

# AVAO BOD / AVAO BOD FAST

CE 0082

EN 361: 2002  
EN 358: 2018  
EN 813: 2008

EAC TPTC 019/2011

Fall arrest body harness, work positioning and restraint belt and seat harness for work at height.

Harnais complet d'antichute, ceinture de maintien et de retenue et harnais cuissard pour travaux en hauteur

## 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.

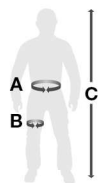
Les activités impliquant l'utilisation de cet équipement sont par nature dangereuses. Vous êtes responsable de vos actes, de vos décisions et de votre sécurité.

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.



Size / Taille 0

A  
65 - 80 cm  
26 - 39 inch

B  
44 - 59 cm  
18 - 23 inch

C  
160 - 180 cm  
63 - 70 inch

Size / Taille 1

A  
70 - 93 cm  
28 - 36 inch

B  
47 - 62 cm  
19 - 24 inch

C  
165 - 185 cm  
65 - 72 inch

Size / Taille 2

A  
83 - 120 cm  
33 - 46 inch

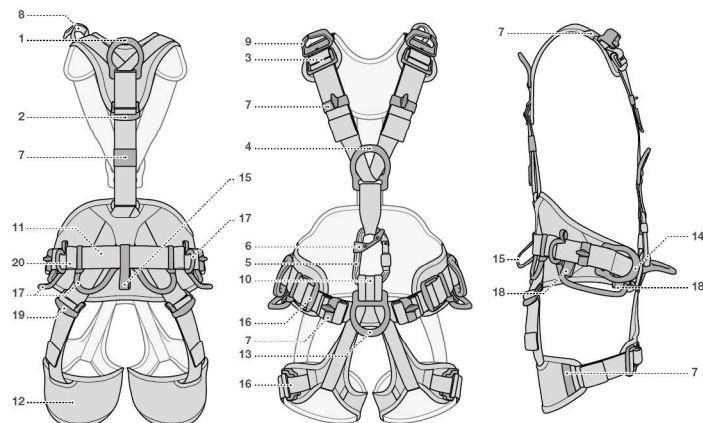
B  
50 - 65 cm  
20 - 25 inch

C  
175 - 200 cm  
69 - 78 inch

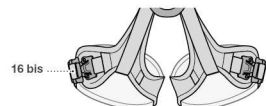
### 1. Field of application Champ d'application

### 2. Nomenclature

#### AVAO BOD



#### AVAO BOD FAST



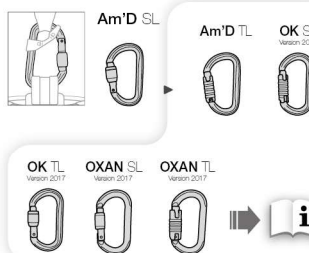
### 3. Inspection, points to verify Contrôle, points à vérifier



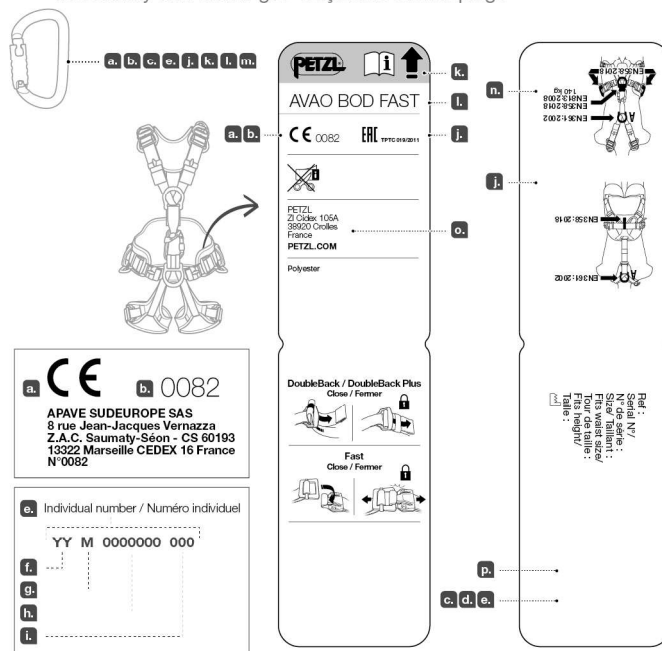
PPE checking  
Vérification EPI  
PETZL.COM



