystem such as a lanyard or Self-Retracting Device. The Self-Rescue System allows the user to descend from a suspended height in an emergency. For more information on system applications, refer to the "Product Overview" and Table 1.
- 1.2 **SUPERVISION:** Use of this equipment must be supervised by a Competent Person.
- 1.3 **STANDARDS:** Your product conforms to the national or regional standards identified on the front cover of these instructions. If this product is resold outside the original country of destination, the re-seller must provide these instructions in the language of the country in which the product will be used.

For more information on certification or conformance requirements, refer to the applicable standards and regulations listed for your product (e.g. the ANSI/ASSP Z359 Fall Protection codes).

- 1.4 **TRAINING:** This equipment must be installed and used by persons trained in its correct application. These instructions are to be used as part of an employee training program as required by national, regional, or local standards. It is the responsibility of the users and installers of this equipment to ensure they are familiar with these instructions, trained in the correct care and use of this equipment, and are aware of the operating characteristics, application limitations, and consequences of improper use of this equipment.
- 1.5 **RESCUE PLAN:** When using this equipment and connecting subsystems, the employer must have a written rescue plan and the means to implement and communicate that plan to users, authorized persons, and rescuers. A trained, on-site rescue team is recommended. Team members should be provided with the equipment and techniques necessary to perform a successful rescue. Training should be provided on a periodic basis to ensure rescuer proficiency. Rescuers should be provided with these instructions. There should be visual contact or means of communication with the person being rescued at all times during the rescue process.

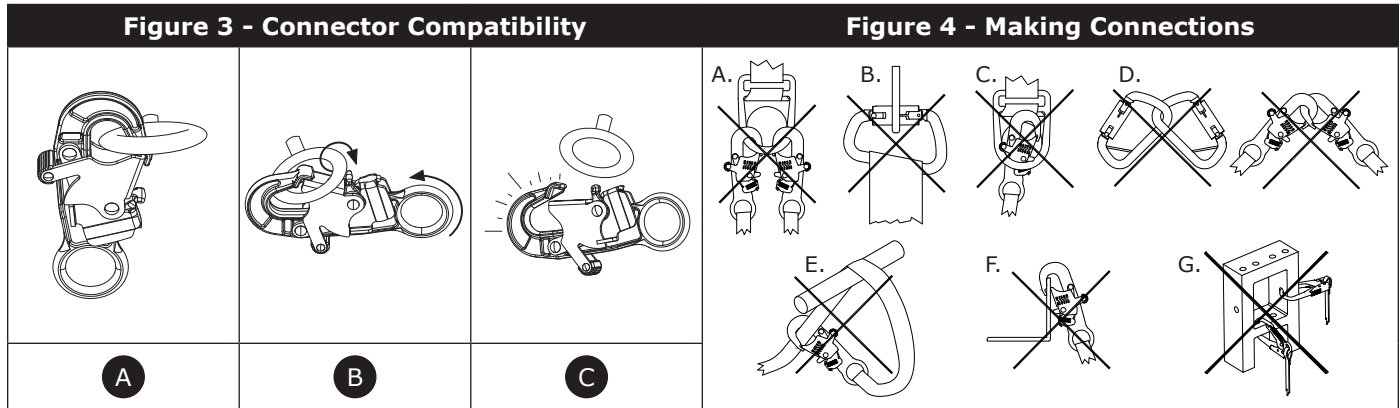
2.0 SYSTEM REQUIREMENTS

- 2.1 **ANCHORAGE:** Anchorage requirements vary with the Fall Protection application. The mounting structure on which the equipment is placed must meet the Anchorage specifications defined in Table 1.
- 2.2 **CAPACITY:** The user capacity of a complete Fall Protection system is limited by its lowest rated maximum capacity component. For example, if your connecting subsystem has a capacity that is less than your harness, you must comply with the capacity requirements of your connecting subsystem. See the manufacturer instructions for each component of your system for capacity requirements.
- 2.3 **ENVIRONMENTAL HAZARDS:** Use of this equipment in areas with environmental hazards may require additional precautions to prevent injury to the user or damage to the equipment. Hazards may include, but are not limited to: high heat, chemicals, corrosive environments, high voltage power lines, explosive or toxic gases, moving machinery, sharp edges, or overhead materials that may fall and contact the user or equipment. Contact 3M Technical Services for further clarification.
- 2.4 **LIFELINE HAZARDS:** Ensure the lifeline is kept free from all hazards including, but not limited to: entanglement with users, other workers, moving machinery, other surrounding objects, or impact from overhead objects that could fall onto the lifeline or users.
- 2.5 **COMPONENT COMPATIBILITY:** 3M equipment is designed for use with 3M equipment. Use with non-3M equipment must be approved by a Competent Person. Substitutions made with non-approved equipment may jeopardize equipment compatibility and may affect the safety and reliability of your Fall Protection system. Read and follow all instructions and warnings for all equipment prior to use.
- 2.6 **CONNECTOR COMPATIBILITY:** Connectors are compatible with connecting elements when the size and shape of either component does not cause the connector to inadvertently open, regardless of orientation. Connectors must comply with applicable standards. Connectors must be fully closed and locked during use.

3M Connectors (snap hooks and carabiners) are designed to be used only as specified in each instruction manual. Ensure connectors are compatible with the system components to which they are connected. Do not use equipment that is non-compatible. Use of non-compatible components may cause the connector to unintentionally disengage (see Figure 3). If the connecting element to which a connector attaches is undersized or irregular in shape, a situation could occur where the connecting element applies a force to the gate of the connector (A). This force could then cause the gate to open (B), disengaging the connector from the connecting element (C).

2.7 MAKING CONNECTIONS: All connections must be compatible in size, shape, and strength. See Figure 4 for examples of inappropriate connections. Do not attach snap hooks and carabiners:

- A. To a D-Ring to which another connector is attached.
- B. In a manner that would result in a load on the gate. Large-throat snap hooks should not be connected to D-Rings or other connecting elements, unless the snap hook has a gate strength of 16 kN (3,600 lbf) or greater.
- C. In a false engagement, where size or shape of the connector or connecting element is not compatible and, without visual confirmation, would seem to be fully engaged.
- D. To each other.
- E. Directly to webbing or rope lanyard or tie-back material, unless the instruction manuals for both the lanyard and connector specifically allow such a connection.
- F. To any object whose size or shape does not allow the connector to fully close and lock, or that could cause connector roll-out.
- G. In a manner that does not allow the connector to align properly while under load.



3.0 INSTALLATION

3.1 PLANNING: Plan your Fall Protection system before starting your work. Account for all factors that may affect your safety before, during, and after a fall. Consider all requirements and limitations specified in these instructions.

- A. SHARP EDGES:** Avoid working where system components may be in contact with, or scrape against, unprotected sharp edges and abrasive surfaces. All sharp edges and abrasive surfaces should be covered with protective material.
- B. BODY SUPPORT:** The Self-Rescue System must be used with a full body harness. A body belt is not authorized for use with the Self-Rescue System. If a fall occurs when using a body belt, it may cause unintentional release or physical trauma from improper body support.

