



USER INSTRUCTIONS

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Introduction

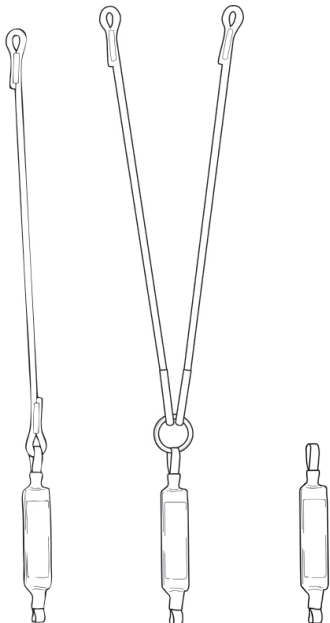
L-Series energy absorbers and L-series energy absorbing fall arrest lanyards are personal protective equipment designed to protect the wearer from falls from height. They are compliant with EN355:2002 and where supplied with legs these are compliant with EN354:2010, connectors are compliant with EN362:2004. The absorber will not deploy at loads below 200kg making them suitable for work restraint.

Three models are available - ELITE, TENSOR and CORE

Elite lanyards include a suspension syncope relief loop. In the event of a fall, the loop will deploy automatically. Take the loop place one or both feet in it, adjust the length to transfer weight to feet.

Elite and Tensor lanyards are fitted with a removable cover for increased wear protection. The product label is located under the cover. Replacement covers are available but are not essential as the lanyard may be used without.

All L-Series lanyards are suitable for users weighing 50kg to 140kg. User weights should include all clothing and materials being worn or attached to the user.



Single Energy Absorbing Lanyard L1XXX

Twin Energy Absorbing Lanyard L2XXX

L00 energy absorber only

Where XXX is the length in cm, other letters indicate the type of connectors.

Use

Connect the end of the lanyard with the energy absorber to a suitable attachment point on a harness. For fall arrest the harness should be compliant with EN361 and the attachment points will be marked with an 'A'.

Connect the other end of the lanyard to an unquestionably sound structural element with a strength of 15 kN minimum or refer to BS7883 or EN795 for guidance on purpose made anchors.

Ensure that suitable connectors are used and correctly fastened. Refer to user instructions for connectors. Check fastening during use. Use a screwlink connector for semi-permanent attachment.

All attachments to anchors etc. should be made before entering the danger area. If it is necessary to change anchor point whilst in the danger area then an additional lanyard or a double lanyard should be used to allow attachment at all times. For maximum protection the anchor point(s) should be as high as possible above the user.

Conduct a risk assessment prior to work. If sharp edges or corners of any type present a risk of damage appropriate precautions should be taken. Take into account the loads that the equipment and base structure will be subjected to.

Remember to allow for any swing or pendulum if not working directly below the anchor point. A rescue plan must be in place in case of a fall.

Restraint

When used for restraint the lanyard must be short enough when fully extended to prevent the user from reaching a position where they could fall.

Warnings

- Always attach energy absorber end of lanyard to the harness.
- Always use a suitable anchorage point, for fall arrest compliant with EN795.
- Do not 'choke' the lanyard unless specified otherwise.
- Do not cross-load connectors or load gates.
- Do not use this product outside its limitations, or for any purpose other than that recommended above.
- Do not connect unused leg of twin lanyard to any strong part of harness.
- Always ensure there is sufficient fall clearance below worker, 7.0m minimum is recommended for 2.0m lanyards.
- The total length of a lanyard system should never exceed 2.0m or less if stated on the energy absorber.
- Absorbers are available separately (L00). Extend upto 2.0m only with EN354:2010 lanyards and EN362:2004 connectors.
- Fall arrest: only a full body harness is acceptable for use in fall arrest; a sit harness is unacceptable.

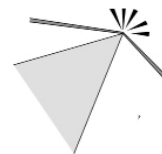
Do not connect the lanyard around itself, connect directly to the anchor or, where fitted, back to the ring either in the energy absorber or on the lanyard leg.

Avoid looping the lanyard around small joists etc. Sharp edges or corners of any type present a risk of damage and/or reduction in strength.

Connectors should only be loaded along their major axis and always with the gate closed and fully locked. If your lanyard is supplied with connectors refer also to the instructions for these items.

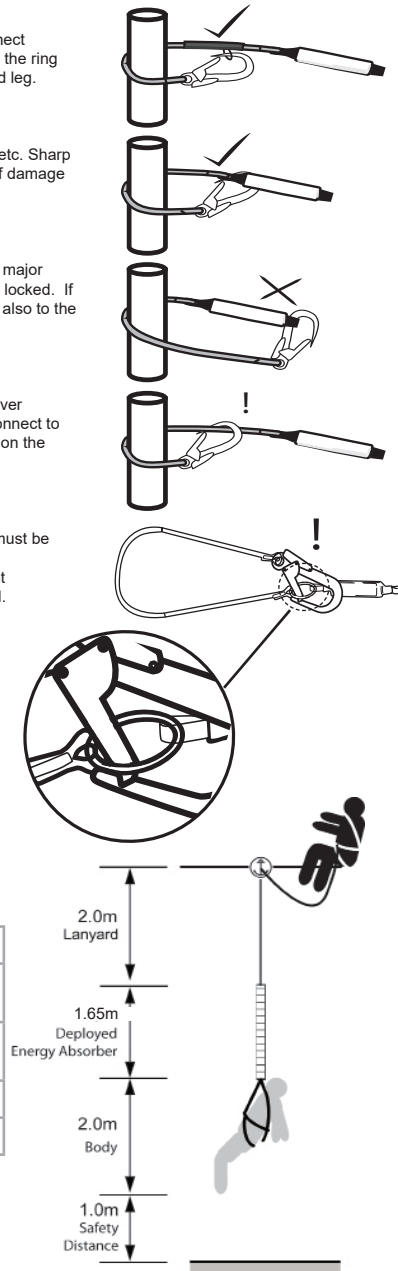
For twin lanyards ensure the unused leg is never connected to a strong part of the harness. Connect to the absorber ring or a sacrificial parking point on the harness.

When using Scaffold Hook connectors, care must be taken to ensure the protruding nose does not catch in the parking ring. In the event of a fall this could cause the gate to open / fail.



Beware of sharp edges

Lanyard Length	2.0m	1.25m
Energy Absorber deployment	1.65m	1.0m
Length of body & harness	2.0m	2.0m
Safety distance	1.0m	1.0m
Fall Clearance	6.65m	5.25m



During a fall the energy absorber may deploy by up to 1.65m. Allow sufficient clearance between the anchor point and the ground or anything else below. heightec recommend a clearance of 7.0m for 2m lanyards.

Ensure the path of a potential fall is clear and free from projections which could injure a falling person. Remember to allow for any swing or pendulum if not working in direct line with the anchor point.

For fall arrest always ensure a rescue plan is in place.

Materials

Lanyards are made of polyester elasticate webbing, polyamide, and aluminium alloy ring where fitted. Hazards affecting performance include temperature, chemical reagents, UV degradation, cutting and abrasion. Materials are not significantly affected by temperatures in the range -30 to +80 degrees Celsius.

