

Lanyards: Caution, Connection & Care

Working at heights is a dangerous practice. The following guidelines are of an inherently general nature and as such they are not a substitute for training, common sense and safe working practices. These products must only be used in an occupation/workplace where the user receives appropriate training under the respective government workplace legislation or from an approved supplier. For guidance on the use of fall protection equipment, its inspection, location of anchorage points and general fall protection practices we recommend AS/NZS 1891-4 be consulted.

1. The users of this equipment must check the condition of the equipment before and after each use, do not use equipment if there is any doubt about its ability to perform as required. Only Competent operators should use this equipment.
2. This equipment must not be altered in any way
3. Only one person at a time is to be connected to this equipment
4. Any equipment involved in sustaining a fall must be withdrawn from service and destroyed.
5. Employers must plan for the prompt rescue of employees in the event of a fall.
6. Where there is a likelihood of a free fall, full body harness must be used with an energy absorbing component.
7. The purpose of this equipment is to provide a means of 'Restraint' or 'Fall Arrest' (see individual component markings) where the maximum free fall does not exceed 2m.
8. The attachment lanyard should only be secured to an anchorage point, which is at a level, which will result in the minimum free fall consistent with the wearer's ability to carry out the work task in a safe manner.
9. To gain any benefit from fall protection equipment it must be connected to a suitable anchorage point (see AS/NZS 1891-4 for information on anchorage points). When engaging fall protection equipment always confirm the connection visually and by loading the connection in the likely direction of load.
10. The lanyard is suitable for arresting a free fall up to but not exceeding 2m.
11. If an energy absorber has started to deploy, as part of a lanyard assembly, then the lanyard must be destroyed immediately and not used again.
12. Always connect the lanyard to the appropriate connection point on the harness (some points are for Fall Arrest whilst others are for Work Positioning)
13. When setting up a fall arrest system it is important to calculate the potential fall distance and to make sure that the fall distance is free from obstructions (See AS/NZS 1891-4 for guidelines on fall distance calculation).
14. Do not hook the lanyard onto itself unless the hook is a 'Tie Back' hook (Lanyard Code L26) or the lanyard is fitted with an anchorage Dee.

15. When connecting to an anchorage point, ensure that the structure is capable of withstanding a minimum load of 15 kN for single person fall as per AS/NZS 1891-4.
16. When connecting always confirm the action and engagement of the hook latches.
17. If any part of this lanyard is exposed to chemicals, e.g. cleaning materials or hazardous atmospheres, the user should consult the manufacturer to determine whether the equipment is suitable for continued use.
18. Never use fall protection equipment for purposes other than those for which it has been designed.
19. The compatibility of all components in the system should be checked by a competent person.
20. Reference to AS/NZS 1891.4 should be consulted for guidance on selection, use and maintenance matters.

Maintenance

- The user's company safety officer should maintain a record log of servicing & inspection dates for this unit. (See AS/NZS 1891.4 for guidance on inspection cycles). We recommend a minimum inspection cycle of every 6 months.
- Luke warm water with dish soap can be considered the best & safest method of cleaning, without any adverse effects on the metal components. Rinse parts in luke-warm water after cleaning.
- After necessary cleaning & drying, store the equipment in a dry, dark cool position, away from chemicals, corrosives, high humidity, sharp objects, U.V radiations, salt environment, or any other possible causes of damage.
- Do not store the equipment wet.

Energy Absorbers

If an energy absorber show signs of having sustained a fall (usually by elongation) it should be discarded.

Suspension

- If a person is suspended in a harness for a length of time and is immobilized, depending on the individual's susceptibility, they may suffer from "Suspension Trauma".
- The following are the recommendations of AS/NZS 1891-4: 2000 :
"Although the condition is still being researched, it is recommended that certain measures be taken to reduce the effects of this condition or delay its onset. It appears to help if the person is suspended in a substantially horizontal position or with the knees elevated, and with the opportunity to pump the legs, ideally with the feet against a firm surface. The person should be encouraged to maintain leg activity by both moving the legs and where possible pushing against a firm surface at regular intervals until retrieval can be effected."



