

**WARNING:** This product is part of a personal fall arrest system<sup>1</sup>. The user or rescuer<sup>2</sup> must read and follow the manufacturer's instructions for each component or part of the complete system. These instructions must be provided to the user/rescuer utilizing this equipment. The user/rescuer must read and understand these instructions or have them explained to them before using this equipment. Manufacturer's instructions must be followed for proper use and maintenance of this product. Alterations or misuse of this product or failure to follow instructions may result in serious injury or death. If this product is resold outside the original country of destination, the re-seller must provide these instructions in the language of the country in which the product will be used.

**IMPORTANT:** If you have questions about the use, care, or suitability of this equipment for your application, contact Capital Safety.

**IMPORTANT:** Before using this equipment, record the product identification information from the ID label in the Inspection and Maintenance Log at the back of this manual.

**1** Fall Arrest System: A system that prevents the worker from colliding with an obstruction or lower level by arresting a fall.

2 **Rescuer:** Person or persons other than the rescue subject acting to perform an assisted rescue by operation of a rescue system.

# 1.0 APPLICATIONS

### **1.1 PURPOSE: Personal Protective Equipment against falls from a height**

The Counterweight Rail Fall Arrest System (Figure 1) combines easy access to elevated work areas with fall protection from the ground for the duration of the work performed. The system includes a Horizontal Rail Assembly with Trolleys that ride in Track Rails to any position along the Rail Assembly. The Trolleys serve as attachment points for the anchorage of a Personal Fall Arrest System (PFAS). The system can be moved by use of a lift truck or maintenance vehicle when equipped with proper accessories.

- **1.2 LIMITATIONS:** The following limitations must be considered before using this product. Failure to observe product limitations could result in serious injury or death.
  - **A. ASSEMBLY:** The rail system must be assembled in accordance with the instructions and requirements in the Assembly Instructions included with this product.
  - **B. INSTALLATION DOCUMENTATION:** After assembly and installation of the Counterweight Rail Fall Arrest System (FAS), "Installation Documentation" meeting the informational requirements of CEN/ TS 16415: 2013 Annex A must be completed by the installer and handed over to the user's designated representative. The Installation Documentation should be kept at the job site for purposes of subsequent examination of the Counterweight Rail FAS.
  - **C. PERSONAL FALL ARREST SYSTEMS:** Personal Fall Arrest Systems (PFAS) used with the rail system must meet applicable state and federal regulations, or CE regulations, and the requirements stated in this instruction.
  - **D. CAPACITY:** The maximum working load for this product is determined by the number of trolleys and is specified by system labeling. The maximum weight of one person (including tools, clothing, and PFAS) is 310 lbs. (141 kg). Only one person and one PFAS may be connected to a Trolley.
  - **E. PHYSICAL AND ENVIRONMENTAL HAZARDS:** Use of this equipment in areas with physical or environmental hazards may require that additional precautions be taken to reduce the possibility of damage to this equipment or injury to the user. Hazards may include, but are not limited to: high heat (welding or metal cutting), acid or caustic chemicals, corrosive environments such as exposure to seawater, high voltage power lines, electrical hazards, explosive or toxic gases, moving machinery, abrasive surfaces, or sharp edges. Contact Capital Safety if you have questions about the application of this equipment in areas where physical or environmental hazards are present.
  - **F. TRAINING:** This equipment is to be assembled, installed, and used by persons who have been trained in its correct application and use.
- **1.3 STANDARDS:** Refer to local standards, national standards, and CE standards, for more information on the application of this and associated equipment.

# 2.0 SYSTEM REQUIREMENTS

- **2.1 COMPATIBILITY OF COMPONENTS:** Capital Safety equipment is designed for use with Capital Safety approved components and subsystems only. Substitutions or replacements made with non-approved components or subsystems may jeopardize compatibility of equipment and may effect the safety and reliability of the complete system.
- **2.2 COMPATIBILITY OF CONNECTORS:** Connectors are considered to be compatible with connecting elements when they have been designed to work together in such a way that their sizes and shapes do not cause their gate mechanisms to inadvertently open regardless of how they become oriented. Contact Capital Safety if you have any questions about compatibility. Connectors (hooks, carabiners, and D-rings) must be capable of supporting at least 5,000 lbs (22.2kN). Connectors must be compatible with the anchorage or other system components.

Do not use equipment that is not compatible. Non-compatible connectors may unintentionally disengage (see Figure 2). Connectors must be compatible in size, shape, and strength. Self-locking snap hooks and carabiners are required.

