

- 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.

#### Maximum lifetime of the device

The maximum lifetime of the device is 8 years from the date of manufacture.

The 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.

The device must be withdrawn from use immediately and destroyed when it has been used to arrest a fall.

The company 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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Notified body, at which the European certification was performed and which supervises the production of the equipment:  
APAVE SUDEUROPE SAS - BP 193 - 13322 MARSEILLE CEDEX 16 - FRANCE

# Instruction Manual **LANEX**

CE 0082 LB EL / LB 2EL  
EN 354:2010 Ref. XPSLBEL/XPSLB2EL

ELASTIC SAFETY LANYARD  
DOUBLE ELASTIC SAFETY LANYARD

Elastic safety lanyard is a component of personal fall arrest equipment which conforms to EN354.

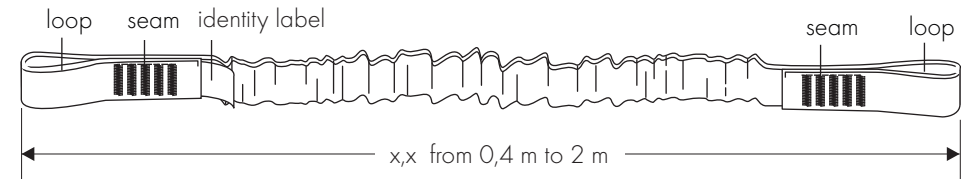
Fall arrest system consisted of the lanyard (conformed to EN 354) connected to energy absorber (conformed to EN 355) attached to the full body harness (conformed to EN 361) and connected to the structural anchor point (complied with EN 795) can be used as a basic personal protective equipment against falls from a height.

CAUTION: The total length of the lanyard with energy absorber shall not exceed 2 m (according EN 354 & EN 355).

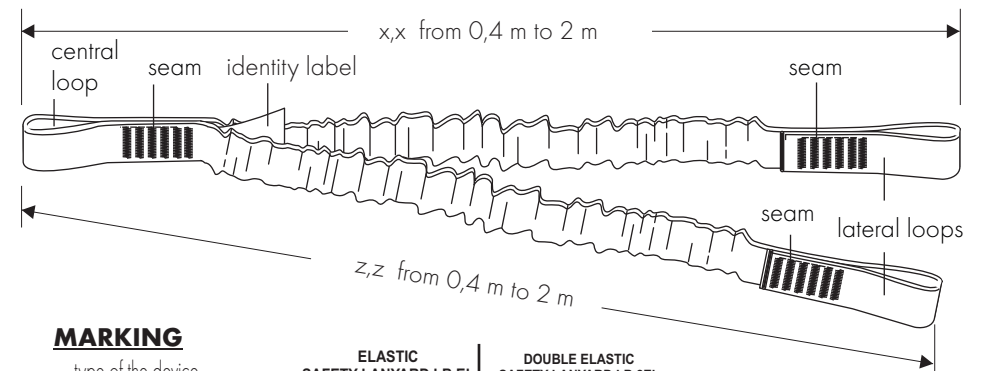
#### BASIC EQUIPMENT

The lanyard is made of tubular polyester webbing with elastic core inside. The endings of the lanyard are sewn making the connecting loops. The lanyard is symmetrical.

