

# Instruction Manual **Lanex**



Read carefully the manual before use the equipment

CE 0082  
EN 354:2002  
EN 358:2000

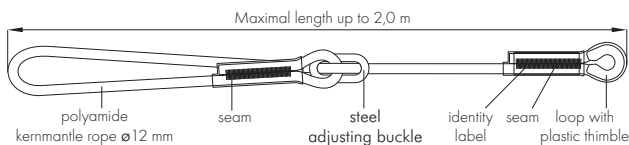
Ref. PSLB10xx  
(xx=length of the rope)

**UNIVERSAL SAFETY LANYARD**

The universal safety lanyard can be used:  
- as a safety lanyard in accordance with EN 354 - a component of personal fall arrest equipment (in connection with with energy absorber conformed with EN 355),  
or  
- as a work positioning lanyard in accordance EN 358 - a component of personal protective equipment for work positioning and prevention of falls from a height.

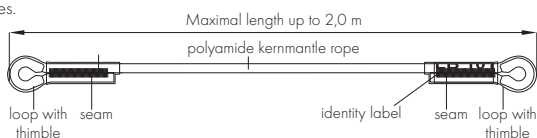
## BASIC EQUIPMENT

LB10 adjustable lanyard is made of polyamide kernmantle rope of diameter  $\varnothing 12$  mm ended with loop equipped with plastic thimble from the one side and loop with adjusting buckle from the second one.



LB11 lanyard is made of polyamide kernmantle rope of diameter  $\varnothing 10,5$  mm ended with loops equipped with plastic thimbles.

LB12 lanyard is made of polyamide kernmantle rope of diameter  $\varnothing 12$  mm ended with loops equipped with plastic thimbles.



### ATTENTION!

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

### CONTENT OF LANYARD IDENTITY LABEL



1. type of the device
2. material of the device is made of
3. reference number of the device - xx - code of length, e.g.: xx=15 - length 1,5 m
4. length of the device
5. number of the manufacturing series
6. month/year of the device manufacture
7. European standards (number/year)
8. caution: read the manual
9. CE marking with identity number of the notified body controlling manufacturing of the equipment (the article 11)
10. marking of the manufacturer or distributor

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 IN THE USER ORGANIZATION FOR PROTECTIVE EQUIPMENT.  
ANY INFORMATION ABOUT THE EQUIPMENT LIKE PERIODIC INSPECTIONS, REPAIRS, REASONS OF EQUIPMENT'S WITHDRAWN FROM USE SHALL BE NOTED INTO THE IDENTITY CARD BY A COMPETENT PERSON.  
THE IDENTITY CARD SHOULD BE STORED DURING A WHOLE PERIOD OF EQUIPMENT UTILIZATION.  
DO NOT USE THE EQUIPMENT WITHOUT THE IDENTITY CARD.  
ALL RECORDS IN THE IDENTITY CARD CAN BE FILLED IN ONLY BY A COMPETENT PERSON.

## IDENTITY CARD

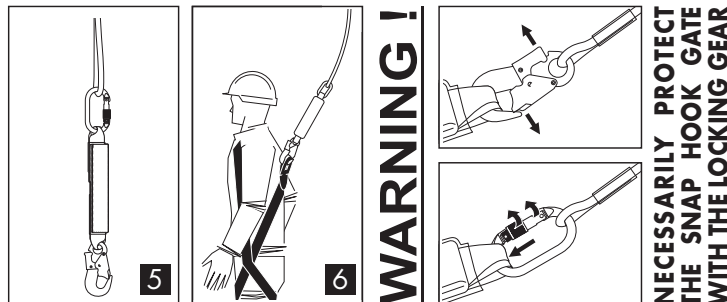
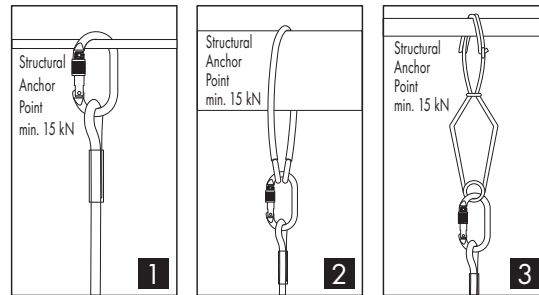
MODEL AND TYPE OF EQUIPMENT	
REF. NUMBER	
SERIAL NUMBER	DATE OF MANUF.
USER NAME	
DATE OF PUTTING INTO OPERATION	
DATE OF PURCHASE	

