TOOL BOX TALKS
Shock Absorbing Lanyards

Shock-absorbing lanyards are designed to absorb the fall arrest forces that are experienced during a fall. Shock-absorbing lanyards will expand when elongated, slowing the fall speed down. Fall arrest lanyards must limit fall arrest forces to 900 pounds or less on the body. Lanyards must be inspected before each use, and connected to an anchorage that will hold a 5,000 pound static load. Review these tips with users of fall protection equipment.

WORKSAFE TIPS

SHOCK-ABSORBING LANYARDS

Persons using fall protection equipment must be trained and understand the instructions.

Failure to use fall protection equipment properly may result in a fall and death.

Lanyards are for use by one person only.

Never use lanyards for towing or hoisting.

Lanyards are typically designed to be used by persons weighing 310 pounds or less. Consult instructions before using.

Inspect before use, and check for deformities, unusual wear or deterioration.

Never alter lanyards.

Protect from slag, flames, heat sources & sharp edges.

Attach shock-absorbing lanyards to structures capable of supporting 5,000 pounds.

Shock-absorbing lanyards elongate (stretch) up to 3 ½ feet when a person falls.

Work directly under the anchorage to prevent a swinging fall, where the user may swing into an object.

Never hook the lanyard back on itself unless specifically designed for that purpose (tieback).

Do not tie knots in lanyards.

Never attach lanyards together.

Attach lanyards only to the D-ring on the back of the body harness.

Only use double-locking snap hooks or approved locking carabiners with shock-absorbing lanyards.

Rebar hooks or rebar snaps must never be connected to body harness D-rings.

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 each use!

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

Contact your fall protection equipment salesperson for more

Work SAFE

Smart, Accident-Free Environments