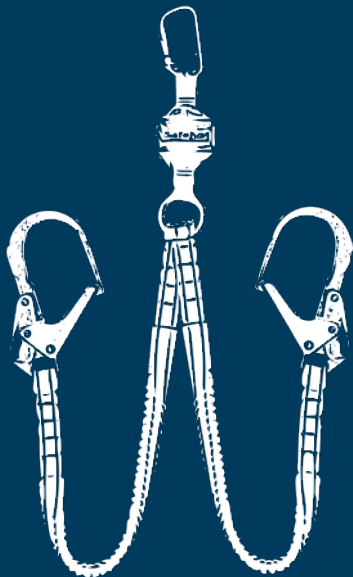




Safehold
HEIGHT SAFETY & LIFTING GEAR

Shock Absorbing Lanyard Instruction Manual



**Read and understand instructions before using this equipment
Do not throw instructions away**

Designed in the UK

SHUM-065 Iss 01

Contents

4

About & Warning

5

General use

6

Description

7

Lanyard
Diagrams

8

Using the lanyard

9

Limitations,
Compatibility
& Connections

10

Inspection

11

Applications &
Standards

12

Ground
clearance

13

Appropriate
use

14

Post Fall,
Connections,
Inspection,
Product Life
& Disposal

15

Maintenance,
Servicing &
Storage

16

Labelling

17

Service Log

18

Inspection Table

19

Declaration
of
Conformity



ABOUT & WARNING

The SafeHold Fall arrest lanyard range

This manual covers all variants within the SafeHold fall arrest lanyard range.

⚠ Warning : Working at height is a very dangerous activity which may lead to severe injury or fatality. We advise that you personally assume the responsibility to learn and use the safety measures that apply to this equipment. Remember that there is no better "instruction" than that of a trained instructor. Train in the use of this device, verify that you have fully understood how it works and if in any doubt, please ask a competent person!

Don't make any alterations or additions to the equipment without the manufacturer's prior written consent.


The products shall not be used outside of its limitations, or for any purpose other than that for which it is intended.

It is essential for the safety of the user that if the product is re-sold

outside of the UK, the reseller shall provide instructions for use, for maintenance, for periodic examination and for repair in the language of the country in which the product is to be used.

If there is reason to doubt your fitness to safely absorb the shock from a fall arrest, please consult your doctor. Age and fitness seriously affect a worker's ability to withstand falls. Pregnant women or minors must not use it.

This personal protective equipment is designed and used as part of a fall protection system to protect users against falls from heights in working areas and is meant to be used with other certificated components.

 **User must read, understand and observe these instructions for use.**

GENERAL USE

All warnings and instructions must be provided to the authorised user. They must be read and understood in their entirety. Failure to use the equipment properly can result in serious injury or death. If in doubt, contact SafeHold Ltd. for advice.

All authorised users must reference the relevant local standards to which the device complies (e.g. EN355:2002. Refer to device labelling for device compliance.

Before using the fall arrest lanyard, the worker must be trained in the use and application limits of the equipment, proper hookup, anchoring and tie-off techniques, methods of use and proper methods of inspection and storage.

Ensure working area is free from hazards and obstructions that could interfere with the working of the device or cause harm to the user.

Inspect all equipment before each use as per the manufacturer's instructions.

All equipment should be inspected on a regular basis by a competent person.

A competent person must ensure the systems compatibility will not allow accidental disengagement.

Any equipment must be as the manufacturer intended. Do not use altered or modified equipment.

Any product that has visual deformities, been subjected to a fall, deterioration or unusual wear should be destroyed and removed from service immediately.

A rescue plan with the means to implement it should be in place before using this equipment.

Fall protection equipment is designed for a specific use. Never use it for something it wasn't designed for.

Environmental hazards should be considered when using this equipment.

Equipment should not be exposed to hazardous chemicals. Inspection intervals may need to be more frequent in such environments. If in doubt contact SafeHold for advice.

Always ensure a potential fall path is free from obstructions and has a



large enough ground clearance. Never remove a product's label as it contains information important for the use of the device. If the label

is missing remove the device from service immediately.

