



PALMER™
SAFETY

•Fall Protection •Training •Netting •PPE

**ROPE GRAB FOR 5/8" & 3/4"
DIAMETER ROPE**
INSTRUCTION MANUAL



These Instructions Apply to the Following Model(s):
C0860, C0860-L

IMPORTANT:

Do not skip this instruction manual. Read the instruction manual carefully before using the equipment. Failure to do so may cause serious injury or death. These instructions serve as the Manufacturer’s Instructions and are to be used as part of an employee training program for the system, as required by OSHA.

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Overview

You have just purchased your very own Palmer Safety Fall Protection Rope Grab Model C0860 for 5/8” & 3/4” Diameter Rope. This manual must be read and understood in its entirety, whereas any specified training course on fall protection can be utilized to provide the necessary knowledge.

All of these instructions need to be made available to the user of the equipment. The user needs to understand how the Rope Grab Model C0860 works and how to use it safely. They also need a basic understanding of fall safety equipment used in combination with the Rope Grab Model C0860, such as harnesses and lanyards.

Safety Standards

All applicable OSHA A10-14 and ANSI Z359.15-2014 standards for fall protection are followed when this product is used as instructed. Standards are regulated depending on the type of work being done. You can review all regulations at regulatory agencies for more information on fall protection systems, including any of the state-specific regulations.

Worker Definitions

NOTE: It is important to know the definition of those who work near or who may be exposed to fall hazards.

Qualified Person: A person with accreditation for this position who has sufficient experience or standing in their industry. They are responsible for reviewing the effectiveness of fall prevention and rescue procedures.

Competent Person: A fall safety coordinator is a person who has been trained to manage all aspects of a company's fall safety program. This includes the actual regulation, the management thereof and its application. A person tasked with identifying existing or foreseeable hazards. They have the power to temporarily stop work to address any concerns they might have.

Authorized Person: An employee who's area of responsibility includes areas where potential or existing fall hazards exist. These employees need to be trained to understand what it takes to work safely around these hazards.

Qualified or Competent person on jobsite is responsible for training and inspection of Rope Grab Model C0860. Please contact your local Palmer Safety Specialist if you have questions or need training. We can provide training on the jobsite.

Applications

WARNING: Using the equipment in ways other than its intended purpose may result in severe injury or death. Maximum 1 attachment per connection point.

Fall Arrest: The Rope Grab Model C0860, which can be used in Personal Fall Arrest (PFAS) applications, is for use by only 1 person and must be used with the appropriate supporting structure. The supporting structure must also withstand loads applied in the advised directions of at least 5000 lbs. Maximum lanyard length is 3 feet. Maximum freefall height is 6 feet. The D-ring needs to be in the dorsal position.

Restraint: The Rope Grab Model C0860 can be utilized in Restraint systems. Restraints are used to ensure workers do not get too close to the edge of any fall hazards. Only 1 person can use the Rope Grab Model C0860 at a time when working in restraint. Make sure to account for the full length of the lanyard that you plan on using. The structure must be guaranteed to withstand loads that are at least 1,000 lbs. in every direction. No item shall be allowed to fall without restraint. Restraint systems can only be used on surfaces where slopes are up 4/12.

D-rings that can used: Dorsal, Chest, Side, Shoulder.

TOTAL user weight capacity range (including person, clothing, tools, and equipment) is 130-310 lbs.

Limits

Fall Clearance: There should be enough clearance below the anchorage connector to arrest a fall before the person strikes the ground or an obstacle. When figuring out how far a person might fall, there needs to be a safety buffer of 2 feet. People also need to consider the distance they are slowing down at, how tall they are, the length of their lanyard or SRL. They should also think about harness stretch and any other factors that may apply such as Swing Fall.

Diagram shown to the right is a fall clearance calculation EXAMPLE ONLY.