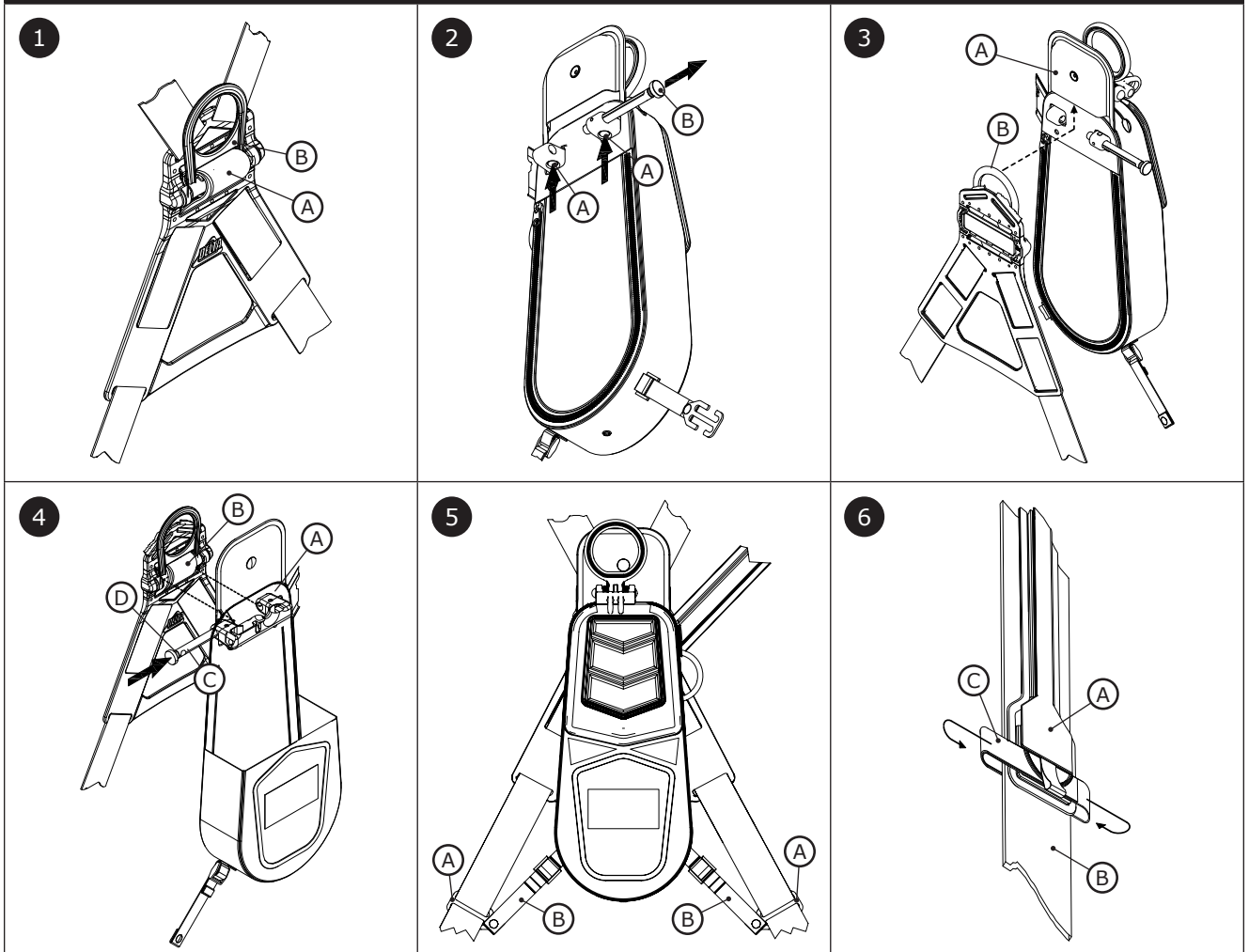
3.2 HARNESS MOUNTING (STANDARD D-RING): The Self-Rescue System may secure to harness webbing directly below the dorsal D-ring. See Figure 5 for reference. To mount the system:

- 1. Loosen the Harness Webbing:** Pull out the Harness Straps (A) where they pass through the bottom of the Dorsal D-ring (B) until there is sufficient space to slide the Mounting Pin between the Harness Straps and Back Pad.
- 2. Open the Mounting Pin:** Push in the Locking Buttons (A) simultaneously and slide the Locking Pin (B) out.
- 3. Cover the Harness Dorsal D-Ring:** Unsnap the D-Ring Cover (A). Slide the D-Ring Cover over the Dorsal D-Ring (B) of the Harness to prevent accidental connection to the wrong D-Ring when the product is in use. Snap the D-Ring Cover shut.

Covering the Harness Dorsal D-Ring is optional, but leaving the D-Ring uncovered allows accidental connection to the wrong D-Ring; in which case, the product is unusable in the event that a descent is necessary.

- 4. Pin the Mounting Pin around the Harness Straps:** Position the Mounting Pin (A) around the Web Straps (B). Push the Locking Pin (C) in under the Web Straps until the Locking Buttons engage (pop out) and the Red Warning Ring (D) is no longer visible. Pull the Harness Straps tight.
- 5. Attach and adjust the Clip Straps:** Attach the Locking Clips (A) on each Clip Strap (B) to the Back Straps or Waist Belt on the Harness. The webbing should pass through both slots on the Locking Clip so the Locking Clip does not slide freely on the webbing. Adjust the Clip Straps so that the Backpack is centered on the user's back and the bottom of the Backpack cannot flip up during use.
- 6. Secure the Release Cord to the Harness Shoulder Strap:** Drape the Release Cord Shoulder Strap (A) over the right Shoulder Strap (B) on the Harness. Fasten the Hook and Loop Strip (C) around the Shoulder Strap webbing.

Figure 5 - Harness Mounting (Standard D-ring)