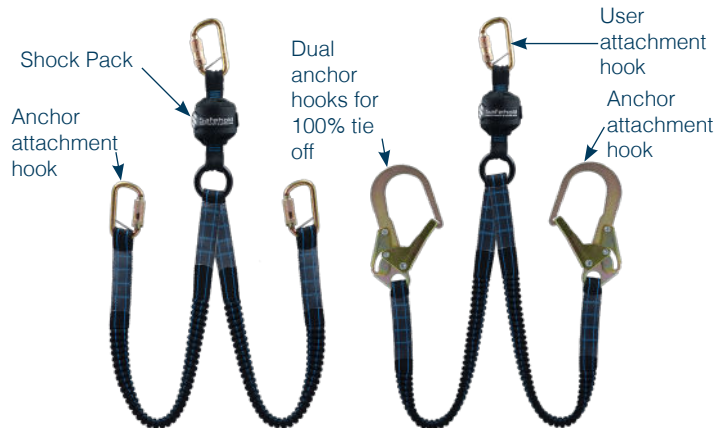
DESCRIPTION

	Single, carabiner	Single rebar	Dual, carabiner	Dual rebar
Material	Polyester webbing / zinc plated steel connectors			
Standards	EN355:2002, Rfu 11.062, Rfu 11.063			
Max. user weight	140kg including clothes and equipment			
Lanyard weight	0.7kg	1.3kg	1.0kg	2.2kg
Working Length	1.8m			
Un-stretched length	1.22m	1.35m	1.22m	1.35m

Single leg



Dual leg





USING THE LANYARD

The SafeHold fall arrest lanyard is designed for use with the SafeHold fall arrest range.

A suitable assessment must be made of the work site, taking into account (but not limited to) swing-fall (see page 12), free-fall (lanyard slack) and additional hazards on the site.

1. Before using, carry out an inspection on the shock absorbing lanyard using the table in the back of this manual as a guide.
2. Attach the user attachment hook to the compatible fall arrest lanyard D-ring. The shock absorber must be located next to the user and not the anchor point.
3. Attach the anchor attachment hook to a 12kN EN795:2012 or 1997+A1:2000 rated anchor point.
4. If you are using a dual leg lanyard it is good practice to attach the spare leg to a breakaway keeper.

IMPORTANT

Never use the lanyard with an extension device as this will increase free fall.

A competent person must choose all the components of the personal fall arrest system (PFAS) to ensure the equipment is suitable for the end user.

Do not tie back the lanyard

Rebar hooks must only be connected to structural rebar or another compatibly sized anchor.

All connectors must be self-closing and locking with no risk of roll-out.

It is best practice to anchor the fall arrest lanyard at or below the dorsal D ring. However the lanyard may be anchored at foot level if it cannot be avoided.

The lanyard is NOT rated for leading edge use.

LIMITATIONS

Capacity:

The lanyard is designed for use by one person with combined weight (person, clothing, tools, etc.) of up to 140kg / 310 lbs. for all applications.

Anchorage Connectors

SafeHold equipment is designed for use with SafeHold approved components and subsystems only. Non-approved components or subsystems may jeopardise the

compatibility of equipment and may affect the complete system. Connectors (hooks, carabiners, and D-rings) must be capable of supporting at least 22.2kN or 5000lbs. Non-compatible connectors may unintentionally disengage. As per EN355:2002, self-locking snap hooks and carabiners are required.

COMPATIBILITY

Connecting component limitations:

A competent person must ensure the compatibility of all connections and that of the system.

If any other component in the system does not operate properly

or if any connector does not lock, do not use the system.

Do not use if any part of the system appears to be damaged.

All connector gates must withstand minimum loads of 16kN / 3,600 lbs.

EXAMPLES OF INCOMPATIBLE CONNECTIONS





CORRECT CONNECTION



INSPECTION

Fall arrest lanyards shall be inspected by the authorised person or rescuer before each use.

The inspection shall be conducted by a competent person other than the user.

The competent person shall use the

inspection schedule and checking list for appropriate inspection intervals and procedures.

The competent person should keep a log of their inspection in the "Inspection and Maintenance Log" on the back pages of this instruction manual.

APPLICATIONS

Purpose:

This product is part of a personal fall arrest, restraint, work positioning, suspension, or rescue system.

A personal fall arrest system (PFAS) is typically composed of an anchorage and a full body harness (SHBH), with a connecting device, i.e. a shock absorbing lanyard (SHFAL), or a self-retracting device (SRL/RTFA), attached to the dorsal D-ring of the SHBH.

