

# ASTRO BOD FAST

ANSI / ASSP : Z359.11 [2021]  
Z459.1 [2021]

Full-body fall arrest and positioning harness.  
Harnais complet d'antichute et de positionnement.

## WARNING / ATTENTION

Activities involving the use of this equipment are inherently dangerous. You are responsible for your own actions and decisions.

Before using this equipment, you must:  
- Read and understand all Instructions for Use.  
- Get specific training in its proper use.  
- Become acquainted with its capabilities and limitations.  
- Understand and accept the risks involved.

**FAILURE TO HEED ANY OF THESE WARNINGS MAY RESULT IN SEVERE INJURY OR DEATH.**

Les activités impliquant l'utilisation de cet équipement sont par nature dangereuses. Vous êtes responsable de vos actes, de vos décisions et de votre sécurité.

Avant d'utiliser cet équipement, vous devez :  
- Lire et comprendre toutes les instructions d'utilisation.  
- Vous former spécifiquement à l'utilisation de cet équipement.  
- Vous familiariser avec votre équipement, apprendre à connaître ses performances et ses limites.  
- Comprendre et accepter les risques induits.

**LE NON-RESPECT D'UN SEUL DE CES AVERTISSEMENTS PEUT ÊTRE LA CAUSE DE BLESSURES GRAVES OU MORTELLES;**

PETZL  
FR-38920 Croles  
Cidex 105A  
PETZL.COM  
ISO 9001  
© Petzl



Sustaining our Community  
Au service de la Communauté  
FONDATION-PETZL.ORG

### Traceability and markings Traçabilité et marquage

CE 0082  
APAVE SUDEUROPE SAS  
8 rue Jean-Jacques Verrazza  
Z.A.C. Saumaty-Séon - CS 60193  
13322 Marseille CEDEX 16 France  
N°0082

Individual number / Numéro individuel  
YY M 0000000 000

ANSI Z359.11-2021  
ANSI Z359 Recognizes the use of this harness only within the capacity range of : 130-310 lbs.

PETZL.COM

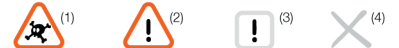
Latest version  
Derrière version

Other languages  
Autres langues

Technical tips  
Conseils techniques

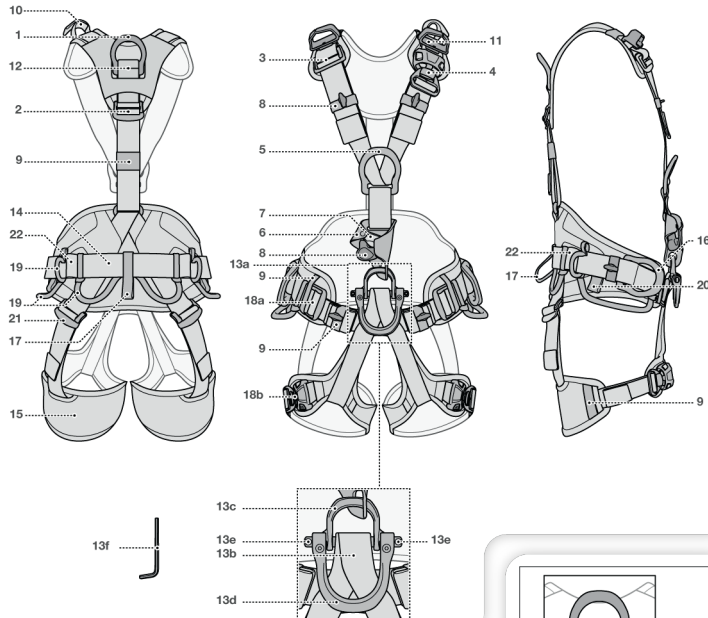
PPE checking  
Fiche de contrôle EPI

Warning symbols  
Panneaux d'alertes

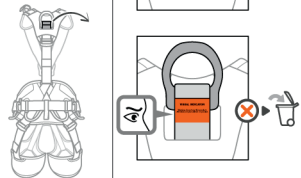
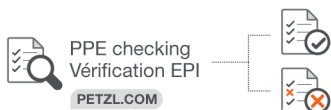


