

GUARDIAN
FALL PROTECTION

PERFORMANCE SAFETY GEAR



Guardian Hammer
Part #14000

DO NOT THROW AWAY THESE INSTRUCTIONS!
READ AND UNDERSTAND BEFORE USING EQUIPMENT!

TABLE OF CONTENTS:

INTRODUCTION.....	Page 2
USER INFORMATION.....	Page 3
GENERAL SYSTEM SELECTION CRITERIA.....	Page 4
RESCUE PLAN.....	Page 4
TRAINING REQUIREMENTS.....	Page 5
DESCRIPTION OF GUARDIAN HAMMER.....	Page 5
MAINTENANCE CLEANING AND STORAGE.....	Page 7
INSPECTION.....	Page 7
PRIOR TO EACH USE.....	Page 8
PRODUCT APPLICATION.....	Page 9
APPLICABLE STANDARDS.....	Page 9
LIMITATIONS.....	Page 10
SYSTEM REQUIREMENTS.....	Page 12
INSTALLATION OF THE HAMMER.....	Page 13
INSTALLATION OF FALL RESTRAINT RINGS.....	Page 15
HOISTING THE HAMMER.....	Page 16
LABELS.....	Page 17
INSPECTION LOG.....	Page 18

INTRODUCTION:

Thank you for purchasing the Guardian Hammer. This manual should be read and understood in its entirety and used as part of a training program as required by OSHA or any applicable state regulatory agency.

This and any other included instructions must be made available to the users of the equipment. The user must understand proper equipment use and its limitations.

This manual covers the maintenance, installation and use of the Hammer, Guardian Part number 14000.

USER INFORMATION:

Date of First Use _____

Serial # _____

Trainer _____

User _____

Please fill out the above and keep on hand for your records.

WARNING!

DO NOT:

- Do not alter or misuse the equipment unless approved by manufacturer.
- Do not use combinations of components or subsystems that may affect or interfere with the safe, compatible function of each other.
- Do not expose the equipment to chemicals which may produce a harmful effect or degrade the equipment. Consult manufacturer in cases where doubt exists.
- Do not use the equipment around moving machinery or electrical hazards unless specifically designed for such use.
- Do not use the equipment around sharp edges or abrasive surfaces unless intended for such use.

GENERAL SYSTEM SELECTION CRITERIA:

Selection of site appropriate fall protection shall be made by a Competent Person. All fall protection equipment shall be purchased new and unused.

The equipment is designed for use as a part of a personal fall protection system. Components shall not be used for any other operation other than that which it has been designed and approved by the manufacturer.

Fall Protection Systems shall be designed to comply with OSHA or applicable state regulatory limitations. Systems must be used in a compliant manner.

Consult a doctor if there is any reason to doubt a user's ability to withstand and safely absorb fall arrest forces or perform setup of equipment. Age, fitness, and health conditions can seriously affect the worker should a fall occur. Pregnant women and minors should not use this equipment.

RESCUE PLAN:

A documented rescue plan must be provided and implemented by a Competent Person*. It shall be the responsibility of the individual to ensure that the Rescue Plan is site specific and that they have the means at hand to implement the plan. Employees shall be trained in self-rescue or alternate means shall be provided for prompt rescue in the event of a fall.

*OSHA defines a Competent Person as "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". [29 CFR 1926.32(f)]

TRAINING REQUIREMENTS:

The employer must ensure that each employee who might be exposed to fall hazards has been trained by a Competent or Qualified Person. The training program must include the following:

- The ability to recognize fall hazards
- The procedures to be followed in order to minimize these hazards
- All relevant Federal, State, and local regulatory requirements, procedures, and standards
- Correct erecting, maintaining, disassembling and inspection of the fall protection systems being used
- Use of personal fall arrest systems

IMPORTANT!

