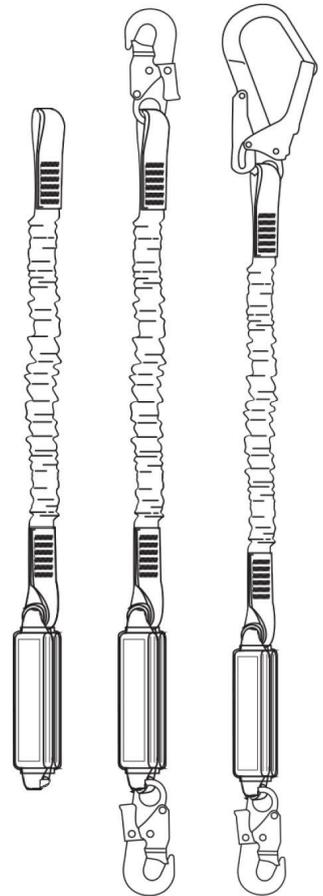


Stretch Lanyard

Single Elasticated Lanyards Instruction Manual



LSZOW0E, LSZOW3E, LSZOW5E



The energy absorber with lanyard is a component of personal fall arrest equipment and complies with EN355:2002 and AS/NZS 1891.1:2007 Harnesses & ancillary equipment. The fall arrest system consists of energy absorber with lanyard (complies with EN 355), attached to the full body harness (complies with EN 361) and connected to the structural anchor point (complies with AS/NZS 5532:2013 Single Anchor Test and 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 2m. (e.g. connector plus lanyard plus energy absorber plus connector).

Certified to:

1891.1:2007, EN355:2002

Admissible time of use:

Safety lanyard can be used for up to 10 years.

Users should be competent in the use of equipment before beginning any tasks requiring its use.

 PBIHS  0082



Australian Standard
AS/NZS 1891.1:2007
SMK40940 SAI Global



Stretch | Single Elasticated Lanyard LSZ0W0E (No hardware), LSZ0W3E (Snaphooks), LSZ0W5E (1x Snaphook & 1x Scaffhook)

An essential item for any height safety kit. Elasticated webbing lanyard with snaphooks (LSW0W3E) or snaphook & scaffhook (LSW0W5E). European quality.

Size	Material	Rated to	Dimensions	Standards
		kg		
One person	Polyamide 100%	100kg	2m	AS/NZS 1891.1:2007 EN 355:2002

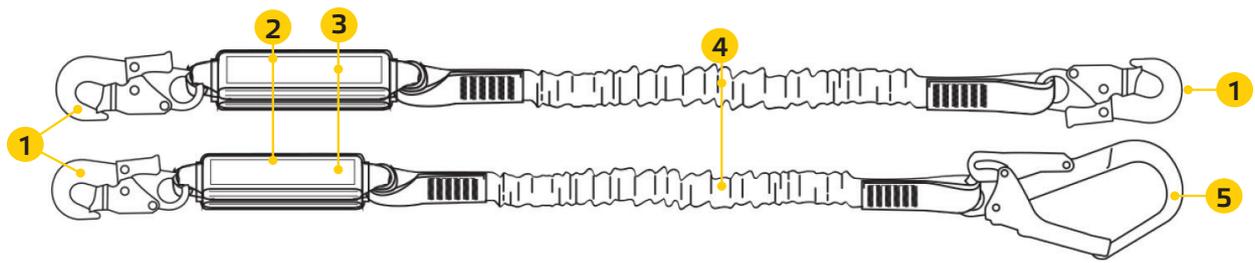


- > Total extended length is 2m, with the elastic cover helping to reduce slack which could become a trip hazard.
- > Includes shock absorber. The shock absorber will tear to absorb the energy in the event of a fall.
- > Standard simple lanyard for attachment to anchor points, providing safe fall arrest system.
- > Shock absorber end connects to the fall arrest point on the harness.
- > Snaphook and scaffhooks rated to 20kN.
- > Range of other hardware options available.
- > The yellow cover can be opened to inspect the shock absorber and labels. Protect the shock absorber from environmental damage, keep closed when using lanyard.
- > Permitted to work in potentially explosive areas.
- > LSW0W3E Lanyard includes 2 x AZ 002 Snaphooks.
- > LSW0W5E Lanyard includes 1 x AZ 002 Snaphook and 1 x AZ 022 Scaffolding hook.