### 1. Field of application Champ d'application

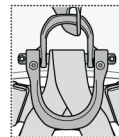
### 2. Nomenclature



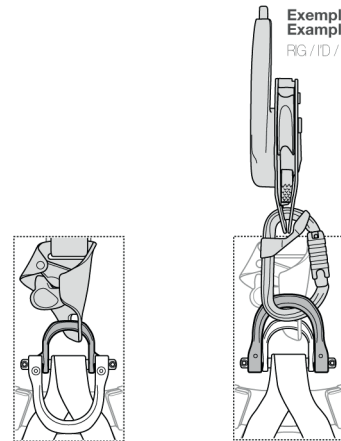
### 3. Inspection, points to verify Contrôle, points à vérifier



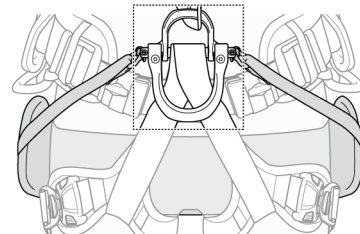
### 4. Compatibility (text part) Compatibilité (partie texte)



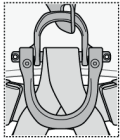
Gated ventral attachment point /  
Point d'attache ventral ouvrable



PODIUM

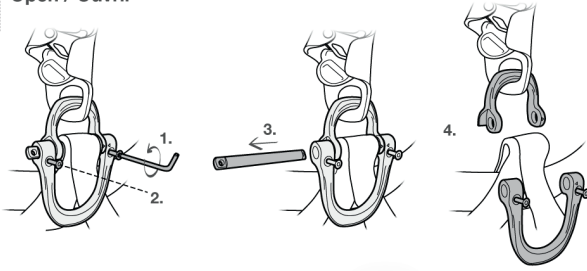


5. How to put the harness on  
Mise en place du harnais

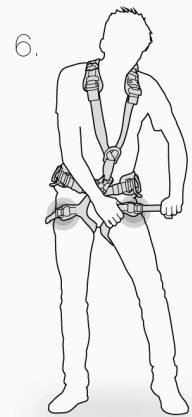
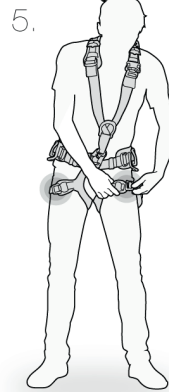
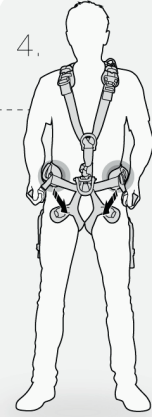
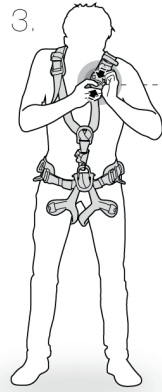
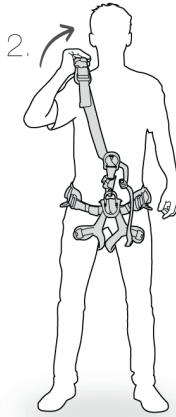
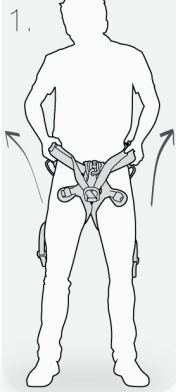
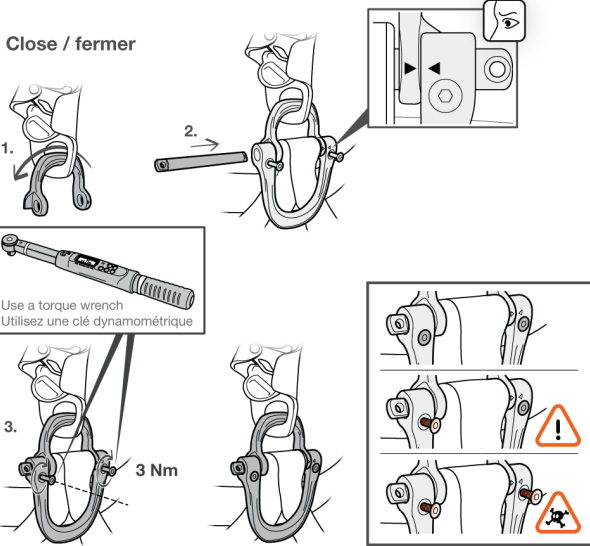