**2.3 CONNECTIONS:** Only use self-locking snap hooks and carabiners with this equipment. Only use connectors that are suitable to each application. Ensure all connections are compatible in size, shape, and strength. Do not use equipment that is not compatible. Ensure all connectors are fully closed and locked.

Capital Safety connectors (snap hooks and carabiners) are designed to be used only as specified in each product's user instructions. See Figure 3 for inappropriate connections. Capital Safety snap hooks and carabiners should not be connected:

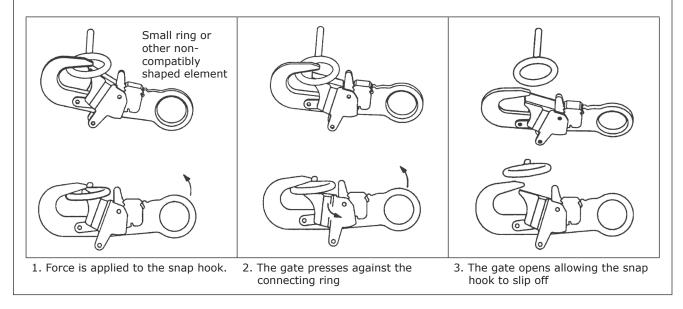
- **A.** To a D-ring to which another connector is attached.
- **B.** In a manner that would result in a load on the gate.

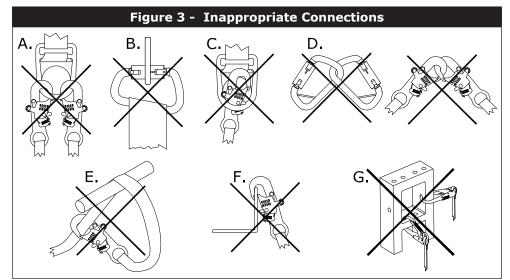
**NOTE:** Large throat snap hooks should not be connected to standard size D-rings or similar objects which will result in a load on the gate if the hook or D-ring twists or rotates. Large throat snap hooks are designed for use on fixed structural elements such as rebar or cross members that are not shaped in a way that can capture the gate of the hook.

- **C.** In a false engagement, where features that protrude from the snap hook or carabiner catch on the anchor, and without visual confirmation seems to be fully engaged to the anchor point.
- **D.** To each other.
- **E.** Directly to webbing or rope lanyard or tieback (unless the manufacturer's instructions for both the lanyard and connector specifically allows such a connection).
- **F.** To any object which is shaped or dimensioned such that the snap hook or carabiner will not close and lock, or that roll-out could occur.
- **G.** In a manner that does not allow the connector to align properly under load.

### Figure 2 - Unintentional Disengagement (Rollout)

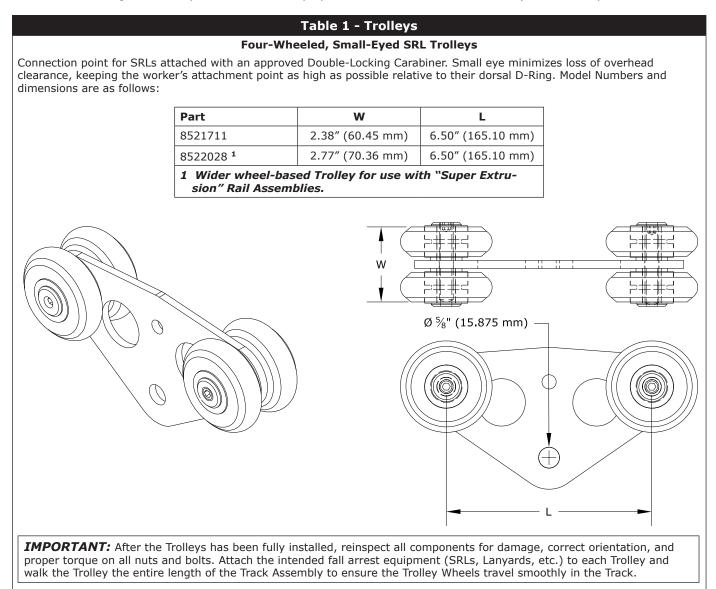
If the connecting element to which a snap hook (shown) or carabiner attaches is undersized or irregular in shape, a situation could occur where the connecting element applies a force to the gate of the snap hook or carabiner. This force may cause the gate (of either a self-locking or a non-locking snap hook) to open, allowing the snap hook or carabiner to disengage from the connecting point.





