



F.A.S.T. Rescue

Fall Protection Product Line



P: 866.706.7283

E: sales@fast-rescue.com
www.fast-rescue.com

F: 888.313.8368

Table of Contents

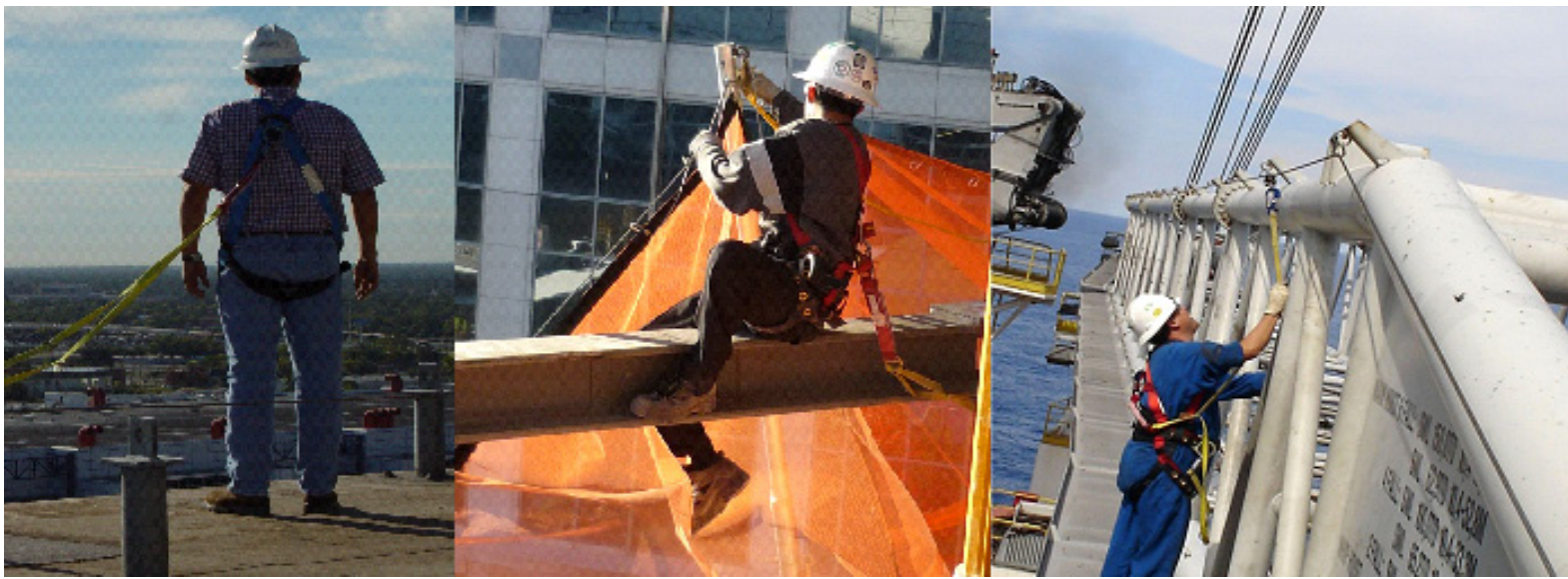
Who We Are	3
Saved a Life Program	3
Fall Calculations	4
Calculating Fall Clearance Distance Using a Retractable Lifeline	4
Calculating Fall Clearance Distance Using a Shock-Absorbing Lanyard and D-Ring Anchorage Connector	4
Measuring a Full Body Harness	4
Harnesses	6
ECO Harness	6
Black Widow Harness	6
Black Widow Tower Harness	7
Contractor Harness	8
Contractor Pro Harness	9
Lanyards	10
ShockSorb™ Shock Pack Lanyards	10
Web Positioning Lanyards	10
Internal Lanyard	10
Tool Spider	11
Lifelines	11
Rope Lifeline	11
Vertical Lifeline	11
Trauma Straps	11
Rebar Chain Assembly	11
Carabiners	11
Self Retracting Devices	12
Web SRL	12
Cable SRL	12
Rope Grabs	12
5/8" Trailing Rope Grab	12
Rope Grab & Lanyard	12
Rescue Pole	13
Roofer's Kit	13
Anchorage	14
Concrete Anchor Strap	14
Reusable Roof Anchors	14
Single-Use Roof Anchors	14
3/4" Concrete Anchor	14
Precast Hollow Core	14
Concrete Anchor	14
Portable Anchoring Devices	15
Anchor Hook	15

