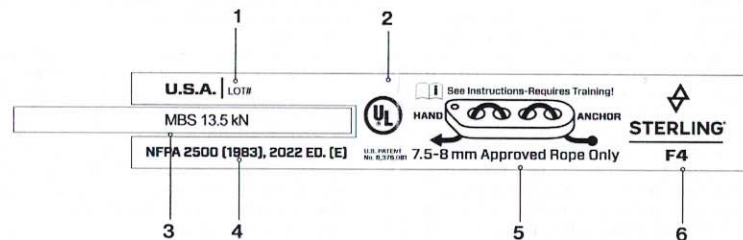
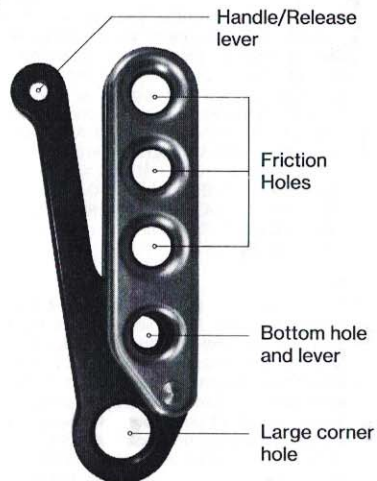


F4

Care & Use Instructions



- 1 Traceability
- 2 UL Certification
- 3 Minimum Break Strength
- 4 NFPA Standard
- 5 Approved Rope Diameters
- 6 Name

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F4 properly rigged.



Squeeze lever to begin descent, with brake hand on the free end of rope.



Once device is loaded, both hands are needed for operation: brake hand must be on free end of rope. Descent is controlled by squeezing release lever and varying pressure on free end of rope with brake hand. To stop, let go of release lever.



For horizontal movement, squeeze release lever, and while moving horizontally, hold the F4 parallel to the floor and at a 90 degree angle to the anchor. Rope will be fed into the device from storage allowing the device will slide along the rope.

Please permanently retain this and all user information after it is removed from the device. A copy of this and all user information should be retained with the device at all times. User should refer to and be aware of all relevant safety information before use.

⚠ WARNING ⚠

- Activities using these products are inherently dangerous and carry a significant risk of injury or death that cannot be eliminated.
- It is the user's responsibility to obtain specific training and to use the product safely. Anyone using this equipment must thoroughly understand the instructions given and refer to them before each use.
- These instructions DO NOT tell you everything you need to know.
- Do not use unless you understand and assume all risks and responsibilities for all damage/injury/death that may result from use of this equipment or the activities undertaken with it.
- Any device is subject to failure. Carefully check before and after each use.
- All systems must be backed up or redundant. Never trust a life to a single tool.
- You must have a rescue plan and the means to implement it. Inert suspension in a harness can quickly result in death!
- Do not use around electrical hazards, moving machinery, near sharp edges or abrasive surfaces.
- We are not responsible for any direct, indirect or accidental consequences or damage resulting from the misuse of our products.

Before Use:

Knowledge of the techniques required to properly and safely use this device can only be acquired through professional personal instruction received from a trainer who is qualified in teaching all aspects of vertical rope work. Such instruction will include evaluation of your understanding and ability to perform all tasks required to safely and effectively use this device. Never attempt to use this device until you have received proper instruction and are deemed competent by your instructor. Refer to these user instructions before and after each use.

Maintenance:

At all times keep the device away from acids, alkalis, and strong chemicals. Do not expose the device to flame or high temperatures. Store in a cool dry location. Do not store where the device may be exposed to moist air, particularly where dissimilar metals are stored together. If the device needs to be cleaned, hand wash with warm water and a mild detergent while working the handle. Do not use corrosive substances such as acetone or petroleum based solvents for cleaning. Rinse in clean warm water while working the handle and dry immediately.

Repair:

Any modification or repair of the device other than that authorized in writing by Sterling Rope is prohibited due to the risk of impairing the function of the equipment. Any repair work or modification performed elsewhere shall release Sterling Rope Company, Inc. from all liability and responsibility as the manufacturer. If the device is dropped or impact loaded, it must be returned to Sterling Rope Company, Inc. or a qualified inspections person.

Inspection Procedures:

This device must be visually and hand inspected by a qualified person, following the inspection procedures here before use. The inspector must inspect for dents, cracks, sharp edges, deformations, gouges, corrosion or excessive wear, or any other signs of damage that may have resulted from use or storage. Ensure smooth and full range of movement of the control lever. The inspector should also answer the following questions:

Has the device been visually damaged? Has the device been exposed to heat or direct flame impingement? Has the device been exposed to liquids, solids, gases, mists or vapors of any chemical or other material that can deteriorate the components of the device? If any of the questions listed here have been answered "yes" then refer to "retirement criteria" below. It is recommended that all use and inspection information be kept in an equipment log and stored with the device. In the event that the device is impact loaded or dropped it is recommended that the device be removed from service. If you have questions or concerns, you may send the device to Sterling for evaluation.