### 4. Compatibility Compatibilité



### Traceability and markings / Traçabilité et marquage



PETZL.COM



Latest version  
Dernière version



Other languages  
Autres langues



Technical tips  
Conseils techniques



PPE checking  
Fiche de contrôle EPI

Warning symbols  
Panneaux d'alertes

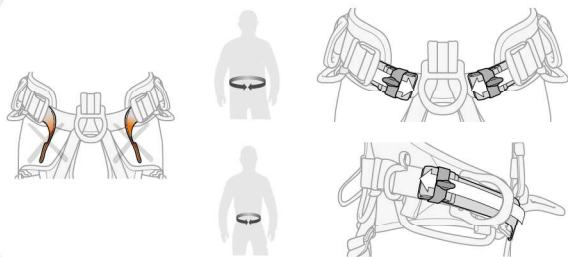
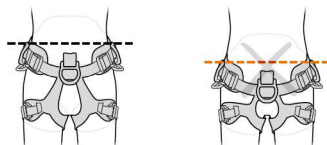
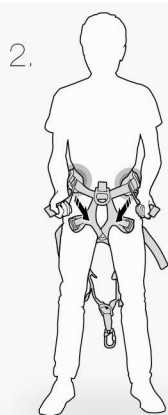
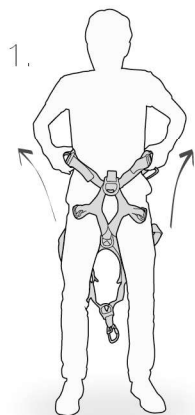


PETZL  
F-35920 Croixles  
Cidex 105A  
PETZL.COM  
ISO 9001  
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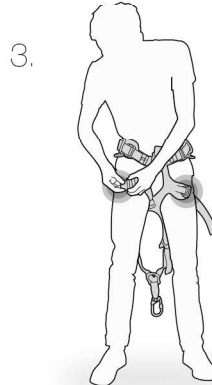


Sustaining our Community  
Au service de la Communauté  
FONDATION-PETZL.ORG

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



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



AVAO BOD

Close / Fermer



Open / Ouvrir



AVAO BOD FAST

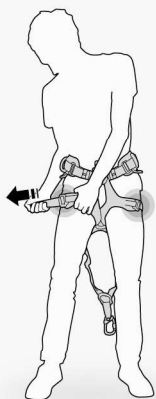
Close / Fermer



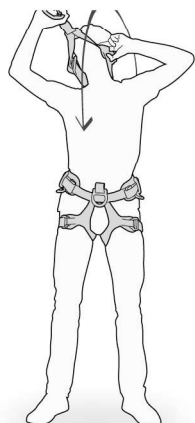
Open / Ouvrir



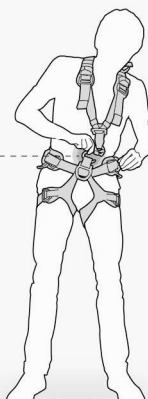
4.



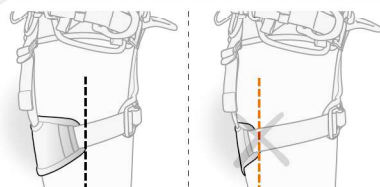
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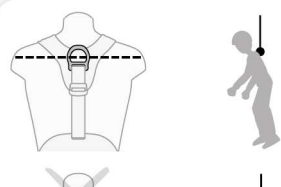
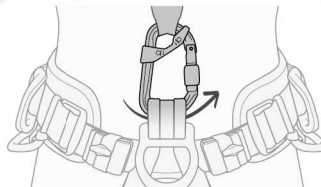
6.