Who We Are

F.A.S.T. Rescue Inc. was founded in 1998 by Dean Turner, a veteran with the Canadian Armed Forces. Upon retiring from the military, Dean's mission was to make safety a way of life for everyone he worked with. He infused F.A.S.T. Rescue with this same belief and commitment. Making safety a way of life is at the core of everything we do.

We are an innovative, flexible company focused on providing organizations with hands-on life-saving and injury prevention programs, products and consulting. F.A.S.T. Rescue stemmed from the idea of offering individuals and companies an affordable, personalized, quality first aid products and services so that safety is available to everyone.

Our growth has been and will always be based on the needs and requirements of our clients. We endeavor to maintain close and honest relationships with all of our clients, big or small. As a result, we are proud to say that the vast majority of our clients continue to work with us year after year.



Saved a Life Program

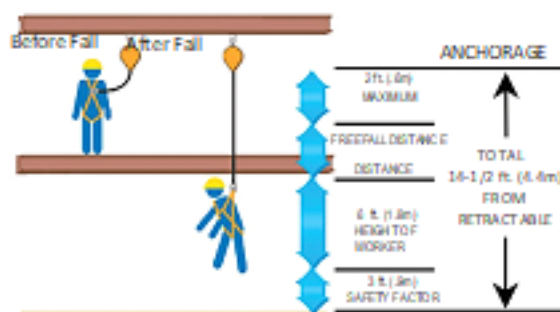
People working at heights risk their lives everyday and look forward to going home after work to be with their loved ones. Working at heights is a tough and scary job and we have to thank those that do this for a living be it on sky scrappers, bridges, power towers, offshore platforms or working on a roof to name a few. We stand behind our products and the people that count on them every day.

- You are automatically enrolled when you buy a harness or lanyard from F.A.S.T. Rescue
- When an individual falls while wearing our harness and lanyard, we will provide them with free replacement products that were used to save their life.
- Simply return the used harness and lanyard to F.A.S.T. Rescue with a letter providing the details and date of the fall
- We will send a new replacement harness and lanyard *free of charge* along with a SAVED A LIFE CERTIFICATE.

Fall Calculations

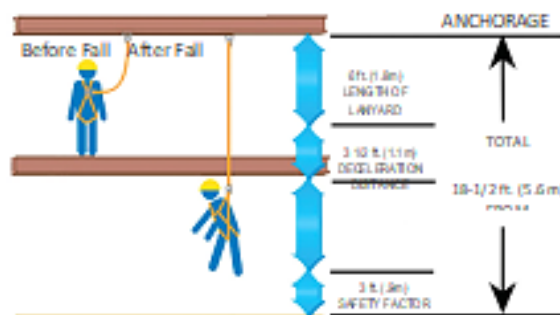
Calculating Fall Clearance Distance Using a Retractable Lifeline

- First, add the maximum free fall distance (2 ft.) with a retractable lifeline to the maximum deceleration distance (3-1/2 ft.) to the average height of a worker (6 ft.).
- Then, add a safety factor of 3 ft. to allow for the possibility of an improperly fit harness, a taller than average worker and/or a miscalculation of distance.
- The total, 14-1/2 ft. is the suggested safe fall clearance distance for this example.
- NOTE: When using a retractable lifeline, the distance is calculated from the point where the retractable attaches to the back D-ring of the worker's harness.



Calculating Fall Clearance Distance Using a Shock-Absorbing Lanyard and D-Ring Anchorage Connector

- First, add the length of the shock-absorbing lanyard (6 ft.) to the maximum elongation of the shock absorber during deceleration (3-1/2 ft.) to the average height of a worker (6 ft.).
- Then, add a safety factor of 3 ft. to allow for the possibility of an improperly fit harness, a taller than average worker and/or a miscalculation of distance.
- The total, 18-1/2 ft. is the suggested safe fall clearance distance for this example.
- NOTE: Should the shock-absorbing lanyard be used in conjunction with a cross-arm anchorage connector or other, the additional length of the anchorage connector must be taken into consideration.