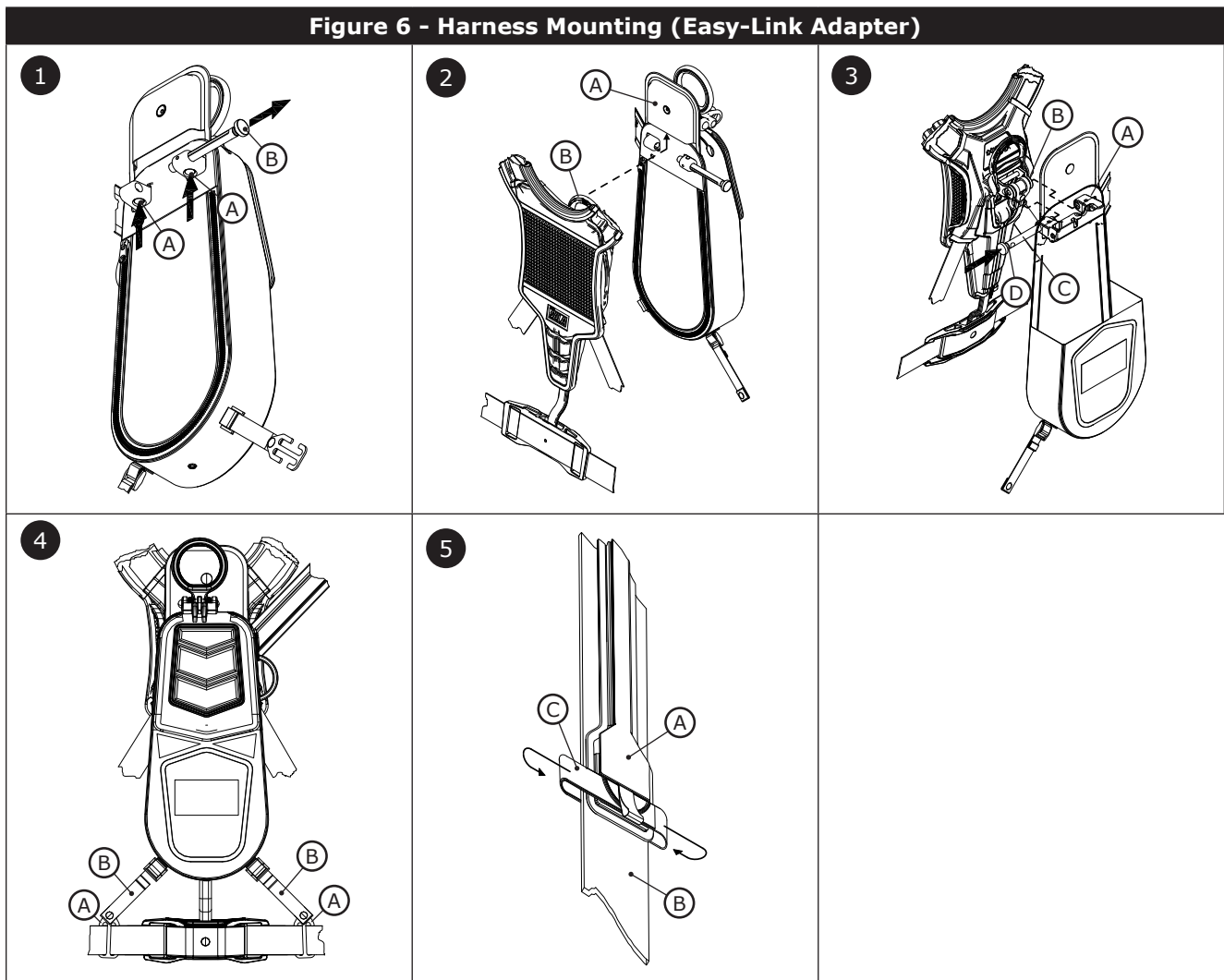


3.3 HARNESS MOUNTING - EASY-LINK™ ADAPTER: The Self-Rescue System may also secure to the Easy-Link Adapter on specific 3M full body harness models. See Figure 6 for reference. To mount the system:

- 1. Open the Mounting Pin:** Push in the Locking Buttons (A) simultaneously and slide the Locking Pin (B) out.
- 2. Cover the Harness Dorsal D-Ring:** Unsnap the D-Ring Cover (A). Slide the D-Ring Cover over the D-Ring (B) on the Harness to prevent accidental connection to the wrong D-Ring when the product is in use. Snap the D-Ring Cover shut.

Covering the Harness Dorsal D-Ring is optional, but leaving the D-Ring uncovered allows accidental connection to the wrong D-Ring; in which case, the product is unusable in the event that a descent is necessary.

- 3. Pin the Mounting Pin to the Easy-Link D-Ring:** Align the gate on the Mounting Pin (A) with the upper Easy-Link Connection (B). Push the Locking Pin (C) through the Easy-Link Connection until the Locking Buttons engage (pop out) and the Red Warning Ring (D) is no longer visible.
- 4. Attach and adjust the Clip Straps:** Attach the Locking Clips (A) on each Clip Strap (B) to the Back Straps or Waist Belt on the Harness. The webbing should pass through both slots on the Locking Clip so the Locking Clip does not slide freely on the webbing. Adjust the Clip Straps so that the Backpack is centered on the user's back and the bottom of the Backpack cannot flip up during use.
- 5. Secure the Release Cord to the Harness Shoulder Strap:** Drape the Release Cord Shoulder Strap (A) over the Right Shoulder Strap (B) on the Harness. Fasten the Hook and Loop Strip (C) around the Shoulder Strap webbing.



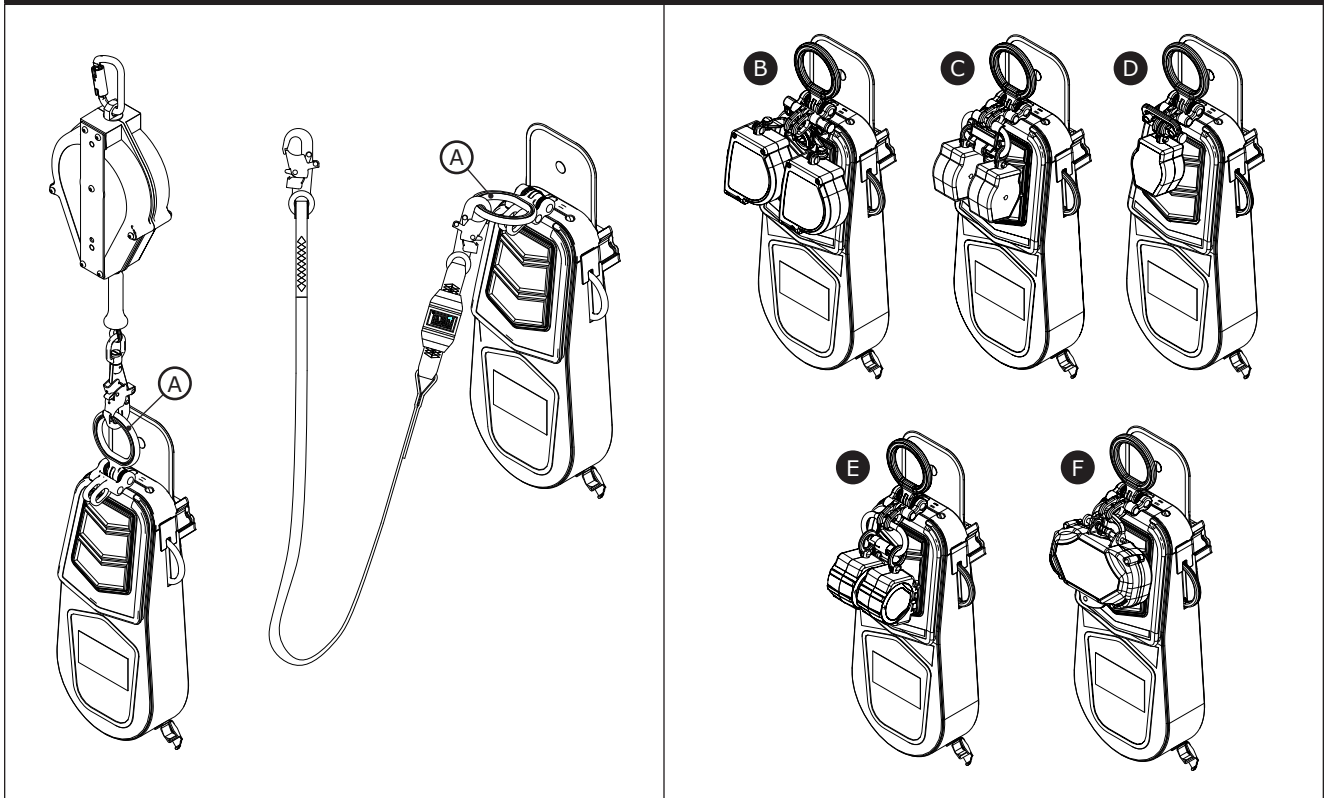
3.4 SECURING A CONNECTING SUBSYSTEM: Energy-absorbing lanyards and overhead SRDs should secure to the D-ring (A). Harness-mounted SRDs are secured through the Easy-Link Adapter (below the D-ring) with their designated harness interface or adapter. See Figure 7 for reference. Figure 7 also illustrates the following 3M harness-mounted SRDs secured to the Self-Rescue System: Nano-Lok™ Edge SRDs (B), Nano-Lok Twin SRDs (C), Nano-Lok Single SRDs (D), Protecta Twin SRDs (E), and Talon Twin SRDs (F).

See the manufacturer instructions for your connecting subsystem for more information.