Personal protective equipment should be used only by people trained in operating it. Personal protective equipment is considered personal equipment and should be used by a single person only.

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Fundamental rules for using personal protective equipment



The Energy absorber is made of 32 mm wide webbing. The absorber is equipped with attachment loops on the endings which are integrated with a lanyard. The body of the absorber is protected by a special jacket made of a shrinkable, polyethylene tube. The lanyard is made of 30mm wide polyamide webbing. The endings of the lanyard are sewn making the attachment loops.

- > PPE must be withdrawn from use and undergo a complete periodical inspection at least once a year (after 6 months of use).
- > Periodical inspection must be carried out by a qualified person responsible for periodical inspections of safety equipment in a given place of work, by the equipment manufacturer or an authorised representative of the manufacturer. Such an inspection should check all equipment elements with particular attention paid to:
 - > **any defects**
 - > **excessive wear**
 - > **corrosion**
 - > **points of tearing**
 - > **cuts and improper operation**
- > If protective equipment has a complex structure, for example retractable type fall arresters, periodical inspections should be carried out only by the equipment manufacturer or its authorised representative. The date of the subsequent inspection will be specified after the periodical inspection has been completed.
- > Any repair shall only be carried out by equipment manufacturer or his certified representative.
- > All information concerning protective equipment (name, serial number, date of purchase and date of first operation, user name, information concerning repairs and inspections and withdrawal from use) must be included in the Operation Sheet for a particular device. The workplace where equipment is stored is responsible for making entries in the Operation Sheet. The Sheet should be completed by the person responsible for safety equipment in a given place of work. Equipment without

1	Snaphook, 20kN rated
2	Energy absorber
3	Identity label
4	Elasticated lanyard
5	Scaffolding hook, 20kN rated

a properly completed Operation Sheet cannot be used. It is forbidden to make any alterations or additions to the equipment without the manufacturer's prior written consent.

- > PPE must not be used by people whose health condition may influence their safety during everyday use or emergency procedures.
- > PPE shall not be used outside its limitations, or for any purpose other than that for which it is intended.
- > 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.
- > Before use ensure about the compatibility of items of equipment assembled into a fall arrest system. The lanyard **must** be protected from a contact with oils, acids, solvents, basics, open fire, hot metal drops and sharp edges.
- > When working on the lattice constructions avoid interleaving the working webbing between the individual construction elements and avoid using the device in the dust laden and greasy environments.
- > Important; For all matters relating to selection, use and maintenance of fall arrest equipment, please consult AS/NZS1891 Part 4: Fall Arrest Systems & Devices- Selection, Use and Maintenance.



WARNING: Personal energy absorbers (shock absorbers) that absorb energy by permanent deformation action should be discarded if that process has commenced.

If any part of an assembly is to be exposed to chemicals, e.g. hazardous atmospheres or cleaning materials the user must check with the manufacturer to determine whether the part is suitable for continued use.

Lanyard markings

a	Device type	g	Serial number of the harness
b	Model symbol	h	Lanyard length
c	CE mark and number of the notified body controlling manufacturing of the equipment, number	i	Caution: read the manual
d	Number/year European standards	j	Identification of the harness manufacturer or distributor.
e	Month and year of manufacture	k	Maximum length for lanyard
f	Month and year of expiry date	l	Australian Standard and SAI Global accreditation

a LSZOW0E Stretch Single Elasticated Lanyard

b EN 355:2002 **PBIHS** **CE** 0082

c **DOM:** MM.YYYY **Expiry:** MM.YYYY **Serial No:** 00000000 **g**

d The total length of the energy absorber with lanyard shall not exceed 2m

e MAX 2m

f **h** **k**

i Only competent users should use this equipment. Manufacturer's instructions must be followed. The maximum allowable free fall is 2m.
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MADE IN EU

l **Certified Product**
Australian Standard
AS/NZS 1891.1:2007
SMK40940 SAI Global

