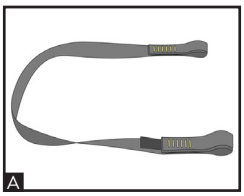
RIDGEGEAR
Pioneers of height safety

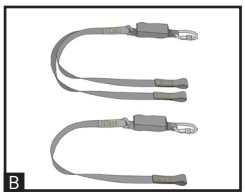
GB Instructions for use of RIDGEGEAR Lanyards

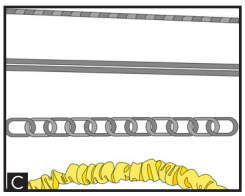
Read and understand before use
complying (where applicable) with the requirements of EN 354:2010, EN 355:2002, EN 358: 2018. Check the individual product marking for applicable standard.
Issue E Jul 2021

IMPORTANT: Please read and understand these instructions before use

Safety lanyards are available in differing types. Restraint/work positioning EN 354 & EN 358 (A), or energy absorbing lanyards EN 355 (B). They are also available in twin leg version EN 354 & EN 355 (B).
The lanyard material may be webbing, rope, elastic webbing, absorber webbing or chain (C).
Only energy absorber lanyards are to be used for fall arrest.

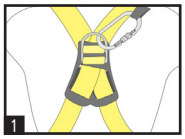


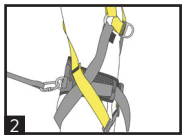


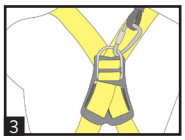


Fitting Instructions

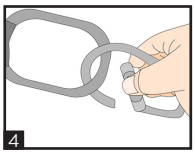
STEP 1
Take lanyard (energy absorber end where fitted) and fasten the connector to either front or rear fall arrest attachment point (1). For safety it is best to do this before fitting the harness, or have a colleague fit it for you. For work positioning or restraint, you can also use the side D (2). **Fully tighten the gate** and ensure no screw threads are visible. Connector types may vary (3) and some may lock automatically.

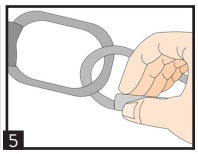




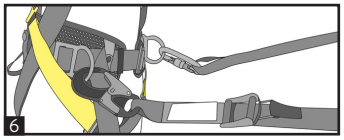


STEP 2
Attach other connector on the other end to a suitable and compatible anchor point (4). Fully tighten the gate (5) and ensure no screw threads are visible. Connector types may vary and some may close automatically. Ensure there is no strain on the keeper and the connector sits smoothly inside the anchor point. Avoid any possibility of side loading.

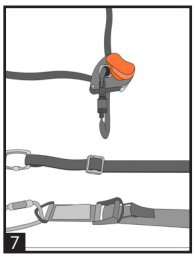




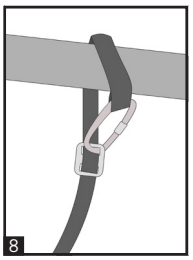
STEP 3
When using work positioning lanyards around a pole or structure, loop around and then fasten other hook into second D ring (6).



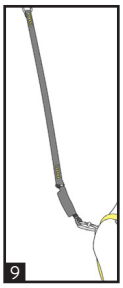
STEP 4
Lanyards may be fitted with adjusters (7). These can be of several types, and should be adjusted accordingly. Always try to keep the working length as short as possible.

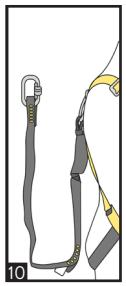


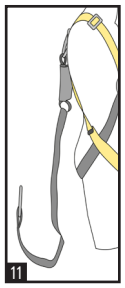
STEP 5
If the lanyard has a choking facility, loop around as shown (8).
Important: Ensure that the lanyard/connector cannot slide down or off the anchor point. (e.g. never use this method with the attachment in vertical plane). A "T" shaped intersection is preferred in order to provide secure fixing.