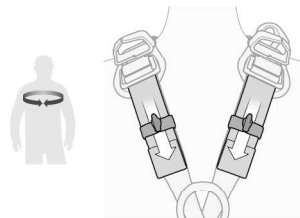
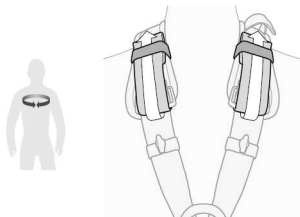
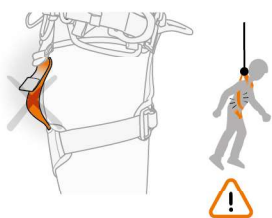
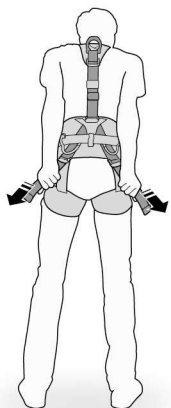
7.



Size/  
Taille 2



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



A. Lifespan / 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



etc...

E. Cleaning / Nettoyage



+ 30°C maxi.  
+ 86°F maxi.



F. Drying / Séchage

+ 30°C maxi.  
+ 86°F maxi.



G. Storage - Transport  
Stockage - transport



H. Maintenance  
Entretien



I. Modifications - Repairs  
Modifications - Réparations



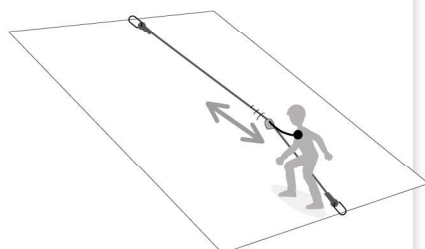
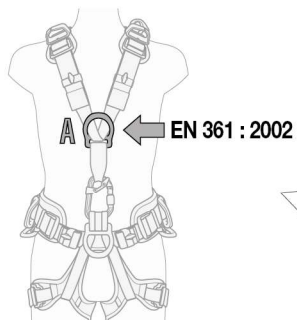
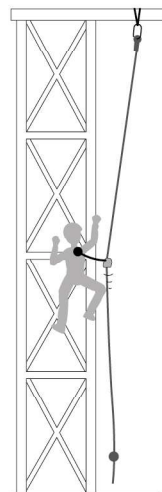
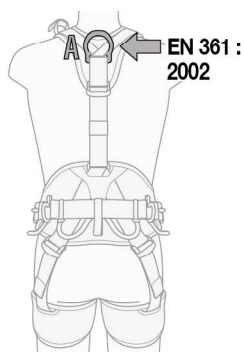
→ Petzl

J. FAQ - Contact  
Questions - Contact

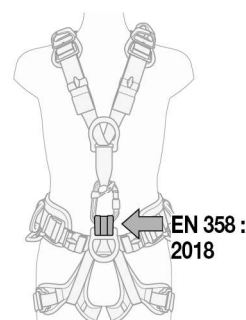
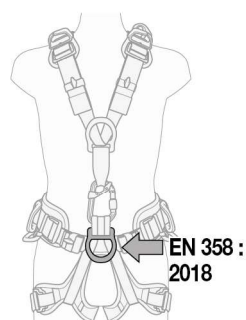
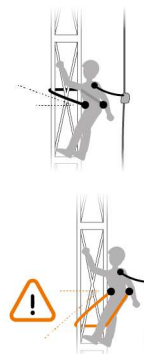


→ petzl.com

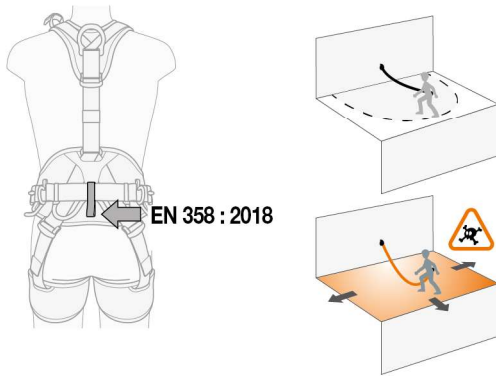
6. EN 361: 2002 fall arrest harness  
Harnais antichute EN 361: 2002