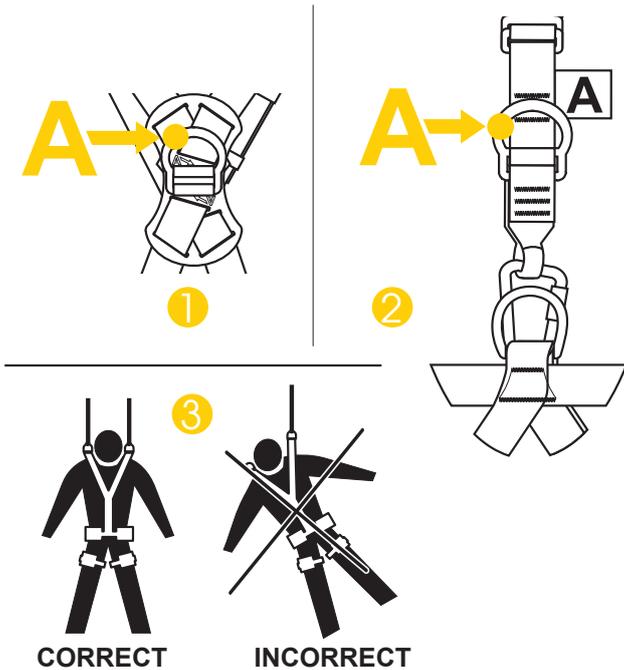
l **Certified Product**
Australian Standard
AS/NZS 1891.1:2007
SMK40940 SAI Global

- > Make sure that all labels on protective equipment (elements of this equipment) are legible while performing a periodical inspection.

PRE USE CHECK - 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. 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, also check for any evidence of deployment of energy absorber. Especially take into consideration:

Equipment elements	Inspect	
Full body harnesses and belts	Buckles, adjusting elements, attaching points, webbing's, seams, loops;	
Energy absorbers	Attaching loops, webbing, seams, casing, connectors;	
Textile lanyards or lifelines or guidelines	Rope, loops, thimbles, connectors, adjusting element, splices;	
Steel lanyards or lifelines or guidelines	Cable, wires, clips, ferrules, loops, thimbles, connectors, adjusting elements;	
Retractable fall arresters	Cable or webbing, retractor and brake proper acting, casing, energy absorber, connector;	
Guided type fall arresters	Body of the fall arrester, sliding function, locking gear acting, rivets and screws, connector, energy absorber;	
Connectors	Main body, rivets, gate, locking gear acting.	

Attaching fall arrest system

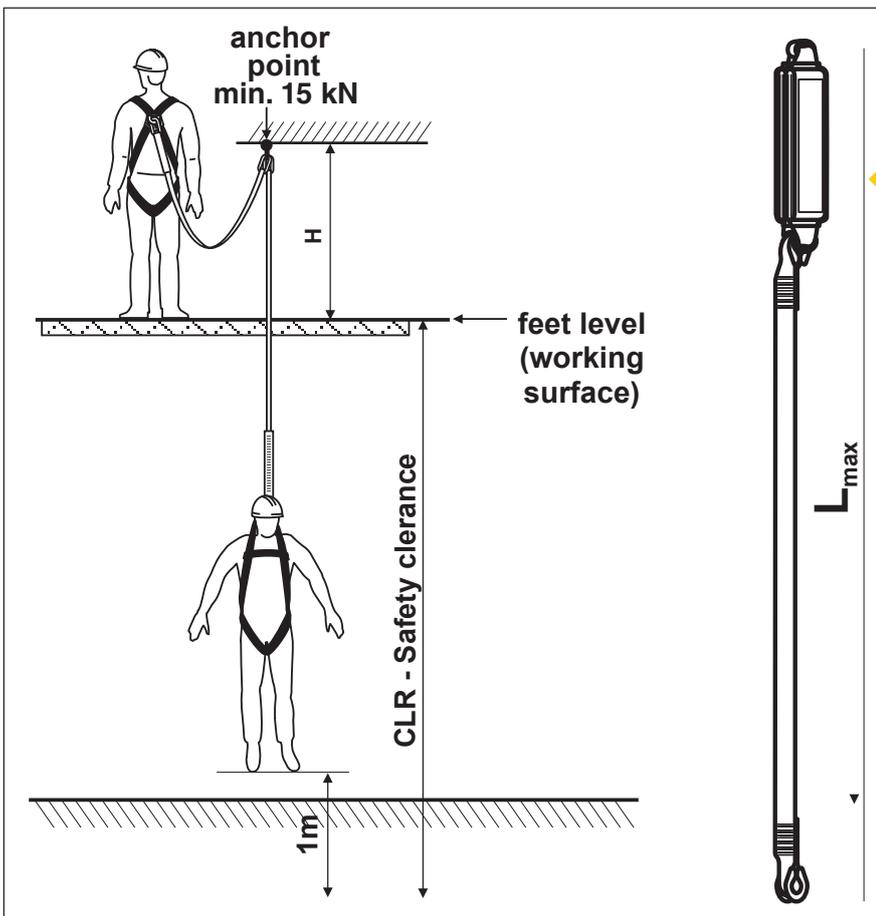
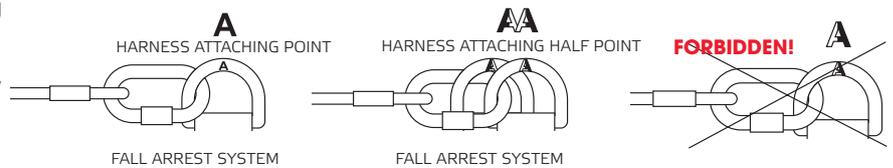


