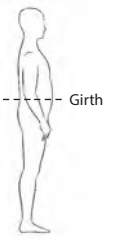


**The LGM FALL PROTECTION SYSTEM**  
by London Garment Manufacturing  
**USER INSTRUCTIONS**

London Garment Manufacturing  
Stoneville, NC 27048  
o) 336-573-9200  
www.londongarmentmfg.com

Maximum capacity: 310 lbs.  
SIZING CHART for the LGM Fall Protection Garment

Height	Girth	Size
4'9"- 5'4"	Under 42"	Small
5'5"-6'0"	Under 48"	Medium
6'1-6'4"	Under 54"	Large
6'5" +	Under	Xtra Large
Measure girth at widest part of abdomen		
Going up in size will fit wider girths		



Thank you for your purchase of the London Garment Manufacturing (LGM) Fall Protection System. LGM is proud to produce Made in America safety equipment that meets or exceeds industry standards. We test our products according to OSHA standards to ensure that your safety is our ultimate goal.

If you have any questions regarding these instructions or use of the LGM Fall Protection System, please contact us.

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

Manual should be read and understood in its entirety, and used as part of a training program as required by OSHA or applicable state regulatory agency.

This product meets applicable OSHA standards for fall protection.

THE LGM GARMENT AND THE LGM LANYARD ARE A SYSTEM AND RECOMMENDED TO BE USED TOGETHER. LGM CANNOT GUARANTEE THE SAFETY OF OTHER HARNESSSES OR LANYARDS USED WITH OUR COMPONENTS. ANSI-certified lanyard recommended. Failure to follow instructions included in this manual resolves LGM from liability from injury.

**RECOMMENDED USE OF GARMENT AND LANYARD AS A SYSTEM**

There are no adjustments required of the LGM Fall Protection Garment. The garment is sized to fit each individual wearing the garment.



1. Unzip garment and hold open with both hands by the zipper.



2. Place one foot into appropriate leg of garment and repeat with other



3. Pull garment up to groin.



4. Insert left or right elbow into respective arm of garment.



5. Then insert other arm into arm hole of garment.



6. Pull garment onto shoulders.



7. Zip up the garment and double check that zipper slider is locked down.

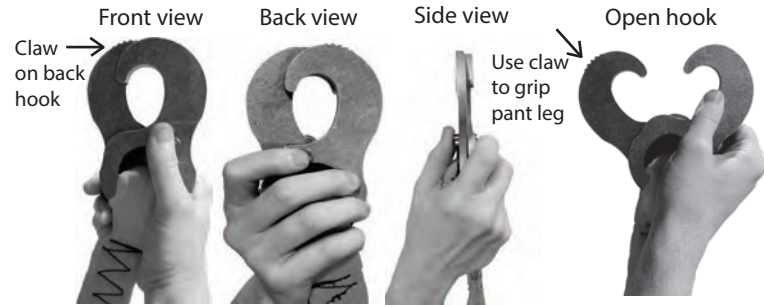
Alternatively, while sitting, insert one foot into respective leg of garment followed by the other foot. Then follow directions 3-7.



2.



3.



Hold hook as shown in illustration above. Press in small knob on button with thumb and push down to unlock. Use claw on top of back hook to grip pant leg or similar. Push open with thumb. Connect to anchor point of garment tie-off point. Release to lock hook. Always ensure that hook is securely locked with button raised.

The LGM Fall Protection System must be viewed as a "complete system" beginning with hazard identification and ending with ongoing management review. Components of the LGM System need to be in place to provide maximum worker safety.

**A. ANCHOR POINT**

The first component is the anchor point must be capable of supporting 5000 lbs per worker.

**B. FALL PROTECTION GARMENT**

The second component is the protective gear worn to arrest free fall or the potential of free fall.

**C. CONNECTING DEVICE**

The third component of the LGM system is the energy absorbing lanyard.

**D. CONNECTING TO THE FALL PROTECTION GARMENT**

The snap hook should only be connected to the back tie off point of the garment.