Measuring a Full Body Harness

Measurements are over clothing

Proper fit is critical for personal safety & working comfort.

The charts below specify how to measure your body for the correct fit of Fall Protection equipment.

- All harnesses are rated to 310 lbs. (140kg) working weight
- Lanyards E4 Rated supports up to 254 lbs (115kg)
- Lanyards E6 Rated supports up to 386 lbs. (175kg)

Size	Waist Measurements (inches)	Waist Measurements (cm)
S	32-40	80-100
M	36-44	90-110
L	40-48	100-120
XL	44-52	110-130
2XL	48-56	120-140
3XL	52-60	130-150

Lanyard keepers on our harnesses provides the best combination of durability and performance.



Lanyard parks on our lanyard hooks are located on the hook of all our lanyards. Extra lanyard is available when the lanyard park on the harness breaks.



Foam lined backpads, made with a combination of a foam material and a breathable mesh fabric, are available. The foam padding provides support but moves with the body as you bend and turn. The mesh fabric is breathable and allows perspiration to dry quickly. This combination provides additional comfort and performance for extended use.



Plastic ends are located at the end of the harness straps prevents the web material from fraying and allows the user to grab the ends to tighten the strap even with work gloves.



Quick connect buckles are available in either steel or aluminum with anti-panic latches that require the user to push the clips forward to open. They provide extra security in a fall situation.



Friction adjustment are optional adjustments which allow for quick and simple sizing adjustment when needed.



Inspection tag covers are sewn onto all our harnesses. They are 360° covers made of heavy duty nylon and provide complete protection of all inspection tags against the elements such as sun, dirt, rain, snow, oils, etc. Velcro closures allow for an easy viewing of inspection tags.



Custom harness imprinting is available at an extra charge with a minimum quantity purchase. Promote your company brand and identify your employees working on a site with multiple contractors!

CSA Certified

Harnesses

ECO Harness

- Full Body Harness
- Universal Size
- Single Dorsal D-ring
- Soft webbing provides exceptional comfort and durability
- Plastic tips located at the end of each strap prevents fraying and allows the user to adjust the harness easily even when wearing work gloves
- High quality lanyard keepers
- Adjustable Mating Buckles on Chest Strap
- Available with adjustable mating buckles or tongue & buckle leg straps
- Rated to 310 lbs. (140kg) working weight
- Outstanding value!!
- CSA Certified



Part #	Buckle Type	Ring	Size	Lanyard
FPHEMB-1D	Mating Buckle	1-D	Universal	No Lanyard
FPHEMB-3D	Mating Buckle	3-D	Universal	No Lanyard
FPHEMB-5D	Mating Buckle	5-D	Universal	No Lanyard
FPHEMBL-1D	Mating Buckle	1-D	Universal	Lanyard
FPHETB-1D	Tongue & Buckle	1-D	Universal	No Lanyard
FPHETB-3D	Tongue & Buckle	3-D	Universal	No Lanyard
FPHEMBA-1D	Mating Buckle	1-D	Universal (5 pt. Adjustable)	No Lanyard

Black Widow Harness

- Our most comfortable harness!
- Universal size
- Full Body Harness with tubular Webbing and built in memory padding provides outstanding comfort. No need for shoulder pads!
- Single Dorsal D-ring
- Plastic tips located at the end of each strap prevents fraying and allows the user to adjust the harness more easily even when wearing work gloves
- Adjustable Torso Straps
- High quality lanyard keepers
- Available with aluminum anti-panic quick connect buckles, adjustable mating buckles or tongue & buckle leg straps
- Rated to 310 lbs. (140kg) working weight
- CSA Certified



Part #	Buckle Type	Ring	Size
FPHBWMB-1D	Mating Buckle	1-D	Universal
FPHBWMB-3D	Mating Buckle	3-D	Universal
FPHBWQC-1D	Quick Connect	1-D	Universal
FPHBWQC-3D	Quick Connect	3-D	Universal
FPHBWTB-1D	Tongue & Buckle	1-D	Universal
FPHBWTB-3D	Tongue & Buckle	3-D	Universal