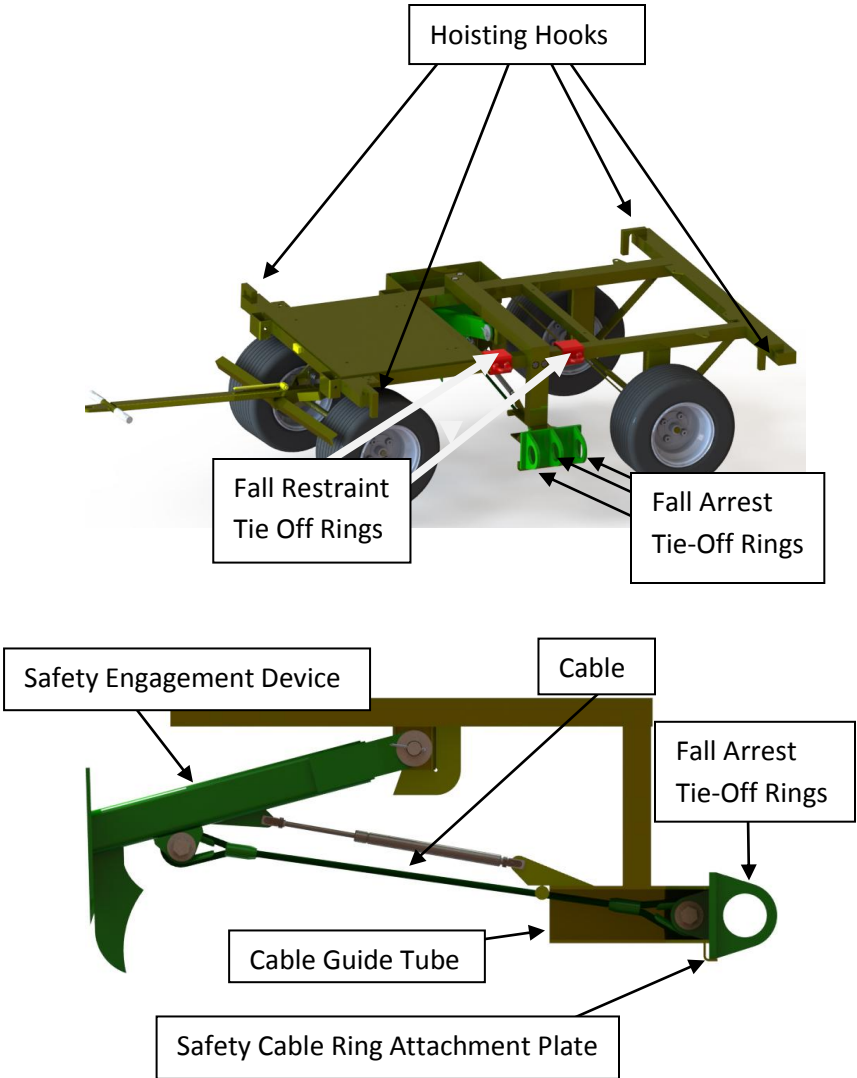
EQUIPMENT SUBJECTED TO THE FORCES OF A FALL MUST BE REMOVED FROM SERVICE IMMEDIATELY. CONTACT YOUR DISTRIBUTOR OR GUARDIAN ABOUT REPLACEMENT OF COMPONENTS INVOLVED IN A FALL.

DESCRIPTION OF HAMMER:

The Guardian Hammer is a mobile device that provides an anchorage point for personal fall arrest and restraint systems. Typical fall arrest systems include a full body harness, anchorage point, connectors, and a lanyard.

The Hammer can be used as an anchorage point for up to three workers for fall arrest and two workers for fall restraint. Each worker's weight must be a maximum of 310 lbs. including clothing and equipment.

DESCRIPTION OF HAMMER continued:



MAINTENANCE, CLEANING, AND STORAGE:

- Repairs to the Guardian Hammer can be made only by a Guardian representative or person or entity authorized by Guardian. Contact Guardian for maintenance and repair.
- Cleaning after use is important for maintaining the safety and life of the equipment.
- Cleanse the equipment of all dirt, corrosives, and contaminants.
- If the Hammer cannot simply be wiped clean use a mild soap and water, rinse and wipe dry.
- Store the Hammer where it cannot be affected by heat, light, excessive moisture, oil, chemicals, or other degrading elements.
- Keep wheels clear of roofing tar and other build up. Build up on the wheels can cause the brake to malfunction.

INSPECTION:

- Before each use, the worker must inspect all fall protection equipment.
- A formal inspection must be made by a Competent or Qualified Person other than the user at least every six months. Record the results of these inspections in the Inspection Log in the back of this manual.
- Visually inspect all components of the Hammer, looking for any signs corrosion, cracks, physical deformation or excessive wear, paying special attention to welded areas.
- Check Tie Off Rings for distortion or damage.
- Check Safety Engagement Device. Ensure that it moves freely.

