



FISHING INDUSTRIAL MINING MILITARY YACHTING

User Instruction Manual

Dynamic Rope 11 mm

Southern Ropes UK Ltd
1A Southampton Rd
Park Gate, Southampton
S031 6BX
United Kingdom

Foreword

This User Instruction Manual presents the instructions for use as mentioned in the Council Directive of 21 December 1989 on the approximation of the laws of the Member States relating to personal protective equipment 89/686/EEC and all its related European Standards and regulations. This User Instruction Manual has been drawn up by Southern Ropes in conjunction with all relevant requirements of European Standard EN 892:2012.

Manufacturer's General Information

Name: Southern Ropes UK Ltd.
Full address: 1 A Southampton Rd.
Park Gate, Southampton
SO31 6BX
United Kingdom
Phone number: +44 (0)1489 589 333
Email: sales@southernropes.co.uk

Production Facility

Name: Southern Ropes Pty. Ltd.
Full address manufacturing place: CNR Beach & Davison Roads Woodstock
Cape Town South Phone number: +27 (0)21 448 4978
Fax: +27 (0)21 447 8207

Product Identification

1. XT 11mm

Commercial Name: Dynamic 11
Reference: Dynamic Rope 11 mm
Type of PPE: A
European Standard: EN 892:2012
Class: Prevention of falls against heights

Legal Notice

The Dynamic Rope fully complies with European product safety legislation for CE marking. The Dynamic Rope EC type examination has been carried out in conformity with EN 892:2012 The 11mm XT model was subjected to an EC quality control system for the final product as required in Article 11(a) of the Personal Protective Equipment Directive 89/686/EEC.

Criteria procedure

Legislation: 89/686/EEC Personal Protective Equipment
Article/Annex: Article 11(a), EC Quality Control System for the Final Product
Products: PPE sample for protective equipment against falls from a height

Notified Body in charge of manufactured PPE control information

Notified Body: Number 2233
Name: GÉPTESZT Termelőeszközök Felülvizsgáló és Karbantartó Kft.
Full Address: Jablonka Street 79
H-1037 Budapest
Hungary

Notified Body in charge of EC type examination

Notified Body: Number 0082
Name: Apave SudEurope SAS
Full Address: CS 60193
13322 Marseille
Cedex 16
France

Product Description

1. General Description

This product description looks at the 11 mm Dynamic Rope

Intended Use

The Dynamic Rope – Dynamic Rope – is designed to absorb impact and halt a fall in the shortest possible distance, whilst reducing the force exerted on the user and their equipment. This rope is used in free climbing activities in rope access, rescue or speleology applications where a fall factor greater than 0.3 is expected like rescue, controlled descents, and cave exploration. Dynamic Ropes are used in conjunction with special ascent / descent clamping devices that control lowering and raising in various applications. The Dynamic Rope must be checked routinely for damage to the cover. The cover is most susceptible to damage from sharp objects and high frictional usage.

Warning! *This equipment may not be used outside of its limitations or for any other purpose than its intended use as described above.*

Diameter: 11 mm

Rope Classification: 1 (Single Rope)

Warning! *If type B ropes are chosen, users should be aware that the level of performance will be less than that of type A ropes; greater care will be required in protecting against the effects of abrasion, cuts, general wear and tear, etc. In use, great care should be taken to minimize the possibility of a fall.*

Warning! Type A ropes are more suitable for use in rope access and work positioning than type B ropes.

Safety Warnings

2. Medical

Warning! The Dynamic Rope should not be used in case of medical conditions that can affect the safety of the equipment user. Such conditions include but are not limited to:

- Heart disease or hypertension
- Peripheral Vascular Disease
- Bleeding Disorders
- Diabetes
- Severe back, neck, or shoulder problems
- Severe arthritis or tendonitis
- All forms of epilepsy, seizures or blackouts
- Impaired balance
- Severe hearing loss
- Need for medication that affects alertness, balance, judgment, or vision
- Psychiatric illness

- Anaphylactic shock

3. Safety

Warning! This equipment is to be used only by persons who are competent and trained to do so safely.

4. Rescue Plan

Warning! A rescue plan for prompt rescue and self-rescue capable of dealing with any kind of emergency that can arise is to be put in place. The rescue plan must deal with the recovery and possible treatment of an injured or suspended person. Prompt rescue of a suspended person is vital as possibly fatal suspension traumas can occur.

5. Alterations

Warning! No alterations or additions shall be made to the Dynamic Rope without prior written consent from Southern Ropes. Repairs may only be carried out in accordance with the procedures as set out by Southern Ropes.

