

Buckingham Mfg. Co.

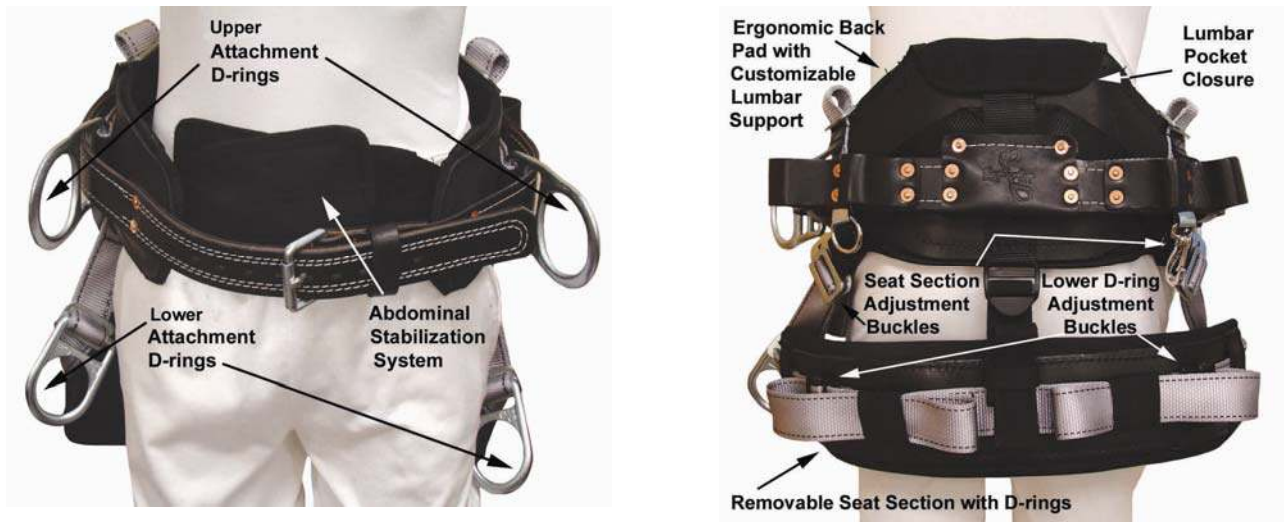
INSTRUCTIONS / WARNINGS PN 4200 Buck Ergo Belt

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

Buck Ergo Body Belt:

Buck Ergo Belts are designed to be used with positioning devices in order for the user to be continuously connected while performing tasks such as transitioning over obstructions such as crossarms.

The Buck Ergo Belt, designed in consultation with a Doctor of Physical Therapy to promote immediate comfort and long term benefits to the skeletal structure, can be used with various positioning devices such as a conventional positioning strap, retractable lanyard or adjustable positioning lanyard. Buckingham offers a compatible system consisting of the Buck Ergo Belt (a Four D-ring Body Belt), Wood Pole Fall Restriction Device (BuckSqueeze) and an Adjustable Positioning Lanyard (BuckAdjuster). While working in a 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 and can be replaced with a hot or cold pack.



The section below describes a suggested method for the user to be continuously connected while transitioning past obstructions when using the **Buck Ergo Belt**, **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 Body Belt D-rings are to be used only as attachment points for the BuckSqueeze.

The upper Body Belt D-rings are intended only to be used 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. The carabiner of the BuckAdjuster remains attached to the upper D-ring at all times. The snap hook end of the BuckAdjuster may be stored on a breakaway handline hook when not in use. The use of the breakaway hook 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.

Instructions

- ◆ 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 Ergo Belt 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.
- ◆ When using a body belt, the positioning circle D-rings should be equally spaced on either side of the body.

To Climb Up To And Over An Obstruction During An Ascent Using the Buck Ergo Belt And The BuckSqueeze WPFRD:

- 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.
- 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 Velcro®.
- Grasp the Lumbar Pad and separate its Velcro® hook from the Velcro® loop of the Abdominal Stabilizer and either insert or remove the pad.
- Fold the Lumbar Pocket Closure over to secure it to the Body Belt



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 Velcro® covered end of the elastic strap in half as shown in Fig. 1
- 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.

How to Remove the Seat Section:

Fig. 2

- 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. 2
- Unthread the elastic from the friction buckle at the center of the Body Belt.

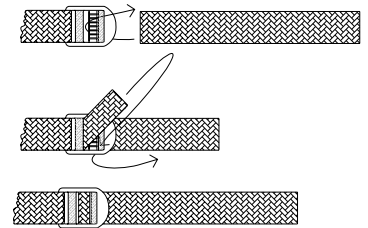


By removing the bottom section and the lumbar pad the Buck Ergo Belt can be worn and used as a conventional Work Positioning Body Belt.

How to Attach the Seat Section:

Fig. 3

- 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. 3
- 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. 2)
- 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.



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.
- ◆ 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.

OVER

- ◆ 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 / carbineer 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: When storing the Buck Ergo Belt it is recommended the Velcro[®] hook & loop of the Abdominal Stabilizer be secured together. This minimizes dirt and debris coming in contact with the Velcro[®] hook and loop thus extending its life.

To Properly Don the Buck Ergo Belt:

- Unfasten the waist belt. Separate the Velcro[®] hook & loop 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 fasten Velcro[®] hook & loop of the Abdominal Stabilizer together (when properly attached, belt should stay in place without belt strap attached).
- Fasten belt strap securely around waist and insert billet end in keeper.

Adjusting the Length of Lower D-rings:

To assist in obtaining maximum comfort, the position of the lower D-rings are fully adjustable through the use of friction buckles. The user can pull webbing through (to shorten) or let webbing out (to lengthen) of the friction buckle. To achieve maximum comfort, the user can experiment with different lengths. 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.

Additional Tips:

While working, an Adjustable Positioning Lanyard (BuckAdjuster) and Wood Pole Fall Restriction Device (BuckSqueeze) can be used at the same time. Length adjustments can be fine tuned so the user can be equally supported from the buttocks and waist. While on the pole, keeping the BuckSqueeze above the lower D-rings will allow the belt to support the user around the buttocks.

Harness attachment to the Buck Ergo Belt

Optional harnesses are available for use with the Buck Ergo Belt 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.

- Remove the seat section as mentioned above.
- Connect the large interlocking buckle of the harness (Fig. 4) to the mating interlocking buckle of the body belt (Fig 5).
- 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.
- Don the body belt, raise the harness and slide it over your head.
- Attach the leg straps and connect the leg strap buckles.
- Connect the chest strap buckles.
- Adjust the webbing through the leg strap buckles until leg straps are comfortable but snug.
- Adjust the fit of the harness by pulling the webbing through the connecting buckles on the chest straps until the harness is comfortable but snug.
- Secure all loose webbing ends under the strap keepers.



Fig. 4



Fig. 5



Fig. 6a



Fig. 6b



Fig. 6c

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