Fall arrest lanyards are designed

for use in applications where falls may occur.

Fall arrest lanyards may be used in conjunction with a harness in many situations where a combination of work mobility and fall protection is required. (i.e. inspection work, general construction, maintenance work, oil production, confined space work, etc.)

A suitable rescue plan must be made in case of a fall and made available to everyone on site.

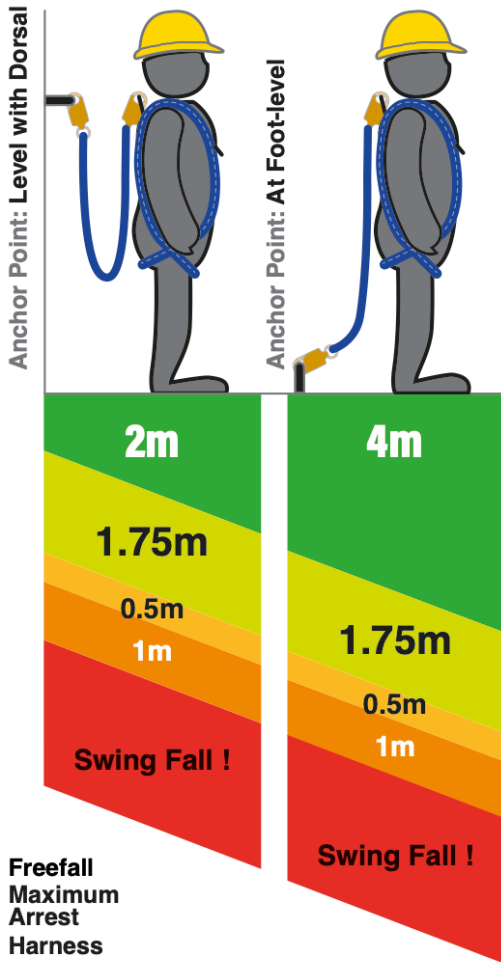
STANDARDS

The EU type-examination (Module B) and conformity assessment procedure (Module D) were conducted CCQS Certification Services Limited, Block 1 Blanchardstown Corporate Park, Ballycoolin Road, Blanchardstown, Dublin 15 D15 AKK1, Ireland (NB2834).

The products are compliant with Personal Protective Equipment (PPE) regulation (EU) 2016/425, the Regulation 2016/425 on personal protective equipment as brought into UK law and amended, and the following harmonized standards.

The Safehold harness range has been designed to meet the requirements of EN355:2002 as a minimum

The EU declaration of conformity is accompanying each product.



Use

Friendly reminder:

Do not alter or intentionally misuse this equipment.

Some subsystem and component combinations may interfere with the operation of this equipment. Use caution when using this equipment around moving machinery, electrical hazards, chemical hazards, sharp edges.

Consult your doctor if there is reason to doubt your fitness to safely absorb the shock from a fall arrest. Age and fitness seriously affect a worker's ability to withstand falls. Pregnant women or minors must not use SafeHold self-retracting lifelines. Failure to heed this warning may result in serious injury or death.



After a Fall:

If a fall event occurs, tag the lanyard as "UNUSABLE", remove it from service, and store it separately.

Making Connections:

Snap hooks and carabiners used with this equipment must be self-locking. Ensure all connections are compatible in size, shape, and strength. Do not use equipment that is not compatible. Ensure

Inspection:

Before each use of this fall protection equipment, carefully inspect it to ensure it is in good working condition. Check for worn or damaged parts. Check the fall

Product Life:

The functional life of a fall arrest lanyard is ten years from the first date of use provided all checks are passed as per this manual. The lifespan can be affected by, and not limited to, conditions

Disposal:

Dispose of the fall arrest lanyard if it has been subjected to fall arrest forces or inspection reveals an unsafe or defective condition.

Remove from service any unit that has been subjected to fall arrest forces or that exhibits damage consistent with such forces.

all connectors are fully closed and locked, ensure unintended disengagement cannot occur. SafeHold connectors (snap hooks and carabiners) are designed to be used only as specified in each product's user instruction manual.

arrest lanyard against the checklist in the back of this booklet. Should the fall arrest lanyard fail any inspection points remove the fall arrest lanyard from use immediately and mark as "UNUSABLE".

of use, storage, maintenance, environment and regularity of use. HSE guidelines in INDG367 must be adhered to.

