

- while using the device, pay special attention to hazardous situations which may influence equipment operation and the safety of users, including in particular:
  - kinking and rubbing of lanyards on sharp edges;
  - pendulum falls;
  - current conductivity;
  - any damage such as cuts, wear, corrosion;
  - extreme temperature impact;
  - negative impact of weather conditions;
  - impact of aggressive substances, chemicals, solvents, acids.
- personal protective equipment must be transported in packaging which protects it against damage or water, for example in bags made of impregnated material or in steel or plastic containers or boxes.
- personal protective equipment must be cleaned and disinfected in order to avoid damaging the material (raw material) it is made of. Clean textile materials (slings, lanyards) with cleaning agents intended for soft materials. It can be cleaned manually or washed in machines. It must be carefully rinsed. Plastic elements can only be cleaned with water. Equipment which becomes wet during cleaning or while in operation must be carefully dried in natural conditions, away from heat sources. Metal parts and mechanisms (springs, hinges, catches etc.) can be periodically greased in order to improve their operation.
- personal protective equipment should be stored in loose packaging in well-ventilated dry rooms and protected against the impact of light, UV radiation, dust, sharp objects, extreme temperatures and caustic substances.

The factory where equipment is stored is responsible for making entries in the Operation Sheet. The Operation Sheet should be completed before the equipment is first put into operation. All information concerning protective equipment (name, serial number, date of purchase and date of putting into operation, user name, information concerning repairs and inspections and withdrawal from use) must be included in the Operation Sheet of a particular device. The sheet is completed by the person responsible for safety equipment in a given place of work. Equipment without a properly completed Operation Sheet cannot be used.

## OPERATION SHEET

DEVICE NAME MODEL		REFERENCE NUMBER	
SERIAL NUMBER		DATE OF MANUFACTURE	
USER NAME			
DATE OF PURCHASE		DATE OF PUTTING INTO OPERATION	

TECHNICAL INSPECTIONS					
	DATE OF INSPECTION	REASONS FOR INSPECTION OR REPAIR	NOTED DEFECTS, PERFORMED REPAIRS, OTHER NOTES	DATE OF SUBSEQUENT INSPECTION	SIGNATURE OF THE PERSON RESPONSIBLE
1					
2					
3					
4					

EC type examination carried out by: **APAVE SUDEUROPE SAS**  
BP 193, 13322 Marseille, France - 0082

Tacklestore Ltd, Unit 23 Atlantic Road, Avonbridge Trading Estate, Avonmouth, Bristol, BS11 9QD, England  
tel. 0044 1179 381600, fax 0044 1179 381 602, [www.fall-protection.uk.com](http://www.fall-protection.uk.com)



## Operating instruction

Read carefully before use



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CE 0082

EN 354:2010

**SAFETY LANYARD**  
**LT 401 / LT 402**

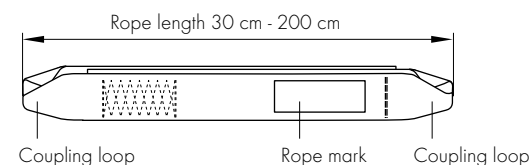
### PURPOSE

The LT 401/LT402 safety lanyard can be used as a component of personal protective equipment for arresting falls in accordance with EN 354.

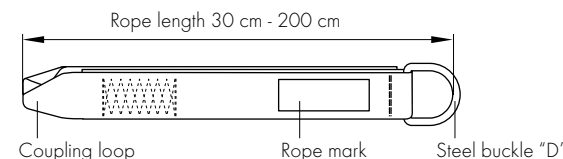
The LT401/402 safety lanyard forming the part of the fastening-absorbing component coupled with safety harness complying with EN 361 and attached to a fixed construction point in accordance with EN 795 provides full employee protection against falls from a height in accordance with the EN 363.

### CONSTRUCTION

The LT401 safety lanyard is made of a 45 mm wide polyester tape. It is finished with loops at both ends.



The LT402 safety lanyard is made of a 45 mm wide polyester tape. On one end it has a coupling loop and a "D" steel buckle on the other end.