STEP 6
It is recommended that the anchor point is as high as possible above the user (9) and therefore fall factor 0 (FF0). Where the height of the anchor point is level with the harness attachment point (10) this is referred to as fall factor1 (FF1). The least recommended anchor point is below the harness attachment point (11). This can be at worst fall factor 2 (FF2) where the free fall distance will be twice the lanyard length, plus the absorber extension. Any situation greater than FF1 should always be avoided where possible.







EN 354 LANYARDS (L)

1. Never use L for fall arrest without an energy absorber. Only energy absorbing lanyards may be used for fall arrest.

EN 355 ENERGY ABSORBER LANYARDS (EAL)

1. Energy absorber lanyards (EAL) must only be used for their intended purpose, which is to provide fall arrest. One end of the EAL (preferably the none energy absorber end) shall be attached to a suitable anchor point with a connector approved to EN 362 such as a karabiner, and the other end attached to a fall arrest point on the harness marked with a letter "A".
2. In the event of a fall, the EAL will deploy whereby reducing the force on the user to <6kN. The correct attachment points for fall arrest are the 'D' ring on the rear between the shoulders and where fitted, on the 'D' ring or attachment loop on the front chest strap. Do not attach to any other part of the harness.
3. If a harness or belt is fitted with additional side 'D' rings and/or front ventral 'D', these are only to be used with a (WPL) or (RL) and must never be used as fall arrest attachment points. Additional fall arrest safety systems must be used in conjunction with work positioning.
4. Never make length additions to the product, and ensure that the total overall length of system connected to an energy absorber and connector terminations does not exceed 2m for EN 355 products.
5. Do not use 2 separate single leg lanyards together as this may increase the force on the user if both are connected during a fall. Use a twin leg lanyard for this purpose.

EN 358 WORK POSITIONING LANYARDS (WPL)

1. Work Position lanyards are only to be used for work positioning (see fitting instructions).
2. Never use WPL for fall arrest as they have limited or no energy absorbing properties. WPL must be used in conjunction with a fall arrest system, for example an energy absorber and lanyard (EN 355).
3. Connect the WPL to a suitable anchor and attach to the belt or harness attachment point. Adjust and position the anchor point at or above waist level, and without slack to prevent free fall and unintentional shock loading.
4. Belts or harnesses fitted with two WPL attachment points may be used with a WPL by looping around a suitable structure (e.g. a linesman's pole) and connected to both side rings.

EN 358 RESTRAINT LANYARDS (RL)

1. Never use RL for fall arrest. They must only ever be used to prevent the user from the possibility of a fall arrest situation. Only energy absorbing lanyards may be used for fall arrest. The choice and length of lanyard is critical, and therefore must be established in order to prevent a fall risk.
2. If the RL is equipped with a length adjuster, adjust to a suitable length as short as possible in order to carry out the intended task.

TWIN LEG & ADJUSTABLE LANYARDS

1. All the above are available in a twin leg version. The connectors at the end of the working lanyards legs are for attachment to anchor points, and the other absorber end for attachment to the harness.
2. Whilst connecting with only one lanyard, never attach the spare unused lanyard back onto the harness. Either fix both lanyards into separate or the same anchor point, or loop the spare over the shoulder. Breakaway parking loops are also available for temporary stowage of spare lanyards. **IMPORTANT - Breakaway parking loops must never be used as harness attachment points as they will snap open under load.**
3. If adjustment is necessary move to a safe area before carrying out any adjustment.

