

MANUAL FALL ARREST LANYARDS

ELSF-FAR-I, FAR-Y, FAE-I, FAE-Y, FAA-25



CE 0082
EN 355:2002

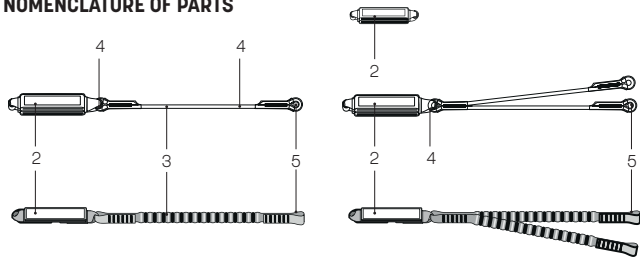


NOTIFIED BODY FOR EU TYPE EXAMINATION AND PRODUCTION CONTROL:

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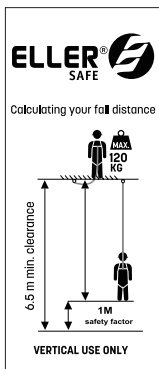
The energy absorber lanyards are classed as personal protective Equipment(PPE) by the European Regulation 2016/425 and has been shown to comply with this through the European Standard EN355:2002.

NOMENCLATURE OF PARTS



1. Plastic protection sleeve
2. Energy absorber
3. Rope/webbing
4. Sewing thread
5. Attachment point

MARKING



1. The CE mark showing that the product meets the requirements of the Regulation 2016/425
2. Identification of the manufacturer
3. Type of product
4. Model number
5. Date of manufacture([Month(MM) and (Year)YYYY])
6. Batch No
7. Serial No. of the Harness
8. Max length and when using energy absorber
9. Read user instruction

CAREFULLY READ THESE INSTRUCTIONS BEFORE USING THIS LANYARD

Energy absorber lanyard is element or a component of a fall system, which is designed to dissipate the kinetic energy developed during a fall from a height. Energy absorber is designed to protect against fall from height.

FALL CLEARANCE

The necessary minimum clearance below the feet of the user, in order to avoid collision with the structure or ground in a fall from the height is 6.5 meter.

DESCRIPTION

The energy absorber with lanyard is a component of personal fall arrest equipment and complies with EN355. Fall arrest system consisted of energy absorber with lanyard, attached to the full body harness (complied with EN 361) and connected to the structural anchor point (complied with EN 795) can be used as a basic personal protective equipment against falls from a height. Caution: The total length of the energy absorber with lanyard including terminations and connectors shall not exceed 2 m. (e.g. connector plus lanyard plus energy absorber plus connector)

ASSEMBLING A FALL ARREST SYSTEM

1. Attach the energy absorber's connector to a frontal or dorsal attachment point of full body harness (conformed to EN 361) - [1]
2. Connect the lanyard's connector to the structural anchor point of resistance min. 12 kN (conformed to EN 795) placed above the user:

- directly [2]
- with a additional connector [3], [4]
- The shape of the structural anchor point shall not let self-acting disconnection of the device.

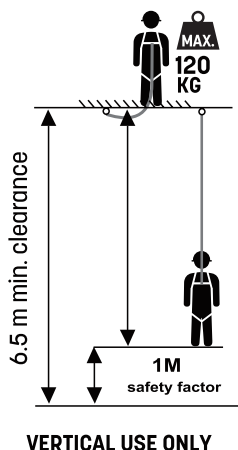
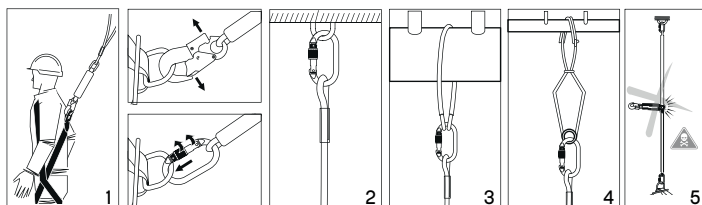
WARNING: During use the energy absorber with double lanyard it is strictly forbidden to attach the one lanyard's connector to harness attachment element and the second lanyard's connector to structural anchor point [5].