single lanyard



double (twin) lanyard



#### MARKING

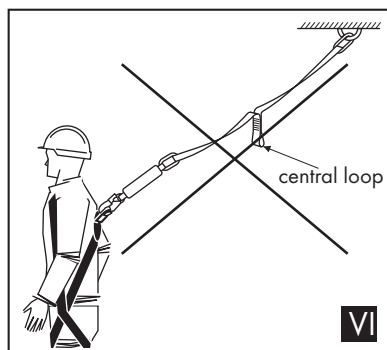
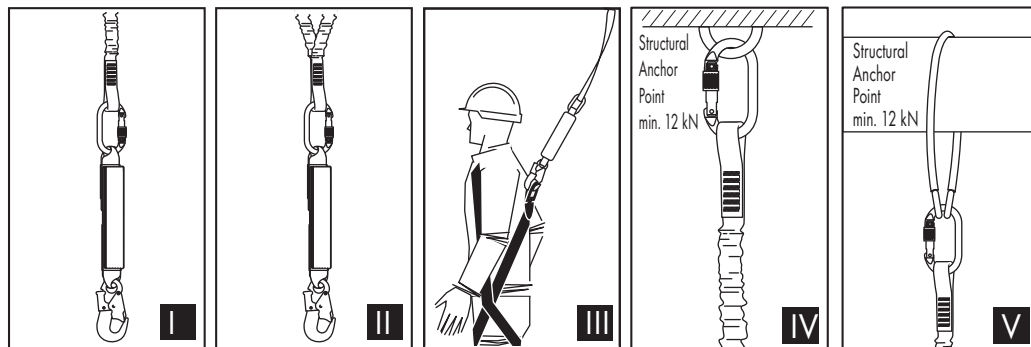
type of the device	ELASTIC SAFETY LANYARD LB EL	DOUBLE ELASTIC SAFETY LANYARD LB 2EL	reference number of the device
length of the lanyard	XPSLBEL xx*	XPSLB2EL xx zz	* ) xx or xxxy - code of length, e.g: xx - length 1,5 m xxzz - length 1 m/1 m
number of the manufacturing series	Length x,x m	Length x,x m / z,z m	Serial number: 00001
read the instruction manual			Date of manufacture: 08.2012 month/year of the device manufacture
CE marking with identity number of the notified body	EN 354:2010		European standard (number/year)
controlling manufacture of the equipment (the article 11)	CE 0082		marking of the manufacturer or distributor

**lanex**

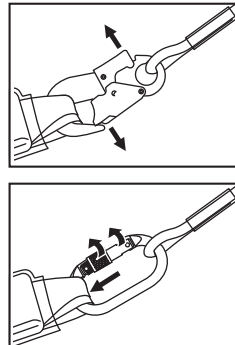
### USING THE LANYARD AS A CONNECTING AND ENERGY ABSORBING SUBASSEMBLY

1. Connect one of lanyard connector to the energy absorber in accordance with EN 355 - fig. I.  
Using the double lanyard use the central loop to connect the lanyard to the energy absorber - fig. II. Use only certified connectors complied with EN 362.
2. The created connecting and energy absorbing subassembly is to be attached by the energy absorber snap hook to the front or rear full body harness attaching point marked as "A" fig. III
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. IV
  - using an additional anchor device/connector in accordance with EN 795 or EN 362 - fig. V.
4. While using the lanyard it's forbidden to attach one of the connectors of one of the lateral ends to energy absorber and attach the connector of the second lateral end to the structural anchor point - fig. VI.

**ATTENTION:** The total length of the energy absorber, lanyards, connectors and fastening elements shall not exceed 2m.



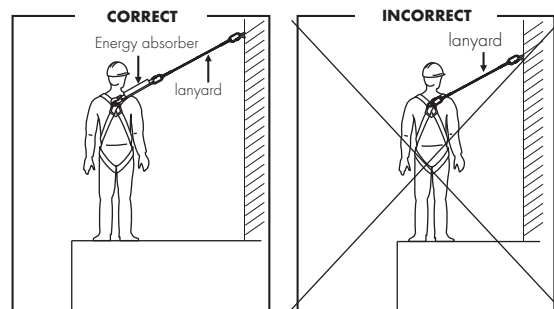
**WARNING!**



**NECESSARILY PROTECT THE SNAP HOOK GATE WITH THE LOCKING GEAR**

Don't use the elastic lanyard without the energy absorber as a fall protection.

It is strictly forbidden to use the elastic safety lanyard without the energy absorber as a protection against a fall from a height.



The elastic 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.

### 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".