

## Can I clip the second leg of a twin-tailed energy absorbing lanyard to my harness?

Some fall arrest systems are based on two energy absorbing lanyards (“double lanyards”), whilst most are based on a twin-tailed energy absorbing lanyard (“y- shaped lanyard”). A twin-tailed lanyard, as there is only a single energy absorber, will help save weight and thus improve climbing ergonomics. The two legs are used in relay, allowing the user to remain attached at all times.

When one of the legs on a twin-tailed lanyard is connected to the anchor point the second leg should either be:

- Also connected to the anchor point;
- Connected into the ring furthest away from the harness connector, beyond the energy absorber, (where provided) (A); or
- Left to hang free.

The second leg should not be attached to the user’s harness (unless the harness has been provided or retro fitted with a lanyard “parking point”, which is specifically designed to break away in the event of a fall) or to their belt or clothing as this could limit the extension of the energy absorber in the event of a fall, which would cause excessive arrest forces to be applied to the user and to the fall arrest system.

### Further Information:

The Personal Protective Equipment at Work Regulations 1992 require:

- formal procedures to ensure that lanyards are used correctly (Regulation 10);
- information, instruction and training (Regulation 9).

Advice is given in BS 8437:2005, Code of practice for selection, use and maintenance of personal fall [Grab your reader’s attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]protection systems and equipment for use in the workplace, and takes account of the advice in HSE Press Release, HSE issues warning on correct use of twin tailed lanyards (Ref. E168:04, 8 December 2004, [www.hse.gov.uk/press/2004/e04168.htm](http://www.hse.gov.uk/press/2004/e04168.htm)); the latter issued following a fatality in Queensland, Australia.