INSPECTION:

- Check cables for wear, rust or frays. DO NOT use if cable is damaged.
- Check that all bolts and pins are in place as missing components can severely compromise the safety of the Hammer.
- Check Safety Cable Ring Attachment Plate to ensure that it moves freely.

WARNING!

IF ANY COMPONENT OF THE HAMMER DOES NOT PASS INSPECTION, REMOVE FROM SERVICE IMMEDIATELY. CONTACT GUARDIAN ABOUT RETURNING DAMAGED UNITS.

PRIOR TO EACH USE:

- Active and passive fall protection equipment shall be inspected by the user for defects, damage or deterioration.
- Any suspected defective equipment shall be removed from service.
- If the manufacturer's label is not legible or is missing, the equipment shall be removed from service.

IMPORTANT!

DO NOT USE THE GUARDIAN HAMMER ON TECTUM DECK, METAL DECK LESS THAN 22 GA., LOOSE MATERIAL, SNOW OR ICE. USE ONLY ON FLAT OR SURFACES WITH LESS THAN 1/12 PITCH.

PRODUCT APPLICATION INFORMATION:

The Guardian Hammer is designed for use for Personal Fall Arrest or Fall Restraint. The Hammer is designed for use by three people for Personal Fall Arrest AND two people for Personal Fall Restraint. No more than FIVE people can be tied off to the Hammer at any one time.

- **PERSONAL FALL ARREST:** The Guardian Hammer can be used as a component of a Personal Fall Arrest System (PFAS) to protect the user in the event of a fall. PFAS typically include a full body harness, a connector, a lanyard and a secure anchor point. Maximum permissible free fall is six feet.
- **PERSONAL FALL RESTRAINT:** The Guardian Hammer can be used as a component of a restraint system to prevent the user from reaching a fall hazard. Restraint systems typically include a full body harness, a lanyard or restraint line and a secure anchor point. NO VERTICAL FREE FALL IS PERMITTED.

APPLICABLE STANDARDS:

This product is designed to comply with OSHA and ANSI Z359.1 standards as a minimum when used properly and in accordance with manufacturer's instructions.

IMPORTANT!

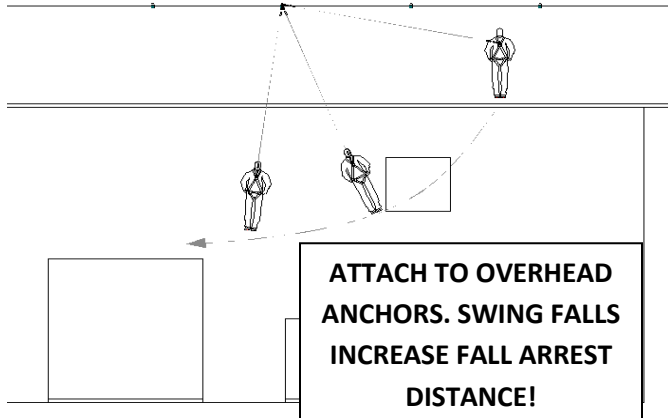
CONSULT WITH YOUR DOCTOR IF THERE IS REASON TO DOUBT YOUR FITNESS TO SAFELY ABSORB THE SHOCK FROM A FALL ARREST. AGE, FITNESS, AND HEALTH CONDITIONS CAN SERIOUSLY AFFECT A WORKER'S ABILITY TO WITHSTAND FALLS. PREGNANT WOMEN OR MINORS MUST NOT USE THIS EQUIPMENT.

LIMITATIONS:

- **CAPACITY:** The Hammer is designed for use by persons with a combined weight (clothing, tools, etc.) of no more than 310 lbs. per person using an approved connecting system. Up to THREE workers can be tied off for fall arrest using the green Tie Off Rings. If the red Fall Restraint Tie-Off Rings are installed, two additional people may be tied off for fall restraint only. No more than FIVE individuals (3 for fall arrest, 2 for fall restraint) can be tied off at one time.
- **SURFACE:** Use on surfaces with no more than a 1/12 pitch. DO NOT use on Tectum Deck, snow, ice, Metal Deck less than 22 ga., or loose material.
- **POSITION:** A Competent or Qualified Person must verify that the surface can accommodate the live load requirements of the Hammer. **Position the hammer at least 15 ft from the leading edge.** The Tie-Off Rings must be pointing towards the leading edge. The cart must be set to move parallel to the leading edge.
- **FREE FALL:** Personal Fall Arrest Systems (PFAS) used with this equipment must be rigged to limit the freefall to six (6) feet as called out in ANSI Z359.1. Only qualified and personnel trained on the proper use of fall protection, such as this anchor, are allowed to use this product. Restraint systems must be rigged so that no vertical free fall is possible.
- **FALL CLEARANCE:** There must be sufficient clearance below to arrest a fall before the user strikes the ground or any other obstruction. Be sure to accurately calculate your required fall clearance. A hazard assessment by a Competent Person is recommended before any work is started that would include the use of fall protection.