Before disposing of the fall arrest lanyard, cut the webbing in multiple places or otherwise disable the fall arrest lanyard to eliminate the possibility of inadvertent reuse.

MAINTENANCE, SERVICING & STORAGE

Cleaning:

Ensure the fall arrest lanyard is kept free of excess paint, grease, dirt or other contaminants as this may cause the damage to the fall arrest lanyard. Use a mild detergent

Storage:

Store in a clean dry place away from hazards such as chemicals, sharp objects, moisture, direct

Servicing:

The lanyard is a non-serviceable item and must be destroyed

Notes:

1. Failure of a worker to perform (before each use) inspection or failure of an inspection by a worker shall initiate the requirement for inspection by a competent person.
2. Failure of a competent person to perform inspections as

and water to clean the fall arrest lanyard and allow to dry naturally. A clean fall arrest lanyard is easier to inspect and will prolong its life.

DO NOT use heat to dry.

sunlight and heat. The lanyard must ALWAYS be stored with its instructions and record card. Never leave the fall arrest lanyard lying around on a site.

and disposed of when it fails its inspection.

- specified in this Table, or failure of an inspection by the competent person shall initiate product disposal.
3. Determination of the type of use category shall be determined by a competent person.

Component	Inspection:	User	Competent Person
Webbing	Ensure webbing is free from cuts, abrasion, wear and tears		
	Check webbing under buckles for rubbing and deterioration.		
	Check the tear pack has not deployed and shows no sign of wear or abrasion.		
	Check the weave of the webbing for distortion resulting from loading.		
	Melted webbing or any other signs of either heat or chemical exposure		
Metallic hardware	Check for damage / cracking distortion		
	Surface is clean and shows no corrosion		
Sewing / thread	Any loose / damaged /uneven threads		
Labelling	Ensure all labelling is legible and undamaged		
Shock Pack	Ensure shock pack shows no signs of deployment, tears or abrasion and load indicators are not deployed		
Associated Equipment	Additional Fall protection equipment that is used with the product is installed and inspected as per manufacturers instructions		
If the product fails the inspection procedure remove from service immediately. Clearly tag the product "DO NOT USE" in the event of failure.			
Comments:			

EU DECLARATION OF CONFORMITY

This declaration of conformity is issued under the sole responsibility of the manufacturer: **SAFEHOLD LTD:** 1-3 Eaves Court Bonham Drive, Sittingbourne, ME10 3RY.

compliance@safe-hold.com +44 (0) 1795 668862

Model No. FALS LK, FALS LR, FAL TLK, FAL TLR

Product Code	Description	Model No.	Cert No.
32115	SHFAL-A02: 1.8m single leg with Karabiner both ends	FALS LK	xxxxx
32116	SHFAL-A04: 1.8m single leg with karabiner and scaff/rebar hook.	FALS LR	xxxxx
32117	SHFAL-A01: 1.8m twin leg with Karabiner both ends.	FAL TLK	xxxxx
32118	SHFAL-A03: 1.8m twin leg with Karabiner and scaff/rebar hook.	FAL TLR	xxxxx

The EU type-examination (Module B) and conformity assessment procedure (Module D) were conducted CCQS Certification Services Limited, Block 1 Blanchardstown Corporate Park, Ballycoolin Road, Blanchardstown, Dublin 15 D15 AKK1, Ireland (NB2834). We hereby declare that the above referenced product, to which this declaration relates, is in conformity with the provisions of:

PPE Regulation 2016/425 - Standard EN EN355:2002,

Rfu 11.062, Rfu 11.063

SAFEHOLD LTD.



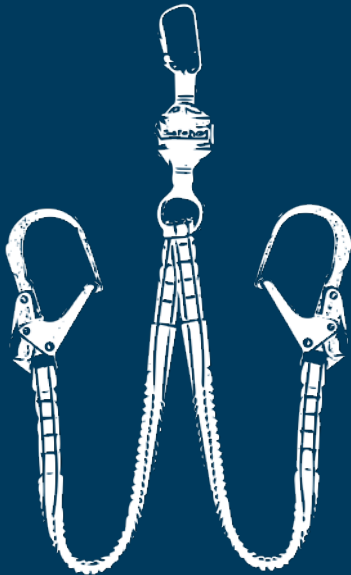
CE 2834

Name: Oliver Auston Position: CEO Date: 01/08/2023



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