### PERIODIC EXAMINATION AND REPAIR HISTORY

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				

### CONNECTING THE LANYARD IN THE FALL ARREST SYSTEM (EN 354)

1. One snap hook of the lanyard connect to the structural anchor point of resistance min. 15 kN:
  - directly (1);
  - with line connector (2) or quick hook (3);
2. Second snap hook connect to the energy absorber.
3. This assembly (the energy absorber+lanyard) connect directly to the back or front attaching buckle of the safety harness.

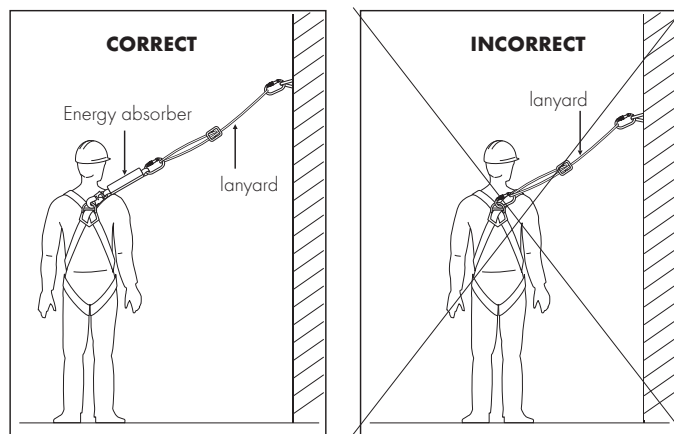


### ATTENTION!

- THE STRUCTURAL ANCHOR POINT SHOULD BE SITUATED ABOVE THE WORKING PLACE AND THE SHAPE OF THE STRUCTURAL ANCHOR POINT SHOULD NOT LET SELF-ACTING DISCONNECTION OF THE LANYARD.
- THE TOTAL LENGTH OF A SUB-SYSTEM WITH A LANYARD INCLUDING AN ENERGY ABSORBER, TERMINATIONS AND CONNECTORS SHALL NOT EXCEED 2 m.

### The safety lanyard LB10 without the energy absorber is not a fall protection.

It is strictly forbidden to connect the harness attaching buckle to the structural anchor point with the lanyard without energy absorber.



using the lanyard in connection with fall arrest system must be compatible with use instructions of the fall arrest systems and obligatory standards:

- EN 361 - for safety harness;
- EN 355 - for energy absorbers;
- EN 362 - for connectors;
- EN 795 - for anchorages;
- EN 358 - for work positioning systems.

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EC type examination carried out by  
CETE APAVE SUEUROPE  
BP 193, 13322 Marseille  
France - 0082

### Periodic inspections

The device must be inspected at least once every 12 months from the date of first use.

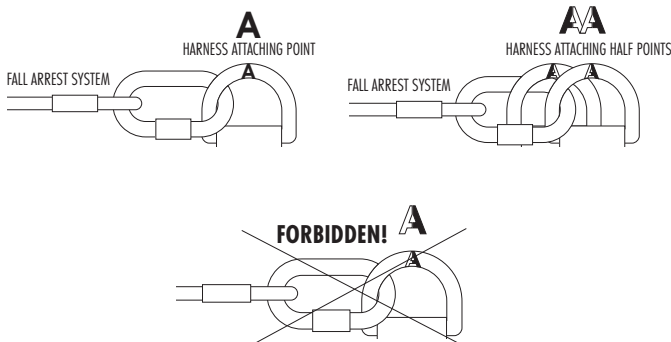
Periodic inspections must only be carried out by a competent person who has the knowledge and training required for personal protective equipment periodic inspections. Depending upon the type and environment of work, inspections may be needed to be carried out more frequently than once every 12 months.

