

LANYARD INSTALLATION

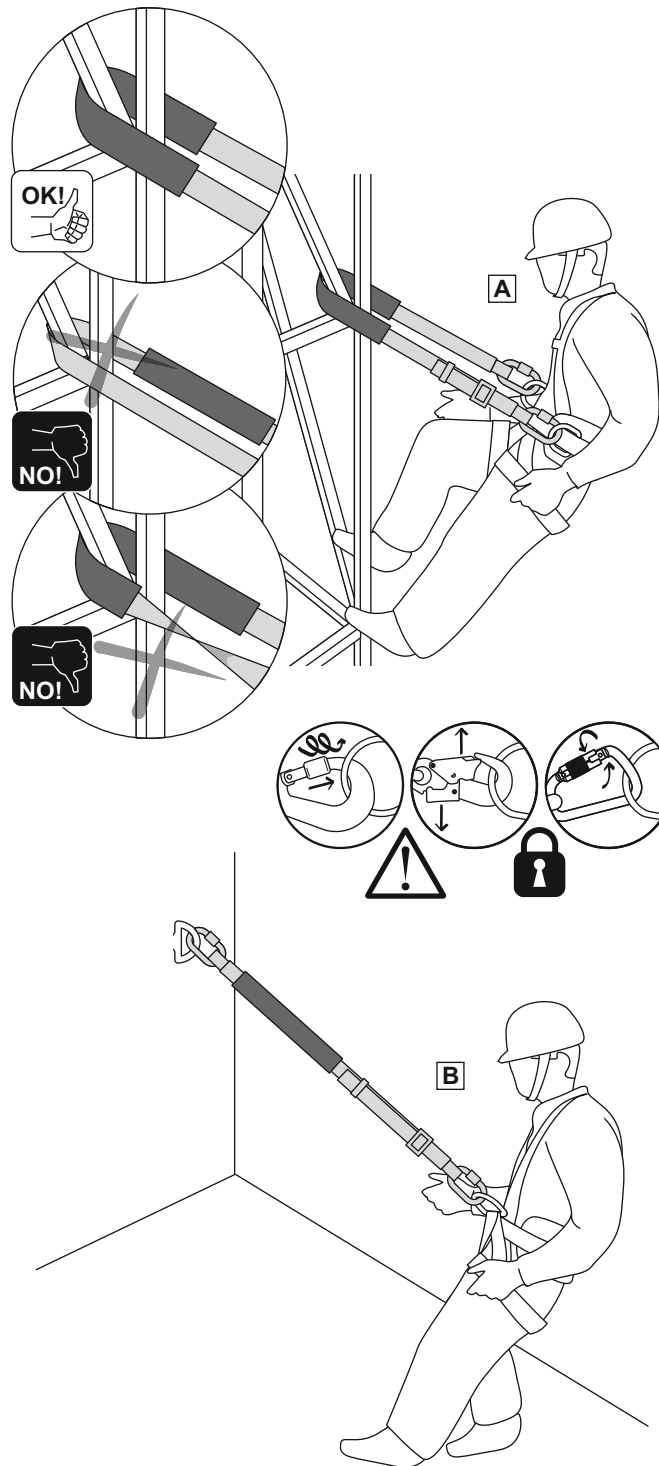
A. PUTTING AROUND A STATIC CONSTRUCTION ELEMENT

1. Connect one of the snap hooks of the to one buckle for support work.
2. Put the lanyard around the static construction element and connect the second snap hook to the second (free) side buckle of the belt. Protect the lanyard using the protective sleeve against damage from sharp edges and rough surfaces. Do not twist the webbing. The construction element shall be situated above the waist level of the user and shall prevent the lanyard from becoming detached. The minimum static strength of the construction point must be 12 kN.
3. Using the adjustment buckle to adjust the length of the lanyard to achieve a stable working position. The lanyard should be tensioned during work.

B. SINGLE POINT CONNECTION

1. Connect one of the lanyard snap hooks to the attachment buckle of a hip harness or a work positioning belt.
2. Attach the second snap hook to the anchor point. The lanyard anchor point should prevent it from becoming detached by itself. The minimum static strength of the construction point must be 12 kN.
3. Using the adjustment buckle to adjust the length of the lanyard to achieve a stable working position. The lanyard should be tensioned during work.

NOTE: The strength of the connection between the individual connection elements must be checked before and during work. Connectors must be closed and secured against accidental opening by means of a locking mechanism. When using the lanyard for work positioning, the user relies on the positioning equipment, so it is essential to consider using additional protection, such as a fall arrest system.



PERIODIC INSPECTIONS – At least after every 12 months of operation – starting from the date of first use – a periodic inspection of the device shall be performed. The periodic inspection shall only be carried out by a competent individual who is experienced and trained in the periodic inspection of personal protective equipment. The operating conditions may affect the frequency of periodic maintenance, which can be carried out more frequently than every 12 month of operation. After 5 years of use, for safety reasons, we recommend that periodic inspections are carried out by the equipment manufacturer or its authorised representative. Each periodic inspection shall be recorded in the fall arrester's service log.

