

## **User Instructions – AP36 Ladder Anchor Post**



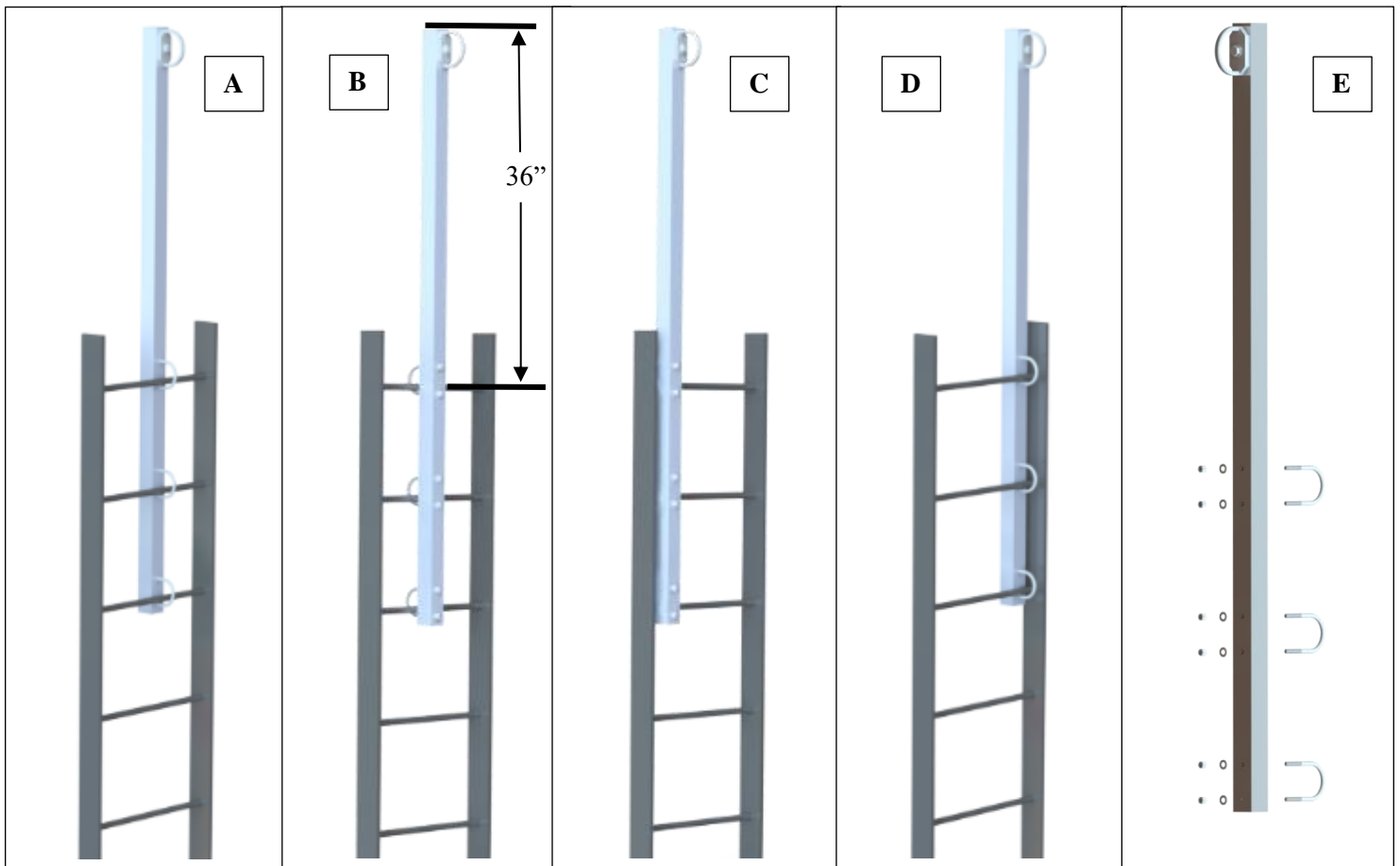
*This document serves as the Manufacturer's Instructions, and is to be used as part of an employee training program for the system, as required by OSHA.*

**ATTENTION:** This product serves as part of a fall protection system. All users must read, understand, and follow the manufacturer's instructions for each and every component of the system. All instructions must be followed for proper application, installation, use, and maintenance of this product. Changing the product, misuse of the product, or failure to follow instructions may result in serious injury or death.

