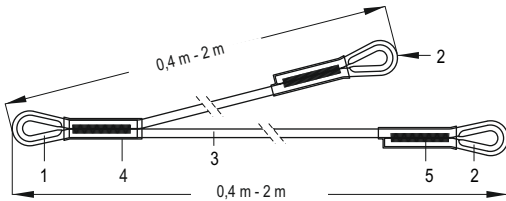


**A**

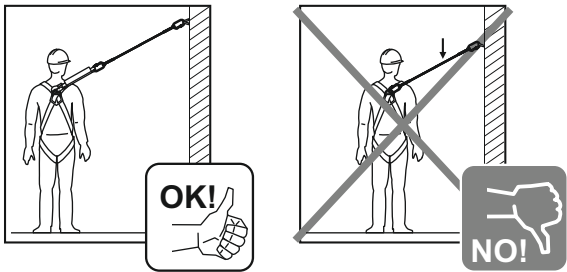
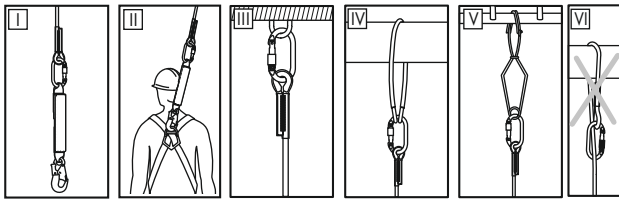
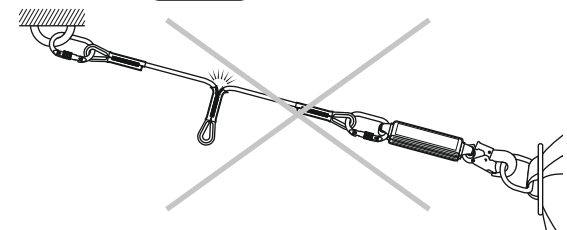
CE 0082 UK  
CA

EN 354:2010

## GB DOUBLE SAFETY LANYARD

**B****C**

- 1 — DOUBLE SAFETY LANYARD
- 2 — LB 102 xx yy
- 3 — LENGTH: x,x m
- 4 — Serial number: XXXXXXX
- 5 — Date of manufacture: MM.RRRR
- 6 — EN 354:2010
- 7 —
- 8 — CE 0082 UK  
CA
- 9 —

**D****E**

EN - NOTE: Before use of this device please read and understand this instruction manual.

### A. DESCRIPTION

- Twin-tail lanyard can be used as a component of fall protection equipment compliant with EN 354. Energy absorbing and connecting component, formed by universal lanyard connected to an energy absorber compliant with EN 355, connected to a full body harness compliant with EN 361 and attached to a structural anchor point compliant with EN 795, constitutes a full, basic protection of worker against fall from a height.
- Twin-tail lanyard can be used as a component of personal fall protection equipment as a restraint device preventing the user from getting into locations where risk of fall from a height is present.

### B. CONSTRUCTION

Lanyard is made from polyester core kernmantle rope. Lanyard ends are formed by sewn attachment loops (one middle and two terminal loops) fitted with thimbles.

Lanyard diameters:

- Ø10,5 mm – ref. LB102
- Ø12 mm – ref. LB122

1. terminal attachment loop with thimble
2. middle attachment loop with thimble
3. polyester core kernmantle rope
4. identity label

5. seam

### C. MARKING

1. device type
2. reference number\*
3. length
4. serial number of lanyard
5. month and year of manufacture
6. number and year of European Standard regarding lanyard
7. note: before use read instruction manual
8. CE mark and number of notification body responsible for controlling manufacturing of the equipment.
9. manufacturer's or distributor's mark

\*) xx marking of length of device,  
for example: xx = 05 - 0.5 m long,  
xx = 20 - 2.0 m long

### D. USE OF LANYARD AS ENERGY ABSORBING AND CONNECTING COMPONENT (EN 354)

1. Connect middle attachment buckle of the lanyard to an energy absorber compliant with EN 355 - Fig. I. Use snap hooks compliant with EN 362.
2. Connect this energy absorbing and connecting component to attachment buckle on front or back of full body harness, marked "A" - Fig. II.
3. Attach snap hook of terminal attachment loop to a structural anchor point with a strength min. 12 kN.
  - directly – Fig. III
  - using additional attachment element compliant with EN 795 or EN 362 – Fig. IV and V.
  - it is forbidden to use lanyard in form of a clamp loop - Fig. VI.

NOTE: Total length of the component (energy absorber + lanyard + snap hooks + attachment elements) cannot exceed 2 m.

Twin-tail lanyard without an energy absorber cannot be considered an energy absorbing and connecting component and must not be used as fall protection equipment. It is forbidden to connect full body harness to a structural anchor point using a lanyard without energy absorber.

### REMARKS:

- When determining free space below workplace, necessary for safeguarding, include length of the lanyard as an additional element extending the fall distance.
- With a risk of a fall, the user should minimise slack on the lanyard.
- The user must eliminate any situational risk (e.g. winding of the lanyard around the neck) so as not to get strangled when using the lanyard.
- The user should avoid routing the lanyard between structural elements or avoid risks of a fall onto a sharp edge (e.g. roof edge).
- Lanyard can be used in temperatures between -45°C and 50°C.
- Do not use two lanyards with energy absorbers nearby (parallel to one another) at the same time.
- Free end of the twin-tail lanyard with energy absorber should not be connected to a full body harness.

E. ATTENTION: It is forbidden to connect one terminal attachment loop to an energy absorber, and the other to a structural anchor point.

IT IS FORBIDDEN TO USE LANYARD FOR PURPOSES OTHER THAN SPECIFIED IN INSTRUCTION MANUAL

### F. PERIODIC INSPECTIONS

Lanyard 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.

### G. MAXIMUM LIFESPAN OF THE EQUIPMENT

The maximum lifespan of the lanyard is 10 years from the date of manufacture.

ATTENTION: The lanyard 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.

### H. WITHDRAWAL FROM 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.

### I. THE ESSENTIAL PRINCIPLES FOR USERS OF PERSONAL PROTECTIVE EQUIPMENT AGAINST FALLS FROM A HEIGHT:

- 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 foot 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 equipment manufacturer or his certified representative.
- 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,