Secondary tie-off points should be used for positioning only and not be used as fall protection

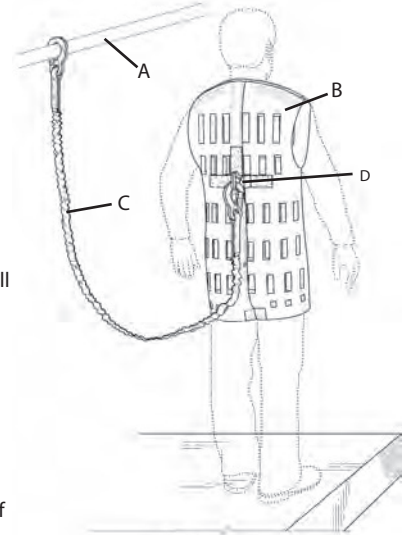


Fig. 1

## WARRANTY

Standard Limited Warranty: Small imperfections in the garment do not indicate deficiency in quality or safety. All LGM products are inspected for quality assurance.

This LGM Garment and LGM Lanyard are warranted against defects in material and workmanship for up to 3 years from date of manufacture (please check manufacture date on garment label), if the garment and lanyard are used in accordance with LGM's user manual. This warranty does not cover damage resulting from improper use, user negligence, accident or normal wear. **ONLY THIS LGM WARRANTY APPLIES TO THE LGM FALL PROTECTION SYSTEM**

In the event of fall arrest, the LGM garment and LGM lanyard are deemed **OUT OF SERVICE**, must not be used again and can be returned to LGM for a replacement upon receipt of approved OSHA documentation.

**LIMITATIONS:** This warranty is void if the product is damaged by improper or abnormal use of by accident; if the product is altered or modified in any way; or if any attempt is made to repair the garment and lanyard without authorization from LGM Register online at <http://www.londongarmentmanufacturing.com/register.php>

## LIFE EXPECTANCY OF THE LGM FALL PROTECTION SYSTEM

It is the position of London Garment Manufacturing (LGM) to use a 3-year life expectancy from date of manufacture as a guideline on all fall protection systems. LGM provides this recommendation as a general guideline, and is not to be used in lieu of the lanyard inspection section of these instructions. This guideline only applies to product exhibiting no visual damage and that has not been exposed to chemicals, abnormal heat, or excessive ultra-violet light. It is possible that the equipment will last longer depending on care, maintenance and usage the equipment may see.

## WARNINGS! UNDER PENALTY OF LAW

These instructions are to remain with the bag in which the garment and lanyard were purchased. Potential user must always have instructions available. Due to the developments of LGM equipment, this manual is invalid 3 years after the effective date on this manual. Please contact LGM to request a current manual.

- Do not alter or misuse this equipment.
- 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 such as acids or solvents which may produce a harmful effect or degrade the equipment. Consult LGM if there is doubt.
- Do not use the equipment around sharp edges or abrasive surfaces.
- Always put on safety garment at ground level.
- The garment zipper should be zipped up entirely and zipper slider is secured down
- The LGM Lanyard recommended use with the LGM garment.

The LFP Garment and Lanyard is recommended as part of a complete fall protection system. The user is responsible for the maintenance and inspection of the garment and lanyard regularly and review of this manual periodically.

Please be sure the lanyard is properly attached and secure to an anchor point. Fully inspect for any tears or rips before each use.

Proper precautions should always be taken to remove any obstructions, debris, material, or other hazards from the work area that could cause injury or interfere with the operation of the fall protection system.

Never use fall protection equipment for purposes other than for use for fall protection of a worker. It should never be used for towing or hoisting.

If a fall occurs, no fall protection system can guarantee that the user will not sustain injuries. In order to achieve the maximum level of safety of this garment and lanyard, all instructions must be followed diligently.

Please consult a doctor after a fall or if there is any reason to doubt a user's ability to withstand and safely absorb fall protection forces. Should a fall occur, age, fitness, and health conditions can seriously affect the worker. Pregnant women and minors should not use this equipment unless specially sized for children.