Gated ventral attachment point /  
Point d'attache ventral ouvrable

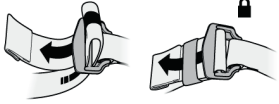
Open / Ouvrir



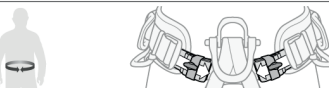
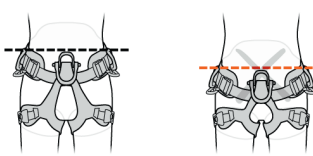
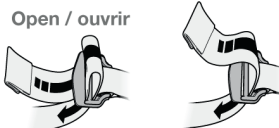
Close / fermer



Close / fermer



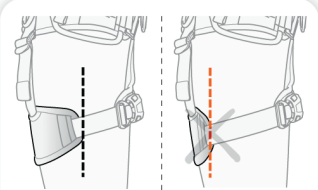
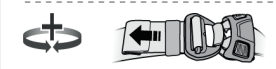
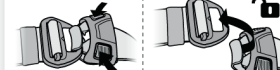
Open / ouvrir



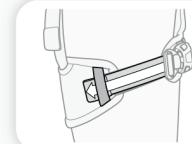
Close / fermer



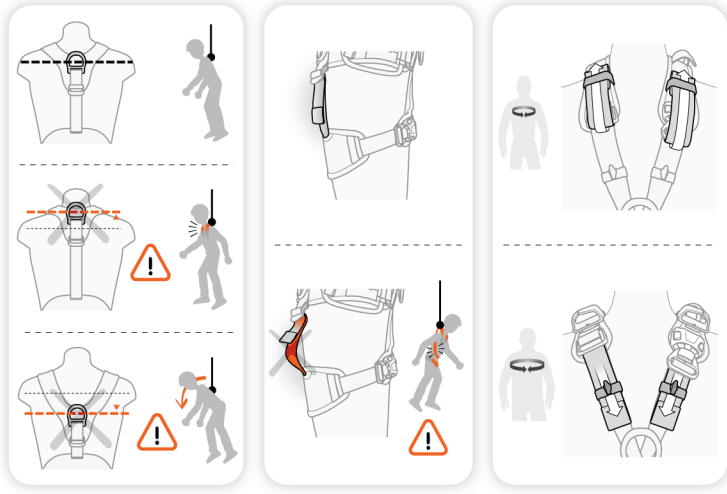
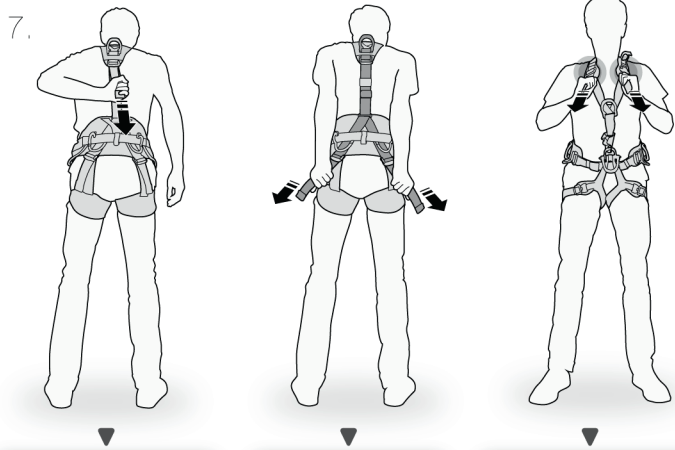
Open / ouvrir