Contact 3M with any questions or concerns regarding compatibility of your SRD with the Easy-Link Adapter.

When securing a Nano-Lok Edge SRD, do not attach the energy absorber straps to the harness or SRD.

Figure 7 - Securing a Connecting Subsystem



4.0 USE

4.1 BEFORE EACH USE: Verify that your work area and Fall Protection system meet all criteria defined in these instructions. Verify that a formal Rescue Plan is in place. Inspect the product per the 'User' inspection points defined in the "Inspection and Maintenance Log". If inspection reveals an unsafe or defective condition, or if there is any doubt about its condition for safe use, remove the product from service immediately. Clearly tag the product "DO NOT USE". See Section 5 for more information.

4.2 AFTER EACH USE: The Self-Rescue 50 System (3320051) and Self-Rescue 100 System (3320052) are single-use products and must be removed from service immediately after any descent. The Self-Rescue TRAINING System (3320053) can be used for multiple descents if used in a controlled training environment with secondary fall protection. See Table 1 for capacity requirements.

See Appendix A for more information on using the Self-Rescue TRAINING System.

4.3 SELF-RESCUE OPERATION: The Self-Rescue System is equipped with a Release Cord to initiate descent. See Figure 8 for reference. To release the Easy-Link D-ring from the Descent Device and begin descending to safety:

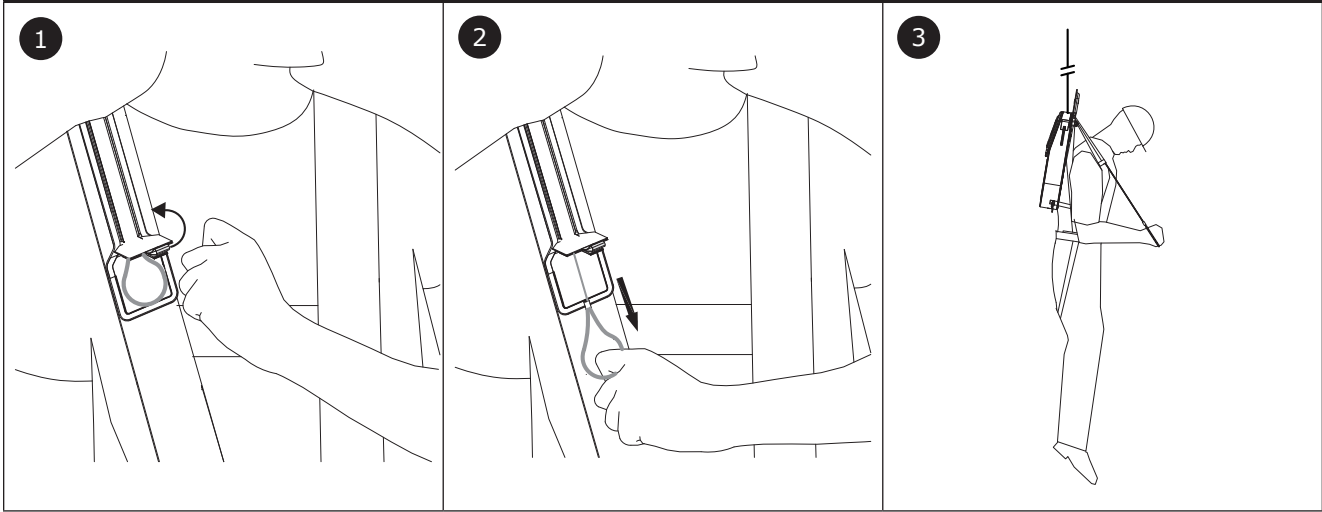
Before initiating a descent, ensure that the descent path and landing zone are clear of any obstructions or other hazards that might block descent, damage the user's equipment, or injure the user.

When descent is activated, harness-mounted SRDs or lanyards and the attached Easy-Link D-ring will completely decouple from the descent device. On twin-leg SRDs or twin-leg lanyards, make sure the unanchored leg of the SRD or lanyard is not connected to the harness or anywhere else on the user's person where it might interrupt descent.

Internal components of the product will heat up during a long descent. Do not open the backpack or remove it from the harness until it has sufficient time to cool.

1. Pull up on the Red Tab on the Release Cord Shoulder Strap to expose the Red Pull Handle.
2. Grasp the Red Pull Handle and pull the Release Cord firmly to release the Easy-Link D-Ring and begin descending.
3. Bend your knees and brace for the landing.

Figure 8 - Self-Rescue Operation



4.4 ASSISTED RESCUE OPERATION: In the event the wearer is incapacitated, the Red Assisted Rescue Ring can be accessed with the Rescue Pole accessory or similar equipment to initiate descent. See Figure 9 for reference. To perform an assisted rescue with the Rescue Pole:

Before initiating a descent, ensure that the descent path and landing zone are clear of any obstructions or other hazards that might block descent, damage the user's equipment, or injure the user.

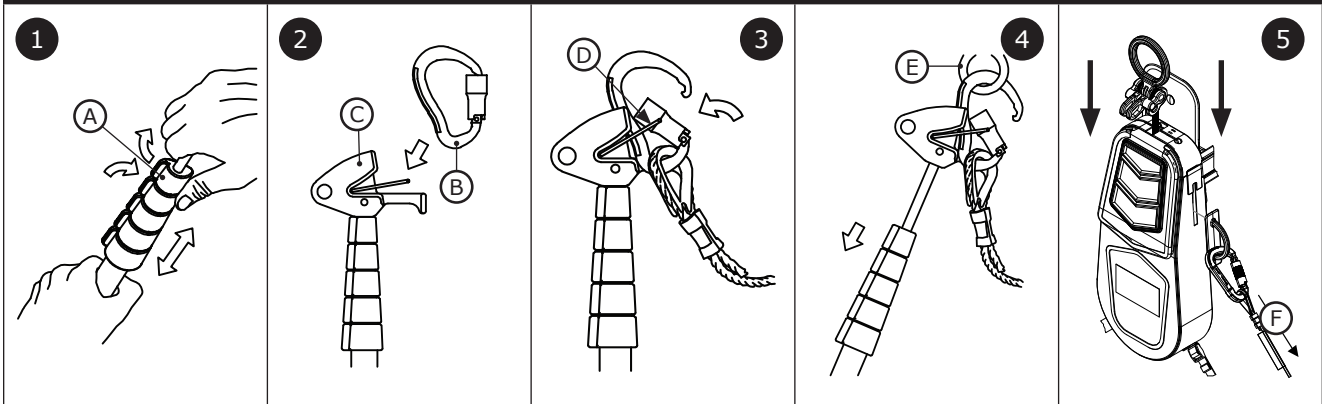
When descent is activated, harness-mounted SRDs or lanyards and the attached Easy-Link D-ring will completely decouple from the descent device. On twin-leg SRDs or twin-leg lanyards, make sure the unanchored leg of the SRD or lanyard is not connected to the harness or anywhere else on the user's person where it might interrupt descent.

Internal components of the product will heat up during a long descent. Do not open the backpack or remove it from the harness until it has sufficient time to cool.

1. Lift the Locking Latch (A) to release the Rescue Pole for extension. Then, pull on the Rescue Pole to extend the pole to the necessary length. When you are finished extending the pole, close the Locking Latch to lock the section.
2. Insert the Tagline Carabiner (B) into the crook of the Rescue Pole Head (C).
3. Open the gate of the Tagline Carabiner and lock the gate in place with the Spring Latch (D).
4. Use the Rescue Pole to hook the Tagline Carabiner on the Red Assisted Rescue Ring (E). Pull back on the Rescue Pole to release the Spring Latch and close the Carabiner around the Red Assisted Rescue Ring.
5. Pull the Tagline (F) to release the Easy-Link D-ring and initiate descent.

