

## User Manual

# Elastic forked Lanyard

DOC040-UK-15.11.11



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# 1. General information

The elastic forked 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 lanyard complies with the standard EN 354:2002 and EN 355:2002. The lanyard bears the CE marking.

# 2. Marking

Name of the company responsible for putting the product on the market: FALLPROTEC.

Serial Number: xxxxxx

Manufacturing date: month / year

Name of the product: Elastic forked lanyard 2 m with energy absorber

CE marked

Notify body bearing the number: 1805

Icon stating to read this manual before using the lanyard.

Standard: EN 354: 2002 and EN 355: 2002

Max length when extended: 2 m.

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

# 3. Karabiners

Model of karabiners which are attached to the lanyard are as follows:

- 2 scaffolding hooks
  - o Steel
  - o Opening 60 mm
  - o Dimensions 236 / 115 mm
  - o EN 362/2004/A, ANSI Z359.12, CSA Z259.12
- 1 swivel karabiner
  - o Steel
  - o Opening 19 mm
  - o Dimensions 185 / 68 mm
  - o EN 362/2004/A, ANSI Z359.12, CSA Z259.12

## 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. 1 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 mandatory 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.

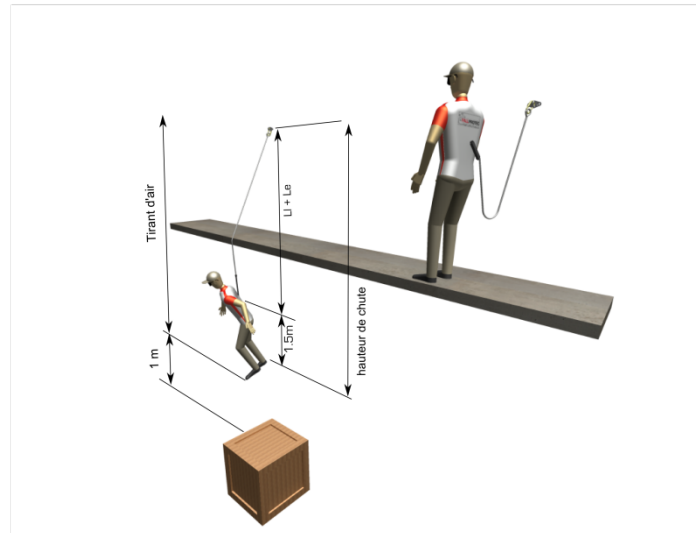


Fig. 2 Attaching the lanyard on an anchor point

1. The karabiners 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  $L_I = 2 \text{ m}$
  - the braking distance of the energy absorber  $L_e = 1 \text{ m}$ .
  - the distance between the harness anchor point and the lower limb 2 m
  - the safety distance of 1 m

The safety equation is:

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

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

**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.

## 9. Lifespan

The life span of the lanyard is 6 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	Manufactured	Purchasing date	In service date

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

### 2. Disposal

**Disposal date of the lanyard**