Fall arrest system must be connected only to the attaching elements of the harness marked by capital letter A. The fall arrest system must be connected only to: - dorsal attachment D-ring - drawing (1) or - to frontal attachment D-ring. The dorsal attachment D-ring is marked by a capital letter A - embossed on the crossing plate. Front attachment D-ring is marked by a capital letter A placed on the label sewn near the D-ring . See drawings 1 and 2.

Work positioning system can be attached only to the lateral buckles of the work positioning belt or to the frontal waist buckle - work positioning lanyard must be anchored to the point of construction that is situated at waist level or above. Work positioning lanyard must be kept taut to restrict free movement to a maximum 0,6 m.

Rescue harness D-rings placed on the shoulder straps can be used linked together only for rescue purposes. **Do not** use single D-ring. **Do not** use the rescue harness D-rings with fall arrest systems. See drawing 3.

NB: In a full body harness use only attaching points marked with a big letter "A" to attach a fall system. If the A is half black, half white, it must be attached to two attachment points with this marking.



SAFETY CLEARANCE - REQUIRED FREE DISTANCE BELOW WORKPLACE (CLR) FOR WORKER PROTECTED WITH THE STRETCH ENERGY ABSORBER WITH LANYARD

Required free distance (safety clearance CLR) workplace depends on the location of anchor point and must be calculated according to this diagram.

$$CLR = 2L - H + 2,2m$$

H (m)	- distance between lanyard's anchor point and a level of user's feet.
L max (m)	- total length of the energy absorber with lanyard including all connectors.
CLR (m)	- safety clearance - required free distance

Correct use of fall arrest lanyard

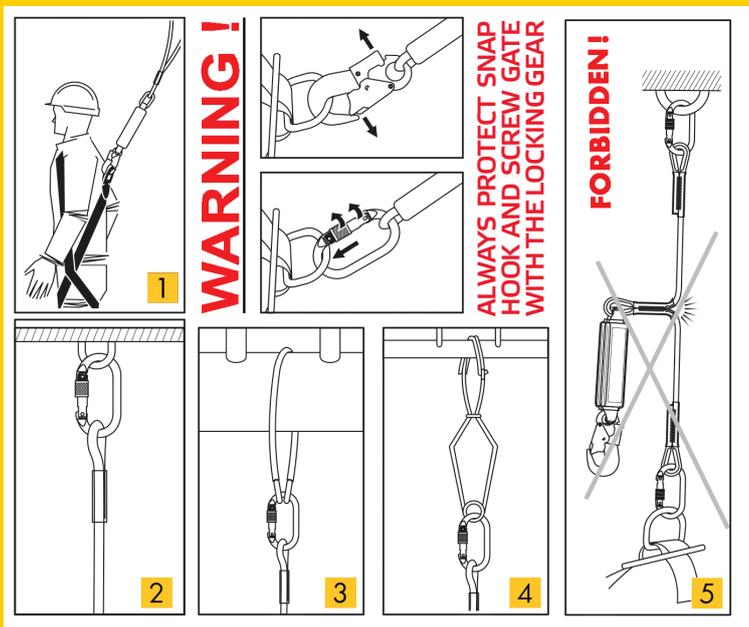
When using the lanyard in connection with fall arrest system, it must be compatible with manual instructions of the fall arrest systems and obligatory standards: -

EN361 for the safety harness – EN362 for the connectors – EN795 for anchorages AS/NZS 1891.1:2007 Harnesses & ancillary equipment – AS/NZS 5532:2013 Single anchor test

Personal protective equipment must be used in conformity with its operational purpose. Make sure that all elements of the equipment that constitute the fall prevention system are properly connected prior to use. Perform periodical inspections of connections and mating of equipment in order to avoid unintentional loosening or disconnecting. It 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 have carried out the detailed inspection.