LIMITATIONS continued:

- **SWING FALLS:** Swing falls occur when the anchorage point is not directly above the point where a fall occurs. The force of striking an object in a swing fall may cause serious injury or death. Minimize the risk of swing falls by working as close to the anchorage point as possible. **Do NOT permit a swing fall if injury could occur. Swing falls will significantly increase the clearance required when a self retracting lifeline or other variable length connecting system is used. The free fall from a swing fall must not be more than six feet.**



- **POTENTIAL ENVIRONMENTAL HAZARDS:** Use of fall protection 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 chemicals, corrosive environments, high voltage power lines, gases, moving machinery and sharp edges.

SYSTEM REQUIREMENTS:

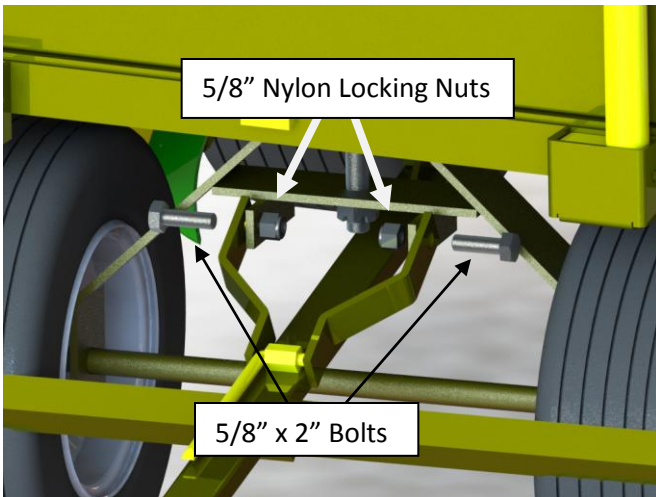
- **COMPATIBILITY OF COMPONENTS:** Guardian Fall Protection equipment is designed to be used with Guardian approved components. Please contact Guardian if you have a question regarding compatibility. Making substitutions without approval from Guardian may lead to injuries and/or death by compromising the safety and reliability of the complete system. A Qualified Person can make a determination on compatibility of equipment from different manufacturers. If in doubt, please contact Guardian for clarification.
- **COMPATIBILITY OF CONNECTORS:** Connectors (D-Rings, hooks, carabiners) must be capable of supporting at least 5,000 lbs. Non-compatible connectors may unintentionally disengage. Self-locking snap hooks and carabiners are *required* by ANSI and OSHA. Connectors must be compatible in size, shape, and strength.
- **MAKING CONNECTIONS:** Only use self-locking snaphooks and carabiners with any Guardian equipment. Do not use equipment that is not compatible. If you have any questions on compatibility, please call Guardian.

WARNING!

LARGE THROAT OPENING SNAPHOOKS SHOULD NOT BE CONNECTED TO STANDARD SIZE D-RINGS OR SIMILAR OBJECTS WHICH WILL RESULT IN A LOAD ON THE GATE IF THE HOOK OR D-RING TWISTS OR ROTATES. LARGE THROAT SNAPHOOKS ARE DESIGNED FOR USE ON FIXED STRUCTURAL ELEMENTS SUCH AS REBAR OR CROSS MEMBERS THAT ARE NOT SHAPED IN A WAY THAT CAN CAPTURE THE GATE OF THE HOOK.