# 3.0 TROLLEYS

**Glide Rail Trolleys:** Table 1 presents the Trolley option and defines the Trollies for your frame system.



## 4.0 OPERATION AND USE

**WARNING:** Do not alter or intentionally misuse this equipment.

**WARNING:** Consult Capital Safety when using this equipment in combination with components or subsystems other than those described in this manual. Some subsystem and component combinations may interfere with the operation of this equipment. Use caution when using this equipment around moving machinery, electrical hazards, chemical hazards, and sharp edges.

**WARNING:** The anchor device should only be used for personal fall protection equipment and not for lifting equipment (not included in this instruction).

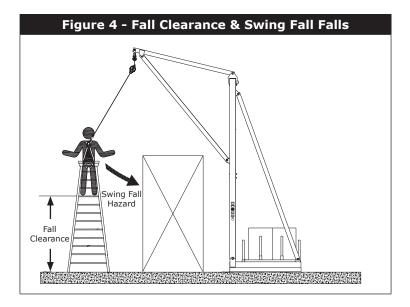
**WARNING:** This equipment is intended for use in fall arrest system only. It is essential for the user to verify that a free space is required beneath the user at the workplace before each occasion of use. It is imperative in that in the event of a fall, that there be no collision with the ground and/or obstacle(s) in the fall path.

**WARNING:** Working at height has inherent risks. Some risks are noted here but are not limited to the following: falling, suspension/prolonged suspension, striking objects, and unconsciousness. In the event of a fall arrest and/or subsequent rescue (emergency) situation, some personal medical conditions may affect your safety. Medical conditions identified as risky for this type of activity include but are not limited to the following: heart disease, high blood pressure, vertigo, epilepsy, drug or alcohol dependence, psychiatric illness, impaired limb function, and balance issues. We recommend that your employer/ physician determine if you are fit to handle normal and emergency use of this equipment.

- **4.1 BEFORE EACH USE:** Inspect this equipment carefully to ensure it is in good working condition. Check for worn or damaged parts. Ensure all parts are present and secure. Check the entire system for damage and corrosion. See Section 6 for further inspection details. Do not use if inspection reveals an unsafe condition. If the system fails inspection, immediately remove from service and do not use. Contact Capital Safety for information about how to repair the Rail system.
- **4.2 PLANNING:** Plan your system and how it will function before starting your work. Consider all factors that affect your safety during use. Some important points to consider when planning your system are:
  - **A. HAZARD EVALUATION:** Evaluate job site hazards prior to starting work. Consult applicable CE and industry standards for guidelines and regulatory requirements on equipment such as personal fall arrest systems (PFAS).
  - **B. WORK SITE GEOMETRY:** The use of the rail system and attached PFAS must be consistent with the geometric requirements stated in the manufacturer's instruction manual(s). Check for obstructions or sharp edges in the work path. Avoid working where the user may swing and hit an object, or where lines may cross or tangle with that of another worker.
  - **C. FALL CLEARANCE:** There must be sufficient clearance in your fall path to prevent striking an object or lower level in the event of a fall. A minimum of 6 ft. (1.8 m) from the working level to the lower level or nearest obstruction is recommended but may vary with you application and attached PFAS. See the PFAS manufacturers' instructions.
  - **D. SWING FALLS:** Swing Falls occur when the, anchorage point is not directly overhead (Figure 4). The force of striking an object in a Swing Fall may cause serious injury or death. Minimize Swing Falls by maintaining a work position as directly below the anchorage point as possible. In planning your system, increased clearance is required with Self-Retracting Lifelines or other variable length subsystems to negate the possibility of Swing Falls.
  - **E. SHARP EDGES:** Avoid working where components of the rail system and attached subsystem(s) will contact with or abrade against unprotected sharp edges.
  - **F. RESCUE:** When using this equipment, the employer must have a rescue plan and the means at hand to implement it and communicate that plan to users, authorized persons, and rescuers.
  - **G. AFTER A FALL:** Any equipment which has been subjected to the forces of arresting a fall or exhibits damage consistent with the effect of fall arrest forces, must be removed from service immediately and destroyed by the user, the rescuer, or an authorized person.
- **4.3 FIXED-HEIGHT COUNTERWEIGHT HORIZONTAL RAIL SYSTEM:** Fixed-Height Counterweight Horizontal Rail systems are not adjustable. The height of the rail system is dictated by the length of the rail system uprights.