PPE, including harnesses and lanyards, must be withdrawn from use immediately and destroyed once it has been used to arrest a fall. Warning; personal energy absorbers are designed to absorb energy by permanent deformation or destructive action, and should be discarded if that process has commenced.

Assembling a fall arrest system



1. If the absorber is not integrated with a lanyard, connect the lanyard (complying with EN 354) to one loop of the energy absorber with a connector complying with EN 362. Attach the energy absorber's connector to a frontal or dorsal attachment point of full body harness (complying with EN 361 and AS/NZ 1891.1:2007) - [1]

2. Connect the lanyard's connector to the structural anchor point of resistance min. 10 kN (complying with EN 795 or AS 5532) 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: When using the energy absorber with double lanyards, it is strictly forbidden to attach one of the lanyard's connectors to the harness attachment element, and the second lanyard's connector to structural anchor point [5]

WARNING: When making a connection to a point on a harness which cannot be seen by the wearer of the harness, either the connection should be made and inspected for security before putting the harness on, or; the connection should be made or checked for security by a second person (eg; a buddy check)

Time of use

The energy absorber with rope lanyard can be used for 10 years, counting from the date of manufacture. After this period the energy absorber must be withdrawn from use and destroyed. The energy absorber must be withdrawn from use immediately and destroyed when it have been used to arrest a fall. Withdrawal from use must be carried out only by a competent person responsible in a company for a safety equipment.

Cleaning and storing

Personal protection equipment should be stored loosely packed, in a well-ventilated place, away from other tools to prevent cross-damage. PPE must be protected from direct light, UV degradation, damp environment, sharp edges, extreme temperatures and corrosive or aggressive substances.

Personal protection equipment should be cleaned periodically using specialist cleaner, or a mild detergent and water, wash with a soft non-abrasive brush or sponge and allow to air dry after removing excess water with a dry cloth.

DO NOT use chemicals to clean heavily soiled gear. Chemicals may destroy webbing, equipment and function.

DO NOT put equipment in the clothes dryer. Excessive heat may melt the webbing and alter the strength.

