

MET-TRACK[®] Horizontal Rigid Rail Anchor
Systems
User Instructions



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GENERAL

The **MET-TRACK**[®] Rigid Rail Anchor system is a rigid horizontal enclosed rail offering protection against falls whilst working at height and/or as an abseil anchorage. The system employs a mobile anchorage device, allowing persons to move freely and safely without the need to unhook/disconnect during work tasks. The number of users able to work simultaneously on each system is dependent upon the system size and span used. The **MET-TRACK**[®] Rigid Rail Anchor system complies with the European Standard EN795D:1997. The certification and assessment body SATRA Technology Centre, Wyndham Way, Telford Way, Kettering, Northampton NN16 8SD (No 0321) has issued conformity certificate No.s 3672, 3673 & 3674.

SYSTEM CONFIGURATIONS

MET-TRACK[®] Rigid Rail has a number of profile sizes all of which can be used under different situations. To determine the correct use of this system, please refer to the system labels which should be present around the entry points of the system. Alternatively, the table below outlines the characteristics of each system type.

Fall Arrest Applications

Span	1m >	2m >	3m >	4m >	5m >	6m >	7m >	8m >	9m >	10m >	11m >	12m >
No. of Persons												
400 MET-TRACK [®] 2 Man (1 Metre)	2											
500 MET-TRACK [®] 4 Man (2 Metres)	4											
600 MET-TRACK [®] 4 Man (4 Metres)	4											
400 SIAB 2 Man (5 Metres)	2											
500 SIAB 2 Man (8 Metres) 4 Man (6 Metres)	4						2					
600 SIAB 4 Man (12 Metres) 8 Man (8 Metres)	8								4			
500 SIAB DUAL 8 Man (6 Metres)	8											
600SIAB DUAL 8 Man (10 Metres)	8											
AL360 MET-TRACK [®] 2 Man (4 Metres) 4 Man (3.5 Metres) 6 Man (2.5 Metres)	2	4	2									
AL700 MET-TRACK [®] 6 Man (6 Metres)	6											

Restraint Applications

Span	1m >	2m >	3m >	4m >	5m >	6m >	7m >	8m >	9m >	10m >	11m >	12m >
No. of Persons												
400 MET-TRACK® 2 Man (1.5 Metre) 4 Man (1.2 Metres)	4	2										
500 MET-TRACK® 2 Man (2.5 Metres) 4 Man (2 Metres)	4		2									
600 MET-TRACK® 2 Man (4 Metres) 4 Man (3 Metres)	4			2								
AL360 MET-TRACK® 2 Man (2 Metres) 4 Man (1.5 Metres)	4	2										
AL700 MET-TRACK® 2 Man (5 Metres) 4 Man (4 Metres)	6											

Abseil Applications

Span	1m >	2m >	3m >	4m >	5m >	6m >	7m >	8m >	9m >	10m >	11m >	12m >
500 MET-TRACK® (1.5 Metre)												
600 MET-TRACK® (3 Metres)												
AL360 MET-TRACK® (3 Metres)												
500 SIAB (5 Metres)												
AL700 MET-TRACK® (6 Metres)												
600 SIAB (8 Metres)												

Maximum Working Angle (Fall Arrest)

Profile	2 Man	4 Man	8 Man
400 MET-TRACK®	0°	n/a	n/a
400 SIAB	15°	n/a	n/a
500 MET-TRACK®	30°	30°	n/a
500 SIAB	30°	15°	n/a
500 SIAB DUAL	30°	30°	30°
600 MET-TRACK®	30°	30°	n/a
600 SIAB	30°	30°	n/a
600 SIAB DUAL	30°	30°	30°
AL360	0°	0°	0°
AL700	30°	30°	30°

Maximum Cantilevers

Profile	Fall Arrest	Abseil	Fall Restraint
400 MET-TRACK®	0	n/a	0
400 SIAB	1000mm	n/a	n/a
500 MET-TRACK®	500mm	500mm	500mm
500 SIAB	1500mm	500mm	n/a
500 SIAB DUAL	750mm	n/a	n/a
600 MET-TRACK®	500mm	500mm	500mm
600 SIAB	2000mm	500mm	n/a
600 SIAB DUAL	1000mm	n/a	n/a
AL360	250mm	250mm	250mm
AL700	300mm	300mm	300mm

The MET-TRACK[®] systems are designed for Fall Arrest and/or Abseil applications. Systems must adhere to the characteristics given above. It is **IMPORTANT** to note that the system **MUST NOT** be used for any other applications, such as lifting of loads or anchoring other systems. If in doubt please contact the installer or manufacturer for advice.

