

User's and maintenance manual blocfor™ 20R / 30R ESD 150 kg and leg bracket EN 1496 class B: 2017

Rescue lifting device fitted to a self-retracting fall arrester

English Original manual

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blocfor™ 20R/30R

Technical specifications

| Standards: EN 360, EN 1496 class B | | |
|--|-------------------------|-------------------------|
| Model | blocfor™ 20R ESD 150 kg | blocfor™ 30R ESD 150 kg |
| Weight (kg) | 9.34 | 16 |
| Dimensions L x W x D (mm) | 400 x 275 x 100 | 600 x 320 x 130 |
| Length of the galvanised steel cable assembly Ø 4.9 mm (m) | 18 | 30 |
| Retracting force (N) | 25 | 25 |
| Fall-arresting force (kN) | 5 | 5 |
| Fall-arresting distance (mm) | 800 | 800 |



blocfor[™] is a range of CE-marked, self-retracting fall arresters which comply with the EC directive on PPE. The certificate of conformity issued by the APAVE certification body covers their use as per the requirements sta ted in standard EN 360:2002.

The certificate of conformity with regard to PPE issued by the APAVE certification body excludes applications associated with other uses, such as conformity with standard EN 1496:2017, rescue lifting systems.

1. General warnings specific to recovery devices

- Before using a blocfor[™] self-retracting fall arrester, and to ensure that the equipment is used safely and effectively, it is essential that the user reads and understands the information given in the manual supplied by TRACTEL SAS. This manual should be available at all times to all users. Additional copies can be supplied on request.
- Before using this safety device, it is essential that users receive training on how to use it. Check the condition of associated equipment and make sure that there is adequate room for fall clearance.
- The blocfor[™] self-retracting fall arrester must only be used by trained and competent personnel, or under the supervision of trained and competent personnel.
- 4. Any blocfor[™] self-retracting fall arrester which does not appear to be in good condition or which has already served to arrest a fall should be inspected, along with all its associated equipment, by TRACTEL SAS or by a qualified and competent technician who must provide written authorisation for the continued use of the system. It is advisable to carry out a visual inspection prior to each use.
- The equipment should not undergo any modification or addition without prior written approval from TRACTEL SAS. The equipment must be transported and stored in its original packaging.
- 6. Any blocfor[™] self-retracting fall arrester which has not been inspected during the previous 12 months or which has served to arrest a fall must not be used. It can only be used again after a new periodic inspection has been carried out by an approved and competent technician who can authorise its use in writing. In the absence of these inspections and authorisations, the blofcor[™] self-retracting fall arrester shall be disassembled and destroyed.
- 7. The working load limit for the blocfor™ self-arresting fall-arrester is 150 kg.
- If the mass of the operator plus the mass of his/her equipment and tools is between 100 kg and 150 kg, it is crucial to ensure that this total mass (operator +

equipment + tools) does not exceed the working load limit of any individual component in the fall arrest system.

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- This equipment is suitable for use on an open air site and within a temperature range of -35°C to +60°C. Avoid any contact with sharp edges, rough surfaces and chemical substances.
- 10. If you are responsible for assigning the equipment to an employee or person in a similar capacity, ensure that you comply with the applicable health and safety at work regulations.
- 11. The operator must be physically and mentally fit when using this equipment. In case of doubt, check with his/her doctor or with the occupational physician. Pregnant women are prohibited from using the equipment.
- 12. The equipment must not be used beyond its limits or in any situation other than that for which it has been designed: see "4. Functions and description".
- It is advisable to personally allocate a blocfor™ selfretracting fall arrester to each operator, especially if this operator is an employee.
- 14. Before using an EN 363 fall-arresting system, the user must ensure that each of its components is in good working order: safety system, locking system. When setting up, it is essential to ensure that the safety functions are not degraded in any way.
- 15. For a fall-arrest system, it is essential to check, prior to each use, the free space under the operator at his/her workplace, so that if the person falls there is no risk of them hitting the ground or any obstacle in their path (before the fall-arrest system activates).
- 16. A fall-arrest harness is the only body-gripping device that is permitted for use in a fall-arrest system.
- 17. It is essential for the safety of the operator that the device or anchor point is correctly positioned and that work is carried out so as to minimise the risk of falls from height.
- 18. For the safety of the operator, if the equipment is sold outside the primary country of intended sale, the dealer shall supply an instruction manual and instructions regarding maintenance, periodic inspections and repair work, all of which shall be written in the language of the country in which the equipment shall be used.
- The working load limit is 150 kg for the blocfor™ 20R/30R self-retracting fall arrester, irrespective of whether it is used as a fall arrester (EN 360) or for rescue lifting (EN 1496 class B).
- 20. A rescue plan must be drawn up and in place.