**IMPORTANT:** Do not attempt to adjust the height of the rail system by setting items under the leveling feet to gain more height. The Fixed-Height rail system must only be used when all four (4) leveling feet are safely touching the ground.

**IMPORTANT:** System must have a quantity of **two** concrete blocks with the following specification placed on the concrete tray prior to system use. (Concrete blocks not included.) Concrete block dimensions: (Approx.) 2 ft. Height X 2 ft. Width X 6 ft. Length (61cm X 61cm X 183cm). Concrete Block Weight: (Approx.) 4,000 lbs (1,814 kg.).



- **4.4 REQUIREMENTS FOR PERSONAL FALL ARREST SYSTEMS (PFAS):** PFAS used with the rail system must meet applicable CE requirements.
  - The PFAS should be rigged to minimize any potential free fall and never allow a free fall greater than 6 ft. (1.8 m). The PFAS used with this equipment are required to include a full body harness as the body support component. This system is approved for use with Self-Retracting Devices and Energy Absorbers with a Maximum Average Arresting Force (MAAF) not exceeding 1,350 lbs (6 kN). Self-Retracting Device must meet the CE EN 360 standard. Energy Absorbers must meet the CE EN 355 standard. Body belts, unless incorporated into a full body harness, are not allowed for use with this equipment. A typical PFAS includes a full body harness, connecting subsystem or component (Self-Retracting Lifeline or Shock Absorbing Lanyard), and the necessary connectors to couple the system together.
  - If the system or any equipment has been subjected to the forces of arresting a fall, they must be removed from service immediately. The rail system should be inspected for any damage before it is put back into service.
  - PFAS may only be attached to the Trolley which moves along the Rail Assembly (see Figure 1).

**WARNING:** Read and follow manufacturer's instructions for the personal fall arrest equipment selected for use with the Counterweight Horizontal Rail System.

**IMPORTANT:** Body belts are not allowed for free fall situations. Body belts increase the risk of injury during fall arrest in comparison to a full body harness. Limited suspension time and the potential for improperly wearing a body belt may result in added danger to the user's health.

# **4.5 USING THE COUNTERWEIGHT HORIZONTAL RAIL SYSTEM:** General steps for using the rail system are as follows:

**IMPORTANT:** Altering, misusing, or using combinations of components or subsystems, or both, which may affect or interfere with the safe function of each other is prohibited.

**WARNING:** Never use the Counterweight Rail Fall Arrest System without proper counterweight installed in the counterweight base. Use of the system without proper counterweight can tip the system over resulting in injury or death.

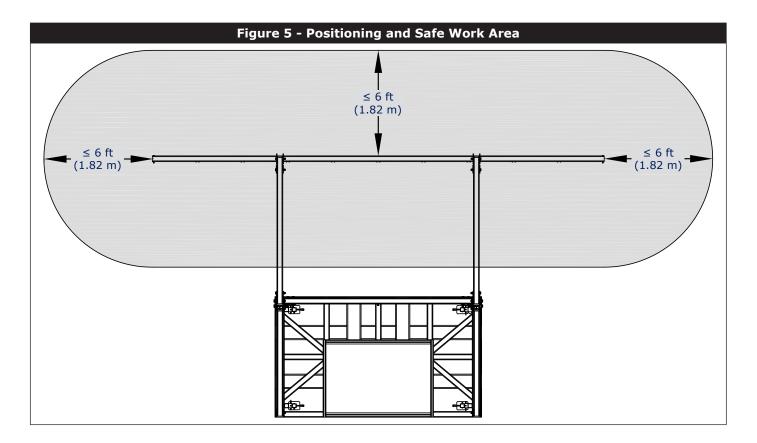
- **Step 1.** Position the Counterweight Rail Fall Arrest System over the desired work area/object. Place the unit into position so the Rail Assembly is centered in the work area to maximize the effective safe work area and reduce the potential for a fall. The Leveling Feet must be positioned over a stable, level surface capable of supporting the weight of the rail system.
- **Step 2.** Secure and level the Counterweight Horizontal Rail System: Use the level supplied with the system to determine if the system is resting level on the work surface. If the work surface is uneven, level the system by using a wrench to raise or lower the Leveling Feet until the system is resting level on the work surface. Do not use the rail system if the system is not level within 1 degree in any direction.