The Red Assisted-Rescue Ring is designed to detach from the Self-Rescue System when pulled. If the tagline is pulled from below, the Rescue Ring and attached tagline may fall to the surface below. Verify that the rescuer is not standing where they might be hit by the falling tagline.

Figure 9 - Assisted Rescue Operation



5.0 INSPECTION

After equipment has been removed from service, it may not be returned to service until a Competent Person confirms in writing that it is acceptable to do so.

5.1 INSPECTION FREQUENCY: The product shall be inspected before each use by a user and, additionally, by a Competent Person other than the user at intervals of no longer than one year. A higher frequency of equipment use and harsher conditions may require increasing the frequency of Competent Person inspections. The frequency of these inspections should be determined by the Competent Person per the specific conditions of the worksite.

5.2 INSPECTION PROCEDURES: Inspect this product per the procedures listed in the "Inspection and Maintenance Log". Documentation of each inspection should be maintained by the owner of this equipment. An inspection and maintenance log should be placed near the product or be otherwise easily accessible to users. It is recommended that the product is marked with the date of next or last inspection.

5.3 DEFECTS: If the product cannot be returned to service because of an existing defect or unsafe condition, then the product must be either destroyed or sent to 3M or a 3M-authorized service center for repair.

If the capacity limits for the product have been exceeded, then the product must be destroyed or sent to 3M or a 3M-authorized service center for repair. This includes the maximum number of uses as well as the user weight and total distance traveled. See Table 1 and Appendix A for more information.

Product should be destroyed when repair is not feasible.

5.4 PRODUCT LIFE: The functional life of the product is determined by work conditions and maintenance. As long as the product passes inspection criteria, it may remain in service.

6.0 MAINTENANCE, STORAGE, AND REPAIR

Equipment that is in need of maintenance or scheduled for maintenance should be tagged "DO NOT USE". These equipment tags should not be removed until maintenance is performed.

6.1 CLEANING: Periodically clean the metal components of the product using warm water and a mild soap solution. Rinse the product with clean water, then allow it to air dry. For more information, please refer to the technical bulletin on our website: <https://www.3M.com/FallProtection/Mechanical-Device-Cleaning>

6.2 DISPOSAL: Cut or otherwise disable the lifeline, then dispose of the product appropriately.

6.3 REPAIR: Only 3M or parties authorized in writing by 3M may make repairs to this equipment.

6.4 STORAGE AND TRANSPORT: When not in use, store and transport the product in a cool, dry, clean environment out of direct sunlight. Avoid areas where chemical vapors may exist. Thoroughly inspect the product after extended storage.

7.0 LABELS and MARKINGS

7.1 **LABELS:** Figure 11 illustrates labels present on the product. Labels must be replaced if they are not present or are not fully legible. Information provided on each label is as follows:

Label images are intended to be representative. Please refer to your product labels for specific information.

A	1) Applicable Standards 2) Model Number, Serial Number, and Max Descent Height 3) Manufactured (Year/Month) and Lot Number 4) Product Specifications 5) User Capacity 6) Read all instructions. 7) Product Use Instructions 8) Warning Statement - Inspect device according to user instructions. 9) Inspection Log
B	1) Caution - Open bag with care.
C	1) Rescue Pole Use Instructions
D	1) Warning Statement - Do not use this component for Fall Arrest, Work Positioning, or Rescue applications.

8.0 RFID Tag

8.1 **LOCATION:** 3M product covered in these user instructions is equipped with a Radio Frequency Identification (RFID) Tag. RFID Tags may be used in coordination with an RFID Tag Scanner for recording product inspection results. See Figure 10 for where your RFID Tag is located.

8.2 **DISPOSAL:** Prior to disposing of this product, remove the RFID Tag and dispose/recycle in accordance with local regulations. For more information, please visit our website: <http://www.3m.com/FallProtection/RFID>

9.0 GLOSSARY OF TERMS

9.1 **DEFINITIONS:** The following terms and definitions are used in these instructions.

For a comprehensive list of terms and definitions, please visit our website: www.3m.com/FallProtection/ifu-glossary

- **AUTHORIZED PERSON:** A person assigned by the employer to perform duties at a location where the person will be exposed to a fall hazard.
- **COMPETENT PERSON:** One who is capable of identifying existing and predictable hazards in the surroundings or working conditions which are unsanitary, hazardous, or dangerous to employees, and who has authorization to take prompt corrective measures to eliminate them.
- **FALL ARREST SYSTEM:** A collection of Fall Protection equipment configured to protect the user in the event of a fall.
- **QUALIFIED PERSON:** A person with a recognized degree, certificate, or professional standing, or who by extensive knowledge, training, and experience has successfully demonstrated their ability to solve or resolve problems relating to Fall Protection and Rescue systems to the extent required by applicable national, regional, and local regulations.
- **RESCUE SYSTEM:** A collection of Fall Protection equipment configured to remove a person from hazards to a safe location. No free fall is permitted.
- **RESCUER:** A person using the Rescue system to perform an assisted rescue.
- **RESTRAINT SYSTEM:** A collection of Fall Protection equipment configured to prevent the user from reaching a fall hazard. No free fall is permitted.
- **USER:** A person who performs activities while protected by a Fall Protection system.
- **WORK POSITIONING SYSTEM:** A collection of Fall Protection equipment configured to support a user at a work position.

Figure 10 - RFID Tag Location

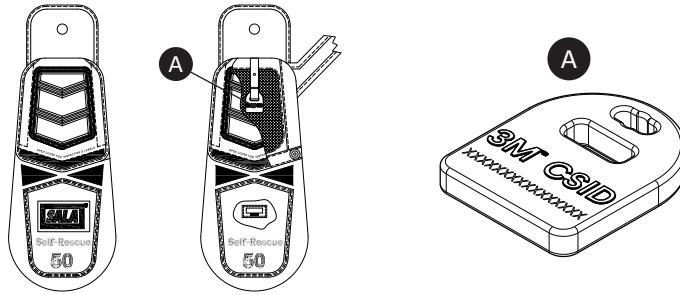


Figure 11 - Product Labels

A

3M SALA THIS PRODUCT MEETS:	
3M.com/FallProtection ①	
MODEL NO: ②	MFRD: ③
SERIAL NO:	LOT:
MAX DESCENT HEIGHT (FT/M):	
OPERATING TEMP: ④ -40°F to +130°F (-40°C to +56°C)	USER WEIGHT RANGE: ⑤ 130lb-310lb (59kg-140kg)
⑥ FOLLOW MANUFACTURER'S INSTRUCTIONS INCLUDED WITH THE EQUIPMENT AT TIME OF SHIPMENT FROM THE MANUFACTURER.	
USAGE: 1. CHECK THE GROUND BELOW TO ENSURE DESCENT PATH IS CLEAR OF OBSTRUCTIONS AND SHARP EDGES AND A SAFE LANDING IS POSSIBLE. 2. OPEN FLAP ON RIGHT SHOULDER. 3. PULL CORD FIRMLY. 4. BEND KNEES AND BRACE FOR LANDING.	
1	2
3	4
↓	↓
9515916 Rev. A	

A

USER IDENTIFICATION:

This product is RFID enabled and contains an electronic tag that can be read by compatible readers - providing inspection logs, inventory management and other safety information.