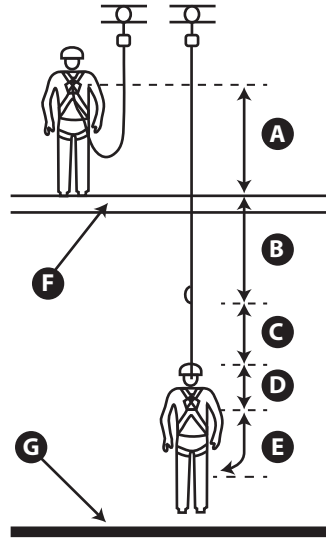


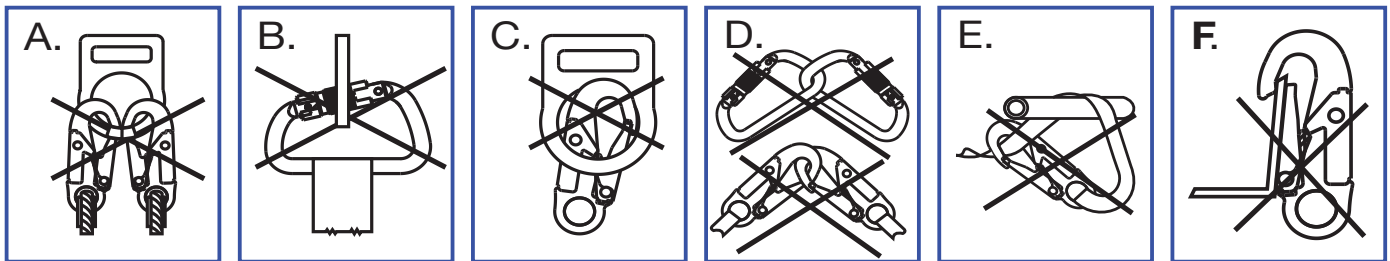
Diagram Point	Distance	Factors
A	*	Free Fall
B	**	Deceleration Distance
C	2 ft.	Safety Factor
D	1.5 ft.	D-ring Shift and Harness Stretch
E	***	Swing Fall
A + B + C + D + E = Required Fall Distance		
F		Working Level
G		Lower Level or Obstruction

* Free Fall Distance will depend upon multiple factors such as anchorage location and type of connecting subsystem used (energy absorbing lanyard, SRD, etc.)

** Deceleration Distance will depend upon type of connecting subsystem used (energy absorbing lanyard, SRD, etc.)

*** 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 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 subsystem is used.

Compatibility: To avoid interference when connecting to the Rope Grab Model C0860, there must be enough space between the hook and its attachment point. This is known as “rolling out” and can cause the gate on the hook to inadvertently open and release. All components must be compatible with the Rope Grab Model C0860 and must be approved by a Competent Person. All connectors should be self-closing and self-locking, and should withstand a minimum load of 3,600 lbs.

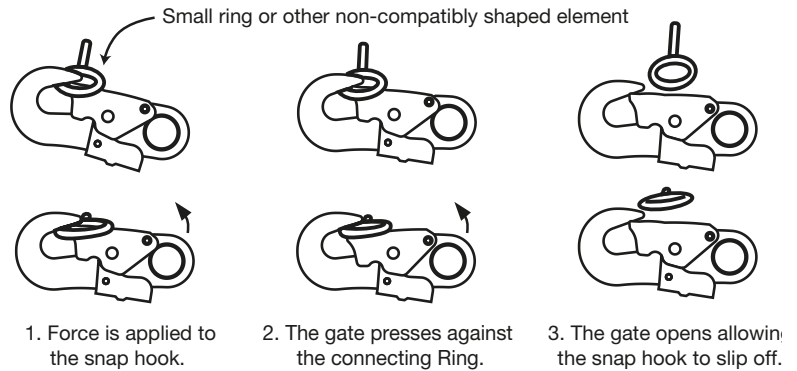


- A. Two or more connectors should never be attached to a single D-ring.
- B. Never attach a connector that could result in a load on its gate.
- C. Connectors should not be connected in a false engagement. It should be visually confirmed that the connector is fully engaged to the anchor point. Avoid conditions that allow for features that protrude from the connectors to catch on the anchor, giving a false sense of being connected.
- D. Connectors should not be connected to each other.
- E. Connectors should not be connected directly to the webbing or to the rope lanyard or tie back, unless

specifically allowed by the manufacturer.

F. Connectors should not be connected to any object which does not allow the connector gate to close or lock. Anchor shapes that allow roll out to occur should never be used for connection. If the anchor, to which the snap hook or carabiner is attached, is under sized or irregular in shape, then this may allow for the gate of the connector to come in contact with the anchor, thereby causing the connector to open up and possibly disengage from the anchor. This is known as roll out of the connector. See Diagram 2.