Black Widow Tower Harness

- Full Body Harness with tubular Webbing, built in memory padding, shoulder pads & removable seat
- Outstanding comfort, breathable padding on back, shoulder, waist, bar seat and leg straps wicks perspiration and dries quickly
- 8 Steel D-rings: One at back, two on hips, two on seat, one on chest strap and one on each shoulder
- Removable seat allows user to wear harness in other applications as a 6 D-ring harness
- Plastic tips located at the end of each strap prevents fraying and allows the user to adjust the harness more easily even when wearing work gloves
- Adjustable Torso Straps
- High quality lanyard keepers
- Aluminum anti-panic quick connect buckles on chest and leg
- Five inch back pad with accessory rings
- Comes in various sizes for a customized fit
- Rated to 310 lbs. (140kg) working weight
- CSA Certified

Part #	Size
FPHBWH-S	Small
FPHBWH-M	Medium
FPHBWH-L	Large
FPHBWH-XL	XL
FPHBWH-2XL	2XL



Contractor Harness

- Full Body Harness
- Single Dorsal D-ring & Hip D-rings
- 3-D Rings
- Shoulder Pads provide additional comfort when carrying tools
 - Breathable foam back support material provides support while contouring to the individual's shape increasing overall comfort for extended use
 - Plastic tips located at the end of each strap prevents fraying and allows the user to adjust the harness more easily even when wearing work gloves
 - Adjustable Mating Buckles on Chest Strap
 - Heavy Duty Friction Torso Strap Adjusters
 - Removable Tool Belt & Lanyard Keeper
 - Available in Tongue Buckle Leg Straps or Quick Connect with anti-panic latches
- Comes in various sizes for a customized fit
- Rated to 310 lbs. (140kg) working weight
- CSA Certified

Waist Sizes:

- 28" - 34" Small
- 34" - 38" Medium
- 38" - 42" Large
- 42" - 52" XLarge
- 52" - 54" 2XLarge



Part #	Buckle Type	Size
FPHCHQC-S	Quick Connect	Small
FPHCHQC-M	Quick Connect	Medium
FPHCHQC-L	Quick Connect	Large
FPHCHQC-XL	Quick Connect	XLarge
FPHCHQC-2XL	Quick Connect	2XLarge
FPHCHTB-S	Tongue & Buckle	Small
FPHCHTB-M	Tongue & Buckle	Medium
FPHCHTB-L	Tongue & Buckle	Large
FPHCHTB-XL	Tongue & Buckle	XLarge
FPHCHTB-2XL	Tongue & Buckle	2XLarge

Contractor Pro Harness



- Full Body Harness
- Single Dorsal D-ring
- 3-D Rings
- Shoulder Pads
- Anti-panic Quick Connect Chest & Leg Straps
- Tongue Buckle Torso Straps
- Hip D-rings
- Removable Tool Belt
- Breathable foam back support material provides support while contouring to the individual's shape increasing overall comfort for extended use
- Retro Reflective Torso Front, Back & Waist Strips on Contractor Pro Hi-Viz
- Comes in various sizes for a customized fit
- Rated to 310 lbs. (140kg) working weight
- CSA Certified



Part #	Type	Size
FPHCP-S	Regular	Small
FPHCP-M	Regular	Medium
FPHCP-L	Regular	Large
FPHCP-XL	Regular	XL
FPHCP-2XL	Regular	2XL
FPHCPHV-S	High Visibility	Small
FPHCPHV-M	High Visibility	Medium
FPHCPHV-L	High Visibility	Large
FPHCPHV-XL	High Visibility	XL
FPHCPHV-2XL	High Visibility	2XL

Lanyards

ShockSorb™ Shock Pack Lanyards

- E4 Rated - capacity of up to 254 lbs (115kg)
- E6 Rated - capacity of up to 386 lbs (175kg)
- CSA Certified