### 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 ESSENTIAL PRINCIPLES FOR USERS OF PERSONAL PROTECTIVE EQUIPMENT AGAINST FALLS FROM A HEIGHT

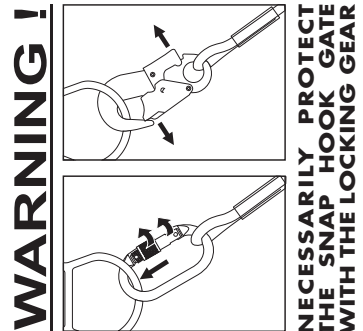
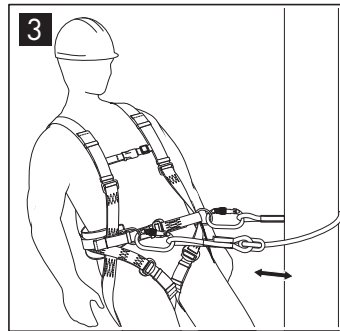
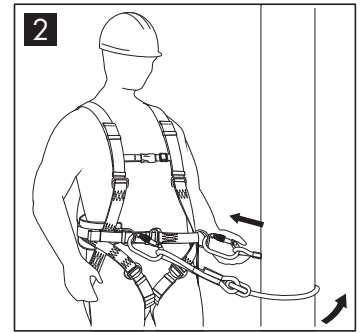
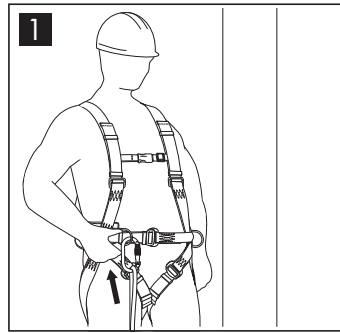
- personal protective equipment shall only be used by a person trained and competent in its safe use.
- personal protective equipment must not be used by a person with medical condition that could affect the safety of the equipment user in normal and emergency use.
- a rescue plan shall be in place to deal with any emergencies that could arise during the work.
- 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, seams, loops;
  - in energy absorbers - attaching loops, webbing, seams, casing, connectors;
  - in textile lanyards or lifelines or guidelines - rope, loops, thimbles, connectors, adjusting element, splices;
  - in steel lanyards or lifelines or guidelines - cable, wires, clips, ferrules, loops, thimbles, connectors, adjusting elements;
  - in retractable fall arresters - cable or webbing, retractor and brake proper acting, casing, energy absorber, connector;
  - in guided type fall arresters - body of the fall arrester, sliding function, locking gear acting, rivets and screws, connector, energy absorber;
  - in connectors - main body, rivets, gate, locking gear acting.
- after every 12 months of utilization, personal protective equipment must be withdrawn from use to carry out periodical detailed inspection. The periodic inspection must be carried out by a competent person for periodic inspection. The periodic inspection can be carried out also by the manufacturer or his authorized representative. In case of some types of the complex equipment e.g. some types of retractable fall arresters the annual inspection can be carried out only by the manufacturer or his authorized representative.
- regular periodic inspections are the essential for equipment maintenance and the safety of the users which depends upon the continued efficiency and durability of the equipment.
- during periodic inspection it is necessary to check the legibility of the equipment marking.
- it is essential for the safety of the user that if the product is re-sold outside the original country of destination the reseller shall provide instructions for use, for maintenance, for periodic examination and for repair in language of the country in which the product is to be used.
- 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.
- personal protective equipment must be withdrawn from use immediately and destroyed when it have been used to arrest a fall.
- a full body harness conformed with EN 361 is the only acceptable body holding device that can be used in a fall arrest system.
- in full body harness use only attaching points marked with big letter "A" to attach a fall arrest system. Marking like "A/2" or a half of "A" means the necessity of attaching a fall arrest system to both attaching points together simultaneously. It is strictly forbidden to attach a fall arrest system to the single attaching point marked "A/2" or a half of "A". See drawings below:



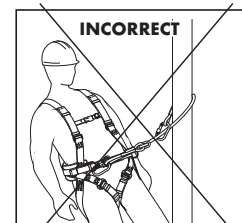
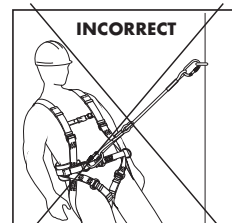
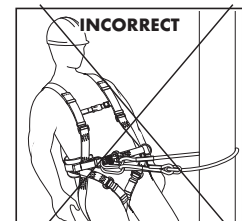
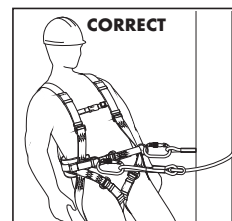
- the anchor device or anchor point for the fall arrest system should always be positioned, and the work carried out in such a way, as to minimise both the potential for falls and potential fall distance. The anchor device/point should be placed above the position of the user. The shape and construction of the anchor device/point shall not allowed to self-acting disconnection of the equipment. 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.
- it is obligatory to verify the free space required beneath the user at the workplace before each occasion of use the fall arrest system, so that, in the case of a fall, there will be no collision with the ground or other obstacle in the fall path. The required value of the free space should be taken from instruction manual of used equipment.
- there are many hazards that may affect the performance of the equipment and corresponding safety precautions that have to be observed during equipment utilization, especially:
  - trailing or looping of lanyards or lifelines over sharp edges,
  - any defects like cutting, abrasion, corrosion,
  - climatic exposure,
  - pendulum falls,
  - extremes of temperature,
  - chemical reagents,
  - electrical conductivity.
- personal protective equipment must be transported in the package (e.g.: bag made of moisture-proof textile or foil bag or cases made of steel or plastic) to protect it against damage or moisture.
- the equipment can be cleaned without causing adverse effect on the materials in the manufacture of the equipment. For textile products use mild detergents for delicate fabrics, wash by hand or in a machine and rinse in water. Plastic parts can be cleaned only with water. When the equipment becomes wet, either from being in use or when due cleaning, it shall be allowed to dry naturally, and shall be kept away from direct heat. In metallic products some mechanic parts (spring, pin, hinge, etc.) can be regularly slightly lubricated to ensure better operation. Other maintenance and cleaning procedures should be adhered to detailed instructions stated in the manual of the equipment.
- personal protective equipment should be stored loosely packed, in a well-ventilated place, protected from direct light, ultraviolet degradation, damp environment, sharp edges, extreme temperatures and corrosive or aggressive substances.

### USING THE LANYARD AS THE WORK POSITIONING LANYARD (EN 358)

- Connect one of the lanyard snap hooks to the selected attaching buckle of the work positioning belt (1).
- Put the lanyard around the construction element (2).
- Connect second snap hook to the another buckle of work positioning belt. Adjust lanyard length with regulating buckle. The tension of the lanyard should assure a stable work position and restrict the free fall of the worker. The distance of the free fall should not exceed 0,5 m (3).



- using the lanyard as a work positioning lanyard each snap hook must be connected to the different side buckle of the work positioning belt. it is strictly forbidden:
  - to connect both snap hooks to the same, single belt buckle;
  - to connect one snap hook to the belt buckle and the second one to the structural anchor point;
  - to connect one snap hook to the belt buckle and the second one connect on the rope.



### ATTENTION!

The universal safety lanyard used as the work positioning lanyard (according to EN 358) is not the fall protection. In that case, necessarily use independent fall arrest system paying attention to working of both systems without disturbance.