Lanyard Inspection

Points to look out for during a inspection:

1. Distortion of snap hooks or latches
2. Deliberate modification of hooks or latches
3. Free movement of the latch over its full travel
4. Rough edges
5. Strength and operation of latch springs
6. Wear of latch pivot points
7. Obstructions to the latch movement
8. Cracks in the plastic thimble
9. Has the shock absorber started to become deployed?
10. Cuts and abrasion of the rope or webbing
11. Permanent stretching of the material
12. Damage from heat, corrosion or chemicals.

If any off the above faults are visible the lanyard should be withdrawn from service.

Hook Use

Users should be made responsible for consistent inspection and care of this equipment.

- Do not allow the locking latch to be nearest to your body.
- Do not use a hook on equipment that will create a side loading on the latches.
- If latches are distorted or damaged the hook must be removed from service immediately.
- Do not attach foreign objects to D ring. They may prevent the correct engagement of the hook or give the user false indication of the hook closure.
- Do not allow the latches of the hook to be pushed from either side by the D ring, rope, branches, twigs or any other obstruction in a narrow space. This could cause the latches to open.
- Do not connect two hooks together.



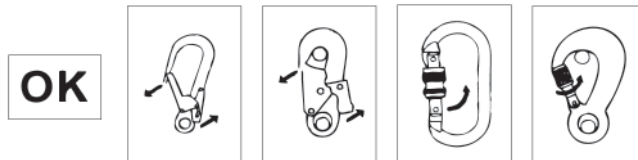


Karabiners

This unit conforms to the relevant requirements of AS/NZS 1891-4 as fall protection equipment.

Before Use you MUST:

1. Check that this unit is compatible with all other components of your safety system.
2. Check that the connector is in good condition and that the gate and locking mechanisms function correctly.



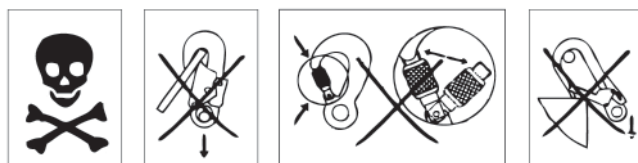
Use

To use your karabiner, open the gate of the karabiner, by unscrewing (screwgate), twist & open (double action), or lift-up twist & open (triple action). Make a connection with the personal fall protection system as required. Release the gate, ensuring that it closes completely. If the karabiner is a screwgate, screw close the gate until finger tight. Double acting and triple acting karabiners will lock automatically – but always check that the karabiner is secured.

Karabiners or other connectors must only be used in the long axis, do not load across the gate. Please ensure that you check the closure of the gate and the locking mechanism on every use. Do not hook back or choke a karabiner back onto the attached lanyard.

Do not use this equipment if:

1. It shows signs of damage or wear.
2. You have reason to believe that this unit has sustained a fall.

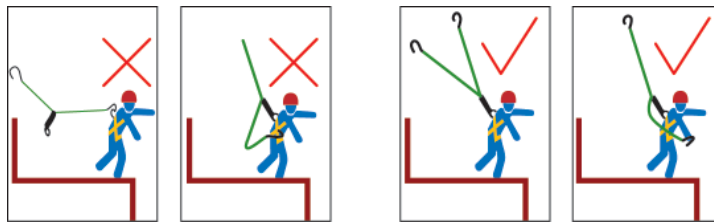




DOUBLE LANYARD

The following instructions must be read and understood when using double lanyards

- The user of this lanyard must only ever connect to this lanyard by the termination on the Energy Absorber (see drawing below).
- When using this lanyard always assure that at least one of the lanyard legs is connected to the structure.
- Care must be taken when climbing with a Double Lanyard to not 'over climb' the lanyard to the extent that the user of the lanyard would be exposed to a free fall greater than 2 m.
- When climbing or working with a double lanyard, it is acceptable to have both lanyards connected to the structure provided that the included angle between the legs of the lanyard does not exceed 120 degrees. (see drawing below)



When climbing or working with a double lanyard do not connect the unused lanyard to your harness, unless it is to a designated lanyard parking ring. (see drawing below) This can create a situation where, in the event of a fall the 'parked' lanyard would interfere with the operation of the Energy Absorber, resulting in serious injury or death. All Miller double lanyards are equipped with a lanyard parking ring-Dee Injunction.