Record the system data on the Inspection and Maintenance Log.

If you have any questions concerning the application, installation, use, or maintenance of this product, please contact FrenchCreek Production.

**ATTENTION:** Improper use of this system or failure to follow instructions and markings may result in serious injury or death.



## APPLICATION

**1.1 PURPOSE:** Anchorage Connectors are components in personal fall arrest systems (PFAS). The Anchor Post is designed to provide anchorage connection points for Fall Arrest, Fall Restraint, Work Positioning, or Rescue systems.

*Fall Protection Only: This Anchorage Connector is for connection of Fall Protection Equipment. Do not connect Lifting Equipment to the Anchorage Connector.*

**1.2 STANDARDS:** Your Anchorage Connector conforms to the national or regional standard(s) identified in 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.

**1.3 SUPERVISION:** Use of this equipment must be supervised by a Competent Person.

**1.4 TRAINING:** This equipment must be installed and used by persons trained in its correct application. This manual is to be used as part of an employee training program as required by ANSI and OSHA, and/or regional regulations. 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 subsystem(s), the employer must have a rescue plan and the means at hand to implement and communicate that plan to users, authorized persons, and rescuers. A trained, onsite rescue team is recommended. Team members should be provided with the equipment and techniques to perform a successful rescue. Training should be provided on a periodic basis to ensure rescuer proficiency.

**1.6 INSPECTION FREQUENCY:** The Anchorage Connector shall be inspected by the user before each use and, additionally, by a competent person other than the user at intervals of no longer than one year. Inspection procedures are described in section 5. Results of each Competent Person inspection should be recorded on copies of the “Inspection and Maintenance Log”.

**1.7 AFTER A FALL:** If the Anchorage Connector is subjected to the forces of arresting a fall, it must be removed from service immediately, clearly marked “DO NOT USE”, and then either destroyed or forwarded to FrenchCreek Production for replacement or repair.

**2.0 SYSTEM REQUIREMENTS**

**2.1 ANCHORAGE:** Anchorage structure requirements vary with the system application and whether it is a certified anchorage or non-certified anchorage. The structure to which a fall arrest, restraint, positioning, or rescue system is attached must sustain static loads applied in the directions permitted as shown in the following table. Anchorage Strength requirements, along with system applications, are specified below, unless noted or defined otherwise in Table 1:

Fall Protection System	Certified Anchorage	Non-Certified Anchorage	Defined By
Fall Arrest	2 times maximum arresting force	5,000 lbs. (22.2 ken)	OSHA, ANSI
Restraint/Travel Restraint	2 times foreseeable force	1,000 lbs. (4.4 kN) Per ANSI 5,000 lbs. (22.2 kN) per OSHA	OSHA, ANSI
Work Positioning	2 times foreseeable force	3000 lbs. (13.3 kN)	OSHA, ANSI
Rescue	5 times applied load	3,000 lbs. (13.3 kN)	ANSI

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.

**2.2 PERSONAL FALL ARREST SYSTEM:** Figure 1 illustrates the application of this Anchorage Connector. Personal Fall Arrest Systems (PFAS) used with the system must meet applicable Fall Protection standards, codes, and requirements. The PFAS must incorporate a Full Body Harness and limit Arresting Force to the following values:

	Maximum Arresting Force	Free Fall
PFAS with Shock Absorbing Lanyard	1350 lbs. (6 kN)	Refer to instruction(s) included with your Lanyard or SRD for Free Fall limitations
PFAS with Self Retracting Device (SRD)	1350 lbs. (6 kN)	

**2.3 FALL PATH AND SRD LOCKING SPEED:** A clear path is required to assure positive locking of an SRD. Situations which do not allow for an unobstructed fall path should be avoided. Working in confined or cramped spaces may not allow the body to reach sufficient speed to cause the SRD to lock if a fall occurs. Working on slowly shifting material, such as sand or grain, may not allow enough speed buildup to cause the SRD to lock.

**2.4 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: 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 Personal Fall Arrest System.