Part #	Length	Type	Rating	Hook
FPLSE4-4-3/4	4 ft (3.7m)	Single Leg	E4	3/4" (1.9cm)
FPLSE6-4-3/4	4 ft (3.7m)	Single Leg	E6	3/4" (1.9cm)
FPLTE4-4-3/4	4 ft (3.7m)	Twin Leg	E4	3/4" (1.9cm)
FPLTE6-4-3/4	4 ft (3.7m)	Twin Leg	E6	3/4" (1.9cm)
FPLSE4-6-3/4	6ft (5.5m)	Single Leg	E4	3/4" (1.9cm)
FPLSE6-6-3/4	6ft (5.5m)	Single Leg	E6	3/4" (1.9cm)
FPLSE4-6-21/4	6ft (5.5m)	Single Leg	E4	2 1/4" (5.6cm)
FPLSE6-6-21/4	6ft (5.5m)	Single Leg	E6	2 1/4" (5.6cm)
FPLTE4-6-3/4	6ft (5.5m)	Twin Leg	E4	3/4" (1.9cm)
FPLTE6-6-3/4	6ft (5.5m)	Twin Leg	E6	3/4" (1.9cm)
FPLTE4-6-21/4	6ft (5.5m)	Twin Leg	E4	2 1/4" (5.6cm)
FPLTE6-6-21/4	6ft (5.5m)	Twin Leg	E6	2 1/4" (5.6cm)
FPLSE4-46-3/4	4-6ft (3.7-5.5m)	Single Leg	E4	3/4" (1.9cm)
FPLSE6-46-3/4	4-6ft (3.7-5.5m)	Single Leg	E6	3/4" (1.9cm)
FPLSE4-46-21/4	4-6ft (3.7-5.5m)	Single Leg	E4	2 1/4" (5.6cm)
FPLSE6-46-21/4	4-6ft (3.7-5.5m)	Single Leg	E6	2 1/4" (5.6cm)
FPLTE4-46-3/4	4-6ft (3.7-5.5m)	Twin Leg	E4	3/4" (1.9cm)
FPLTE6-46-3/4	4-6ft (3.7-5.5m)	Twin Leg	E6	3/4" (1.9cm)
FPLTE4-46-21/4	4-6ft (3.7-5.5m)	Twin Leg	E4	2 1/4" (5.6cm)
FPLTE6-46-21/4	4-6ft (3.7-5.5m)	Twin Leg	E6	2 1/4" (5.6cm)



Web Positioning Lanyards

Part #	Features
FPLWP-2	2' - 1" Web positioning w / 3/4" Snap Hooks
FPLWP-4	4' - 1" Web positioning w / 3/4" Snap Hooks
FPLWP-6	6' - 1" Web positioning w / 3/4" Snap Hooks
FPLWP-46	4' - 6' Single positioning w / 3/4" Snap Hook

Internal Lanyard

Part #	Length	Type	Rating	Hook
FPLIE6-1	6 ft (5.5m)	Single Leg	E6	2 1/4" (5.6cm)
FPLIE6-3/4	6 ft (5.5m)	Single Leg	E6	3/4" (1.9cm)
FPLIS4-21/4	4 ft (3.7m)	Single Leg	E4	2 1/4" (5.6cm)
FPLIS4-3/4	4 ft (3.7m)	Single Leg	E4	3/4" (1.9cm)
FPLIS6-21/4	6 ft (5.5m)	Single Leg	E4	2 1/4" (5.6cm)
FPLIS6-3/4	6 ft (5.5m)	Single Leg	E4	3/4" (1.9cm)
FPLIT4-21/4	4 ft (3.7m)	Twin Leg	E4	2 1/4" (5.6cm)
FPLIT4-3/4	4 ft (3.7m)	Twin Leg	E4	3/4" (1.9cm)
FPLIT6-21/4	6 ft (5.5m)	Twin Leg	E4	2 1/4" (5.6cm)



Tool Spider

- Designed to satisfy the need for elastic lanyards
- Reduce the frequency of dropped tools and worker injuries
- Elastic
- Attaches to a harness for easy mobility and flexibility when reaching out with hand tools



