



FALL PREVENTION ALLIANCE TOOLBOX TALK ON SELECTION OF LANYARDS

Company: _____ Job Site Location: _____

Date: _____ Start Time: _____ Finish Time: _____ Foreman/Supervisor: _____

A lanyard is a short nylon web of line that connects your body harness to an anchorage. Lanyards come in many different lengths and styles. Two important characteristics of a lanyard are its length and its ability to absorb some of the impact force of an arrested fall.

Lanyard Length

The length of your lanyard determines the distance of your free fall, which is the distance you drop before your equipment begins to arrest your fall. One of the simplest ways to shorten your free fall is to use the shortest lanyard possible. At the same time you need a lanyard long enough to give you the freedom to perform your work. According to OSHA a lanyard must be short enough to limit your free fall to 6 feet or less. This means that in some situations a 6-foot lanyard may be too long. For example, if you were working 6-feet above the floor and you were unable to find an anchorage that was higher than the D-ring on the back of your harness, you would have to use a shorter lanyard.

Shock-Absorbing Lanyards

Shock absorbing lanyards come in different lengths and styles and will stretch to absorb some of the impact of an arrested fall. You may be required to use a variety of different shock absorbing lanyards. ONE type is referred to as the SAFESTOP. This type of lanyard is anywhere from 4 to 6 feet in length and uses an absorber pack that extends up to 42” as the lanyard absorbs the forces generated during a fall. Another type lanyard used is the SAFEABSORB. This lanyard will stretch from 4’ to 6’. NEVER use work-positioning devices, e.g., rebar chain assemblies, for fall arrest systems. It does not have the enough strength and could break.

Safe Lanyard Usage

Some ways of tying off can weaken lanyards. Tie-offs that uses knots can reduce the strength of your lanyard by as much as 70 percent. Tying off around I-beams can weaken your lanyard because of the cutting action along the beam’s edge. You can prevent this by using a tie-off adapter. Looping your lanyard around an object then attaching the hook back to lanyard can reduce the strength of your lanyard by 50%. To protect lanyard equipment from cuts, DO NOT tie-off around rough or sharp surfaces. Always make sure your locking snap hooks close automatically upon release and lock to avoid the possibility of “ROLL-OUT.”

Lanyard Selection

Employees should use only single leg or Y-Climbing shock-absorbing lanyards with large “pelican” hooks that can easily hook around most anchorage points.

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Through the OSHA and Houston Fall Prevention Alliance, this Toolbox Talk was developed for informational purposes only. It does not necessarily reflect the official views of OSHA or the U.S. Department of Labor. July 2016.

The Houston Fall Prevention Alliance was formed by the below organizations to provide their members, and others, with information, guidance and access to training resources that will help them protect the health and safety of workers, particularly by reducing and preventing exposure to fall hazards in the construction industries and addressing fall related issues and understand the rights of workers and the responsibilities of employers under the Occupational Safety and Health Act (OSH Act). In developing this alliance, these organizations recognize that OSHA’s State Plan and On-site Consultation Project partners are an integral part of the OSHA national effort.





Houston
Fall
Prevention
Alliance

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