**2.5 FALL CLEARANCE:** There must be proper clearance in the fall path from striking a lower lever or other structures. When mounted directly overhead, the maximum arrest distance of a retractable lifeline is 4–½ feet (ANSI Z359). The arrest distance is the total vertical distance required to arrest a fall, including deceleration distance and activation distance. This arrest distance needs to be factored into the clearance distance, which

should also include anchorage location, worker height, and safety factor. Contact FrenchCreek Production with any questions about fall clearance.

**2.6 AVOID SWING FALLS:** A swing fall can occur when the anchorage is not directly above (overhead) the user at the point the fall occurs. The amount of energy generated by swing fall is related to the distance from the vertical center of the anchorage location. Serious injury can result from striking an object during a swing fall. Swing falls will also increase the free fall distance. Avoid swing falls by working directly below the anchorage location.

**2.6 COMPONENT COMPATIBILITY:** FrenchCreek equipment is designed for use with FrenchCreek approved components and subsystems only. Substitutions or replacements made with non-approved components or subsystems may jeopardize compatibility of equipment and may affect the safety and reliability of the complete system.

**2.7 CONNECTOR COMPATIBILITY:** A connector is considered to be compatible with the connecting element when the interlinking parts will not cause the gate mechanism to open or apply force to the gate mechanism regardless of the orientation.

Do not use any connector that is not compatible. Contact FrenchCreek Production if you have any questions about compatibility.

**2.8 MAKING CONNECTIONS:** Snap hooks and carabiners used with this equipment must be self-locking. Ensure all connections are compatible in size, shape and strength. Do not use equipment that is not compatible. Ensure all connectors are fully closed and locked.

FrenchCreek connectors (snap hooks and carabiners) are designed to be used only as specified in each product's user's instructions. See Figure 6 for examples of inappropriate connections. Do not connect 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 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, unless the snap hook complies is equipped with a 3,600 lb. (16 kN) gate. Check the marking on your snap hook to verify that it is appropriate for your application.
- C. In a false engagement, where features that protrude from the snap hook or carabiner catch on the anchor, and without visual confirmation seems to be fully engaged to the anchor point.
- D. To each other.
- E. Directly to webbing or rope lanyard or tie-back (unless the manufacturer's instructions for both the lanyard and connector specifically allows such a connection).
- F. To any object which is shaped or dimensioned such that the snap hook or carabiner will not close and lock, or that roll-out could occur.
- G. In a manner that does not allow the connector to align properly while under load.

### **3.0 INSTALLATION PROCEDURES**

**WARNING:** Do not alter or intentionally misuse this equipment. Consult FrenchCreek Production when using this equipment in combination with components or subsystems other than those described in this manual. Some subsystem and component combinations may interfere with the operation of this equipment. Use caution when using this equipment around moving machinery, and sharp edges.

**WARNING:** Consult your doctor if there is reason to doubt your fitness to safely absorb the shock from a fall. Age and fitness seriously affect a worker's ability to withstand fall. Pregnant women or minors should not use this equipment.

*Installation of the FrenchCreek Anchor Post must be supervised by a Qualified Person. The installation must be certified by a Competent Person as meeting the criteria for a Certified Anchorage, or that it is capable of supporting the potential forces that could be encountered during a fall.*

**3.1 FALL PROTECTION PLAN:** Plan your fall protection system prior to installation of the Ladder Anchor. Account for all factors that may affect your safety before, during and after a fall. Consider all requirements, limitations and specifications defined in Section 2 and Table 1.

**3.2 INSTALLATION:** The Anchor Post can be installed on structures meeting the anchorage requirements specified in Table 1. The Anchor Post may be used only when it is attached to a fixed ladder in an upright position, within 5° plus or minus from vertical. To install the Anchor Post:

1. Align the top three rungs of the ladder in between the three sets of holes on the Anchor Post.
2. Ensure that the D-Bolt anchor is facing out toward the user. The Anchor Post may be aligned on the Front (A) or Back (B) of the ladder.
3. Insert a U-Bolt into each of the three U-Bolt hole sets. Confirm that the ladder rung is confined by the Anchor Post and the U bolt.
4. Slide a washer over each U-bolt end and secure down with the provided locknuts (E). The orientation of the U-Bolts may be reversed if mounting the Anchor Post behind the ladder.
5. Ensure that all fasteners are tightly secured to a torque value of **20-25 Ft\*lbs**. There should be no give or shake of the Anchor Post. The Ladder anchor must be within plus or minus 5° of vertical at all times.
6. Verify that the Anchor Post is installed in a proper location on the ladder. The Anchor Post may be aligned on the Front (A) or back (B) of the ladder and, from these points, along the left side (C) of the ladder, the right side (D) of the ladder or at the center of the ladder (A&B). The point of orientation that is chosen should be the one that allows the greatest range of movement.