## MAINTENANCE

Personal fall protection equipment must be maintained and inspected regularly to ensure that the equipment performs properly when a fall protection occurs. Failure to properly maintain equipment could lead to serious or fatal injury.

Periodic maintenance at minimum once a month is suggested or more if garment is heavily used. Do not make any adjustments or repairs to the LGM garment or LGM lanyard. Contact LGM for further information as necessary.

## STORAGE

The LGM garment and LGM lanyard should be stored when dry in the bag in which it was received in a clean, dry place away from extreme heat or exposure to harmful fumes or corrosive agents.

## TRAINING

All training to use fall protection equipment must be conducted under qualified supervision. Hands-on training should be conducted before first use to understand the full capabilities and limitations of equipment. Training should be site specific and may need to cover additional topics than those listed in this manual. Please store this manual so that it may be reviewed periodically. Below is a list of suggested training objectives.

## TRAINING TOPICS SUGGESTED

- Know the parts of a fall protection system: Anchorage, Body Support & Connection
- Recognize any fall hazards and eliminate them where possible
- Use proper equipment for each application
- Notice environmental and work place factors
- Establish and reduce free fall distances
- Examine connections to appropriate anchor point
- Determine a rescue plan
- Always inspect and maintain equipment
- Know the limitations and usage of equipment
- Realize the consequences of not following or understanding these instructions
- Do not use straps other than the tie off points
- Always zip up completely to ensure effectiveness of garment
- In the event of fall arrest, the LFP garment and LFP lanyard are deemed **OUT OF SERVICE**, must not be used again and should be replaced.

## CLEANING

The LFP garment can be machine washed in cold water only and hung to air dry on a hanger, away from excessive heat, steam, fumes, corrosive elements of long periods of sunlight.

The LFP lanyard should be cleaned by wiping off all surface dirt with a sponge dampened in plain water. Squeeze the sponge dry. Dip the sponge in a mild solution of water and soap or detergent. Work up a lather with back and forth motion. Then wipe dry with a clean cloth. Hang freely to dry away from excessive heat, steam, fumes, corrosive elements of long periods of sunlight.

**DO NOT DRY IN MACHINE DRYER. HANG TO DRY.  
DO NOT BLEACH OR USE STAIN REMOVER.**

## INSPECTIONS

An inspection of all equipment must be performed visually by the user before each use and a least monthly by a competent person other than the user. Record inspection results each time. Use the inspection chart included for you. Please note that equipment used in harsh conditions will require more frequent inspection to ensure safety.

If there is damage to equipment, please remove the item from service immediately and replace. Mark "DO NOT USE". Use of damaged or questionable equipment could lead to serious or fatal injury.

## Garment Inspection

- Check from top to bottom in the front and back of the garment, at the shoulders, zipper closure, arm and leg openings.
- Inspect the garment for tears, cuts and fraying.
- Examine stitching for pulled or ripped stitches.
- Small imperfections in knit structure do not indicate deficiency in quality or safety.
- Any garment with noticeable cuts, frays or abrasions should be removed from service. Garment may be repaired by LGM please contact us to arrange for a return.

## Lanyard Inspection

- Snap hooks - Inspect closely for hook distortions, major cracks or corrosion. When closed, the hook does not open and buttons should be raised.
- Web lanyard - While bending lanyard webbing over a pipe or mandrel, observe each side of the web lanyard. This will reveal any cuts, snags, or breaks. Swelling, discoloration, cracks, and/or charring are obvious signs of chemical or heat damage. Observe closely for any breaks in the stitching. Inspect yellow **OUT OF SERVICE** tag for signs of activation, when fully exposed.

## INSPECTION AND MAINTENANCE LOG

Use this chart and inspection tag on the garment to maintain records for inspections. Please inspect before each use and record garment and lanyard condition. If either do not pass inspection, remove from service immediately. Once a year, equipment must be inspected by a competent person other than the user.

INSPECTION DATE	INSPECTION ITEMS NOTED	CORRECTIVE ACTION	MAINTENANCE PERFORMED