

- 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.
- 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					

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Tel: 0808 123 69 69 Fax: 0117 9381 602
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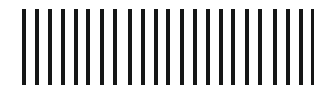
Notified body for control production:
Apeve Exploitation France SAS (n°0082)
6 Rue du Général Audran
92412 COURBEVOIE cedex
France



Operational Instructions

Carefully read the instruction before using the device

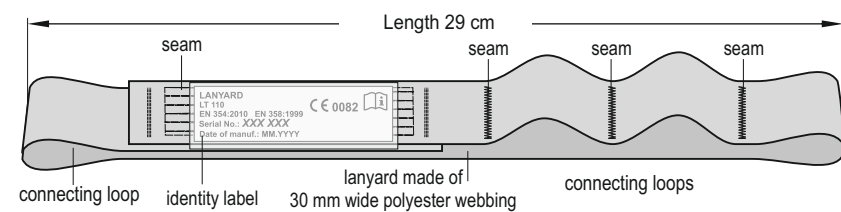
CE 0082 EN 354:2010 EN 358:1999 UK CA



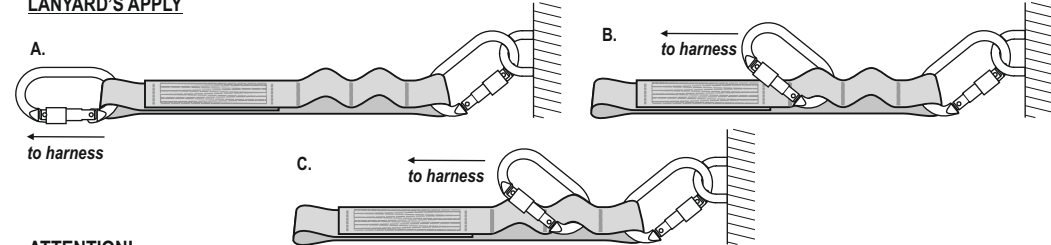
LANYARD LT110

- LT110 lanyard can be used as an element of personal protective equipment against falls from a height according to EN 354. The connecting and energy-absorbing subassembly consists of the safety lanyard connected to an energy absorber in accordance with EN 355 and to a full body harness in accordance with EN 361. It is attached to a permanent anchor point in accordance with EN 795 and constitutes complete and essential user protection against falls from a height.
- LT110 lanyard can be used as an element of personal protective equipment for work positioning and preventing falls from a height, according to the standard EN 358 and as a work positioning lanyard.

CONSTRUCTION



LANYARD'S APPLY



ATTENTION!

The lanyard can be equipped only with certified snap hooks according to EN 362.

PERIODIC INSPECTIONS

The device 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.

MAXIMUM LIFESPAN OF THE EQUIPMENT

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

ATTENTION: The lifetime of the device depends on the intensity of usage and the environment of use. 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.

DESCRIPTION OF MARKING

device type LANYARD LT 110 reference number
 lanyard serial number Length: 29 cm length of device (without snap hooks)
 number and year of issuing Serial number: XXX XXX
 an European standard applicable for the lanyard Date of manufacture: MM.YYYY month and year of manufacture
EN 354:2010 EN 358:1999 note: study the instruction before use



CE 0082



The CE mark and number of the notified body responsible for performing the manufacturing process inspection (art. 11)

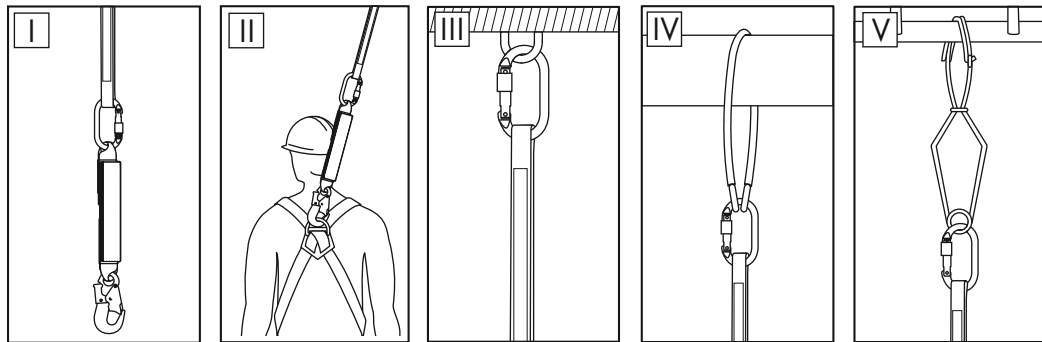
manufacturer or distributor marking

USING THE LANYARD AS A CONNECTING AND SHOCK-ABSORBING SUBASSEMBLY (EN 354)