6. Limitations

Warning! This equipment may not be used outside of its limitations or for any other purpose than for what it is intended use as described above.

7. Personal Issue Item

Warning! The Dynamic Rope is a personal issue item, and may not be used by more than one person at once.

8. Compatibility

All karabiners, lifting tackle, safety lines, restraint systems and safety devices must comply with European Standards EN 341:2011 (descender devices), EN 353:2002 (rigid/flexible anchors), EN 354:2010 (lanyards), EN 355:2002 (energy absorbers), EN 358:200 (belts for work positioning and restraint and work positioning lanyards), EN 360:2002 (retractable type fall arresters), EN 361:2002 (full body harness), EN 362:2004 (connectors) and EN 363:2008 (fall arrest systems) to ensure complete compatibility.

9. Combination Use

Warning! The following dangers may arise when using the product in combination with these equipment items:

Equipment item

Possible Danger

Descender devices

Ropes become thicker with increasing wear and/or contamination, making

	device movement harder and often requiring excessive operator handling which may encourage operatives to pull on devices in ways that would affect their emergency performance.
Rigid anchors	If anchor is not capable of supporting 22 kN, fall could occur.
Energy absorbers	Toothed, lock-on type energy absorbers can cause serious rope damage. Always be aware of the length that the energy absorbers will extend.
Belts for work positioning and restraint	Belts should not be used for work support as the risk of injury during fall arrest is greater than that of a full body harness and suspension time is limited. Make sure the belt is worn properly.
Work positioning lanyards	Longer lanyards used as backup devices will result in a greater fall distance. The lanyard should be as short as possible and should be attached directly to the designated anchor point.

Equipment item	Possible Danger
Retractable type fall arresters	Falls over an edge may cause the retractable lanyard to break, the braking system to overload to failure, or the fall not to be arrested in the distance available.
Full body harness	Incorrectly fitted harnesses can result in injury or death. Users should connect the fall-arrest line to the attachment point that will provide the best protection in the current situation. Pay careful attention to potential fall distance, potential impact with surrounding structures and body position after a fall.
Connectors	The use of non-compatible components may result in failure and “roll-out”. Snap hooks should be of the double action type (and should not be connected to one another) and screw connectors should always be favoured over snap link connectors.
Fall arrest systems	Incorrect selection, installation and use of the equipment may result in serious injury or death.

10. Equipment Check

Before usage of the Dynamic Rope, users must carry out a pre-use check, in order to ensure that the Dynamic Rope is not damaged.

Warning! *The Dynamic Rope should be retired from use immediately in cases where:*

1. *There is any doubt about safe usage in its current condition;*
2. *It has been used to arrest a fall.*

In these circumstances, the Dynamic Rope should not be used again until the user has received written confirmation by a competent employee of Southern Ropes stating it is acceptable to do so.

The maximum lifetime for this type of rope is 5 years, whilst the combined storage and use time must never exceed 10 years – regardless of storage and use history. The procedures should be carried out when inspecting the Dynamic Rope:

- Inspect the entire rope – start at one end and work down centimeter by centimeter
- Make loops at random intervals – check for inconsistencies in both the sheath and the core
- Make sure the Dynamic Rope is dry – a wet rope can prove difficult to inspect
- Keep a log – write down all observations in a rope log book (see page 12)
- One inspector per rope – do not split tasks

Warning! *Do not use this rope if it has not been properly inspected prior to use.*

11. Types of Damage

Repeated loading, abrasion, humidity and exposure to UV radiation all degrade the Dynamic Rope over time. The Dynamic Rope must be retired if it has an uncertain history or it has been subjected to uncontrolled and/or excessive loading, excessive heat, direct flame or severe abrasion. The following are some key aspects that should be checked:

- **External Abrasion** – the outer yarns on the sheath of the Dynamic Rope tend to break and fibrillate, creating a “furry” layer. This layer usually protects the yarns below. If the layer does not stabilize, it can lead to greatly diminished strength

Warning! *A rope with an excessively worn sheath should be retired immediately.*

- **Internal Abrasion** – the Dynamic Rope should be opened up at random intervals so as to inspect the core. If the core appears damaged in any way, abrasive particles may have entered the Dynamic Rope and caused irreparable damage. Depending on the severity of the abrasion, the Dynamic Rope may have to be retired
- **Glazing** – excessive heat, generally as the result of friction, causes the outermost yarns to melt and weaken. Depending on the severity of the abrasion, the Dynamic Rope may have to be retired