Fall factor & fall distance

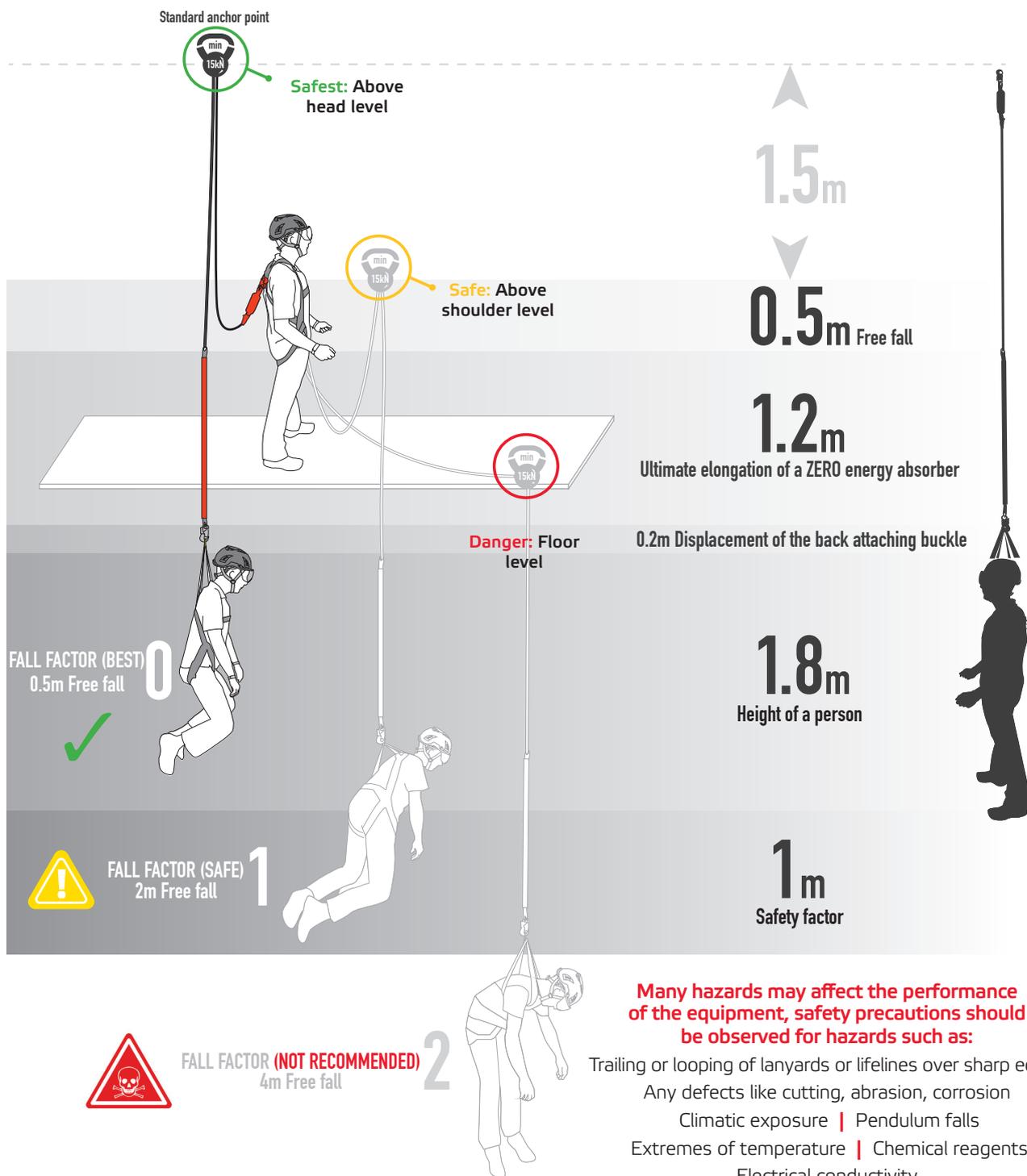


When setting up a fall arrest system, fall factors and fall distances are critical factors to be considered. The principle behind fall factors is the basic physics of gravity and energy.

Energy is mass multiplied by velocity

The lower the anchor in relation to the human body, the greater the fall distance will be. By minimising the height of the fall, the speed will be reduced (velocity) at the

point when the arrest event starts. Check there is sufficient distance between the work surface and any surface/obstacle below to enable the system, including the action of any shock absorber, to deploy fully, without the worker hitting the below surface or obstacle. The anchor device/point should be placed above the position of the use. Minimal static strength of the anchor device/point is 15 kn. It is recommended to use certified and marked structural anchor point complied with EN795 or AS/NZS 5532.



IMPORTANT: 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.

Identity Card

It is the responsibility of the user organisation 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 for protective equipment.

Any information about the equipment including periodic inspections, repairs, reasons for equipment being withdrawn from use, should be noted into the identity card. The identity card should be stored with the equipment

during the entire period of equipment utilization.

Equipment should be inspected at least once every six months in accordance with the manufacturers recommendations and withdrawn from use if not deemed by a competent person to be suitable for continued use. For any questions surrounding Maintenance matters please refer to AS/NZS 1891.4 of Australian/ New Zealand Standards Document.

EXAMPLE ID CARD

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MODEL AND TYPE OF EQUIPMENT		REF. NUMBER	
DATE OF MANUF.		SERIAL NUMBER	
USER NAME			
DATE OF PURCHASE		DATE OF PURCHASE INTO OPERATION	

PERIODIC EXAMINATION AND REPAIR HISTORY

No.	Date	Reason for entry periodic examination or repair	Defects noted, repairs carried out and other relevant informations	Name and signature of competent person	Periodic examination next due date
1					
2					
3					
4					
5					
6					
7					
8					

**Do not use the equipment without the identity card.
All records in the identity card can be filled in only by a competent person.**

Notified bodies, at which certification was performed and which supervises the production of the equipment:



SAI Global Certification Services Pty Ltd
(ACN 108 716 669) ("SAI Global")
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Sydney, NSW 2001.

CETE APAVE SUDEUROPE, BP 193,
13322 Marseille, France
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