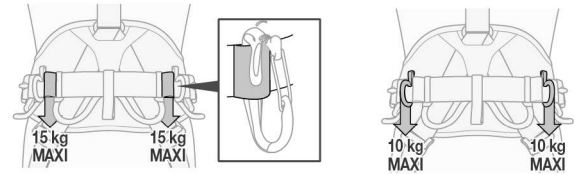
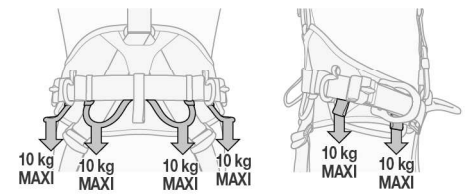
7. EN 358: 2018 belt for work positioning and restraint  
Ceinture de maintien au travail et retenue EN 358: 2018



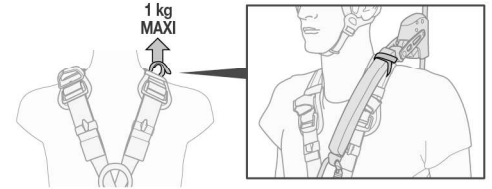
7. EN 358: 2018 belt for work positioning and restraint  
Ceinture de maintien au travail et retenue EN 358: 2018



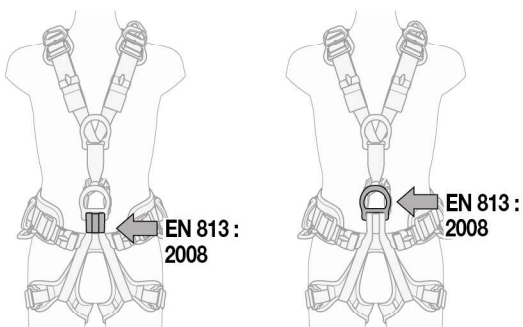
10. Equipment loops  
Porte-matériels



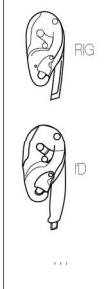
Velcro keeper /  
Passant Velcro



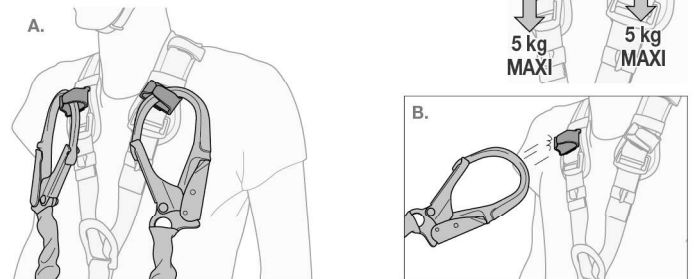
8. Seat harness EN 813: 2008  
Harnais cuissard EN 813: 2008



Example :