INSTRUCTIONS FOR USE

The system may only be used by trained or otherwise experienced personnel or by persons who are under the direct supervision of such a person.

For Fall Arrest/Restraint applications the use **MUST** wear a full body harness according to EN361 and PPE (Personal Protective Equipment) for protection against falls from a height (Eg. Those with shock absorbing capabilities according to EN354 and EN355, vertical guided type fall arresters according to EN353-25 or retractable type fall arrestors according to EN360).

The user **MUST** wear the above mentioned harness, connecting a single item from the PPE mentioned above the back anchorage point of the harness. The other end of the PPE must then be directly attached to the anchorage connector supplied with the MET-TRACK[®] system. The use of the multiple PPE or other proprietary items could affect the performance of the system and therefore unless advised in writing by the manufacturer, no other equipment should be used.

Please observe separate Harness and PPE instructions as provided by the relative manufacturer.

For abseil applications the use **MUST** familiarise themselves with the code of practice for the use of rope access methods for industrial purposes according to BS7985:2002, in particular section 8 "Selection of Equipment".

The user must be good physical and psychological health when using this equipment. If in doubt, consult a doctor or an occupational physician.

This equipment must not be used by pregnant women.

If the user has ANY doubt about the safe condition of the system they are required to refer their concerns to the installer or manufacturer and under no circumstances should the system be used until written confirmation from the installer or manufacturer is received advising that the system is in good order.




Before attaching to the anchorage connectors and only when in a safe location, check that the connectors move freely. Check that the end stops/bolts are present. These are installed to prevent the anchorage connectors from exiting the rail unintentionally.

The user shall ensure that a secure method of access/egress is available. If the user is not able to determine this, then he/she will obtain such an understanding from a qualified person.

Each use **MUST** attach their PPE directly to the anchorage connector utilising a karabiner to EN362 (not supplied), do not use any additional proprietary equipment in addition or in place of the karabiner without written permission of the installer or manufacturer. Each use **MUST** use a separate anchorage connector.

For abseil applications, a separate connector must be used to secure individual ropes i.e. two connectors per person are required.

TYPICAL ANCHORAGE CONNECTORS

						
SINGLE EYE TROLLEY		ROTATING RING TROLLEY (Steel Wheels)		ROTATING RING TROLLEY (Nylon Wheels)		
Profile	Part No.	Profile	Part No.	Profile	Part No.	Part No.
Material: ZP & St. Steel		Material: ZP & St. Steel		Material:	ZP	HDG
400	SF1410	400	SF424Ri	n/a		
500	SF1510	500	SF524Ri	500	SF524	SF524G
600	SF1610	600	SF624Ri	600	SF624	SF624G
AL360	SF1510	AL360	SF524Ri	AL360	SF524	SF524G
AL700	SF1610	AL700	SF624Ri	AL700	SF624	SG624G

Although the system itself does not deflect and the use of appropriate PPE should reduce the fall to a minimum. It is necessary that the falling distance for the PPE being used it selected to ensure that in the event of a fall the user will not hit any objects surrounding the work area.

MAINTENANCE

All **MET-TRACK**[®] systems should be inspected every 12 months for fall arrest applications and every 6 months for abseil applications (or shorter periods if installed in corrosive environments) by a competent person, following the general guidelines identified in our Installation and Maintenance Instructions (I&M007). If any repairs or alterations are required these **MUST** be carried out according to instructions provided in writing by the manufacturer.

Static and dynamic loads should never be applied to a fall arrest system during inspection/maintenance routines, however for abseil applications it will be necessary for the testing company to carry out a load test equal to 250kgs to prove the integrity of the system for two persons. These tests should be applied at typical bracket positions, joints and mid spans.

All associated PPW should be inspected and maintained according to the manufacturer's instructions.

STORAGE AND CARE

The system and all components including the PPE (personal protective equipment) shall be protected from harmful environments.

The following applies for all **MET-TRACK**[®] components:

- Avoid contact with and contamination by aggressive substances
- Protect from mechanical loading / damage

Refer to separate manufacturer instructions for the safe storage and care of all associated PPE.

INSPECTION RECORD

The following table should be used to record the inspection carried out on the system. As stated previously, this should be carried out by a competent person. If in doubt please contact the installer or manufacturer.

System Ref:		Installed Date:	
System Location:			
Installer Name:			
Installer Address:			
Installer Tel No.			
Signed off by (Print):		Signature:	

Inspection No/Ref:	Inspection Date:	Inspected By: (Name & Address)	Remarks

Inspection No/Ref:	Inspection Date:	Inspected By: (Name & Address)	Remarks