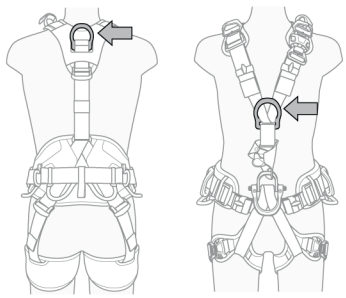
Taille 2  
Size 2



5. How to put the harness on  
Mise en place du harnais

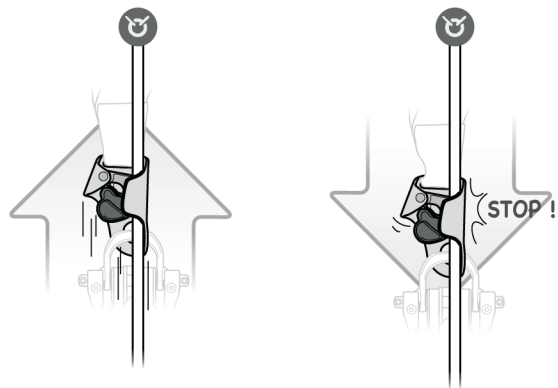


6. Fall arrest harness  
Harnais d'antichute

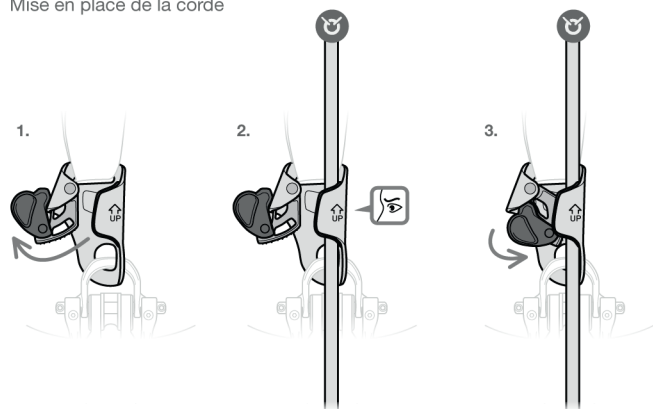


8. CROLL L ventral rope clamp  
Bloqueur ventral CROLL L

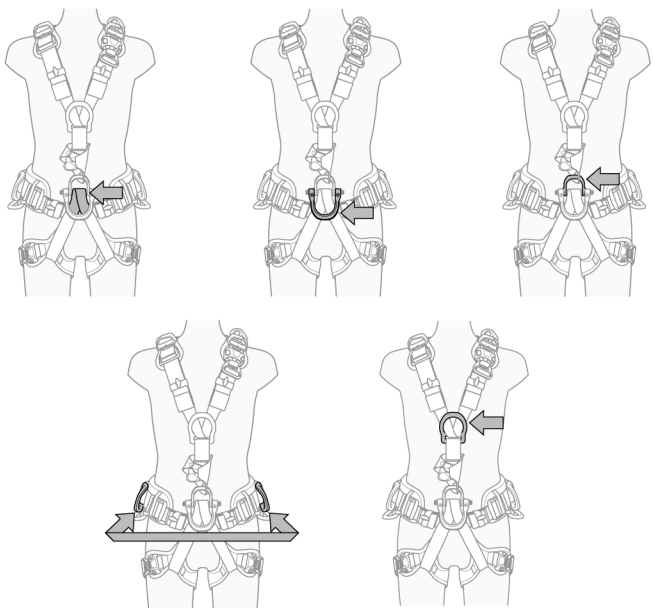
Function principle and test  
Principe et test de fonctionnement