MAXIMUM LIFETIME – The device can be used for 10 years from the date of manufacture.

NOTE: The maximum service life depends on the duty and operating environment. Operation of the fall arrester in harsh conditions, with frequent exposure to water, sharp edges, extreme temperatures or corrosive chemicals may lead to premature mandatory removal from service, even after a single use only.

PUTTING OUT OF SERVICE – The device shall be removed from service immediately and disposed of (be irreversibly destroyed) if it has arrested a fall, failed to pass a periodic inspection, or its reliability raises any concerns.

BASIC RULES ON THE USE OF PERSONAL PROTECTIVE EQUIPMENT

- personal protective equipment should only be used by persons trained in its use.
- personal protective equipment should not be used by individuals with any health condition that may affect their safety during regular use or in an emergency.
- a rescue plan should be drawn up for use if necessary.
- It is forbidden to make any modifications to the equipment without the manufacturer's written consent.
- any repair of the equipment may only be carried out by the manufacturer of the equipment or by his authorised representative.
- personal protective equipment must not be used other than for its intended purpose.
- personal protective equipment is a type of personal equipment and should be used by one person only.
- Before using the fall arrester, verify that all components of the gear which forms the fall arrest system interact correctly. Periodically inspect the joints and fitting of personal protective equipment to avoid accidental release or detachment.
- Do not use PPE kits in which the performance of any component is inhibited by performance of any other component.
- All parts of the belay system must comply with the relevant regulations and instructions for use of the equipment and the applicable standards:
 - EN 361 – for full body harness
 - EN 353-1, EN 353-2, EN 354, EN 355, EN 360, EN 362 – for all arrest systems
 - EN 795 – for equipment anchor points (fixed anchor points)
 - EN 358 – for work positioning systems
- Before each use of personal protective equipment, it should be thoroughly inspected to check its condition and correct functioning. The user should carry out the visual inspection of the equipment.
- During the visual inspection, verify all components of personal protective equipment with particular attention to all evidence of damage, excessive wear, corrosion, abrasion, cuts, or malfunctions. Particular attention should be paid to individual devices:
 - full body harnesses and work positioning belts: buckles, adjusting elements, attaching points, webbings, seams, loops;
 - energy absorbers: attachment loops, slings, webbing seams, casing, connectors;
 - textile lanyards or lifelines or guidelines: rope, thimbles, connectors, adjusting element, splices;
 - steel lanyards or lifelines or guidelines: cable, wires, clips, ferrules, loops, thimbles, connectors, adjusting elements;
 - retractable fall arresters: cable or webbing, retractor and brake proper acting, casing, energy absorber, connectors;
 - rail ladders: body and correct movement on the rail, locking action, rollers, bolts and rivets, connectors, energy absorber;
 - connectors (snap hooks): main body, rivets, gate, locking gear acting.
- personal protective equipment must be taken out of service for detailed inspection at least once a year (after 12 months of use). The periodic inspection is carried out by a suitably qualified person responsible for the periodic inspection of the protective equipment in the workplace. Periodic inspections are also carried out by the equipment manufacturer or its authorised representative. Such an inspection includes checking all components of the equipment, paying particular attention to any damage, excessive wear, corrosion, abrasion, cuts and malfunctions (see previous section).
- If the personal protective equipment has a complex and sophisticated design like retractable type fall arresters, periodic inspections shall only be done out by the manufacturer or its authorised representative. Following the periodic inspection, the next periodic inspection date shall be identified.
- Regular periodic inspections are critical to the condition of personal protective equipment and the safety of its user, which depends on uncompromised performance and durability of personal protective equipment.
- During the periodic inspection, check the legibility of all personal protective equipment markings and labels (which apply to the PPE unit in question).
- All information relating to the personal protective equipment (name, serial number, date of purchase and entry into service, user name, repair and maintenance information and decommissioning information) must be included in the equipment usage record. The facility where the equipment in question is used is responsible for the entries in the operation sheet. The record is filled in by the person responsible at the workplace for protective equipment. Do not use equipment that does not have a properly completed operation sheet.
- If personal protective equipment is sold outside its country of origin, the personal protective equipment supplier shall provide it with the instructions for use and maintenance and the procedures of periodic inspection and repair in the official language of the country in which the personal protective equipment will be used.
- personal protective equipment must be taken out of service immediately if there is any doubt as to the condition of the equipment or its proper functioning. Re-entry of the equipment into service may take place after the manufacturer has carried out a detailed inspection of the equipment and has given its written consent to its re-use.
- If the personal protective equipment has been used to arrest a fall, it must be withdrawn from service and permanently destroyed.
- The only approved protective device, in fall protection equipment designed to be worn on the body, is a PN-EN 361 compliant full body harness.
- The fall protection system can be attached to the harness attachment points (buckles, loops) marked with a capital "A".
- The anchor points of personal protective equipment against falls from a height shall be of a stable construction and in a location which minimises the risk of fall and the length of free fall. The equipment anchor point should be above the user's workstation. The anchor point shape and design shall ensure that equipment is permanently connected and cannot accidentally detach. Operation of certified and marked equipment anchor points that comply with EN 795 is recommended.