CiLAO
PROFESSIONAL

AeroRESQ

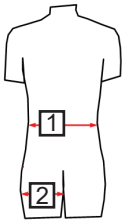
Instruction manual

Full body harness, fall arrest, for work at height.

PPE - cat. 3

EN 361 : 2002

CE 2927



Size	M	L	XL	XXL
1 waist	80-95	90-105	100-115	110-125
2 thigh	50-60	55-65	60-70	65-75

CiLAO - 5 rue de la lyre Cran-Gevrier - 74960
Annecy - FRANCE
www.cilao.com

A-2026.03

1. IMPORTANT INFORMATION

Personal protection equipment (PPE), category 3: protects against risks that may cause very serious consequences such as death or irreversible damage to health (in compliance with the EU regulation 2016/425) and particularly against fall from height. Full body harness for work reserved for individual use (140kg max).

The product must not be used beyond its predefined limits, or in any other situation than that for which it was designed. Warning, prolonged use of the harness may cause poor blood circulation in the leg. Activities at heights are dangerous and disregarding one of these warnings may cause serious injury and even death. CILAO cannot be held liable for your individual actions and decisions. You assume entire responsability for the consequences of misuing this product - in any way, shape or form- as well as all incurring damage, injury, or death.

Before using this product, you must :

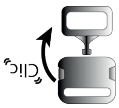
- Read and understand the instructions in this manual.
- Be trained on how to use the product.
- Be aware of your own capacity and personal limits.
- Estimate and accept the risks involved.

2. PRODUCT DESCRIPTION

The harness is comprised of the following components:

- a single back tie-in point (A), and a double front tie-in point (1/2 A)
- an equipment holder on each side,
- automatic buckles on leg loop,
- an ajustable shoulder strap.

Webbing are PES, buckles are aluminum steel, fabrics are PES and PVC.



3. USAGE

The harness must only be used by competent and/or qualified people or by users placed under direct supervision of a competent and/or qualified person. The user must consider rescue operations before and during work (including medical condition of the user, difficulties during use).

The fall arrest harness is the only body gripping device that can be used in a fall arrest system. It's essential for safety that the anchor is always correctly positioned and the work is carried out in such a way as to minimize the risk of a fall and the height of fall. Before using the fall arrest equipment, check the minimum air draft required under the user's feet to avoid any collision with the structure or the ground during a fall (depending on the length of the lanyard, the deflection of the lifeline, the tear length of the energy absorber, the deformation of the structure + 1m). In all cases, the environment must be organized to minimize the risks during work.

3.1. Before and after each use

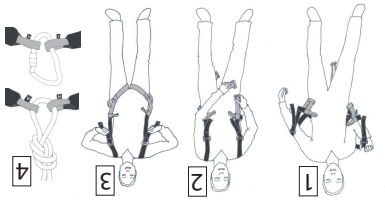
Make sure the following is in good condition:

- Straps: free of rips, cuts, burns, bulges,
- Adjustment and automatic buckles: free of cracks, deformation, corrosion,
- Protective fabric on the tie-in point: absence of wear with visible strap, cuts, rips,
- Safety seams: free of loose threads and fraying,
- Legibility of the identification number.

If you are not sure of the safety of the product, it must immediately be removed from use and set aside until a competent person authorizes its reuse.

3.2. Fitting

- Wear the shoulder straps
- Close then nleg loops with the automatic buckles
- Adjust the shoulder strap according to your body shape
- Tie the double front tie-in point with an appropriate connector
- Carry out a suspension test in a safe place to make sure the harness is well-adapted to your body type and correctly adjusted.

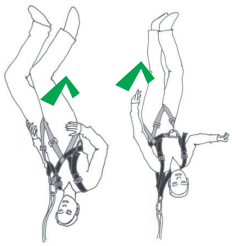


3.3. Tie-in

One tie-in point is located on the back of the harness (marked «A»).
One tie-in point is the double loop on the front if the harness.
(marked «1/2 A». (see illustration)
Figure-eight knot or CE carabiner tie-in. Any other type of tie-in points is strictly prohibited.