- **Inconsistencies** – any flat spots, lumps or thin areas found upon inspection could indicate internal damage. These are usually the result of shock loads and/or overloading. The Dynamic Rope should be retired immediately
- **Discoloration** – this can be the result of dirt or chemical exposure. If chemical exposure is suspected, the Dynamic Rope should be retired immediately. Other visual effects of chemical contact include a “powdery” or “dusty” appearance

Warning! *The effects of chemical exposure are not always visible. It is imperative to keep ropes out of contact with chemicals.*

Portions of rope showing the aforementioned faults near the end of the Dynamic Rope can be cut off and resealed with a hot knife

Warning! *Cut and resealed ropes must be remarked with the altered length.*

12. Anchor Point

Special care must be taken so as to minimize sideways or pendulum falls. All slack between the anchor point and the user must be taken up. The anchor device or structural member chosen to serve as an anchor point shall possess at least the following capacities:

- Minimum required tensile strength of 15 kN
- The Dynamic Rope is to be positioned above or at the same height as the user. If the rope comes into contact with a sharp edge or rock between the anchor point and the user, an appropriate rope protector must be used in order to safeguard the rope from abrasion and other damage that might occur.
- When constructing the anchor system, a focal point must be created that is in line with the direction of force.
- When in doubt about a single anchor’s strength, multiple anchors must be used, always favoring the strongest anchor.
- Ensure that the angle between ropes connecting the focal point to the anchor is less than 90°.
- Avoid an anchoring system that loads a karabiner in any direction other than directly along its spine.
- Ensure that the anchor itself does not have any sharp edges that could damage ropes or tape. Use protection where necessary.

13. Harness Attachment

The Dynamic Rope is to be connected to a fall arrest attachment point in the following fashion:

- Use a karabiner that conforms to European Standard EN 362:2004 and a suitable knot (e.g. tight figure of 8) with a tail of at least 10 cm.
- Avoid loading a karabiner in any direction other than directly along its spine.

14. Fall Arrest

Warning! *The anchor device or anchor point should always be positioned, and the work carried out in such a manner, as to minimize both the potential for falls and potential fall distance. The anchor device is to be placed above or at the same height of the user at all times.*

Warning! *A full body harness is the only acceptable body holding device that can be used in a fall system.*

15. Free Space

Warning! *Before each occasion of use, free space required beneath the user needs to be verified, in order to ensure no collision with the ground or other obstacle will occur in case of a fall.*

16. Hazardous Environments

In order to ensure proper functioning of the Dynamic Rope, hazards that may affect the performance of the Dynamic Rope and corresponding safety precautions have to be observed. It is imperative that the Dynamic Rope does not come into contact with chemical reagents. Particular care needs to be taken when working in the presence of acids, oxidizing agents, oils and/or petrol. Though the Dynamic Rope is generally resistant to most solvents, a pre-use tensile strength test should be carried out if they come in contact with any chemical reagent.

The following precautions are to be taken into account when dealing with specific hazards:

Hazard	Precaution
Dust/Grit	Avoid contact with dust/grit by not placing rope on ground and storing rope in suitable rope bag.
UV Radiation	Avoid prolonged sunlight exposure by only exposing rope to UV radiation during use and storing rope out of direct sunlight.
Moisture	Avoid contact with all forms of moisture (especially saltwater). Do not leave rope to lie in water and store in dry area.
Chemicals	If rope is in vicinity of chemicals (whilst not in use), rope should be stored in suitable, sealed rope bag.

17. Storage and Transportation

The Dynamic Rope is to be stored in a clean, dry place at room temperature, away from direct sunlight, chemicals, petroleum-based products and other liquids. The Dynamic Rope should be exposed to air; not sealed in containers.

When coiling the Dynamic Rope, it is important not to twist or bend it unnecessarily. The best and easiest way to coil the Dynamic Rope is in a figure-of-eight hank. When uncoiling the Dynamic Rope, lay each loop of the hank down loosely. If there are any rope ties, it is important to remove them by hand and not with the aid of a knife, pair of scissors or any other sharp object.

When transporting the Dynamic Rope, using a rope bag to protect the Dynamic Rope from dirt and unwanted twisting is recommended.