CAUTION

- The user should minimise the amount of slack in the lanyard near a fall hazard.
- The user must rule out any risk of the situation (e.g. wrapping the lanyard around neck) that during use or arresting a fall the lanyard may be used choke hitched.
- The user should avoid interleaving the lanyard between construction elements or the situation when there is a risk of falling over the sharp edge (e.g. roof edge).
- The energy absorber with lanyard can be used in temperatures from -30°C to 50°C.
- Two separate lanyards each with an energy absorber should not be used side by side (i.e. parallel).
- The free lanyard of a double (twin tail) lanyard combined with energy absorber should not be clipped back on the harness.
- Avoid having the lanyard under the arms to prevent injury.

REQUIRED FREE CLERANCE

It is necessary to guarantee the minimum clearance below the feet of the user, in order to arrest the fall before collision with the structure or ground. Check drawing 6 to verify the clearance depending on the position of the anchor point.



Device must be inspected at least once every 12 months from the date of first use. Periodic inspections must only be carried out by a competent person who has the knowledge and training required for personal protective equipment periodic inspections. Depending upon the type and environment of work, inspections may be needed to be carried out more frequently than once every 12 months. Every periodic inspection must be recorded in the Identity Card of the equipment.

The maximum lifespan of load bearing textile equipment is 10 years from the date of manufacture.

Metallic equipment can be used without time limit on the condition periodic inspections are carried out timely.

The equipment maximum lifetime depends on the intensity of usage and the environment of usage. Using the device in rough environment, marine environment, contact with sharp edges, exposure to extreme temperatures or aggressive substances, etc. can lead to the withdrawal from use even after one use.

The device must be withdrawn from use immediately and destroyed when it has been used to arrest a fall or it fails to pass inspection or there are any doubt as to its reliability.

- personal protective equipment shall only be used by a person trained and competent in its safe use.
- personal protective equipment must not be used by a person with medical condition that could affect the safety of the equipment user in normal and emergency use.
- a rescue plan shall be in place to deal with any emergencies that could arise during the work.
- being suspended in PPE (e.g. arresting a fall), beware of suspension trauma symptoms. To avoid symptoms of suspension trauma, be sure that the proper rescue plan is ready for use. It is recommended to use trauma straps.
- it is forbidden to make any alterations or additions to the equipment without the manufacturer's prior written consent.
- any repair shall only be carried out by

- personal protective equipment shall not be used outside its limitations, or for any purpose other than that for which it is intended.
- personal protective equipment should be a personal issue item.
- before use ensure about the compatibility of items of equipment assembled into a fall arrest system.
- Periodically check connecting and adjusting of the equipment components to avoid accidental loosening or disconnecting of the components.
- it is forbidden to use combinations of items of equipment in which the safe function of any one item is affected by or interferes with the safe function of another.
- before each use of personal protective equipment it is obligatory to carry out a pre-use check of the equipment, to ensure that it is in a serviceable condition and operates correctly before it is used.
- during pre-use check it is necessary to inspect all elements of the equipment in respect of any damages, excessive wear, corrosion, abrasion, cutting or incorrect acting, especially take into consideration:
 - in full body harnesses and belts buckles, adjusting elements, attaching points, webbings, seams, loops;
 - in energy absorbers - attaching loops, webbing, seams, casing, connectors;
 - in textile lanyards or lifelines or guidelines - rope, loops, thimbles, connectors, adjusting element, splices;
 - in steel lanyards or lifelines or guidelines - cable, wires, clips, ferrules, loops, thimbles, connectors, adjusting elements;
 - in retractable fall arresters - cable or webbing, retractor and brake proper acting, casing, energy absorber, connector;
 - in guided type fall arresters - body of the fall arrester, sliding function, locking gear acting, rivets and screws, connector, energy absorber;
 - in metallic components (connectors, hooks, anchors)
 - main body, rivets, gate, locking gear acting.
- after every 12 months of utilization, personal protective equipment must be withdrawn from use to carry out periodical detailed inspection. The periodic inspection must be carried out by a competent person for periodic inspection. The periodic inspection can be carried out