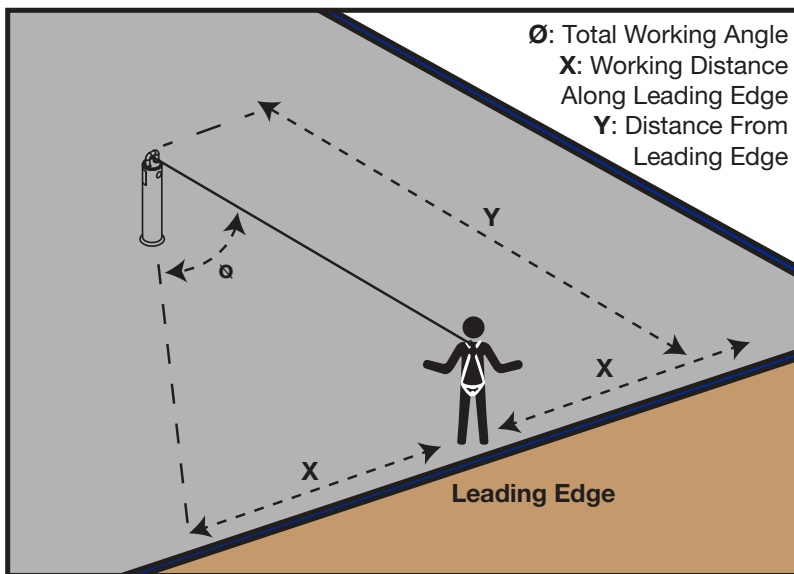
Diagram 2 - Unintentional Disengagement (roll-put)



G. Do not use connectors on an anchorage object as shown in figures A to F.

Correct Anchorage Positioning: This chart details allowable working zones required to reduce risk of swing falls and improper side loading. ALWAYS adhere to information specified by chart.

This chart details allowable working zones required to reduce risk of swing falls and improper side loading. ALWAYS adhere to information specified by chart.



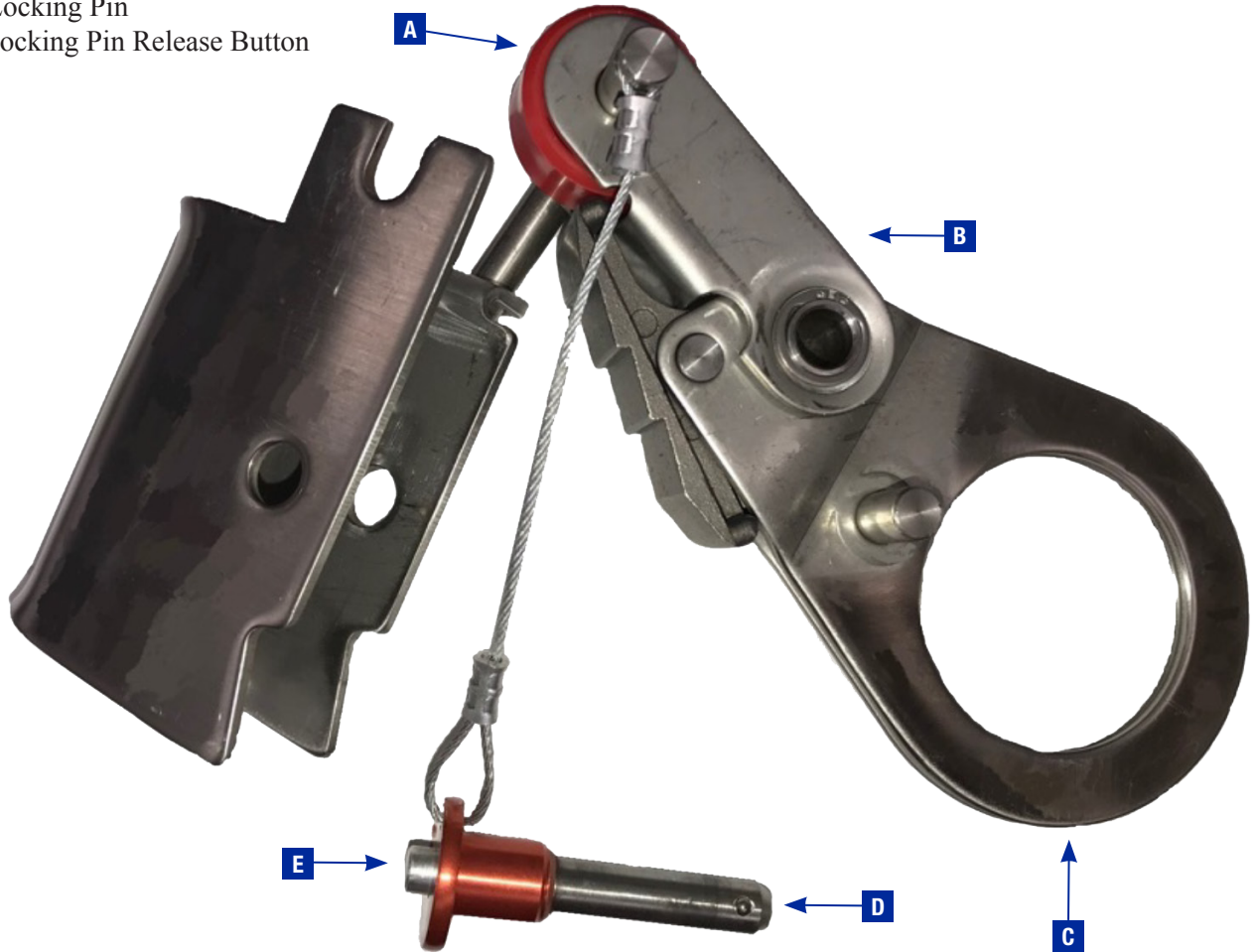
Anchor Distance From Leading Edge (Y)	Working Distance Along Roof Edge (Either Direction) (X)	Working Angle From Perpendicular (Ø)
6'	8'	53°
10'	9' - 9"	45°
15'	11' - 7"	38°
20'	13' - 3"	33°
25'	14' - 6"	30°
30'	16'	28°
35'	17' - 2"	26°
40'	18' - 3"	24°
45'	19' - 4"	23°
50'	19' - 10"	21°
55'	21' - 4"	21°
60'	22' - 3"	21°