18. End Markings

The Dynamic Rope must have external bands at both ends with a width of 30 mm which shall have the following permanent markings:

- The name of the manufacturer or his authorized representative
- The CE marking must be in accordance with the dimensions as set out in Annex IV of the Personal Protective Equipment Directive 89/686/EEC
- The CE marked is followed by the official Notified Body number of Gépteszt Kft. 2233, referring to the 11A control
- A reference to the European standard EN 892:2012 that has been used for the presumption of conformity these are the following for the this model:
 - The length (200 m) and diameter (11 mm) of the Rope must be indicated
 - The year of manufacture of the Rope must be indicated, which is 2014 for the Dynamic rope
 - An indication of the model of the rope by affixing the first graphical symbol on the left of the graphical symbols stipulated below which indicates that the Dynamic rope is a single rope:



single rope half rope twin rope

- The material used to carry the marks must not be the same as that used for the construction of ropes. All markings must be affixed in a visible, legible and indelible throughout the expected life of the rope

Warning! Do not use the Dynamic Rope if it does not legibly show all of the above mentioned markings.

Meaning of Symbols



Symbol of European Conformity. The CE symbol declares that the product is in compliance with the safety requirements of the applicable European standards. The number after the CE symbol identifies the relevant accredited testing lab.

20. Reselling

Warning! *In case of reselling of the Dynamic Rope, the reseller must provide instructions for use, maintenance, periodic examination, and repair in the language of the country in which the product is to be used.*

Rope Specifications

21. Rope Specifications

Value	XT 11 mm
Diameter	11 mm
Mass per unit length	133 g/m
Mass of the outer sheath	33.0%
Mass of the core material	67.0%
Sheath slippage	-13.5 mm
Static Elongation	6.75%
Dynamic Elongation	26.36%
Fall arrest impact	11.39 kN
Number of drops	5
Materials	Sheath: Polyamide Core: Polyamide
European Standard	EN 892:2012

Maintenance Instructions

22. Cleaning Procedures

Warning! This procedure is to be strictly adhered to.

Warning! Before using the Dynamic Rope for the first time, it must be soaked in water and hanged out to dry.

Warning! Soaking causes the Dynamic Rope to expand, resulting in approximately 5% decrease in length. This must be taken into account when determining length.

- Hand wash: Immerse the Dynamic Rope in clean, cool (less than 30°C) water with mild detergent washing powder for delicate fabrics. Brush with a synthetic brush to remove any dirt.

- Machine wash: Place rope inside fabric bag (e.g. pillowcase) and wash on a gentle cycle (less than 30°C).

Warning! Pressure cleaners can force abrasive particles in between the fibers, causing internal damage. Never use pressure cleaners for washing the Dynamic Rope.

- Drying: **Warning!** The Dynamic Rope must be hanged out to dry naturally, away from direct heat and sunlight.

23. Storage

Warning! Avoid storage in areas of direct sunlight, moisture and extreme temperatures (above 80°C)

The Dynamic Rope must be coiled loose in a bag with the ends exposed to avoid twists and knots. Do not let the combined storage and use time exceed 10 years. Store in a clean area as abrasive particles can work their way in between the fibers and cause internal damage.

24. Maintenance

Warning! Other than provided under “Cleaning Procedures” no maintenance procedures may be carried out on the Dynamic Rope.

Periodic Examinations

Warning! The Dynamic Rope must be subjected to regular periodic examinations. The Dynamic Rope must be inspected annually by a competent person and are to be carried out strictly in accordance with Southern Ropes’ periodic examination procedures. The safety of users depends on the Dynamic Rope’s continued efficiency and durability.

Warning! When carrying out periodic examination procedures, legibility of the product markings must be checked. Product markings must be legible at all times.

Repair Instructions

25. Repair

Warning! Do not attempt to repair the Dynamic Rope.

Warning! Any repair shall only be conducted by a competent person for repair, who has been authorized by Southern Ropes, and the repair procedure shall be strictly in accordance with the instructions as set out by Southern Ropes.

Records

26. Equipment Record

Southern Ropes advises all users to maintain detailed equipment records. For your convenience we have included an example of an equipment record. Please see the table below.

Warning! It is the responsibility of the user organization to provide and maintain an equipment record.

EQUIPMENT RECORD				
Product:				
Model & type/identification		Trade name		Identification number
Manufacturer		Address		Tel, fax, email and website
Year of manufacture/life expiry date		Purchase date		Date first put into use
Other relevant information (e.g. document number)				
PERIODIC EXAMINATION AND REPAIR HISTORY				
Date	Reason for entry (periodic examination or repair)	Defects noted, repairs carried out and other relevant information	Name and signature of competent person	Periodic examination next due date

Figure 1 — Example of a record

Annexure 1

CE 2233

EN 892:2012
DYNAMIC ROPE 11.0 mm

①
200 m



SOUTHERN ROPES 2014