FPTS	15lb capacity load
------	--------------------

Lifelines

Rope Lifeline

FPLLR-50	50 ft (46m)	Snap Hooks on each end
FPLLR-25	25 ft (23m)	Thimbles on each end
FPLLR-50	50 ft (46m)	Thimbles on each end

Vertical Lifeline

FPLLVST-100	100 ft (92m)	Snap Hook/Thimble Eye
FPLLVST-25	25 ft (23m)	Snap Hook/Thimble Eye
FPLLVST-30	30 ft (27.7m)	Snap Hook/Thimble Eye
FPLLVST-50	50 ft (46m)	Snap Hook/Thimble Eye
FPLLVST-75	75 ft (69m)	Snap Hook/Thimble Eye

Rebar Chain Assembly

- Rebar positioning device
- Chain 1' total length

FPRCH	2.25" (5.6cm)
-------	---------------



Snap Hooks on each end

Snap Hook and Thimble end



Thimbles on each end

Carabiners

FPCARNP-35	No PIN	1 1/16" (2.7cm) GO	35kN
FPCARNP-40	No PIN	1/2" (1.25cm) GO	40kN
FPCARNP-50	No PIN	3/4" (1.9cm) GO	50kN
FPCARP-45	PIN	2 1/4" (5.6cm) GO	45kN



Trauma Straps

FTTS-A	Non Adjustable
FTTS-N	Adjustable



Self Retracting Devices

Web SRL

- Composite House
- Swivel Load Indicator Hook
- Comes in 2 lengths (7' and 11')
- Twin packs are available in the 7' length

Part #	Length
FPSRLW-7	7 ft
FPSRLW-7T	7 ft Twin Pack
FPSRLW-11	11 ft



Cable SRL

- Composite House
- Swivel Load Indicator Hook
- Comes in 20', 30', 50', or 75' lengths

Part #	Length
FPSRLC-20	20 ft (18.5m)
FPSRLC-30	30 ft (27.7m)
FPSRLC-50	50 ft (46.2m)
FPSRLC-75	75 ft (69.2m)



Rope Grabs

Trailing Rope Grab

- Fits 5/8" 3-strand rope
- 2.44" Ring - Anti-Inversion
- Anti-Panic
- Product Code: FPRG



Rope Grab & Lanyard

- Attached 2' Shock Pack Lanyard
- 3/4" (1.9cm) Snap Hook
- Product Code: FPRGL



Part #	Description
FPRGL	5/8" Trailing Rope Grab
FPRG	R5/8" Trailing Rope Grab w/ 2.44" Ring - Anti-Inversion / Anti-Panic

Rescue Pole

- Extendable 8 ft (7.4m) - 15 ft (13.8m) Combination Aluminum and Fiberglass Pole
- Stainless Steel Hook Assembly
- 2 Double Sheave Stainless Steel Swivel Blocks
- 100 ft (92m) - 7/16" (1cm) Kernmantle Rope
- 4 ft (3.7m) Anchor Sling
- Fail-Safe Prusik Hitch and Carabiner
- Heavy Duty Vinyl Reinforced Stowage Bag
- Laminated Instruction Sheet & Video

Part #	Type
FPRPB	Carry Bag
FPRPP	Rescue Pole



Roofer's Kit

- Full Body Eco Harness
- Polyester Lifeline 5/8" - Snap Hook on One End / Thimble on the Other End
- Permanently Attached 2' Rope Grab and ShockSorb™ Assembly
- Roof Anchor
- Stowage Pail
- Aluminum Quick Connect Chest Strap

Part #	Length
FPRK-25	25 ft Lanyard
FPRK-50	50 ft Lanyard



Anchorage

Concrete Anchor Strap

- Concrete Anchor straps are gaining in popularity as an inexpensive anchor solution
- Our straps can be used in applications such as wood framing members, rebar, pipe racking, etc.