For example, if the anchorage connector is 6' from the leading edge (Y), the working distance (X) is 8' in each direction from the perpendicular, which translates to a 53° working angle.

Swing Falls: When using or installing any anchors, think about eliminating swing fall hazards. Swing falls happen when the anchor point is not directly over the object being secured. Always make your anchors as close to perpendicular to where you are securing something as possible. Swing falls can increase the chances of serious injury or death if there is a fall.

Product Components

- A. Plastic Roller
- B. Cam and Lever Assembly
- C. Rope Grab Handle
- D. Safety Locking Pin
- E. Safety Locking Pin Release Button



Product Specifications

Maximum 1 connection per rope grab.

Worker Weight Range: 130-310 lbs. including all tools and equipment

Minimum Breaking Strength: 5,000 lbs.

Materials: Stainless Steel

Notes:

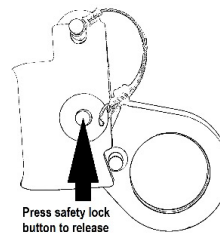
- 1.) The Rope Grab Model C0860 allows a worker to move up and down a vertical lifeline. In the event of a fall, the rope grab locks onto the rope in such a way as to absorb much of the force generated during a free fall.
- 2.) The Rope Grab Model C0860 is intended to be used together with a compatible vertical lifeline connected to a compatible anchor (capable of supporting at least 5,000 pounds), a lanyard, and a full body harness. **USE ONLY WITH COMPATIBLE COMPONENTS!**
- 3.) Tie off the bottom end of the lifeline to prevent the Rope Grab Model C0860 from detaching.
- 4.) The installation location of the anchor that the vertical lifeline is attached to, must be free from all damage and will support at least 5,000 pounds per worker.
- 5.) The Rope Grab Model C0860 is for use with 5/8" or 3/4" diameter 3-strand synthetic rope lifeline with minimum tensile strength of 5,800 pounds. Polyester rope is recommended. Other 5/8" or 3/4" diameter Kernmantle ropes can be used if deemed compatible by a Qualified Person.
- 6.) Make sure all workers have read and understand the warnings and instructions associated with this device before using this device.
- 7.) Maximum lanyard length is 3 feet. Maximum free fall distance is 6 feet.
- 8.) Any equipment subjected to the forces of a fall or impact should be removed from service immediately.
- 9.) **DO NOT ATTACH MORE THAN 1 WORKER TO THE ROPE GRAB. DO NOT ATTACH MORE THAN 1 WORKER TO A VERTICAL LIFELINE.**

Installation and Use

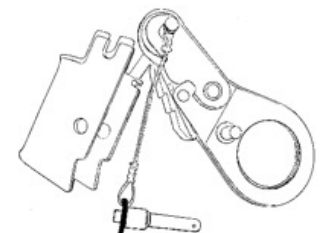
Use only with compatible 5/8" or 3/4" rope.