3.4. During use

- Regularly make sure the adjustment buckles are sufficiently tight.
- Connectors needed for anchoring, abseiling and rescue operations must be connected to the full body harness through the tie-in point.
Never tie in through other points or accessories.
- This product is designed for work at height, it must be use with a absorbing lanyard (EN355).
- WARNING: all these factors are likely to affect the performance of the equipment: extreme temperature, dragging or winding lanyards or lifelines on sharp edges, chemical reagent effect, electrical conductivity, cutting, abrasion, climatic exposure, pendulum fall. Check your equipment regularly during use and observe the necessary precautions.



3.5 Compatibility

Make sure other components connected to the full body harness are compatible with the applications you use them in and make sure that their safety functions are operational. For your safety, only use CE-certified equipment (ropes, carabiners, etc...). Energy-absorbing components must be compatible with a maximum rated load of 140 kg. Check all the safety chain and that the safety function of one item cannot affect the safety founction of an other item.

4 . PRODUCT VERIFICATION

In addition to the verifications before and after each use, the harness must undergo in-depth PPE inspection by a competent person in compliance with the regulations in application and the manufacturer recomendations. This inspection must be performed at least every 12 months by a competent person. It ensures the efficiency and resistance of the equipment to guarantee user safety. For PPE tracking, record each annual inspection using an inspection tracking sheet. The legibility of markings and the tracking number must be inspected to ensure product traceability.

The EU declaration of conformity related to the product is available contacting : contact@cilao.com

5. SERVICE LIFE

The full body harness' service life includes:

- Storage time: Maximum 2 years before the first use from its manufacturing date subject to proper storage conditions
- Usage time: Maximum 5 years from the first usage date.

WARNING: service life depends on storage conditions, frequency of use, environment, and method of use. Mechanical solicitations, friction, exposure to ultraviolet light, freezing temperatures and humidity—whether short-term or prolonged—may accelerate harness wear.

6. RETIREMENT

The harness must be retired 5 years after its first usage date, regardless of its condition.

The harness must also be retired in the following cases:

- Safety is in doubt
- Fall stop
- Damage to strap (edges, rips, burns), threads on safety seams (break), buckles (corrosion, sharp edge)
- Ignorance of the usage history of the harness
- Modification of regulations that make use obsolete

WARNING: an exceptional event may call for retiring a harness regardless of its duration of use.

Destroy the retired harness to prevent later use.

7. STORAGE

Store the harness in a cool, dry, clean environment away from UV exposure, chemical substances, and

8. MAINTENANCE

Clean your harness as needed by hand at a maximum temperature of 30°C (no spin drying). Use neutral soap and rinse it with clear water. Dry the harness in a well-ventilated area away from direct light and heat (whether the harness gets wet from cleaning or use). Never use chemical products on the harness. Any other technique is prohibited.

9. MODIFICATION/REPAIRS

Modifications and repairs are strictly prohibited except when performed by CILAO production units.

10. WARRANTY

Three years from the purchase date for all manufacturing defects. This warranty does not cover abnormal use, modifications or changes, incorrect storage, poor maintenance, and applications not designed for this harness.

11. MARKINGS

CILAO	: name of distributor
AeroRESQ	: name of harness
FALL ARREST HARNESS	: type of harness
buckle adjustement	: indication «for use»
CE	: compliant with European regulation - EU 2016/425
2927	: number of the notified body tracking the manufacturing process
	: read the manual carefuly for use
EN 361 : 2002	: technical reference document
mm/yyyy	: fabrication date (month / year)
Exp.	: information about expiration
L	: size of the product
0001	: individual manufacturing number (ID)

Organisation performing the UE type examination and D production control:
QUINTIN CERTIFICATION (n°2927) - 825 Route de Romans
38160 Saint Antoine L'Abbaye - France

12. LEGAL MENTION

If the product is resold ouside of the first country of destination, it is essential for the user's safety that the resseller provides the user manual, the instructions for periodic examinations and the instructions relating to repairs, written in the language of the country of use.
The EU conformity declaration can be consulted on our website www.cilao.com.

13. MONITORING OF PERIODIC PPE INSTRUCTION

Product identification			
n°ID:	Production date:	Bying date:	First use date:

Monitoring of PPE inspection			
Date of control:	Observation / remarque about the control:	Visa of controler:	Date of next control:

Retired date