Installing and removing the rope  
Mise en place de la corde

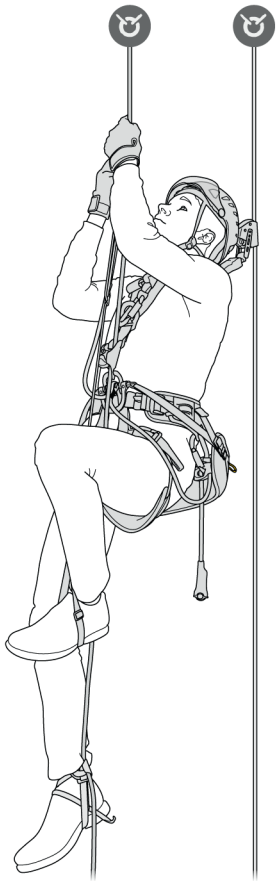


7. Positioning and travel restraint harness  
Harnais de positionnement et de retenue

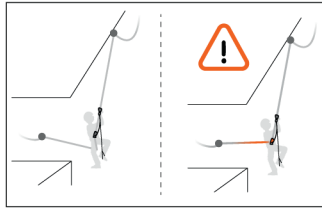


**8. CROLL L ventral rope clamp**  
Bloqueur ventral CROLL L

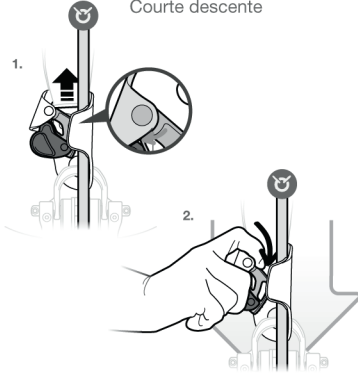
Rope ascending  
Remontée sur corde



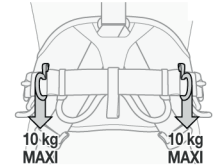
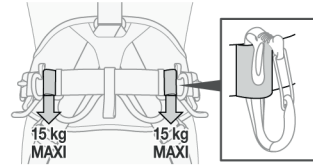
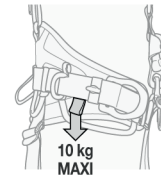
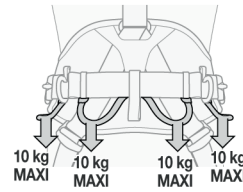
Angled traverse situation  
Cas de traversée en oblique



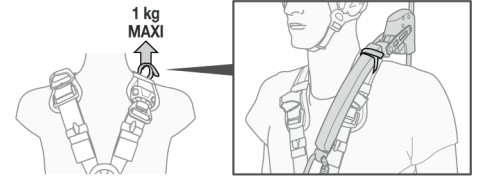
Short rope descent  
Courte descente



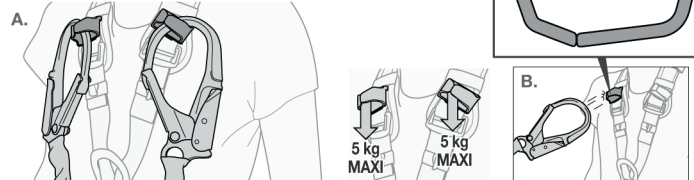
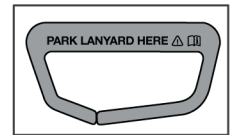
**9. Equipment loops**  
Porte-matériels



Velcro keeper /  
Passant Velcro

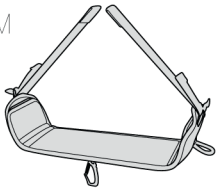


**10. Lanyard connector parking**  
Porte-connecteurs de longe d'antichute

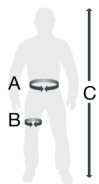


**11. Accessories**  
Accessoires

PODIUM



Shackles for PODIUM seat  
Manilles pour sellette PODIUM



	A	B	C
<b>Taille 0</b>	65 - 80 cm 26 - 31 inch	44 - 59 cm 18 - 23 inch	160 - 180 cm 63 - 70 inch
<b>Taille 1</b>	70 - 93 cm 28 - 36 inch	47 - 62 cm 19 - 24 inch	165 - 185 cm 65 - 72 inch
<b>Taille 2</b>	83 - 120 cm 33 - 46 inch	50 - 65 cm 20 - 25 inch	175 - 200 cm 69 - 78 inch

13. Additional information  
Informations complémentaires



A. Lifetime / Durée de vie

Serial n° / N° de série  
XXXX XX XXXX + 10 years ans

B. Markings  
Marquage



C. Acceptable T°  
T° tolérées

+ 80°C / + 176°F  
- 40°C / - 40°F

D. Precautions for use / Précautions d'usage



E. Cleaning - Disinfection / Nettoyage - Désinfection



F. Drying / Séchage



G. Storage - Transport  
Stockage - transport



I. Modifications - Repairs  
Modifications - Réparations



J. FAQ - Contact  
Questions - Contact



A. Lifetime / Durée de vie

∞ unlimited illimitée

C. Acceptable T°  
T° tolérées

+ 80°C / + 176°F  
- 40°C / - 40°F

D. Precautions for use / Précautions d'usage



E. Cleaning / Nettoyage



F. Drying / Séchage



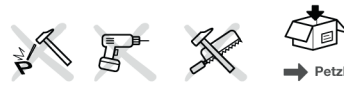
G. Storage - Transport  
Stockage - transport



H. Maintenance  
Entretien



I. Modifications - Repairs  
Modifications - Réparations



J. FAQ - Contact  
Questions - Contact