- **Step 3. Don a Full Body Harness:** Don a Full Body Harness per the manufacturer's instructions.
- **Step 4. Connect the SRL Lifeline to the Full Body Harness:** Connect the Self Locking Snap Hook or Self Locking/Self Closing Carabiner on the end of the SRL Lifeline to the Front or Back D-Ring on the Full Body Harness. To ensure a safe connection, always follow the instructions provided in the SRL and Full Body Harness manufacturers' instructions and observe the requirements in this manual regarding Compatibility of Connectors (Section 2.2) and Connections (Section 2.3).
- **Step 5.** When attached to the SRL: The worker is free to move about within recommended working areas at normal speeds. The Trolley should roll freely in the Rail Assembly. The Lifeline should extend smoothly and retract without hesitation. If slack line condition is created in normal use, the unit should be inspected and serviced by an authorized service center. Should a fall occur, the SRL will lock and arrest the fall. Upon rescue, remove the SRL from use. Inspect as described in manufacturer's instructions. When working with the SRL, allow the lifeline to recoil back into the device under control. Allowing the lifeline to be fully extended for long periods of time may cause premature weakening of the retraction spring.

**NOTE:** A Tagline should be attached to the SRL's Lifeline Hook so the Lifeline can be pulled down to a proper position for connection to the Full Body Harness.

**IMPORTANT:** The maximum number of people that may be attached to the Counterweight Horizontal Frame System is stated by the system labeling; each using an individual Trolley and SRL. No more than one (1) person should be attached to a single Trolley at any time.

**NOTE:** The SRL line must not drag or bend over a leading edge while accessing the work area. To eliminate that problem reposition the unit. Follow the SRL manufacturer's instructions carefully.



## 5.0 TRAINING

It is the responsibility of the user to assure they are familiar with these instructions, and are trained in the correct care and use of this equipment. Users must also be aware of the operating characteristics, application limits, and the consequences of improper use of this equipment.

**IMPORTANT:** Training must be conducted without exposing the trainee to a fall hazard. Training should be repeated on a periodic basis.

### 6.0 INSPECTION

**IMPORTANT:** After the rail system has been fully installed, perform a complete inspection. Make sure all supplied labels are present and legible. Inspect for loose bolts, cracks, corrosion, or any other type of abnormality. Inspect the Glide Rail and its components to ensure the trolleys roll smoothly along the entire span of the system. Check all nuts and bolts for proper torque and orientation.

**FREQUENCY:** The Fall Arrest System shall be inspected by the user before each use, and additionally, by a Competent Person<sup>3</sup> other than the user at intervals of no more than one year<sup>4</sup>. Inspection procedures are described in the following '*Inspection Steps'*. Results of each Competent Person inspection should be recorded on the "*Inspection and Maintenance Log"* at the back this instruction manual.

### **INSPECTION STEPS:**

- **Step 1.** Inspect the frame system for physical damage. Look carefully for any signs of cracks, dents, or deformities in the metal. Make certain the components are not deformed in any way and that they move correctly.
- **Step 2.** Inspect the frame system for signs of excessive corrosion.
- **Step 3.** Ensure the condition of the mounting surface will support system loads.
- **Step 4.** Inspect each system component or subsystem (e.g. self-retracting lifeline, full body harness, etc.) per associated manufacturer's instructions.
- **Step 5.** Verify there are no loose nuts and bolts on the system. Tighten all loose bolts to the proper torque specifications.
- **Step 6.** Verify that all labels are present and are fully legible.
- **Step 7.** Record the inspection date on the inspected equipment. Record the inspection date and results on the "*Inspection and Maintenance Log*" at the back of this manual.

**IMPORTANT:** Only Capital Safety or parties authorized in writing may make repairs to this equipment.

**IMPORTANT:** If the rail system as been subjected to the forces of arresting a fall, remove the system from the field of service. After the system has been removed from service, inspect the system to verify it is in proper working order before using the system.