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For any special applications, please contact TRACTEL® S.A.S.

2. Definitions and pictograms

2.1. Definitions

"User": Person or department responsible for the management and safe use of the product described in the manual.

"**Technician**": Qualified person tasked with performing the maintenance operations described in and authorised by the manual. The technician is competent and familiar with the product.

"**Operator**": A person capable of using the product in the way it is intended to be used.

"**PPE**": Personal protective equipment providing protection against falls from height.

"Connector": A connecting element between components of a fall-arrest system. It is EN 362 compliant.

"Fall-arrest harness": A body-gripping harness designed to halt falls. It consists of straps and buckles. It features fall-prevention attachment points marked with an A if they can be used alone, or marked with A/2 if they are to be used in combination with another A/2 point. The harness is EN 361 compliant.

"Self-retracting fall arrester": A fall arrester with an automatic locking function and an automatic tensioning and retraction system on the retractable lanyard.

"Retractable lanyard": A lifeline element which connects to a self-retracting fall arrester. It may take the form of metal cable, webbing or synthetic fibres, depending on the type of device.

"Working load limit": Maximum weight of the operator in appropriate workwear, equipped with the correct PPE, tools and the parts needed to perform the scheduled task.

"Fall-arrest system": An assembly composed of the following items:

- Fall-arrest harness.
- Self-retracting fall-arrester, or shock absorber, or mobile fall-prevention device with rigid belaying supports, or mobile fall-prevention device with flexible belaying supports.
- Anchoring.
- Linking component.

"Fall-arrest system component": Generic term defining one of the following:

- Fall-arrest harness.
- Self-retracting fall-arrester, or energy shockabsorber, or mobile fall-prevention device with rigid belaying supports, or mobile fall-prevention device with flexible belaying supports.
- Anchoring.
- Linking component.

"Rescue lifting device EN 1496 class B": component or sub-assembly of a rescue system used by a rescuer to winch a suspended person from a lower to a higher place and featuring an additional hand-operated lowering function for lowering a person over a distance limited to 2 m.

"Rescue equipment": individual system for protecting against falls by which an individual can self-rescue or save other individuals, such that any drop is prevented.

2.2. Pictograms

DANGER: Placed at the beginning of the line, refers to instructions whose purpose is to avoid injury to persons, including death, serious or minor injuries, and damage to the environment.

IMPORTANT: Placed at the beginning of a line, refers to instructions whose purpose is to prevent an equipment failure from occurring or to avoid equipment being damaged in a context in which the life or health of the operator or of others is not directly endangered, and/or in which damage to the environment is unlikely.

NOTE Placed at the beginning of a line, refers to instructions whose purpose is to ensure the effectiveness or the suitability of an installation, of how it is used or of maintenance operations.

3. Conditions of use

Checks before use:

- · Check the condition of the entire length of the lanyard:
 - The synthetic cable or the webbing must not show any signs of abrasion, fraying, burns or cuts.
 - The metal cable must not show any signs of kinks, abrasion, corrosion or broken wires.
- Check that the lanyard locking device is activated when the end of the lanyard is pulled sharply and that it winds up and unwinds normally over its entire length.
- Check the condition of the housing (no deformation, screws in place, etc.).



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- Check the condition and operation of the connectors: no visible deformation and that it is possible to open, close and lock them.
- Check the condition of the components associated with the harness and with the connectors. Refer to the manuals specific to each product.
- · Check the complete fall-arrest system.
- Check that the leg brackets are securely attached to the legs of the Tracpode rescue tripod (refer to § 4.2.2)
- Check that the equipment is set to self-retracting fall-arresting mode: i.e. with the recovery device not engaged.
- Check that the device which locks the lanyard is activated when the end of the lanyard is pulled sharply, and that it winds up and unwinds normally over its entire length.
- Check that the recovery function engages and disengages correctly.
- Check that the device which locks the lanyard can support the load connected to the end of the lanyard and that it can be wound up and unwound normally over its entire length when the winch's winder is turned.