1. Connect one lanyard snap hook to the energy absorber in accordance with EN 355 fig. I
2. The then created connecting and shock-absorbing subassembly is to be attached by the energy absorber snap hook to the front or rear full body harness fastening buckle marked as "A" fig. II
3. The other lanyard snap hook is to be attached to a selected permanent anchor point with a minimum strength of 12 kN.
 - directly - fig. III
 - using an additional fastening element in accordance with EN 795 or EN 362 - fig. IV and V

ATTENTION: The total length of the energy absorber, lanyard, connectors and fastening elements shall not exceed 2m. The lanyard cannot be used as a device arresting falls from a height without its energy absorber.

The lanyard can be used without the energy absorber as a restraint lanyard only - to restrain the user staying in falls from a height dangerous zone.



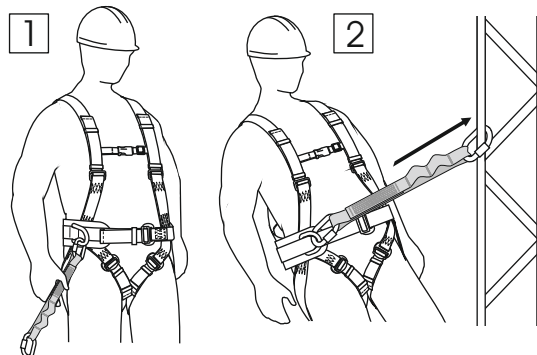
- NOTES:**
- In determining the space under the workplace required to arrest the fall, consider the length of lanyard as an additional element that extends the distance for arresting a fall.
 - The total length of the safety lanyard connected to an energy absorber compliant with EN 355 and snap hooks 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).
 - The lanyard can be used in temperatures from -30°C to 50°C.
 - Do not use only the 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).
 - The free tail of a twin tail (double) lanyard combined with energy absorber should not be clipped back on the harness
 - 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.

USING THE LANYARD AS WORK POSITIONING LANYARD (EN 358)

1. Fasten one of the lanyard snap hooks on the right (or left for left-handed people) belt fastening buckle for work positioning in accordance with EN 358 fig. 1.
2. Using the spanhook connect the lanyard to a structure fig. 2. If the belt has a front fastening buckle (according to EN 813), then one of the snap hooks may be attached to this buckle and the other to the permanent anchor point. Adjust the length of the lanyard, changing one of three loops. The tension and length of the lanyard must limit a free fall to a maximum of 0.6 m. Regularly check fastening/adjustment the elements during use.

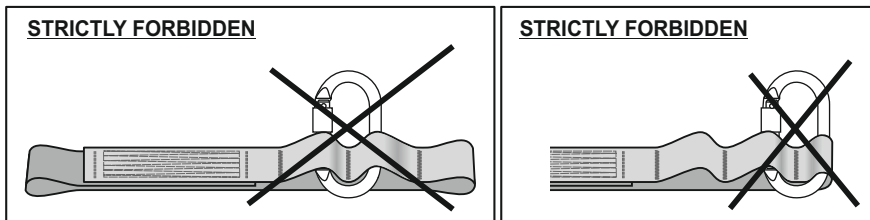
ATTENTION

The safety work positioning lanyard is not a fall arresting device and shall not be used as such. Workers using the safety work positioning lanyard while working at height must be additionally protected with personal protective equipment against falling according to EN 363.



ATTENTION

Pay special attention, do not connect any connectors between two neighboring soft loops. It is very dangerous and forbidden.



ATTENTION: Make sure that connections between each separate fastening element are stable prior to commencing work and while working. Snap hooks must be closed and protected with a mechanism which prevents them from accidental opening.

IT IS FORBIDDEN TO USE THE LANYARD FOR APPLICATIONS OTHER THAN THOSE SPECIFIED IN THE OPERATIONAL INSTRUCTION

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".