### DESCRIPTION OF MARKING

Equipment type **LANYARD**  
 Equipment catalogue no. **LT 401**  
 Rope length Length: x,x m  
 Rope serial no. Serial No: **0000002**  
 Production month, year Date of manufacture: **08.2001**

European standard number and year the requirements of which are fulfilled by the equipment **EN 354:2010**

Note: Before use read the operating instructions



CE mark and number of the notified body responsible for monitoring of the equipment's manufacturing process (Article 11)

CE 0082

Mark of manufacturer or distributor

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### USING THE ROPE AS A COUPLING AND SHOCK ABSORBING ELEMENT (EN 354)

1. Connect the LT401/402 safety lanyard to the front (fig. 1) or rear (fig. 2) connecting point, marked with "A" of the safety harness compatible with EN 361 using the coupler compatible with EN 362.
2. Connect another end of the LT401/402 lanyard to the selected fall arrester:
  - self-locking device compatible with EN353-1 or 353-2
  - shock absorber compatible with EN 355
  - retractable type fall arrester compatible with EN 360.
3. The fall arrester should be connected to the anchor point fulfilling the requirements of EN 795; the point is located above the workplace, the static strength at least 12 kN.

**NOTES:**

- In determining the space under the workplace required to arrest the fall, consider the length of LT401/402 rope as an additional element that extends the distance for arresting a fall.
- The total length of the LT401/402 safety lanyard coupled with a shock absorber compliant with EN 355 and snap hooks and fasteners shall not exceed 2 m.
- The user should minimise the amount of slack in the lanyard near a fall hazard.
- The user must rule out any risk of the situation (e.g. wrapping the lanyard around neck) that during use or arresting a fall the lanyard may be used choke hitched.
- The user should avoid interleaving the lanyard between construction elements or the situation when there is a risk of falling over the sharp edge (e.g. roof edge).
- Do not use only the LT401/402 safety lanyard (with no shock absorber) on its own as a device to arrest a fall from height.
- Two separate lanyards each with an energy absorber should not be used side by side (i.e. parallel).
- It is permissible to use the safety lanyard without a shock absorber only as a rope that restricts (prevents) the worker from the area at risk of a fall.

Fig. 1

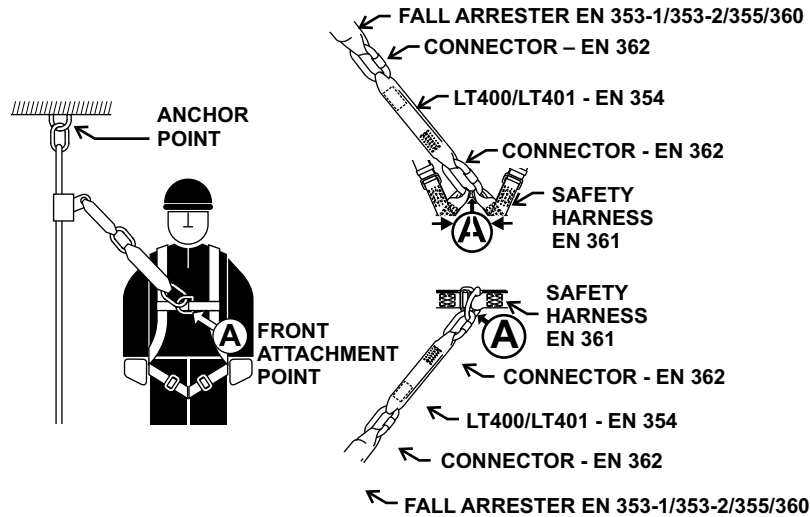
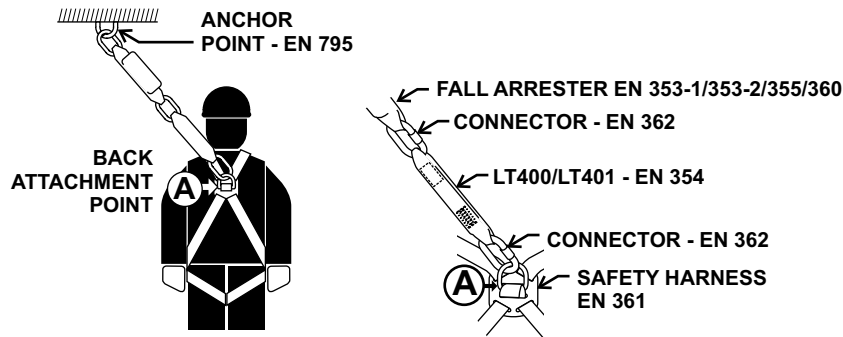


Fig. 2



**NOTE:** Before starting work and during work, check if the connection between different attachment elements is secure. Snap hooks must be closed and secured with a locking mechanism to prevent their accidental opening.