Retirement Criteria:

This device is to be removed from service immediately if: any of the questions listed above cannot be answered or are answered "yes", If the device does not pass visual inspection or if

there is any doubt about the safety or serviceability of the device.

Proper Use:

The device is for one-time emergency use only, in the event of an emergency egress, the device should be retired immediately. A firefighter's personal escape device may be used for training, if proper safety and inspection methods are used. For training, it is recommended that separate devices be used only under supervision and continuous inspection; with the trainee at all times utilizing a separate safety belay.

- Safe use of the system REQUIRES TRAINING AND PRACTICE. Sterling Rope strongly recommends all personnel receive training from a professional instructor.
- Your system should be packed appropriately and ready for quick deployment prior to engaging fire.
- A safe descent using this device requires a moderate amount of pre-planning. Please follow your department's protocol when employing the system in an emergency situation.

The F4 is a solid aluminum bar with four holes and a release lever. Its function depends upon the friction gained by the rope going in and out of the holes and the pressure applied by the lever against the rope. To load rope in the device, the release lever must be in the up and closed position. Weave rope through all holes making sure it goes through the bottom, concentric hole in the device and the lever. Make sure to knot the end of your rope, to be used as a stopper knot. Rope is threaded through the holes in the device as indicated by the diagram at the end of these instructions and as shown on the device. Attach the device to your harness with carabiner through the large corner hole in the lever.

Your F4 should be packed appropriately and ready for quick deployment prior to engaging fire.

A safe descent using the F4 requires a moderate amount of pre-planning. Please follow your department's protocol when employing the device in an emergency situation. While the F4's auto-lock feature is designed to allow both hands to be free while exiting a structure, SAFE USE OF THE DEVICE DURING A DESCENT REQUIRES USE OF BOTH HANDS AT ALL TIMES, ONE HAND RELEASING THE AUTOSTOP LEVER AND THE OTHER HAND BRAKING THE DESCENT BY HOLDING THE FREE END OF THE ROPE DOWN BY YOUR HIP.

Descent:

Anchor rope securely. After allowing sufficient slack in the rope to clear any structure (such as a window sill) carefully load the device with your body weight. As soon as the device is loaded, the device will lock off. To descend further you must use two hands to operate the device: brake hand must grasp the untensioned, free end of the rope and hold down at your hip, while the other hand grips the device to control the release lever. Carefully squeeze the release lever while holding the free end of the rope with opposite hand. Control the rate of descent by varying the amount of grip pressure applied to the free end of the rope. To stop descending at any time, release pressure on the lever and/or tighten your grasp on the free end of the rope. FULLY SQUEEZING THE LEVER WITHOUT HAND BRAKING OF THE FREE END OF THE ROPE WILL CAUSE RAPID DESCENT, SERIOUS INJURY OR DEATH. IT IS IMPERATIVE THAT THE NON-LEVER HAND REMAINS ON THE FREE END OF THE ROPE AT ALL TIMES DURING DESCENT.

To STOP, let go of the release lever.

Horizontal Movement:

There may be need to create an anchor attachment point a distance away from the exit point. In this situation, attach anchor securely, squeeze release lever, and while moving horizontally, hold the F4 parallel to the floor and at a 90 degree angle to the anchor. Rope will be fed into the device from storage allowing the device will slide along the rope.

THIS DESCENT CONTROL DEVICE HAS PASSED THE MANNER OF FUNCTION AND HOLDING LOAD TESTS USING THE FOLLOWING ROPE:

Sterling Rope FireTech2 F075AA20xxx (7.5mm)
Sterling Rope SafeTech F077AN0xxx (8.0mm)

MEETS THE DESCENT CONTROL DEVICE REQUIREMENTS OF NFPA 1883, INCORPORATED IN THE 2022 EDITION OF NFPA 2500. (E) escape class 7.5mm - 8.0mm rope diameter



Sample of Suggested Records to Maintain

Purchase Record	
Model	
Lot Number	
Year of Manufacture	
Purchase Date	
Date of 1st use	
User	

Date	Condition	Inspector

Additional information regarding descent control devices can be found in NFPA 1500 and NFPA 1858 and NFPA 1883, incorporated in the 2022 edition of NFPA 2500.



MADE IN U.S.A. WITH U.S. AND GLOBALLY SOURCED MATERIAL



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