INSTALLATION OF THE HAMMER:

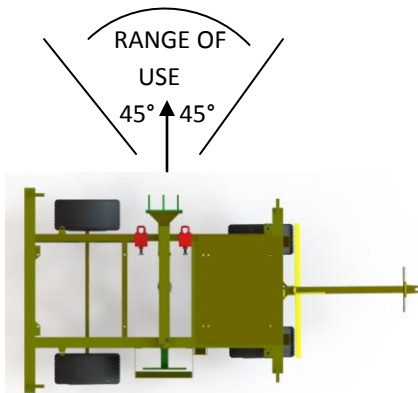
1. Bolt the Hammer Handle to the front of the Hammer with the 5/8" x 2" bolts and 5/8" nylon locking nuts that are included as shown in the image below:



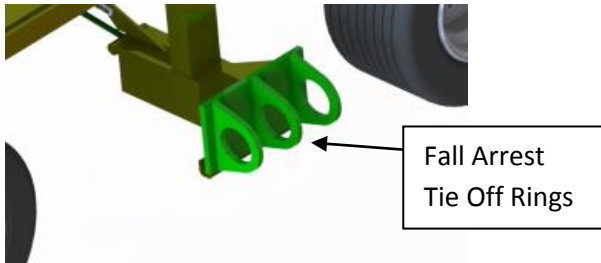
2. Verify that the surface to which the Hammer will be used is capable of supporting both the Hammer and the personnel using it.
3. Position the Guardian Hammer a minimum of fifteen (15) feet from the leading edge. Make sure the Tie-Off rings are facing the leading edge and the cart is positioned to travel parallel to the leading edge.
4. Once you have the Hammer where the work is being done swing the handle down to use as a brake for the front wheels.

INSTALLATION OF THE HAMMER cont.:

5. Be aware that workers must work within 45 degrees of the tie off rings as shown below.



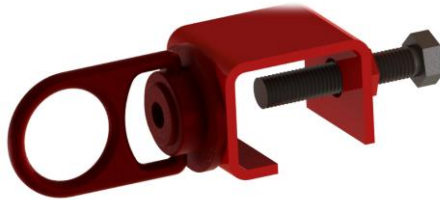
6. Attach the lifeline of each Personal Fall Arrest System to a Tie-Off Ring.



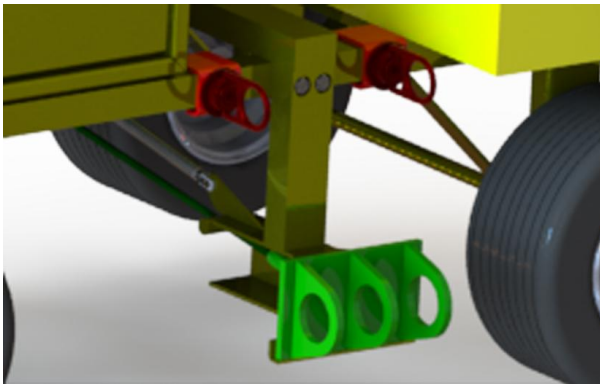
7. DO NOT attach lifelines to hoisting hooks or **anywhere else** on the Hammer except to the Tie-Off Rings.

INSTALLATION OF FALL RESTRAINT RINGS:

- Fall Restraint Tie-Off Rings (Restraint Rings are Red) may be installed on either side of the Safety Engagement Arm as shown in the image below. Secure the Rings using a 1 1/8" socket and ratchet, tightening one half-turn after snug.



FALL RESTRAINT RING



FALL RESTRAING RINGS INSTALLED

- When used for Fall Restraint, the user must be tied off in such a way that prevents them from falling over the leading edge.

HOISTING THE HAMMER:

- The Guardian Hammer is designed to be hoisted by a crane using a four-leg cable sling or bridle chain sling. See the images below.



- Use appropriate rigging gear for hoisting.
- Conduct regular inspection of rigging gear.
- Do NOT hoist without using the hoisting hooks as shown.
- Loads may slip or fall if proper lifting procedures are not followed.
- DO NOT HOOK LIFELINE TO DESIGNATED HOISTING HOOKS!

LABELS:

These labels must be present and legible on the Guardian HAMMER at all times.



INSPECTION LOG:

<p>USER MUST INSPECT EQUIPMENT BEFORE EACH USE. COMPETENT PERSON TO INSPECT AND INITIAL AT LEAST EVERY 6 MONTHS.</p> <p>Date of First Use _____</p>													
YR.	J	F	M	A	M	J	J	A	S	O	N	D	

NOTES:



***"WE PUT OUR NAME ON THE PRODUCT
BECAUSE YOU PUT YOUR LIFE
ON THE LINE."***

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