4. Functions and description

4.1. blocfor™ 20R/30R 150 kg

- The blocfor™ 20R/30R 150 kg self-retracting fall arrester is an EN 360-compliant, self-retracting fall arrester: refer to § 4 of the attached manual for the blocfor™ ESD - EN 360.
- It is fitted with a rescue device for raising or lowering the suspended person (EN 1496 class B): this recovery function lets a rescuer raise and/or lower the suspended person after a fall. It may be used:
 - vertically when secured to an anchor point.
 - in an inclined position when secured to a leg bracket fitted to a Tracpode.
- The rescue function is disengaged when the blocfor™ is being used in fall-arresting mode.
- In the event of a fall, the blocfor's mechanism is locked to stop any movement. To rescue the suspended person (by raising or lowering), engage the recovery mechanism by pushing the locking red button and then turning the winder.
- The blocfor™ 20R/30R 150 kg self-retracting fall arrester has two handles on the housing for handling the unit. They can also be used when performing a rescue operation - hold one of the handling handles with one hand and turn the winder with the other.
- A specially-designed leg bracket is used to secure the blocfor™ 20R/30R 150 kg self-retracting fall arrester to one of the legs of the Tracpode rescue tripod.
- When lowering a suspended person, the rescue function is limited to a maximum distance of 2 metres. To lower over a longer distance, use a descender device which complies with EN 341.

4.2. The leg bracket

4.2.1 Fitting the blocfor™ 20R/30R to the leg bracket



The blocfor™ 20R/30R 150 kg self-retracting fall arrester must not be fitted to any bracket other than the Tractel Tracpode leg bracket.

Preparing the leg bracket

Position the angle bracket at the end of the leg bracket at the correct position for the type of blocfor™ being used: 20R or 30R.





1. Position the blocfor™ 20R/30R 150 kg so that it fits over the bolt at the top of the leg bracket (1) and secure it by fully tightening the lock nut (2)



- 2. With its screw slightly loose, push the angle bracket up against the blocfor™ unit to centralise the position of the cable guide.
- 3. Tighten the angle bracket's nut



4.2.2 Mounting the blocfor™ 20R/30R 150 kg and leg bracket assembly onto the Tracpode

- 1. Remove the locking pin and then position the blocfor™ 20R/30R 150 kg at the required height on the Tracpode (there are 3 possible positions) (1). For this operation refer to the manual specific to the Tracpode.
- 2. Push the locking pin through the holes in the leg bracket and through the hole in the Tracpode.
- 3. Secure the locking pin using the spring clip







4.2.3 Mounting the blocfor™ 20R/30R 150 kg onto a structure / an anchor point.

- The anchor point for the blocfor™ 20R/30R 150 kg must always be higher than or at the same level as the operator's feet, and never underneath.
- Use an EN 362 connector to connect the blocfor™ 20R/30R self-retracting fall arrester to the anchor point or to a structure whose load bearing capacity must not be less than 12 kN.

5. Operating principle

Performing a rescue operation with a blocfor™ R

\bigwedge danger

A second person must be available nearby to perform a rescue operation if required.

The rescue operations required must be studied and assessed in advance to define the human resources and equipment necessary to rescue a suspended person in less than 15 minutes. Failure to meet this time limit places the fallen person in danger.

5.1. Engaging the recovery (rescue) function

- (1) Press on the red locking button to engage the recovery function.
- (2) Pull out then rotate the winder to rescue the operator:
 - rotate the winder clockwise to raise the operator,
 - rotate the winder anti-clockwise to lower the operator.



5.2. Returning to fall-arresting mode

5.2.1 Winding up the cable into the device

Once the rescue has been completed, wind up the cable fully into the device by rotating the winder clockwise.



Do not disengage the device's recovery function until the cable has been fully wound up into its housing, since otherwise the cable may retract by itself at a dangerously high speed.

5.2.2 Disengaging recovery mode

- To disengage the winch mechanism, press simultaneously on the red button (1) and on the spindle of the winder (2).
- Ensure that the winder is oriented vertically, with its handle at the top, when performing this operation.
- Pull out the handle (3) before folding it down (4).







Lifting operations with the blocfor™ R

The blocfor™ R must not be used for any lifting operations other than rescue lifting.

The winching system is designed exclusively for rescue operations.

For the entire duration of the rescue, direct or indirect visual contact, or another means of communication, must be maintained between the rescuer and the others persons involved in the rescue.

For rescue operations, the use of a comfortable EN 813 harness (such as PromastTM, Transport, Rescue), or a harness fitted with EN 1497 rescue straps, is recommended.

