



# Instructions for use of Choke Strap

Safety Technology Limited

Telephone: 01873 840036

This device complies with the E.A. Technical Standard for use on dry & icy poles and has attained all classifications up to and including A1

The device has been subjected to extensive field trials and ongoing testing to ensure a high level of fall protection is achieved outside of the laboratory environment.

A retro fitted gaff is available to create the optimum amount of drag required to allow the device to function correctly on an icy pole, although an alternative method of climbing is advised whenever possible in such conditions. Users of the Safety Technology choke strap should be fully trained in its operation and inspection before use. For details of training please contact Safety Technology Ltd.

**Note you must ensure that the pole is inspected prior to climbing to ensure it is suitable for climbing and for use as an anchor point.**

## Method 1

**The choke strap is designed for use by right or left handed persons.**

- 1.1/ Put on full body harness in accordance with manufacturers guidelines.
- 1.2/ Attach large double action clip with roller to the harness D ring at the favoured side.
- 2.1/ Unclip the single action hook on the choking strap, then pass the second double action clip around the back of the pole and attach to second harness D ring.
- 3.1/ The single action hook can now be clipped around the front of the pole, with the closure facing outwards.
- 4.1/ The choke strap can now be adjusted with the adjuster straps which are located at either side of the belt until you are in a comfortable climbing position.
- 5.1/ To climb take up some slack in the centre choking section by pulling on the tag by the centre clip and shifting your weight slightly forward.
- 6.1/ Hold the belt or handles in both hands with the slack evenly distributed and flick the back of the belt upwards, then climb until waist is level with the choke strap, then repeat flicking action and climb again until you reach your work position. Ensure the chokestrap is correctly adjusted as you climb. See Note.
- 7.1/ Upon reaching your work position you should attach your choking lanyard and unclip the single action clip on the choking section of the device. The device can now be used as a conventional pole strap.
- 8.1/ If you need to move around the pole this can be best achieved by gently shifting your weight forward as you rotate the belt around the pole. Failure to do this weight shift will result in the belt dragging as the rubber does its job and grips the pole.
- 9.1/ To descend, re-attach single action clip and adjust belt on side adjusters until comfortable, take up slack on centre choking strap and reverse climbing method by climbing down and then flicking belt down to waist height then repeating until you reach the ground. Ensure the device is correctly adjusted as you climb down. See Note.
- 10.1/ At ground level, unclip single action clip, unclip flat double action clip and move away from pole, refasten single action clip to keep belt tidy and stow device safely in kit bag or vehicle.

**NOTE: Always keep the choking circle as small as allowed by the pole by shifting the red roller connector and the D ring up to the pole when diameter of pole reduces.**

## Method 2

### **Passing an obstruction**

- 1.2/ Secure belt to harness and climb using method described in section 1.
- 2.2/ Upon reaching obstruction you should attach your choking lanyard above the obstruction.
- 3.2/ Unclip the single action clip on the choking section of the device, then unclip the flat double action clip from the harness D ring, this end of the device has been shrink sealed to facilitate passing the belt around the pole.

© Safety Technology Ltd.  
The Stone Barn  
Lower Tynewydd, Clytha, Raglan  
Monmouthshire NP15 2BQ

Document Issue: 07 3/2019

4.2/ Now the device is completely free from the pole it can be carefully passed around the pole above the obstruction and clipped back on to the harness. **It is important that you ensure that the device is not twisted and that the rubber back strip is in contact with the pole.**

5.2/ Now that your choke strap is clipped back to your harness securely you can take the weight on it once again while you refasten the single action clip of the choking section. Once this has been done you can unattach your choking lanyard and proceed up the pole.

6.2/ To descend the pole and pass an obstruction the procedure is exactly the same as when ascending.

### **Method 3**

#### **Icy / Slippy Poles**

**An alternative method of working is advised whenever possible in icy conditions.**

1.3/ Gaff must be attached before any work is carried out on icy poles.

2.3/ Lay out choke strap and attach gaff in such a way that teeth face inward towards the pole. **(Make sure that the belt is the right way up for favoured climbing position)**

3.3/ Gaff should be positioned at opposite side of belt to the roller connector at a distance of approx 275mm from the adjuster buckle teeth should face down the pole.

3.3/ Attach choke strap to harness in usual manner, and place choke strap around pole.

4.3/ Make sure that the red roller connector is positioned so as to be in contact with the pole, **(half the diameter of the pole if possible)** this connector can be moved along the webbing manually if required to attain the correct position.

5.3/ Make sure that the gaff is facing teeth against the pole and proceed as described in sections 1 and 2, take time to ensure that gaff is still in correct position after passing obstructions.

**NOTE:** In the event of a fall the roller connector will jam against the pole causing the belt to tighten and choke onto the pole as the weight of the wearer is transferred to the choke strap thus arresting the fall, on an icy pole the gaff is designed to dig in and assist the arrest process.

As with any other fall arrest device redistributing your weight from the device, for example by grabbing the pole will hinder the arrest process and could prevent the device from functioning.

### **Inspection Care and maintenance of Choke Strap**

**The choke strap has a maximum 8-year life from date of manufacture. This consists of up to 3 years in storage (shelf life) and up to 5 years in use (service life), subject to regular inspection (competent person).**

The choke strap should be inspected by the user (competent person) before every use,

Inspect in an orderly manner, starting with the metalwork examine **for cracks, distortion sharp edges and any sign of pitting or corrosion.**

Then move onto the webbing and check **for tears, fraying, abrasion or signs of fabric stress (bruising)**

Next inspect the stitch patterns and check **for loose or broken stitch patterns and/or abrasion damage.**

Finally examine the rubber friction pad, make sure it is **still fully attached to the webbing and that there are no major cuts, tears, parts of the rubber missing or significant wear to the rubber spikes**

**If you identify any significant wear or damage to the choke strap, DO NOT USE. Report the findings to the health and safety manager and get a replacement choke strap.**

Care should be taken to keep the choke strap clean and as dry as possible to prolong the product life.

When the device becomes heavily soiled, particularly the rubber pad, it should be cleaned with a mild warm water/detergent solution, rinsed in clean water and dried naturally wherever possible.

Pay particular attention to the moving parts on the clips ensuring they are free from dirt and operate freely, a soft toothbrush or similar may help when cleaning the actions of the clips.

The gaff should be maintained by keeping free from build up of dirt wood etc. the teeth can be re- sharpened if required with a fine file. If teeth become shortened or distorted through wear or damage the gaff should be replaced **immediately**. A blank template should be used at the usual inspection date to ensure that the angle of the gaff teeth is within + or – 5mm of the original setting.

If the choke strap is subjected to a fall in which it arrests the wearer the choke strap should be changed **immediately**.

**NOTE:** The heavy webbing (Red) that adjusts around the roller has black wear lines stitched through the length of it. When these lines become visible as a series of continuous heavy black lines, the choke strap should be replaced.

© Safety Technology Ltd.  
The Stone Barn  
Lower Tynwydd, Clytha, Raglan  
Monmouthshire NP15 2BQ