GENERAL GUIDE

1. Before use, a detailed risk assessment must be carried out by the employer to establish that this is the correct product suitable for the type of work to be carried out in the event of a fall, taking into account anchor points, potential fall distance, obstructions, rescue system, etc.
2. Ensure before use there is a suitable rescue plan in place to deal with any emergencies that could arise during the work, and enabling the retrieval of the user in the event of a fall.
3. Ensure that there is sufficient free space below the user in the event of a fall. Check and determine the safe clearance distance. For example, a 2m lanyard approved to EN 355 requires the anchor point to be at least 6.75m from the ground or nearest obstacle below.
4. The anchor device or anchor point should always be positioned, and the work carried out in such a way as to minimise the potential for falls and fall distance. Wherever possible this should be directly above the user to reduce pendulum effect. Minimise any excess slack in the lanyard near a fall hazard.
5. When adjusting the lanyard length to avoid the risk of a fall, the user should not move into an area where there is a fall hazard.
6. With the exception of using in restraint, avoid choking the lanyard around anchor points unless they have a dedicated tie back facility, or have an ANSI approved connector with extra strength gate.
7. Lanyards with energy absorber, shall be fitted with the absorber end at the user.
8. Ensure that only a full body harness is used in a fall arrest system, and is compatible with the attachment points. Also be aware of any possible dangers, which may arise through use of 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.
9. When using for the first time, ensure that the first part of the product record card is completed and the date of first use is recorded.
10. This product must only be used by suitably trained and/or competent personnel and is recommended for personal issue only.
11. Users are warned that certain medical conditions such as heart disease, high blood pressure, vertigo, epilepsy, drug or alcohol dependence, could affect the safety of the user in normal and emergency use.
12. Never attempt to modify or repair this product without our written consent. Before every use, the user must be suitably qualified to carry out a pre-use check to ensure the lanyard is free from defects and is in a safe condition for use. It is essential to ensure the product is removed from service immediately if the equipment shows excessive wear or damage to any part, or has been involved in a fall. If in doubt, do not use and seek expert advice. The equipment must then only be used if confirmed in writing by a competent person that it is safe to do so.
13. Ensure that the connector hooks open and close properly and where applicable, that the locking mechanism functions correctly.
14. Ensure that a suitable compatible anchor point termination is chosen, with a minimum strength of at least 12kN.
15. Do not use outside the above limitations, or for any purpose other than that for which it is intended.
16. Before use, carry out risk assessment to check if edge contact is possible. This must be avoided and the lanyard shall be protected from sharp or abrasive objects or edges. Contact with an edge during a fall could be potentially fatal as the lanyard may cut. Use edge protection as necessary.
17. Never expose the equipment to extremes of temperature outside the range of –25°C to +50°C.
18. Avoid contact with strong chemicals, which may damage the lanyard materials. If in doubt seek advice.

MATERIALS

The textile lanyard material and sewing thread is either nylon, polyester or UHMWPE.

STORAGE & CLEANING

1. Ensure that when the lanyard is not in use or during transportation, it is suitably stored in a clean, dry area and away from direct source of heat or sunlight, or any potentially sharp or abrasive objects such as knives or tools.
2. If the lanyard gets wet, in use or after cleaning allow it to dry naturally.
3. The lanyard may be cleaned with a mild detergent, but must be rinsed afterwards in clean warm water. To ensure all mechanical fittings operate smoothly, rinse and/or wipe off any build up of dirt and grit.
4. Do not attempt to clean the inside of an energy absorber pack. Wipe the cover only as necessary.

PERIODIC EXAMINATIONS & SERVICE

1. Before every use, the user shall inspect the equipment following the inspection guidelines below.
2. The safety of the user depends upon the continued efficiency and durability of the equipment, therefore an additional thorough periodic inspection is required by an independent competent person familiar with inspecting this type of equipment.
3. The frequency of examination and inspection must take into account legislation, equipment type, frequency of use and environmental conditions, but must be at least every 12 months and the results and date of the inspection must be recorded.

4. The equipment must be totally replaced after a maximum of 10 years, from the date of manufacture as shown on the product label.

INSPECTION

Webbing or Rope – check for cuts, tears, abrasion, scorch marks, burns, chemical attack or severely discoloured patches. Local abrasion, distinct from general wear is often caused by passage of the webbing over sharp and/or abrasive edges, and may cause serious loss of strength. Slight damage to outer fibres may be considered safe, however serious reduction or expansion in width or thickness or serious distortion to the weave pattern should lead to immediate rejection.