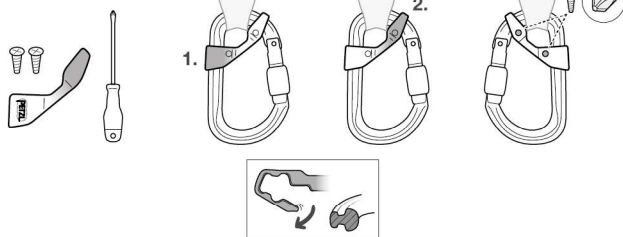


11. Fall arrest lanyard connector holder  
Porte-connecteurs de longe d'antichute



9. CAPTIV connector positioning bar  
Barette de maintien de connecteur CAPTIV

Installation  
Installation



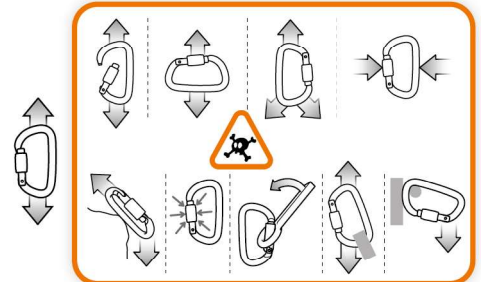
Am'D SCREW-LOCK

CE 0082

EN 362 : 2004

ETC TPTC 019/2011

	27 kN
	8 kN
	7 kN
	24 mm



## 12. Additional information Informations complémentaires



### A. Lifetime / Durée de vie

Serial n° / N° de série  
00 XXX 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



etc...

### E. Cleaning - Disinfection / Nettoyage - Désinfection



+ 30°C maxi.  
+ 86°F maxi.



30°C  
86°F



### F. Drying / Séchage

+ 30°C maxi.  
+ 86°F maxi.



### G. Storage - Transport Stockage - transport



### I. Modifications - Repairs Modifications - Réparations



→ Petzl

### J. FAQ - Contact Questions - Contact



→ [petzl.com](https://petzl.com)

These instructions explain how to correctly use your equipment. Only certain techniques and uses are described.

The warning symbols inform you of some potential dangers related to the use of your equipment, but it is impossible to describe them all. Check Petzl.com for updates and additional information.

You are responsible for heeding each warning and using your equipment correctly. Any misuse of this equipment will create additional dangers. Contact Petzl if you have any doubts or difficulty understanding these instructions.

## 1. Field of application

Personal protective equipment (PPE) used for fall protection.

Fall arrest body harness, work positioning and restraint belt and seat harness for work at height.

Nominal maximum load: 140 kg (150 kg including the user's equipment).

This product must not be pushed beyond its limits, nor be used for any purpose other than that for which it is designed.

## Responsibility

### WARNING

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

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.**

This product must only be used by competent and responsible persons, or those placed under the direct and visual control of a competent and responsible person. You are responsible for your actions, your decisions and your safety and you assume the consequences of same. If you are not able, or not in a position to assume this responsibility, or if you do not fully understand the Instructions for Use, do not use this equipment.

## 2. Nomenclature

**Chest harness:**

(1) Dorsal attachment point, (2) Rear dorsal point adjustment buckle, (3) Front shoulder strap adjustment buckles, (4) Sternal attachment point, (5) Chest harness-seat harness connector, (6) CAPTIV, (7) Elastic keepers for straps, (8) Velcro keeper for ASAP<sup>®</sup> SCRBER, (9) Fall arrest lanyard connector-holders.

**Seat harness:**

(10) Textile attachment point for Am'D connector, (11) Waistbelt straps, (12) Leg loops, (13) Metal ventral attachment point, (14) Waistbelt side attachment points, (15) Rear restraint attachment point, (16) DOUBLEBACK adjustment buckles for straps, (16 bis) FAST LT automatic buckles for leg loops, (17) Equipment loops, (18) Loops for TOOLBAG tool pouch, (19) DOUBLEBACK adjustment buckles for leg loop-waistbelt linking straps, (20) Loops for CARITool tool holder.

**Principal materials:**

Straps: polyester.  
Adjustment buckles: steel.  
Metal attachment points and connector: aluminum alloy.

## 3. Inspection, points to verify

Your safety is related to the integrity of your equipment.

Petzl recommends a detailed inspection by a competent person at least once every 12 months (depending on current regulations in your country, and your conditions of usage). Follow the procedures described at Petzl.com. Record the results on your PPE inspection form: type, model, manufacturer contact info, serial number or individual number, dates: manufacture, purchase, first use, next periodic inspection; problems, comments, inspector's name and signature.

**Before each use**

**Harness**

Check the webbing at the attachment points, at the adjustment buckles and at the safety stitching. Be particularly careful to check for cut or loose threads.

Look for cuts, wear and damage due to use, to heat, to chemicals...

Verify that the DOUBLEBACK PLUS and FAST LT buckles function properly.

