

Buckingham Mfg. Co.

INSTRUCTIONS / WARNINGS PN 4200 Buck ErgoBelt

Ergonomically Designed Body Belt with Customizable Lumbar Support and Abdominal Stabilizer System

Buck ErgoBelt:

The Buck ErgoBelt is designed with ergonomic advantages to promote immediate comfort to the skeletal structure. It is intended for use with the WPFRD and units such as the adjustable positioning lanyard, conventional positioning strap or retractable lanyard which results in continuous fall protection while climbing poles and transitioning over obstructions such as crossarms.

Buckingham offers a compatible system consisting of the Buck ErgoBelt (a Four D-ring Body Belt), Wood Pole Fall Restriction Device (BuckSqueeze) and an Adjustable Positioning Lanyard (BuckAdjuster). While working in the ErgoBelt with the Wood Pole Fall Restriction Device (BuckSqueeze) attached to the lower D-rings and the secondary lanyard attached to the upper D-rings, the user is supported around the buttocks providing superior comfort. The lumbar pad offers additional support in the lower back area while the pressure relief pads under the D-rings prevent pressure points.

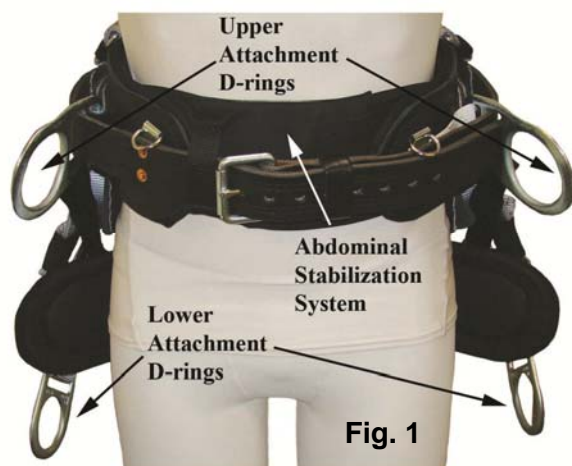


Fig. 1



Fig. 2

The section below describes a suggested method for the user to be continuously connected while transitioning past obstructions when using the **Buck ErgoBelt**, **BuckSqueeze** and **BuckAdjuster**. Ensure you have read, understood and follow these instructions as well as Buckingham's BuckSqueeze and BuckAdjuster instructions prior to using this equipment.

The lower Attachment D-rings (Fig. 1) are to be used only as attachment points for the BuckSqueeze. They are not recommended for use with a WPFRD system that requires the snaphooks be disconnected from the Body Belt while transitioning past obstructions.

The upper Attachment D-rings are intended for use as attachment points for temporary connection while transitioning past obstructions or as primary connection in work positioning applications. It is an acceptable practice to stow a positioning device such as the BuckAdjuster or conventional positioning strap from one of the upper D-rings when not in use. The snaphook and carabiner of the BuckAdjuster or conventional positioning strap must be connected to the same upper D-ring during stowage. An alternate method of stowage is the use of a break-a-way handline hook where the carabiner of the BuckAdjuster remains attached to the upper D-ring and the snap hook end is stored on the breakaway handline hook when not in use. The benefit of the breakaway hook is that it allows the snap end to pull free in the event it becomes snagged by the workers foot etc. If using a retractable lanyard simply stow the webbing in the retracted position.

To Properly Don the Buck ErgoBelt:

- Unfasten the waist belt. Separate the hook & loop fastener of the Abdominal Stabilizer.
- Place the belt around your back so that the lumbar pad fits snugly in the small of the back.
- Tighten stomach muscles and securely attach hook & loop fastener of the Abdominal Stabilizer together (when properly attached, belt should stay in place without belt strap attached).
- Fasten waist belt strap securely around waist, secure tongue buckle and insert billet end in keeper.

Adjusting the Height of the Seat Section:

The seat section is fully adjustable and can be positioned high on the buttocks or low (under) the buttocks.

- To position high on the buttocks, adjust Seat Adjustment Strap (Fig. 3) by shortening webbing through interlocking buckles on each side and elastic strap buckle on the back (Fig. 2).
- To position low (under) the buttocks, adjust Seat Adjustment Strap (Fig. 3) by lengthening webbing through interlocking buckles on each side and elastic strap buckle on the back (Fig. 2).