- in case of some types of the complex equipment e.g. some types of retractable fall arresters the annual inspection can be carried out only by the manufacturer or his authorized representative.
- regular periodic inspections are the essential for equipment maintenance and the safety of the users which depends upon the continued efficiency and durability of the equipment.
- during periodic inspection it is necessary to check the legibility of the equipment marking. Don't use the equipment with illegible marking.
- it is essential for the safety of the user that if the product is re-sold outside the original country of destination the reseller shall provide instructions for use, for maintenance, for periodic examination and for repair in language of the country in which the product is to be used.
- personal protective equipment must be withdrawn from use immediately when any doubt arise about its condition for safe use and not used again until confirmed in writing by equipment manufacturer or his representative after carried out the detailed inspection.
- personal protective equipment must be withdrawn from use immediately and destroyed (or another procedures shall be introduced according detailed instruction from equipment manual) when it have been used to arrest a fall.
- a full body harness (conforming to EN 361) is the only acceptable body holding device that can be used, in a fall arrest system.
- in full body harness use only attachment points marked with a capital letter "A" to attach a fall arrest system.
- the anchor device or anchor point for the fall arrest system should always be positioned, and the work carried out in such a way, as to minimise both the potential for falls and potential fall distance. The anchor device/ point should be placed above the position of the user. The shape and construction of the anchor device/point shall not allowed to self-acting disconnection of the equipment. Minimal static strength of the anchor device/ point is 12 kN. It is recommended to use certified and marked structural anchor point complied with EN795.
- it is obligatory to verify the free space required beneath the user at the workplace before each occasion of use the fall arrest system, so that, in the case of a fall, there will be no collision with the ground or other obstacle in the fall

- there are many hazards that may affect the performance of the equipment and corresponding safety precautions that have to be observed during equipment utilization, especially:
 - trailing or looping of lanyards or lifelines over sharp edges, - any defects like cutting, abrasion, corrosion, - climatic exposure, - pendulum falls, - extremes of temperature, - chemical reagents, - electrical conductivity.
- personal protective equipment must be transported in the package (e.g.: bag made of moisture-proof textile or foil bag or cases made of steel or plastic) to protect it against damage or moisture.
- the equipment can be cleaned without causing adverse effect on the materials in the manufacture of the equipment. For textile products use mild detergents for delicate fabrics, wash by hand or in a machine and rinse in water. For energy absorbers use only a damp cloth to wipe away dirt. It's forbidden to immerse energy absorbers into the water. Plastic parts can be cleaned only with water. When the equipment becomes wet, either from being in use or when dew cleaning, it shall be allowed to dry naturally, and shall be kept away from direct heat. In metallic products some mechanic parts (spring, pin, hinge, etc.) can be regularly slightly lubricated to ensure better operation.
- personal protective equipment should be stored loosely packed, in a well-ventilated place, protected from direct light, ultraviolet degradation, damp environment, sharp edges, extreme temperatures and corrosive or aggressive substances.
- Using the harness in connection with personal protective equipment against falls from a height must be compatible with manual instructions of this equipment and obligatory standards:
 - EN353-1, EN353-2, EN355, EN354, EN360 for the fall arrest systems;
 - EN362 - for the connectors;
 - EN1496, EN341 - for rescue devices;
 - EN795 - for anchor devices.

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It is the responsibility of the user to provide the identity card and to fill in the details required. The identity card should be filled in before the first use by a competent person, responsible in the user organization for protective equipment. Any information about the equipment like periodic inspections, repairs, reasons of equipment's withdrawal from use shall be noted into the identity card. The identity card should be stored during a whole period of equipment utilization. Do not use the equipment without the identity card.

Model and type of equipment	
Serial/batch number	
Reference number	
Date of manufacture	
Date of Purchase	
Date of First use	
User name	

[illegible]