Part #	Length	Type
FPANCSWEB-3	3 ft (0.9m)	Webbing Loop to Loop
FPANCSWEB-4	4 ft (1.2m)	Webbing Loop to Loop
FPANCSWEB-6	6 ft (1.8m)	Webbing Loop to Loop
FPANCSWP-3	3 ft (0.9m)	Wear Pad Loop/D-Ring
FPANCSWP-4	4 ft (1.2m)	Wear Pad Loop/D-Ring
FPANCSWP-6	6 ft (1.8m)	Wear Pad Loop/D-Ring

Reusable Roof Anchors

- For temporary use on wood rooftops
- Can be installed with screws or duplex nails
- Fits up to 12/12 roof pitch
- Can be used between trusses when all holes are filled
- Meets standards for fall arrest



Single-Use Roof Anchors

- For temporary use on wood rooftops
- Fits any roof pitch
- Can be used between trusses when all holes are filled
- Meets standards for fall arrest
- Easy installation



Part #	Type
FPANCRA-R	Reusable
FPANCRA-S	Single-Use

3/4" Concrete Anchor

- 3.4" hole diameter, 3" deep minimum
- 5,000 lb. capacity
- Designed for single user connection
- Great for anchoring scaffolding
- Use on vertical or overhead applications
- Designed for use in cured concrete with a compression strength of at least 3000 psi
- Easy installation, compress spring and insert cable shaft into hole
- Constructed of stainless steel, aluminum and other non-corrosive materials
- Temporary, reusable



Precast Hollow Core Concrete Anchor

- Allows single user to tie off safely with a reusable anchor
- Toggle action makes it quick and easy to use
- Meets 5,000 lb. load requirements
- Durable components hold up under harsh environments
- Bolts need 1" impact drill bit
- Can be used in 8" hollow core or larger
- Has a range of 1 1/2" to 3 1/2" of concrete thickness
- Made of aluminum and stainless steel components
- Constructed of stainless steel, aluminum and other non-corrosive materials
- Tested to meet ANSI Z359.1



Part #	Type
FPANCC-1	1" Precast Hollow Core Concrete Anchor
FPANCC-3/4	3/4" Concrete Anchor

Portable Anchoring Devices

D-Ring Anchor Connector

- 5/8" (1.6cm)
- Fixed Forged Anchor Connector
- Mounting surface must have minimum tensile of 5,000 lbs (2,273kg)
- 2 13/32" (6cm) tall x 2 7/16" (6.2cm) wide



Fixed Vertical / Horizontal Anchor

- For Anchorage Connection on structural beams up to 15" (38cm) wide
- 10,000 lbs (4,545kg) capacity



12" I-Beam Slider/ Push Button / Fixed other end

- Horizontal Beam
- Cast Aluminum
- 3 1/4" (8.2cm) x 12" (30.5cm)
- Adjustable Push button end / Fixed End
- Static tensile strength: 5,000 lbs (2,273kg) minimum
- Net weight 4 lbs (1.8kg)



14" x 3 1/4" I-Beam Slider / 2 Side Adjustment

- Horizontal Beam
- Steel
- 3 1/4" (8.2cm) x 14" (35.5cm)
- Both ends are adjustable
- Static tensile strength: 5,000 lbs (2,273kg) minimum
- Net weight 4 lbs (1.8kg)



Trolley Slider

- Horizontal Beam
- Aluminum cross bar & rollers
- Polyester webbing
- Aluminum cross bar & rollers
- Zinc Plated Steel swivel
- Stainless Steel spring & hardware
- Beam flange width range: 3" (7.6cm) - 10" (25cm)
- Beam flange thickness: Up to 7/8" (2.2cm)
- Static tensile strength: 5,000 lbs (2,273kg) minimum
- Net weight 7.7 lbs (3.5 kg)



Part #	Description
FPANCPD	D-Ring Anchor Connector / 5/8"
FPANCPF	Fixed Vertical / Horizontal Anchor
FPANCPI-12	I-Beam Slider / Push Button / Fixed Other End / 12"
FPANCPI-14	I-Beam Slider / 2 Side Adjustment/ 3-1/4" X 14"
FPANCTS	Trolley Slider

Anchor Hook

- Stainless Steel Anchor
- Electro Polished 304
- 2" Anchor Connector Size
- Hybrid Connector



Part #	Type
FPANCH	Handy Hook



The First Stop For All Your Safety Needs!

P: 866.706.7283 E: sales@fast-rescue.com F: 888.313.8368
www.fast-rescue.com