Adjusting the Length of Lower D-rings:

The position of the lower D-rings are fully adjustable through the use of friction buckles (Fig. 2). The user can pull webbing through to shorten or let webbing out to lengthen. To achieve maximum comfort, the user can experiment with different lengths. However, it is recommended that you start out by adjusting the length of the straps so that the heel of the lower D-rings line up with the heel of the Upper D-rings when centered on the users waist.

Adjusting the Equalization Strap:

The equalization straps (Fig. 3) of the ErgoBelt are designed to allow the transfer of your weight from the back support to the seat section or from the seat section to the back support while working off the upper D-rings.

- To transfer weight from the back support to the seat section, adjust equalizer strap by shortening webbing through friction buckles.
- To transfer weight from the seat section to the back support, adjust equalizer strap by lengthening webbing through friction buckles.

Harness Attachment to the Buck ErgoBelt

Optional harnesses are available for use with the Buck ErgoBelt that attach by means of interlocking buckles. Order a harness with body belt attachment option 4C (Interlocking Buckles see Fig.4) and attach as follows:

- Connect the large interlocking buckle of the harness (Fig. 4) to the mating interlocking buckle of the body belt (Fig 5a & 5b).
- Connect Interlocking buckles as shown in Fig. 6a through 6c. (Tilt the smaller buckle away from the larger and insert it from the back side of the larger buckle. When small buckle starts through the slot of the larger buckle, the webbing should be touching as shown in Fig. 6b. Pull the smaller buckle completely through the larger so they lay flat to each other.
- Raise the harness and slide it over your head and then don the body belt.
- Attach and adjust the harness in accordance with the Instructions / Warnings included with the harness.

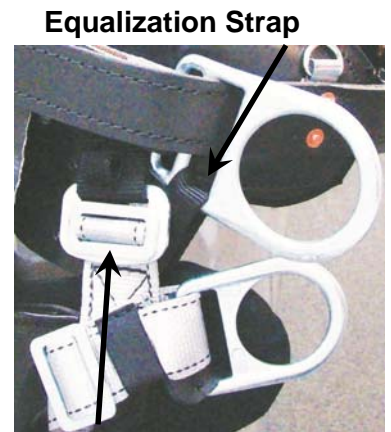


Fig. 3

Seat Adjustment Strap



Fig. 4



Fig. 5a



Fig. 5b



Fig. 6a



Fig. 6b



Fig. 6c

To Climb Up To And Over An Obstruction During An Ascent Using the Buck ErgoBelt And The BuckSqueeze WPRD: Follow the instructions provided with the WPRD, i.e. BuckSqueeze general rules.

- Connect the BuckSqueeze snap hooks (connectors) to the lower D-rings making sure equal pressure is applied to the buttock and lower back.
- These snap hooks (connectors) once connected, are not to be disconnected from the D-rings while climbing with the BuckSqueeze.
- Ascend the pole until the obstruction is at approximately chest height.
- Disconnect the locking snaphook of the positioning device from the body belt upper D-ring or remove snap from break away handline hook. If using a retractable lanyard extract webbing from housing.
- Place the positioning device with snaphook around the pole, **over** the obstruction and connect the snaphook to the upper D-ring on the opposite side of the body belt.
- Adjust (shorten) the length of the positioning device so that your body weight is transferred from the BuckSqueeze to the positioning device.
- Loosen the BuckSqueeze by compressing the Cam Buckle and lengthening the Outer Strap.
- Disconnect the BuckSqueeze Carabiner Connector from the Outer Strap Connector D-ring.
- Step up the pole so your chest position is approximately at the same height as the top of the obstruction and re-adjust (shorten) the positioning device.
- Place the BuckSqueeze Outer Strap and Carabiner Connector around the pole and over the obstruction and the positioning device.
- Reconnect the Carabiner Connector to the Outer Strap Connector D-ring.
- Adjust the BuckSqueeze so the hardware locators are at the 3:00 and 9:00 o'clock positions.
- Re-adjust the length of the positioning device.
- Disconnect the snaphook of the positioning device from the upper D-ring and connect it back to the opposite side upper D-ring of the body belt for stowage as outlined on page one If using a retractable lanyard retract webbing back into housing.
- Continue your ascent.