**3.3 INSTALLATION WITH SELF RETRACTING DEVICE (SRD):** For attachment of the SRD, follow the procedure below.

1. Using the connector supplied with the SRD, attach the SRD to the D-Bolt Anchor.
2. Attach a tag line to the SRD for use at the base of the ladder.

#### **4.0 USE**

**4.1 BEFORE EACH USE:** Verify that your work area and Personal Fall Arrest System (PFAS) meet all criteria defined in Section 2 and a formal Rescue Plan is in place. Inspect the Ladder Anchor per the ‘User’ inspection points defined on the “Inspection and Maintenance Log.” If inspection reveals an unsafe or defective condition, do not use the system. Remove the system from service and destroy, or contact FrenchCreek Production regarding replacement or repair.

**4.2 FALL ARREST CONNECTIONS:** The Anchor Post is used with a Full Body Harness and a Self-Retracting Device (SRD). The Anchor Post can also be used as a tie off point to egress when used in conjunction with a FrenchCreek Fall Safety rail system.

**4.3 USE WITH SELF RETRACTING DEVICE (SRD):** For use of the SRD, follow the procedure below. With the tag line removed connect the SRD between the connection eye on the Ladder Anchor and the back Dorsal D-Ring on the Harness as instructed in the instructions included with the SRD. Tie-off with the SRD when at the bottom of ladder as well as during Transfer. Reattach the tag line when at the bottom of the ladder for future retrieval.

**4.4 USE WITH LANYARD:** For use with a Lanyard at the top of ladder as well as during Transfer, follow the procedure below. Using the connector supplied with the Lanyard, attach the lanyard to the user’s Dorsal D-ring. Once the user reaches the Anchor Post, tie the lanyard off to the D-Bolt Anchor. Ensure to remain tied off at all times and to follow the instructions included with the lanyard.

#### **5.0 INSPECTION**

**5.1 INSPECTION FREQUENCY:** The Anchor Post must be inspected at the intervals defined in Section 1. Inspection procedures are described in the “Inspection and Maintenance Log” (Table 2). Inspect all other

components of the Fall Protection System per the frequencies and procedures defined in the manufacturer's instructions. If at any time inspection reveals an unsafe or defective condition, remove the Ladder Anchor from service immediately. Do not attempt to repair the Fall Arrest System.

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

## **6.0 MAINTENANCE, SERVICING, STORAGE**

**6.1 CLEANING:** Periodically clean the Ladder Anchor's metal components with a soft brush, warm water, and a mild soap solution. Ensure parts are thoroughly rinsed with clean water.

**6.2 SERVICE:** Only FrenchCreek Production is authorized to make repairs to this equipment. If the Anchor Post has been subject to fall force or inspection reveals an unsafe or defective conditions, remove the system from service and destroy.

## **7.0 SPECIFICATIONS**

## **8.0 LABELS**



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Made in the  
**USA** 

*Model No: GP*

*Date of Mfg: Jul, 2021*

**WARNING** Manufacturer's instructions supplied with this product at time of shipment must be followed. Failure to do so could result in death. Contact FrenchCreek if instruction sheet is needed. Inspect before each use. Do not use if wear or damage is present. Items subjected to fall arrest or impact forces must be immediately removed from service. All hardware must be compatible. Repairs to be performed by FrenchCreek of its authorized agents only. Equipment modification or misuse voids warranty. Meets OSHA 1926.502 & 1910.140 Requirements. Capacity: ANSI 130-310 lbs. OSHA 400 lbs.

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## Inspection and Maintenance Log

DATE OF MANUFACTURE: \_\_\_\_\_

MODEL NUMBER: \_\_\_\_\_

DATE PURCHASED: \_\_\_\_\_

SN#: \_\_\_\_\_ DATE OF FIRST USE: \_\_\_\_\_

Inspection Date	Inspection Items Noted	Corrective Action Taken	Maintenance Performed
Approved By:			
Approved By:			
Approved By:			
Approved By:			
Approved By:			
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