Stitching – check for broken, loose worn or abraded stitches or severely discoloured patches to the stitching.

Metal – check for cracks, corrosion, distortion, irregular wear and ensure all moving mechanisms operate correctly.

Product marking – check that the product markings including the serial number are legible.

Reject the lanyard immediately if any of the above defects are found or if in any doubt.

REPAIR

This lanyard must not be modified or repaired unless advised by us in writing. Only competent persons authorised by us may carry out any repairs. If in doubt contact RIDGEGEAR for further advice.

RECORDS

1. When using the lanyard for the first time, ensure that the first part of the product record card is completed and the date of first use is recorded.
2. Ensure that the lanyard is inspected at regular intervals dependent upon frequency of use. Details of all inspections must be recorded in the spaces provided on the record card.
3. It is essential for the safety of the user that if the product is resold outside the original Country of destination that 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.

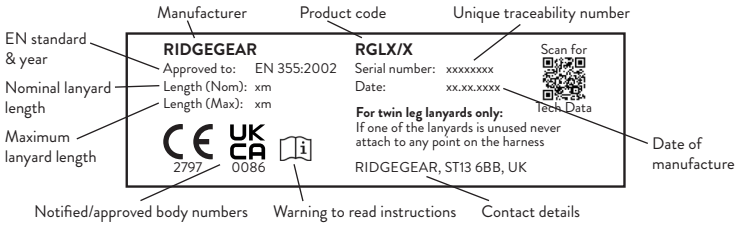
LIFESPAN

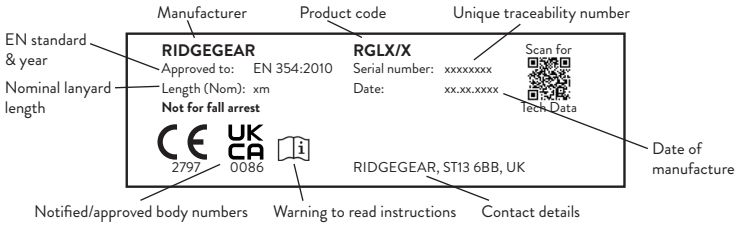
The lifespan of the lanyard is 10 years from the date of manufacture, irrespective of its condition. Avoiding abrasion, contamination and correct storage will prolong the life of the product.

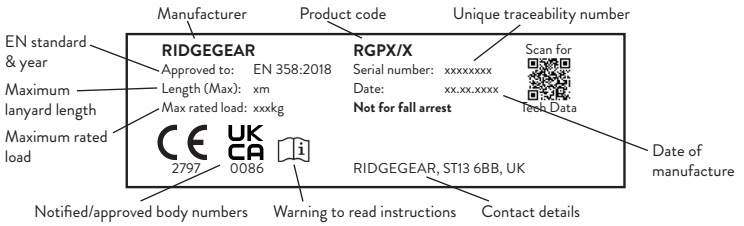
NOTIFIED/APPROVED BODY NUMBERS

1. CE - Module B of PPE Regulation (EU) 2016/425. SATRA Technology Europe Ltd, Bracetown Business Park, Clonee, D15 YN2P, Ireland. ID Number 2777.
   UKCA - Module B of PPE Regulation 2016/425, as amended to apply in GB. SATRA Technology Ltd, Telford Way, Kettering, NN16 8SD, UK. ID number 0321.
2. CE - Module D of PPE Regulation (EU) 2016/425. British Standards Institution, John M Keynesplein 9, 1066 EP Amsterdam, Netherlands. ID number 2797.
   UKCA - Module D of PPE Regulation 2016/425, as amended to apply in GB. British Standards Institution, Davy Avenue, Knowlhill, Milton Keynes, MK5 8PP, UK. ID number 0086.

EXPLANATION OF PRODUCT MARKING







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