6. Prohibited use

The following are strictly prohibited:

- installing or using a blocfor[™] self-retracting fall arrester without being authorised, trained and recognised to be competent in the use of the device, or for anyone not meeting these requirements, without being supervised by someone who is authorised, trained and recognised to be competent in the use of the device.
- using a blocfor[™] self-retracting fall arrester if any of its markings are not legible.
- installing or using a blocfor[™] self-retracting fall arrester without first having carried out the preliminary checks.
- using a blocfor™ self-retracting fall arrester which has not been the subject of a periodic inspection in the last 12 months, performed by a technician who authorised its continued use in writing.
- connecting a blocfor[™] self-retracting fall arrester to a point which has not been the subject of a periodic inspection in the past 12 months performed by a technician who authorised its continued use in writing.
- Using a blocfor™ self-retracting fall arrester for any application other than for the fall arrest of persons
- fixing a blocfor™ self-retracting fall arrester to its anchor point using any other means or equipment.
- using a blocfor[™] self-retracting fall arrester in any way that contradicts the information given in section "15. Service life".
- using a blocfor[™] self-retracting fall arrester as a fall protection system for more than 1 person.
- using a blocfor[™] self-retracting fall arrester to support a load of between 100 kg and 150 kg (total mass of the operator, equipment and tools) if any component of the fall-arrest system has a lower working load limit.
- using a blocfor[™] self-retracting fall arrester if it has been used to arrest a fall.
- using a blocfor[™] self-retracting fall arrester as a means of suspending or maintaining the position of a person at a place of work.

- using a blocfor[™] self-retracting fall arrester in a highly corrosive or explosive atmosphere.
- using a blocfor[™] self-retracting fall arrester outside the temperature range specified in this manual.
- using a blocfor[™] self-retracting fall arrester if the clearance below the person is not sufficient in the event of a fall.
- using a blocfor[™] self-retracting fall arrester if any of the users are not in good physical condition.
- using a blocfor[™] self-retracting fall arrester if you are pregnant.
- using a blocfor[™] self-retracting fall arrester if the safety function provided by any of the associated items is affected by the safety function of another item or interferes with it.
- releasing the lanyard of a blocfor[™] self-retracting fall arrester when it has not been completely wound up (figure 2.a).
- using a blocfor[™] self-retracting fall arrester to support the weight of an item of equipment.
- anchoring a blocfor[™] self-retracting fall arrester to a structural anchor point whose load bearing capacity is less than 12 kN, or which may be assumed to be less than 12 kN.
- using a blocfor[™] self-retracting fall arrester with a vertical angle of more than 20° (*figure 1.c*).
- using the lanyard of a blocfor[™] self-retracting fall arrester as a sling.
- impairing the alignment of a blocfor™ self-retracting fall arrester with its lanyard.
- impairing the smooth unwinding and winding up of the lanyard of a blocfor™ self-retracting fall arrester.
- performing any repair or maintenance operations on a blocfor™ self-retracting fall arrester without first having been trained and qualified, in writing, by TRACTEL[®] (*figure 2.b*).
- using a blocfor[™] self-retracting fall arrester if it is not complete, if it has previously been dismantled and reassembled or if components have been replaced by a person not unauthorised by TRACTEL[®].
- the use of a blocfor[™] 20R/30R 150 kg self-retracting fall arrester by a person whose total mass, including equipment and tools, exceeds 150 kg.
- lifting a load using a blocfor[™] 20R/30R self-retracting fall arrester.
- creating a slack section of cable when rescuing by lowering the person.

7. Installation

- Wherever possible, the structural anchor point should be higher than the operator. The load bearing capacity of the structural anchor point must not be less than 12 kN.
- The device must be connected to the anchor point or to the structure using an EN 362 connector or using the screw on the Tractel leg bracket designed specifically for the blocfor™ 20 and 30 R
- When connecting the fall-arrest system to the fallarrest harness, refer to the instructions specific to



the harness and to the fall-arrest system in order to use the correct anchor point and the correct securing method.

8. Components and materials

- · Cables: galvanised steel
- Shock absorber: PA + PES.
- Housing: PA/ABS or aluminium for the 30 m models.
- Anchoring components: galvanised steel

9. Associated equipment

In accordance with standard EN 363, the blocfor™ 20R/30R 150 kg self-retracting fall arrester is one component of a fall-arresting system, which must consist of:

- An anchor point (EN 795).
- An end connector (EN 362).
- A fall-arrest system (EN 360) with a rescue lifting system (EN 1496).
- A connector (EN 362).
- A fall-arrest harness (EN 361), (rear (dorsal) attachment point recommended).

