

User Manual

Elastic single lanyard Fitted with Energy absorber

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1. General information

The elastic single lanyard is used as personnel protective equipment for people working at height. The lanyard has a length of 1 m when the elastic is retracted and 2 m when deployed. The Elastic single lanyard complies with the standard EN 355 (2002). The lanyard bears the CE marking. The company responsible for putting the product on the market is Fallprotec, see detail here above.

2. Marking

Name of the manufacturer: FALLPROTEC.

Batch number: xxxxAA (AA = manufacturing year)

Name of the product: Single lanyard 2 m with energy absorber

CE number

Notify body APAVE bearing the number 0082.

Icon stating to read this manual before using the lanyard.

Standard: EN 355: 2002.

Fallprotec guarantees that 100% of the lanyard is manufactured in the European Union.

3. Carabiners

Carabiners should be in accordance with EN362. Model of carabiners which can be attached to the lanyard are as follows.



Fig. 1 Carabiner for sternal anchor point HAR015



Fig. 2 Carabiner for back anchor point HAR013/018/024



Fig. 3 Carabiner double action catch HAR025

4. Checking the lanyard before use

Before each use carry out a thorough visual examination and insure that the thimble, the stitching, the webbing are in good conditions.

If the lanyard has stopped a fall, the energy absorber is deployed and the lanyard must be discarded (Fig. 4).



Fig. 4 Energy absorber having stopped a fall

Fallprotec makes available to its distributors maintenance manual for inspection and repair. In case of defects refer to maintenance manual and reject the lanyard if necessary. It is mandatory that a competent person checks the lanyard once a year.

5. Recommendations when using the lanyard

It is recommended to use the lanyard with a full body harness (EN361). The harness is the only authorized body holding device used in a fall arrest system.

The person attaches one end of the lanyard (energy absorber side) on the front or back anchor point of the harness and the other end on a fix or mobile anchor point.

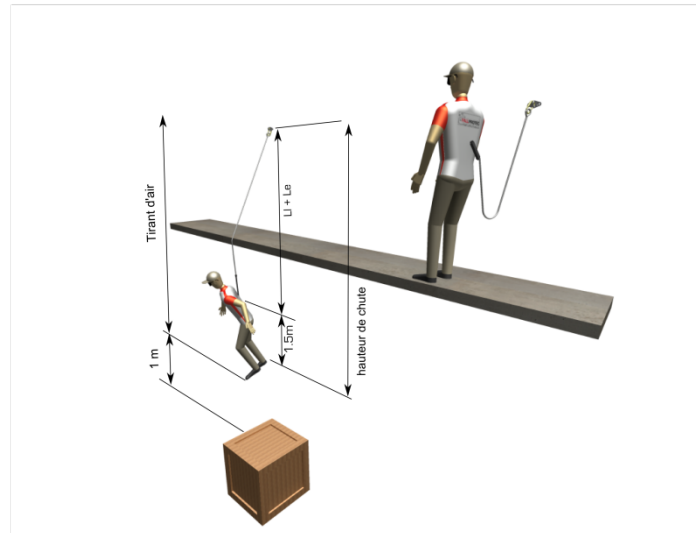


Fig. 5 Attaching the lanyard on an anchor point

1. The carabiners of the lanyard must be attached directly to the anchor point and to the harness.
2. The user can move within a radius of 2 m around the anchor point.
3. The drop height is the sum of the following factors :
 - the length of the lanyard $L_I = 2$ m
 - the braking distance of the energy absorber $L_e = 0.8$ m.
 - the distance between the harness anchor point and the lower limb 1,5 m
 - the safety distance of 1 m

The safety equation is :

$$L_I + L_e + 1.5 \text{ m} < \text{the fall clearance} + 1 \text{ m}$$

$$2 + 0.8 + 1,5 \text{ m} < \text{the fall clearance} + 1 \text{ m}$$

CAUTION: Check before using fall arrest equipment the minimum clearance under the feet of the user to avoid collision with an obstacle or the ground, during a fall.

CAUTION: To avoid falling factor greater than 1, the user will be connected preferably above his head; never be connected below your feet.

CAUTION: The anchor point location should be selected so that the user will not fall when connected to the anchor point.

CAUTION: One person only attached to the anchor point.

6. Recommendations for the user

The use of the lanyard is for a competent person, having received adequate training. Working at height is potentially fatal if it is made without knowledge of the use of PPE. A worker at a height must be physically fit; some cons medical indication may affect safety.

7. Rescue plan

Rescue plan must be implemented that saves a worker in height in less than 15 minutes. If the worker remains suspended in a harness over 15 minutes, it can suffer severe trauma or death. At least two workers at height are required for the work, one under the control of the other and able to contact the rescue team in case of incident.

8. Prohibited use

8.1.

The lanyard can be used in those cases foreseen by the manufacturer; other cases not covered by this manual are prohibited. The use of the lanyard is for a single person who is responsible for maintaining the lanyard in good condition.

8.2.

Not more than 1 person attached to the lanyard

8.3.

The anchor point should not be located below the walkway and preferably above the head.

8.4.

Sufficient clearance below the feet of the user.

8.5.

The lanyard is used in conjunction with a karabiner as specified in chapter 3.

9. Life span

The life span of the lanyard is 5 years if used under normal condition. It must be checked by a competent person once a year. In aggressive environments or heavy use, life span of the lanyard is reduced.

10. Maintenance

The lanyard can be hand washed with soap and water or machine gentle cycle 30 ° C

Dry the lanyard to the air and not exposed to sunlight.

Do not expose the lanyard to a heat source like an iron

Periodic inspection and repair

1. Identification of the lanyard

Lanyard batch number	Year of manufacturing (two last digit of batch number)	Purchasing date	In service date
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Periodic inspection date	Defects / repair	Controller's approval	Date of next inspection
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2. Disposal

Disposal date of the lanyard