

# TOOL BOX TALKS

## Fall Arrest Lanyards

### Slip, Trip and Fall Prevention



Lanyards are a critical component of a personal fall arrest system. There are many types of lanyards that can be used. Shock-absorbing lanyards absorb fall arrest forces. Fall arrest lanyards must limit fall arrest forces to 900 pounds or less on the body. Review these tips with users of fall protection equipment.

#### Tool Box Tips

1. Train all employees using fall arrest equipment.
2. Failure to use fall protection equipment properly may result in a fall and death.
3. Lanyards are for one person use only.
4. Never use lanyards for towing or hoisting.
5. Inspect lanyards before use by checking for deformities and unusual wear or deterioration.
6. Never change or connect multiple lanyards.
7. Attach shock-absorbing lanyards to structures capable of supporting 5,000 pounds.
8. Work directly under the anchorage to reduce swing during a fall.
9. Never loop the lanyard back onto itself unless specifically designed for that purpose.
10. Do not tie knots in lanyards.
11. Attach lanyards to the anchorage point and D-ring on the back of the body harness.
12. Only use double-locking snap hooks or approved locking carabineers with shock-absorbing lanyards.
13. Large rebar hooks or rebar snaps should never be connected to body harness D-rings.
14. The shock-absorbing end of the lanyard must be connected to the harness D-ring.
15. When dirt, paint or other materials have collected on the lanyard, clean as recommended by manufacturer.



Never connect two lanyards together to get more length.



Inspect lanyards before use.



New and stronger types of double-locking snap hooks are available.

*These advisory materials have been developed from national standards and sources believed to be reliable, however, no guarantee is made as to the sufficiency of the information contained in the material and Missouri Employers Mutual Insurance Company assumes no liability for its use. Advice about specific situations should be obtained from a safety professional.*

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