OTHER METHODS OF USING THE LT 401 / LT 402 SAFETY LANYARD CONTRARY TO OPERATING INSTRUCTIONS ARE PROHIBITED

### LIFETIME

The LT 401 / LT 402 safety lanyard can be used maximum 5 years calculating from the date of the equipment's first issuing for operation. After 5 years of operation the rope must be withdrawn from use and discarded – physically destroyed so its further, accidental use is impossible.

The lanyard must be withdrawn from use and discarded – physically destroyed, if it has been involved in arresting a fall. Withdrawal from use shall be carried out by a person responsible in the plant for protective equipment.

### FUNDAMENTAL RULES FOR USING PERSONAL PROTECTIVE EQUIPMENT

- personal protective equipment should be used only by people trained in operating it.
- personal protective equipment cannot be used by people whose health condition may influence their safety during everyday use or emergency procedures.
- there must be a rescue operation plan which can be used whenever needed.
- it is forbidden to perform any modifications of the equipment without the written consent of the manufacturer.
- any repairs of the equipment may be performed only by its manufacturer or an authorised representative of the manufacturer.
- personal protective equipment must be used in conformity with its operational purpose.
- personal protective equipment is considered personal equipment and should be used by a single person only.
- make sure that all elements of the equipment that constitute the fall prevention system are properly mated prior to use. Perform periodical inspections of connections and mating of equipment in order to avoid unintentional loosening or disconnecting.
- it is forbidden to use protective equipment if one of its elements is hampered by another during operation.
- all parts of the fall prevention equipment must be in accordance with appropriate regulations and equipment operational instructions and binding standards:
  - EN 361 for full body harnesses
  - EN 353-1, EN 353-2, EN 354, EN 355, EN 360, EN 362 for fall prevention systems
  - EN 795 for equipment anchor points (permanent anchor points)
  - EN 358 for work positioning systems
- carry out a careful inspection of personal protective equipment prior to each separate use in order to check its condition and operation. Inspections must be performed by the user.
- such inspections should check all equipment elements with particular attention paid to: any defects, excessive wear, corrosion, points of tearing, cuts and improper operation.

Particular attention must also be paid to each individual device:

  - full body harnesses and work positioning belts: buckles, adjustment elements, fastening points (snap hooks), slings, seams, loops;
  - energy absorbers: hitch loops, slings, seams, body and connectors;
  - lanyards and textile guides: lanyards, thimbles, connectors, adjustment elements, plaits;
  - lanyards and steel guides: lanyards, wires, clamps, loops, thimbles, connectors, adjustment elements;
  - retractable type fall arresters: lanyards or slings, correct operation of winding mechanism and locking mechanism, body, shock-absorber, connectors;
  - guided type fall arresters: device body and its correct movement along the guide, operation of locking mechanism, rollers, bolts and rivets, connectors, safety shock-absorber;
  - connectors (snap hooks): load-bearing body, riveting, main catch, operation of locking mechanism.
- personal protective equipment must be withdrawn from use and undergo a complete periodical inspection at least once a year (after 12 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. Periodical inspections must be also carried out 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 (see the previous point).
- 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 shall be specified after the periodical inspection has been completed.
- regular periodical inspections are essential in terms of equipment condition and safety of users only fully operational equipment is able to provide safety.
- make sure that all labels on protective equipment (elements of this equipment) are legible while performing a periodical inspection.
- 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 factory 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 a properly completed Operation Sheet cannot be used.
- if equipment is exported to other countries, the provider must equip it with operational and maintenance instructions as well as information concerning periodical inspections and repairs in the language of the country where the equipment is going to be used.
- personal protective equipment must be immediately withdrawn from use if there are any doubts concerning its condition or operational correctness. Equipment can be reused after it has undergone a complete inspection carried out by the manufacturer and written authorisation for reuse has been issued.
- if personal protective equipment was used to prevent a fall, it must be withdrawn from use and physically destroyed.
- a full body harness in accordance with EN 361 is the only accepted device for keeping a body in the personal protective equipment against falls from a height.
- fall arresting systems can be connected only to full body harness fastening points (buckles, loops) marked with the capital letter "A".
- anchoring points (equipment) of fall preventive systems should have stable structure and their position should reduce the possibility of falling and minimise the range of a free fall. The equipment anchoring point should be located above the users work position. The shape and structure of the equipment anchoring point must provide a durable connection and prevent any random disconnection. It is recommended to use certified and marked equipment anchoring points in accordance with EN 795.
- it is required to inspect the free space under the work-place on which individual fall preventive equipment is going to be used in order to eliminate the possibility of hitting any objects or lower planes while stopping a fall. The amount of free space under the work-place is specified in the operational instructions of the protective equipment to be used.