### 7.0 MAINTENANCE - SERVICING - STORAGE

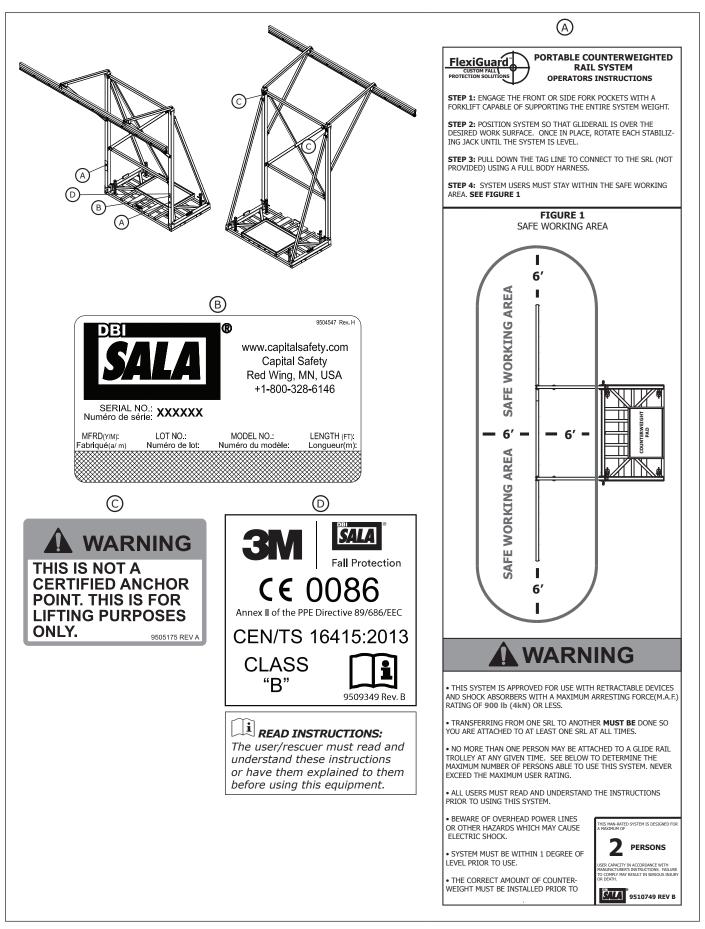
**7.1 CLEANING:** Clean the rail system with a mild soap detergent solution. Excessive build-up of dirt, tar, etc. may prevent the system from working properly. If you have any questions concerning the condition of your frame system or have any doubt about putting it into service, contact Capital Safety.

**NOTE:** Additional maintenance and servicing procedures (i.e. replacement parts) must be completed by a factory authorized service center. Authorization must be in writing.

- **7.2 STORAGE AND TRANSPORT:** The rail system is designed to be stored outdoors during normal weather conditions. If the weather environment is severe, it is recommended to store the rail system in an area that prevents damage to the system. If the system is transported long distances, it should be disassembled and all components secured and protected from severe conditions during transport.
- **7.3 LEVELING FEET:** The threaded portion of the leveling feet should be regularly lubricated with grease or light oil to ensure they can be turned freely.
- **3 Competent Person:** One who is capable of identifying existing and predictable hazards in the surroundings or working conditions which are unsanitary, hazardous, or dangerous to employees, and who has authorization to take prompt corrective measures to eliminate them.
- **4 Inspection Frequency:** Extreme working conditions (harsh environments, prolonged use, etc.) may require increasing the frequency of competent person inspections.

## LABELING

The following labels should be securely attached to the Flexiguard system and fully legible:



INSPECTION AND MAINTENANCE LOG			
SERIAL NUMBER:			
MODEL NUMBER:			
DATE PURCHASED:		DATE OF FIRST USE:	
INSPECTION DATE	INSPECTION ITEMS NOTED	CORRECTIVE ACTION	MAINTENANCE PERFORMED
Approved By:		_	
Approved By:			

#### LIMITED LIFETIME WARRANTY

Warranty to End User: CAPITAL SAFETY warrants to the original end user ("End User") that its products are free from defects in materials and workmanship under normal use and service. This warranty extends for the lifetime of the product from the date the product is purchased by the End User, in new and unused condition, from a CAPITAL SAFETY authorised distributor. CAPITAL SAFETY's entire ilability to End User' and End User's exclusive remedy under this warranty is limited to the repair or replacement in kind of any defective product within its lifetime (as CAPITAL SAFETY in its sole discretion determines and deems appropriate). No oral or written information or advice given by CAPITAL SAFETY, its distributors, directors, officers, agents or employees shall create any different or additional warranties or in any way increase the scope of this warranty. CAPITAL SAFETY will not accept liability for defects that are the result of product abuse, misue, alteration or modification, or for defects that are due to a failure to install, maintain, or use the product in accordance with the manufacturer's instructions. THIS WARRANTY IS THE ONLY WARRANTY APPLICABLE TO OUR PRODUCTS AND IS IN LIEU OF ALL OTHER WARRANTIES AND LIABILITIES, EXPRESSED OR IMPLIED.

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# **Fall Protection**

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