All other items of associated equipment are prohibited.

10. Maintenance and storage

- If a blocfor[™] self-retracting fall arrester is dirty, it must be washed with clean, cold water, if necessary using a detergent for delicate fabrics, and using a synthetic brush.
- If a blocforTM self-retracting fall arrester becomes wet during use or as a result of washing, it must be left to dry naturally away from direct sunlight and from any source of heat.
- Before transport and storage, wrap the equipment in packaging that will keep out moisture and protect against any damage (direct heat sources, chemicals, UV, etc.).
- Check that the rescue system can be engaged/ disengaged correctly.
- Check that the cable is not damaged at any point along its length.
- If the device is contaminated, contact Tractel[®] or one of its dealers.

11. Equipment compliance

TRACTEL SAS RD 619 – Saint-Hilaire-sous-Romilly – F-10102 Romilly-sur-Seine France hereby declares that the safety equipment described in this manual is identical to the equipment that was inspected for compliance with EN 1496(2017) by APAVE SUDEUROPE SAS – CS 60193 – 13322 Marseille – France

12. Marking

Explanation of product name:

B X R ESD Z

- B: stands for the name of the device, blocfor™
- X: the type of blocfor™ device in the range (20 R / 30 R)
- R: Recovery model (rescue lifting device, EN 1496)

ESD: a term generic to the range

Z: Type of connector on retractable lanyard end

Example:

B20 R ESD M47

A blocfor™ self-retracting fall arrester, recovery model, belonging to the ESD range, type 20, fitted with an M47 connector on the retractable lanyard side.

The label on each blocfor[™] self-retracting fall arrester indicates:

- a. The trade name: TRACTEL®.
- b. The name of the product,
- c. The reference standard followed by the year of application,
- d. The product reference,
- e. The CE logo followed by the number 0082, the identification number of the approved body responsible for production monitoring,
- f. Year and week of manufacture.
- g. The serial number,
- h. A pictogram indicating that the manual must be read before using the device,
- w. Working load limit.
- aa. Date of the next periodic inspection.
- ab. Minimum load bearing capacity of the anchor point.

13. Periodic inspection and repair

An annual periodic inspection is required, but depending on the frequency of use, environmental conditions and regulations of the company or the country of use, periodic inspections may be more frequent.

Periodic inspections should be carried out by an authorised and competent technician, in compliance with the manufacturer's instructions transcribed in the file "TRACTEL®PPE inspection instructions".

Confirmation of the legibility of the product markings should be an integral part of the periodic inspection.

On completion of the periodic inspection, the return to service must be indicated in writing by the authorised and competent technician who carried out the inspection. This return to service must be recorded on



the inspection sheet in the middle of this manual. This inspection record should be retained throughout the product's service life, up until it is recycled.

After arresting a fall, this product must undergo a periodic inspection as described in the current article. The product's textile components must be changed, even though they may not display any visible deterioration.

14. Service life

TRACTEL[®] textile PPE equipment such as harnesses, lanyards, ropes and shock absorbers, TRACTEL[®] mechanical PPE such as stopcable[™] and stopfor[™] fall-arresters, blocfor[™] self-retracting fall arresters and TRACTEL[®] lifelines can be used on condition that, from their date of manufacture onwards, they are:

- used normally, in accordance with the recommendations given in this manual.
- Inspected periodically at least once a year by an approved and competent technician. On completion of this periodic inspection, it must be certified in writing that the PPE is fit to be returned to service.
- stored and transported in strict compliance with the conditions indicated in this manual.

15. Disposal

When disposing of the product, all components must be recycled by firstly sorting them into metallic and synthetic materials. These materials must be recycled by specialist organisations. During disposal, dismantling in order to separate the components should be undertaken by a suitably trained person.





blocfor™ 20R/30R

Spécifications techniques

| Normes : EN 360, EN 1496 classe B | | |
|--|-------------------------|-------------------------|
| Modèle | blocfor™ 20R ESD 150 kg | blocfor™ 30R ESD 150 kg |
| Poids (kg) | 9,34 | 16 |
| Dimensions L x I x H (mm) | 400 x 275 x 100 | 600 x 320 x 130 |
| Longueur appareil câble acier galvanisé Ø 4.9 mm (m) | 18 m | 30 m |
| Force de rappel (N) | 25 | 25 |
| Force de freinage (kN) | 5 | 5 |
| Distance de freinage (mm) | 800 | 800 |



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