To Insert or Remove the Lumbar Pad:

- Open the Lumbar Pocket Closure by grasping the flap and separating the hook and loop fastener (Fig. 7).
- Grasp the Lumbar Pad and separate its hook fastener from the loop fastener of the Abdominal Stabilizer and either insert or remove the pad.
- Fold the Lumbar Pocket Closure over to secure it to the Body Belt

Fig. 7



To Remove the Abdominal Stabilizer System:

- Remove the Lumbar Pad as instructed above.
- Open the Body Belt and lay it inside up on a flat surface.
- Fold the hook and loop fastener covered end of the elastic strap in half as shown in Fig. 8.
- Slide the elastic strap through the web keeper loop.
- Slide the elastic strap through the Lumbar Pad pocket and the remaining web loop keeper and remove.

Fig. 8



How to Remove the Seat Section:

- Open the Body Belt and lay it inside down on a flat surface.
- Detach interlocking buckles, one on each side, by pulling slack in the webbing and then turning the smaller of the two buckles on an angle as shown in Fig. 9
- Unthread the elastic from the friction buckle at the center of the Body Belt.

Fig. 9

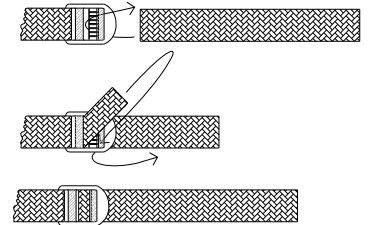


By removing the bottom section and the lumbar pad the Buck ErgoBelt can be worn and used as a conventional Work Positioning Body Belt.

How to Attach the Seat Section:

- Open the Body Belt and lay it inside down on a flat surface.
- Thread the elastic strap through the friction buckle at the center of the Body Belt as shown in Fig. 10
- Connect the interlocking buckles on each side by turning the smaller of the two buckles on an angle and sliding it through the slot of the larger buckle from the rear. (Ref. Fig. 9)
- Adjust the height of the seat section as needed by adjusting the length of the attachment straps. Pull webbing through seat section adjustment buckle (to raise) or let webbing out (to lower) the seat section.

Fig. 10



Warnings

- ♦ Read carefully, understand and heed these instructions, warnings and cautions before using this equipment. Failure to do so could result in your serious injury or death.
- ♦ This equipment is intended for use by properly trained professionals only.
- ♦ This product is designed to be used by a person with a maximum weight of 350 lbs. when fully equipped.
- ♦ Know the job and the regulations governing performance requirements and select the proper equipment.
- ♦ Read all warnings and instructions provided with all Buckingham belts, positioning straps and related equipment. Should questions arise concerning the proper use or condition of your equipment, contact Buckingham Manufacturing Co. at 1-800-937-2825.
- ♦ All affixed labels should be left in place and all instructional material should be kept for future reference.
- ♦ When securing the belt around your body, first secure the stabilizing strap snug, then ensure buckles are properly fastened and the billet end of the belt strap is in its keeper. A belt should provide a snug fit around your body (the Buck ErgoBelt is designed to be worn on the waist not on the buttocks like a conventional Body Belt). If this cannot be achieved, replace the belt with one that properly fits.
- ♦ The circle D-rings of the belt should be equally spaced on either side of the body.
- ♦ For personal use only, NOT for towing or hoisting.
- ♦ Fall protection equipment, (i.e. fall arrest, work positioning belts, climbers, retrieval, suspension etc.) should not be resold or provided to others for re-use after use by original user as assurance cannot be granted that a used product meets criteria of applicable standards and is safe for use to a subsequent user.
- ♦ Be certain this equipment is suitable for the intended use and work environment. It should only be used as personal protection equipment (PPE). If suitability for intended use is in doubt, consult a safety engineer or contact Buckingham Mfg. before using.
- ♦ Destroy any and all equipment subjected to impact loading.
- ♦ Always attach each snap hook / carabiner of the positioning device (i.e. BuckSqueeze, positioning strap, retractable lanyard, adjustable positioning lanyard, etc.) to the proper circle D-ring of the body belt.
- ♦ Do not attach work positioning snap hooks / carabiners to accessory rings.
- ♦ Body belts are intended for work positioning only. If the potential for a free fall exists, a full body harness must be used.
- ♦ Do not use a Linemens work positioning belt for arborists work. Use an Arborist saddle designed for that application.
- ♦ Anchor points used for positioning must support your weight plus any additional job related load.
- ♦ Avoid contact of this equipment with sharp edged or pointed tools, high temperature surfaces, welding or other heat sources.