- Step 1:** Press Safety Lock Button to release safety lock pin and remove from device.
- Step 2:** Swing cam and lever assembly open.
- Step 3:** Place rope into rope grab with the plastic roller on top.
- Step 4:** Close assembly, align holes and reinsert the safety locking pin.
- Step 5:** Visually ensure that the locking pin balls can be seen on the outside of the main assembly and the direction arrow is pointed up.
- Step 6:** Check the locking action of the rope grab by pulling down on the rope grab handle.
- Step 7:** When the working location is reached, the worker should raise the rope grab as high on the vertical lifeline as the lanyard allows and pull downward on the handle to lock the rope grab onto the lifeline.

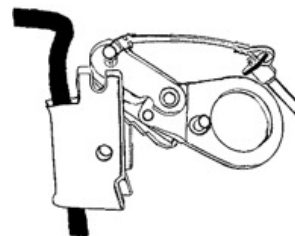
Step 1



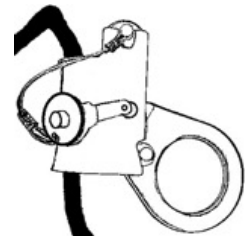
Step 2



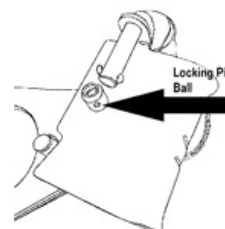
Step 3



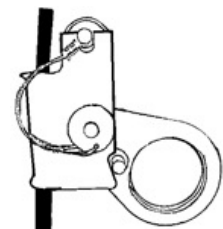
Step 4



Step 5



Step 6



Maintenance, Cleaning, and Storage

If Rope Grab Model C0860 fails inspection in any way, immediately remove it from service, and contact Palmer Safety to inquire about its return or repair.

Cleaning after use is important for maintaining the safety and longevity of Rope Grab Model C0860. Remove all dirt, corrosives, and contaminants from Rope Grab Model C0860 before and after each use. If Rope Grab Model C0860 cannot be cleaned with plain water, use mild soap and water, then rinse and wipe dry. NEVER clean Rope Grab Model C0860 with corrosive substances.

When not in use, store equipment where it will not be affected by heat, light, excessive moisture, chemicals, or other degrading elements.

Inspection

- 1.) Rope Grab Model C0860 should be inspected before each use.
If any damage is found or system is involved in a fall remove from jobsite immediately.
- 2.) System should be inspected by a Competent Person at a minimum of every 6 months.
- 3.) All inspections should be documented.

Palmer Safety would be glad to help with any inspections.

Inspection Log

SERIAL NUMBER:													
MODEL NUMBER:													
DATE PURCHASED:						DATE OF FIRST USE:							

	J	F	M	A	M	J	J	A	S	O	N	D
YR												
YR												
YR												
YR												
YR												

Product lifetime is indefinite as long as it passes pre-use and Competent Person inspections. User must inspect prior to EACH use. Competent Person other than user must complete formal inspection at least every 6 months. Competent Person to inspect and initial.

This inspection log must be specific to one Rope Grab Model C0860. All inspection records must be made visible and available to all users at all times.

If equipment fails inspection or is involved in a fall REMOVE FROM SERVICE IMMEDIATELY.

INSPECTION DATE	INSPECTION ITEMS NOTED	CORRECTIVE ACTION	MAINTENANCE PERFORMED
Approved by:			
Approved by:			
Approved by:			
Approved by:			
Approved by:			
Approved by:			

Safety Information

WARNING: Failure to understand and comply with safety regulations may result in serious injury or death. Regulations included herein are not all-inclusive, are for reference only, and are not intended to replace a Competent Person's judgment or knowledge of federal or state standards.

Notes:

Notes:



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