⑧ **WARNING** ⚠

ALL UNITS MUST BE INSPECTED ACCORDING TO THE MANUFACTURING INSTRUCTIONS BEFORE EACH USE AND BY A COMPETENT PERSON AT LEAST ANNUALLY. THIS UNIT IS FOR RESCUE PURPOSES ONLY. ONLY PULL THE RELEASE CABLE IF RESCUE IS REQUIRED. THIS PRODUCT IS INTENDED FOR SINGLE USE EMERGENCY EGRESS ONLY, BY TRAINED AND COMPETENT PERSONNEL WHO AS PART OF THEIR TRAINING HAVE EXPERIENCED A DESCENT USING THIS TYPE OF DESCENT CONTROLLER. BEFORE RELEASING THE DESCENDER, USER MUST CHECK BELOW TO ENSURE THEY ARE NOT DESCENDING INTO ELECTRICAL, THERMAL, CHEMICAL OR OTHER HAZARDS. DO NOT ATTEMPT TO MANUALLY LOCK OFF THE DEVICE. ONCE ACTIVATED IT IS NOT DESIGNED TO BE LOCKED OFF MID-DESCENT. THIS UNIT IS DESIGNED TO BE USED WITH THE PRE-ATTACHED 5.3mm BRAIDED ARAMID ROPE ONLY. DO NOT ATTEMPT TO REWIND THE ROPE OR MODIFY THE DEVICE IN ANY WAY.

⑨ **INSPECTION LOG**

DATE	INITIAL	DATE	INITIAL

○

C

3M		SERIAL NO:
www.3M.com/FallProtection		MFRD:
9512864 Rev. B		MODEL NO:
		LOT:

1 ①

1) LIFT LOCKING LATCH TO RELEASE SECTION
2) PULL TO EXTEND
3) CLOSE LOCKING LATCH TO LOCK SECTION

2

1) INSERT CARABINER

3

1) OPEN CARABINER GATE
2) LOCK GATE IN PLACE WITH THE SPRING LATCH

4

1) HOOK CARABINER ON ANCHOR POINT
2) PULL POLE TO RELEASE CARABINER

D

3M.com/FallProtection
(800) 328-5146

9512864 Rev. B

① **WARNING** ⚠

THIS ROPE IS NOT INTENDED TO SUPPORT A USER'S WEIGHT. DO NOT USE AS PART OF A FALL ARREST, WORK POSITIONING, OR RESCUE LIFELINE SYSTEM.

B

① **CAUTION:**

OPEN AND CLOSE THE CANVAS BAG WITH CARE TO AVOID PUNCTURING THIS BAG. PUNCTURING BAG COULD EXPOSE ROPE TO MOISTURE WHICH COULD DEGRADE ITS CONDITION. IF PUNCTURED, REMOVE FROM SERVICE.

9515932 Rev. A

Table 2 – Inspection and Maintenance Log

Model Number (Serial Number):					
Date Purchased:			Date of First Use:		
...					
<input checked="" type="checkbox"/> <i>This product must be inspected by the user before each use. Additionally, a Competent Person other than the user must inspect this equipment at least once each year.</i>					
...					
Component	Inspection Procedure		Inspection Result		
			Pass	Fail	
Self-Rescue System (Figure 12)	Inspect the Harness Interface. Ensure the Locking Pin (A) is fully seated (red warning ring is not visible) and both Locking Buttons (B) are engaged.		<input type="checkbox"/>	<input type="checkbox"/>	
	Inspect the Easy-Link D-Ring (C) for damage and proper working condition.		<input type="checkbox"/>	<input type="checkbox"/>	
	Inspect inside the Easy-Link D-Ring opening (D) to ensure the lifeline termination is in good condition and the Latch Fuse (E) has not been broken from previous deployment.		<input type="checkbox"/>	<input type="checkbox"/>	
	Inspect the Descent Device Housing (F) through the Front Flap (G) for distortion, cracks, or other damage. Verify that the Red Rope Exit Seal (H) is in place.		<input type="checkbox"/>	<input type="checkbox"/>	
	Open the Back Zipper (I) far enough to validate the Lifeline (J) is dry, undamaged, and properly spooled. See "Synthetic Rope Lifeline" inspection criteria.		<input type="checkbox"/>	<input type="checkbox"/>	
	<input checked="" type="checkbox"/> <i>On the Self-Rescue Training System (3320053), some discoloration and fraying of the lifeline is expected after multiple descents. As long as strands of the rope are not completely severed, the Self-Rescue TRAINING System may remain in use until it reaches its capacity limits.</i>		<input type="checkbox"/>	<input type="checkbox"/>	
	Open the Hook and Loop Flap (L) on the side of the Backpack and verify that the Assisted Rescue Cable (M) is properly seated in the in the slot on the Connector Side Housing Clip (N).		<input type="checkbox"/>	<input type="checkbox"/>	
	Inspect the Assisted Rescue Handle (O) to ensure that it is correctly positioned with the handle protruding out the side of the Backpack.		<input type="checkbox"/>	<input type="checkbox"/>	
	Look for signs of corrosion on the entire unit.		<input type="checkbox"/>	<input type="checkbox"/>	
Self-Rescue TRAINING System	Open the Back Zipper and remove the rope spool. Unspool the rope and inspect the inner cylinder of the spool for cracks, distortion, or other signs of wear.		<input type="checkbox"/>	<input type="checkbox"/>	
Connectors (Figure 13)	Inspect all connectors for signs of damage and corrosion. Verify that all connectors are working properly. Where present: Gates (A) should open, close, lock, and unlock properly; Swivel Eyes (B) should rotate without interference; and locking buttons and pins should function correctly.		<input type="checkbox"/>	<input type="checkbox"/>	
Synthetic Rope Lifeline (Figure 14)	Inspect rope for Abrasion (A), Cut Strands (B), Pulled Strands (C), Melting (D), Compression (E), Inconsistent Diameter (F), and Discoloration (G).		<input type="checkbox"/>	<input type="checkbox"/>	
Labels (Figure 11)	All labels are present and fully legible.		<input type="checkbox"/>	<input type="checkbox"/>	
Fall Protection Equipment	Additional Fall Protection equipment that is used with the product is installed and inspected per the manufacturer instructions.		<input type="checkbox"/>	<input type="checkbox"/>	
...					
<input checked="" type="checkbox"/> <i>If the product fails an inspection procedure, then the product fails overall inspection. If the product fails inspection, remove it from service immediately. Clearly tag the product "DO NOT USE". See Section 5 for more information.</i>					
...					
Inspection Type:	<input type="checkbox"/> User	<input type="checkbox"/> Competent Person	Overall Inspection Result:	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail
Inspected By:			Date of Inspection:		
Signature:			Next Inspection Due:		
...					
Additional Notes:					