- ◆ With each use, visually check that the positioning device (i.e. BuckSqueeze, positioning strap, retractable lanyard, adjustable positioning lanyard, etc.) snap hook / carabiner freely engages each body belt circle D-ring and that the keeper is completely closed and facing outward (i.e. away from body). Never rely solely on the feel or sound of a snap hook engaging.
- ◆ Attach only proper accessories to linemen's body belts. Accessories and tool pouches should only be attached to the body belt using the belt's accessory snaps, rings and pouch tabs. Keep all accessories and pouches well away from the circle D-rings.
- ◆ Use positioning devices (i.e. BuckSqueeze, positioning strap, retractable lanyard adjustable positioning lanyard, etc.) only with belt meeting standards for intended use.
- ◆ Before each use check that: 1) unit is free of burns, cuts, abrasions, kinks, knots, broken strands and excessive wear. 2) snap hooks, carabineers, circle D-rings and buckles are not distorted or cracked. 3) snap hook / carabineer gate / lock mechanism is not bent, is free of burrs, clean and functioning properly. 4) positioning device (i.e. BuckSqueeze, positioning strap, adjustable positioning lanyard etc.) is not worn to the point of showing the red warning center. Remove from service, destroy and discard unit if it does not pass this inspection and replace immediately.
- ◆ Make sure each snap hook / carabineer is positioned so that its keeper is never load bearing.
- ◆ When in the work position, ensure there is no pressure on the snap hook / carabineer locking mechanism sufficient to depress it as this will, due to its length, render it incompatible with currently designed D-rings and make it very susceptible to rollout.
- ◆ Before use ensure locking mechanism of locking snap hook / carabineer is functioning properly. Never disable locking mechanism of the locking snap hook / carabineer, punch holes in or alter a connecting device in any way.
- ◆ Never work without independent fall-arrest protection if there is danger of a free fall.
- ◆ Employer - instruct employee as to proper use and warnings before use of equipment.
- ◆ Body belt manufactured in accordance to applicable OSHA regulations (1926.959, 1910.268, and 1910.269).
- ◆ Product covered under these instructions / warnings should not be resold / redistributed or re-used after use by original user.

ADDITIONAL WARNINGS (Pertaining to Four D-Ring Body Belts):

- Proper use is critical to the performance of the 4 D-ring system.
- Always attach each locking snap hook / carabiner of the positioning device, (i.e. positioning strap, BuckSqueeze, retractable lanyard, adjustable positioning lanyard etc.) to the proper D-ring of the body belt.
- Never mismatch D-rings by connecting the locking snaphook / carabineer of a positioning device, (i.e. positioning strap, BuckSqueeze, retractable lanyard, adjustable positioning lanyard etc.) to an upper D-ring on one side and to a lower D-ring on the opposite side.
- Both upper and lower D-rings are intended for work positioning only, not fall arrest.

NOTE: Ensure proper fit of product before use. This product cannot be returned unless it is in new / unused condition.

Cleaning: Proper maintenance and storage of your equipment will prolong its useful life and contribute toward its performance. The equipment should be cleaned and maintained at regular intervals depending on usage.

Nylon - Clean with water and mild soap (a dish washing soap that removes grease (i.e. Dawn) and allow to dry thoroughly without using excessive heat. Do not use any type of corrosive substance or acid, which will gradually eat away the fabric.

Leather - Using a sponge, wash leather with saddle soap and water, then wipe with a clean damp cloth. Allow the leather to dry completely - avoid high temperature heat sources. After drying, the leather should be oiled with 100% Neatsfoot Oil, wiping off any excess with a dry cloth.

Storage: Product should be stored in a clean and dry environment out of direct sunlight and away from extreme heat. Do not store near solvents or corrosive chemicals or at extreme temperatures. It is recommended the hook & loop fastener of the Buck ErgoBelt Abdominal Stabilizer be secured together. This minimizes dirt and debris coming in contact with the hook and loop thus extending its life.

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