**Am'D SCREW-LOCK connector**

Verify the absence of any cracks, deformation, corrosion or wear on the frame, rivet, gate, and locking sleeve. Verify that the gate opens, and that it closes automatically and completely. The Keylock hole must not be blocked or plugged.

Check that the locking sleeve locks and unlocks.

**During use**

Verify that the carabiner is always loaded on the major axis.

Regularly check that the locking sleeve is locked. Avoid any pressure or rubbing that could unlock the gate or damage the locking sleeve.

Regularly verify that the adjustment buckles are securely fastened.

It is important to regularly monitor the condition of the product and its connections to the other equipment in the system. Make sure that all items of equipment are correctly positioned with respect to each other.

## 4. Compatibility

Verify that this product is compatible with the other elements of the system in your application (compatible = good functional interaction).

Equipment used with your harness must meet current standards in your country (e.g. EN 362 connectors).

The harness comes with an Am'D SCREW-LOCK connector which may be replaced with an Am'D TRIACT-LOCK, an OK SL or an OK TL (2017 version), an OXAN SL or an OXAN TL (2017 version).

Refer to the Instructions For Use of the corresponding products.

The CAPTIV must be used with your connector.

## 5. Harness setup

- Be sure to correctly stow the excess webbing (folded flat) in the elastic keepers.
- Beware of foreign objects that could impede the operation of the FAST buckles (e.g. pebbles, sand, clothing...). Verify that they are correctly fastened (see drawings).

**Am'D SCREW-LOCK connector**

**A carabiner is not indestructible.**

A carabiner is strongest when loaded on the major axis, with the gate closed.

Loading a carabiner in any other way (e.g. on the minor axis or with the gate open) is dangerous and can reduce its strength.

**Initial adjustment of the dorsal attachment point**

Adjust the position of the dorsal attachment point to suit your body shape and size: position it at the level of the shoulder blades.

Warning: adjustment of the leg loop-waistbelt linking straps is important if you use the dorsal point.

**Adjustment and suspension test**

Your harness must be adjusted to fit snugly in order to reduce the risk of injury in case of a fall.

In a safe environment, you must move around and hang in the harness from each attachment point, with your equipment, to verify that the harness fits properly, provides adequate comfort for the intended use and that it is optimally adjusted.

## 6. Full-body fall arrest harness

### EN 361: 2002

Full-body harness for fall protection, component of a fall arrest system in accordance with the EN 363 standard (personal fall protection systems).

**6A. Sternal attachment point**

**6B. Dorsal attachment point**

Only these points may be used to attach a fall arrest system, for example a mobile fall arrester, an energy absorber, or other system described in the EN 363 standard. For ease of identification, these points are marked with the letter 'A'.

**Clearance: amount of free space below the user**

The free space below the user must be sufficient to prevent the user from hitting an obstacle in case of a fall. Specific details on calculating clearance are found in the Instructions for Use of the other components (energy absorbers, mobile fall arrester...).

## 7. Belt for restraint and work positioning

### EN 358: 2018

These attachment points must only be used to attach to a work positioning system or a restraint system - maximum fall height: 0.6 m. See the Instructions for Use of the lanyard used, for usage precautions.

Do not use a work positioning belt if there is a foreseeable risk of the user becoming suspended or exposed to uncontrolled tension on the belt. For work positioning, use an anchor point situated at or above waist level.

These attachment points are not designed for fall arrest usage. It may be necessary to supplement work positioning or travel restraint systems with collective or personal fall arrest systems.

**7A. Ventral attachment point**

**7B. Waistbelt side attachment points**

Always use the two side attachment points together, by linking them with a positioning lanyard, in order to be comfortably supported by the waistbelt.

**7C. Rear restraint attachment point**

This rear waistbelt attachment is designed only for attachment of a restraint system to prevent the user from entering an area where a fall is possible.

## 8. Seat harness

### EN 813: 2008

**Ventral attachment point**

Designed for progression on rope and work positioning.