Figure 12 - Self-Rescue System Inspection

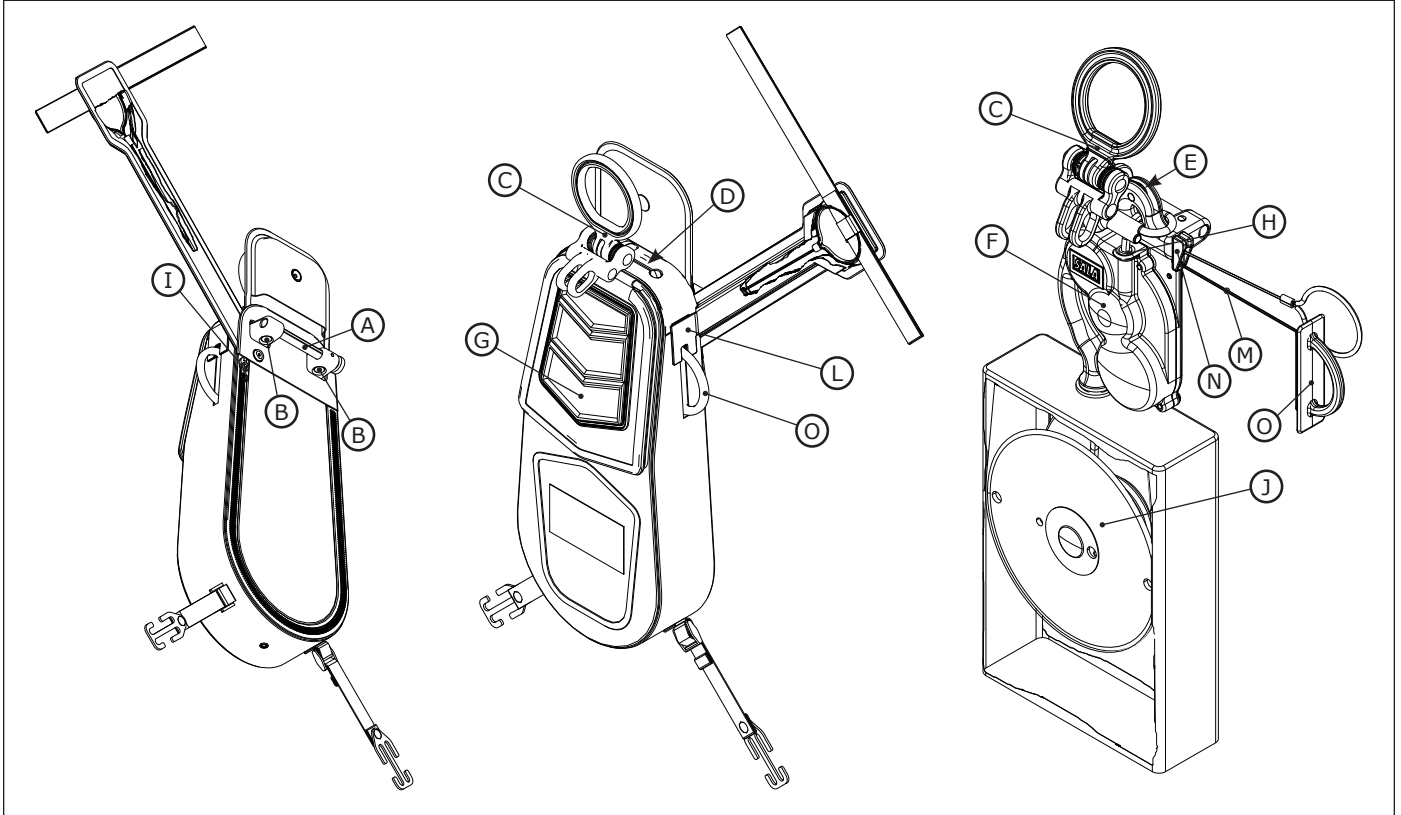


Figure 13 - Connectors

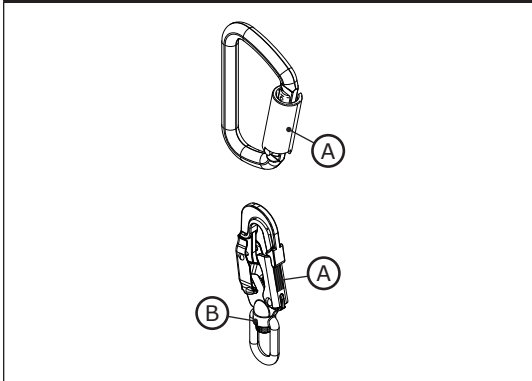
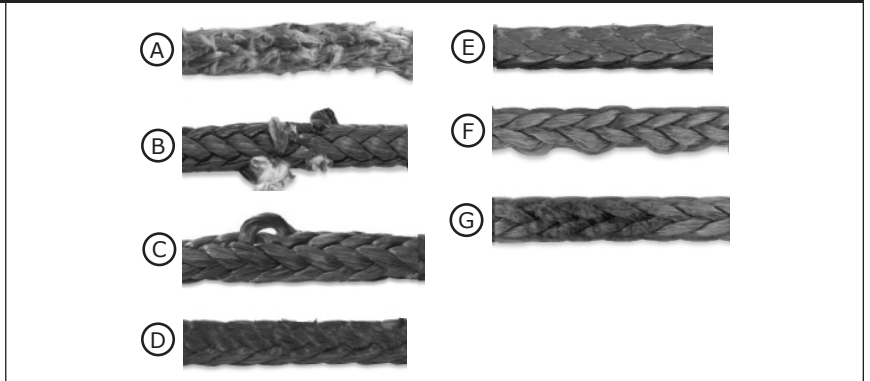


Figure 14 - Synthetic Rope Lifeline



APPENDIX A - SELF-RESCUE TRAINING SYSTEM

☑ The Self-Rescue 50 System (3320051) and Self-Rescue 100 System (3320052) are single-use systems. Once used in a descent, they must be removed from service. Do not use the Self-Rescue 50 System or Self-Rescue 100 System for multiple descents as described in this appendix. Only the Self-Rescue TRAINING System can be used for multiple descents in training environments.

- A.1 DESCRIPTION:** The Self-Rescue TRAINING System (3320053) is a multi-descent Self-Rescue System specifically for training personnel in a controlled training environment. It must be used with a back-up Fall Arrest system. See "Self-Rescue TRAINING System Capacity Limits" for more information on usage and capacity limits.
- A.2 BEFORE EACH DESCENT:** Review the "Training Descent Log" (Table 3) to confirm the Self-Rescue TRAINING System has not reached its maximum number of descents. If the maximum number of descents has been reached, then the product must be removed from service immediately. Clearly tag the product "DO NOT USE". See Section 5 for more information.
- A.3 SETUP:** Prior to each additional descent, the Self-Rescue TRAINING System must be reconfigured by a Competent Person per the following steps (shown in Figure A1):
1. Detach the Self-Rescue Backpack from the Harness and open the Back Flap:
 - A. Push in the Locking Buttons on the Mounting Pin and pull out the Locking Pin.
 - B. Flip the Backpack over to access the Back Flap.
 - C. Unzip and open the Back Flap.
 - D. If reconfiguring the device after the first descent, remove the Black Rubber Seal (A) and the Green Shrink Tube (B) from the end of the descent line.
 - E. Cut open the clear plastic bag in order to access the Rope Spool. Ensure the descent line is not wet. If the descent line is wet, remove the product from service.
 2. Unsnap and remove the Rope Spool from the Spool Cover.
 - A. Pull excess lifeline that was paid out in the previous descent back through the Descent Device.
 - B. Pull on the rope rather than the Rope Spool to prevent the rope from pinching and binding in the spool or damaging the spool flanges.
 - C. If rope binds inside the device, pull some of the lifeline back through the top and resume resetting the device.
 - D. Inspect the inner spool cylinder for cracks, distortion, or other signs of wear specified in the "Inspection and Maintenance Log". Remove from service if cracks are present.
 3. Attach the Easy-Link D-Ring to the Latch Assembly on the Descent Device:
 - A. Slide the Latch Coupling on the Easy Link D-Ring over the Latch Arm.
 - B. Push down on the Latch Arm until the Plunger Pin clicks into place.
 - C. Route the Lifeline around the hinged end of the Latch Arm. Remove any slack in the loop terminating the Lifeline to the Easy-Link D-Ring by pulling excess rope back through the Descender.
 - D. Keep slight tension on the terminating end while removing slack to avoid binding.
 4. Rewind the excess Lifeline onto the Rope Spool and then snap the Rope Spool back into the Spool Cover.
 5. If the Red Assisted Rescue Ring was used in the previous descent, reconnect the Assisted Rescue Cable to the Release Cable. Make sure the cable and cable stop on the Release Cable are fully seated in the slot in the Assisted Rescue Cable Clip.
 6. Reposition the Release Cable under the Hook and Loop Flap on the Shoulder Strap and then close the flap. Any excess cable should be loosely looped and tucked under the Hook and Loop Flap.
 7. Loosely loop any excess cable from the Assisted Rescue Handle and tuck it inside the Hook and Loop Flap along the inside wall of the Backpack. Reposition the Assisted Rescue Handle with the flanges of the handle sandwiched between the two layers of the Backpack and the Red Assisted Rescue Ring protruding out the side of the Backpack. Close the Hook and Loop Flap.
 8. Pull up on the Easy-Link D-Ring to confirm the Latch Arm is fully latched.
- A.4 INSPECTION:** After setup and prior to each descent, the Self-Rescue Trainer must be inspected by a Competent User per the procedures in the "Inspection and Maintenance Log".
- A.5 AFTER EACH DESCENT:** Record the descent in the *Training Descent Log* (Table 3).