Use the ventral point (textile or metal) to attach a descender, positioning lanyards, progression lanyards, or the PODIUM seat.

This attachment point is not suitable for fall arrest.

## 9. CAPTIV connector positioning bar

The CAPTIV positioning bar promotes positioning of the connector along its major axis. Warning: replace the CAPTIV removable bar if you change the connector.

## 10. Equipment loops

Equipment loops must only be used for equipment.

WARNING - DANGER: never use equipment loops for belaying, rappelling, tying-in, or anchoring a person.

The Velcro keeper may be used to hold your mobile fall arrester's energy absorber in a high position.

## 11. Fall arrest lanyard connector holder

A. To be used only as a connector holder for unused lanyard ends.

B. In case of a fall, the connector holder releases the lanyard and connector so as to avoid impeding deployment of the energy absorber.

Warning: this attachment point is not a fall arrest attachment point.

## 12. Additional information

This product meets the requirements of Regulation (EU) 2016/425 on personal protective equipment. The EU declaration of conformity is available at Petzl.com. The melting point of high-modulus polyethylene (140° C) is lower than that of nylon and polyester.

- You must have a rescue plan and the means to rapidly implement it in case of difficulties encountered while using this equipment.

- The anchor point for the system should preferably be located above the user's position and should meet the requirements of the EN 795 standard (12 kN minimum strength).

- In a fall arrest system, it is essential to check the required clearance below the user before each use, in order to avoid any impact with the ground or with an obstacle in case of a fall.

- Make sure that the anchor point is correctly positioned, in order to limit the risk and the length of a fall.

- A fall arrest harness is the only device allowable for supporting the body in a fall arrest system.

- When using multiple items of equipment, a dangerous situation can arise in which the safety function of an item of equipment can be affected by the safety function of another item of equipment.

- WARNING: ensure that your products do not rub against abrasive or sharp surfaces.

- Users must be medically fit for activities at height. WARNING: inert suspension in a harness can result in serious injury or death.

- The Instructions for Use for each item of equipment used in conjunction with this product must be followed.

- The Instructions for Use must be provided to the user of this equipment, in the language of the country where the equipment is used.

- Make sure the markings on the product are legible.

**When to retire your equipment:**

WARNING: an exceptional event can lead you to retire a product after only one use, depending on the type and intensity of usage and the environment of usage (harsh environments, marine environments, sharp edges, extreme temperatures, chemicals...).

A product must be retired when:

- It is over 10 years old and made of plastic or textiles.
- It has been subjected to a major fall (or load).
- It fails to pass inspection. You have any doubt as to its reliability.
- You do not know its full usage history.

- When it becomes obsolete due to changes in legislation, standards, technique or incompatibility with other equipment...

Destroy these products to prevent further use.

**Icons:**

**A. Lifetime: 10 years - B. Marking - C. Acceptable temperatures - D. Usage precautions - E. Cleaning/disinfection - F. Drying - G. Storage/transport - H. Maintenance - I. Modifications/repairs prohibited outside of Petzl facilities, except replacement parts) - J. Questions/contact**

### 3-year guarantee

Against any material or manufacturing defect. Exclusions: normal wear and tear, oxidation, modifications or alterations, incorrect storage, poor maintenance, negligence, uses for which this product is not designed.

### Warning symbols

1. Situation presenting an imminent risk of serious injury or death. 2. Exposure to a potential risk of accident or injury. 3. Important information on the functioning or performance of your product. 4. Equipment incompatibility.

### Traceability and markings

a. Meets PPE regulatory requirements. Notified body performing the EU type examination - b. Number of the notified body responsible for the production control of this PPE - c. Traceability: datamatrix - d. Sizing - e. Serial number - f. Year of manufacture - g. Month of manufacture - h. Batch number - i. Individual identifier - j. Standards - k. Read the Instructions for Use carefully - l. Model identification - m. Class (B basic) - n. Nominal maximum load - o. Manufacturer address - p. Date of manufacture (month/year)