Figure A1 – Self-Rescue TRAINING System Setup

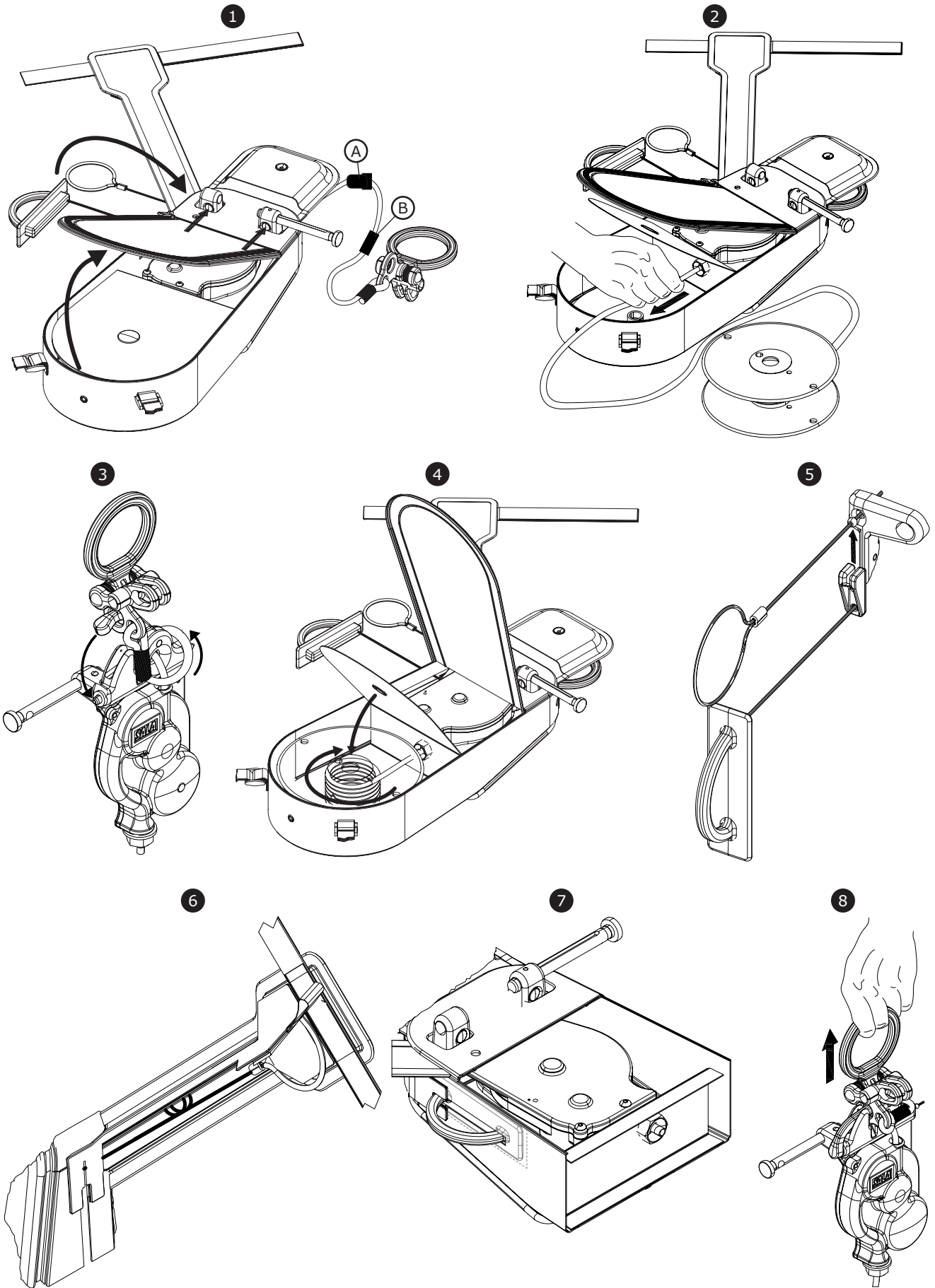


Table 3 – Training Descent Log

Descents	Serial Number	Descent Date	Inspector	Trainer
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Self-Rescue TRAINING System Capacity Limits

Maximum Users	Maximum Number of Descents	User Weight (including tools, clothing, etc.)	Maximum Descent Distance: Single Use
1 Person	20	130 lb. - 310 lb. (59 kg - 140 kg)	50 ft. (15.2 m)

These capacity limits only apply to usage of the Self-Rescue TRAINING System (3320053) in a controlled training environment.

GLOBAL PRODUCT WARRANTY, LIMITED REMEDY AND LIMITATION OF LIABILITY

WARRANTY: THE FOLLOWING IS MADE IN LIEU OF ALL WARRANTIES OR CONDITIONS, EXPRESS OR IMPLIED, INCLUDING THE IMPLIED WARRANTIES OR CONDITIONS OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE.

Unless otherwise provided by local laws, 3M fall protection products are warranted against factory defects in workmanship and materials for a period of one year from the date of installation or first use by the original owner.

LIMITED REMEDY: Upon written notice to 3M, 3M will repair or replace any product determined by 3M to have a factory defect in workmanship or materials. 3M reserves the right to require product be returned to its facility for evaluation of warranty claims. This warranty does not cover product damage due to wear, abuse, misuse, damage in transit, failure to maintain the product or other damage beyond 3M's control. 3M will be the sole judge of product condition and warranty options.

This warranty applies only to the original purchaser and is the only warranty applicable to 3M's fall protection products. Please contact 3M's customer service department in your region for assistance.

LIMITATION OF LIABILITY: TO THE EXTENT PERMITTED BY LOCAL LAWS, 3M IS NOT LIABLE FOR ANY INDIRECT, INCIDENTAL, SPECIAL OR CONSEQUENTIAL DAMAGES INCLUDING, BUT NOT LIMITED TO LOSS OF PROFITS, IN ANY WAY RELATED TO THE PRODUCTS REGARDLESS OF THE LEGAL THEORY ASSERTED.



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DECLARATION OF CONFORMITY:
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