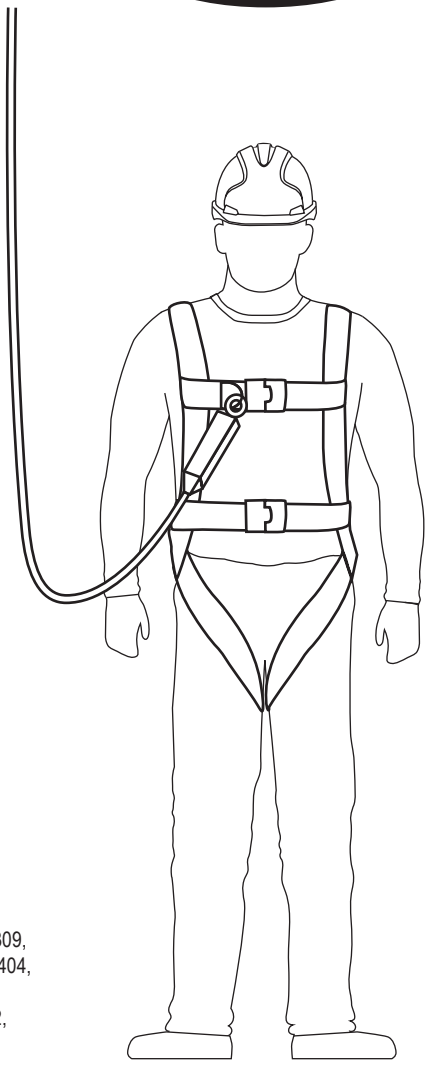
LANYARDS

INSTRUCTIONS ON USE, CARE AND INSPECTION



CAREFULLY READ THESE INSTRUCTIONS BEFORE USING THIS LANYARD

These lanyards are designed to minimise the risk of/ provide protection against the danger of falling from heights. However, always remember that no item of PPE can provide full protection and care must always be taken while carrying out the risk related activity.

THIS INSTRUCTION FOR USE BOOKLET COVERS THE FOLLOWING JSP PRODUCTS:

Fall arrest lanyards (FAR0206, FAR0207, FAR0305, FAR0307, FAR0309, FAR0310, FAR0311, FAR0314, FAR0316, FAR0317, FAR0318, FAR0404, FAR0405, FAR0410, FAR0411)
Work positioning lanyards (FAR0208, FAR0208E, FAR0308, FAR0312, FAR0420, FAR0421)
Restraint lanyards (FAR0313, FAR0316)

THE USER IS ADVISED TO KEEP THE USER INSTRUCTIONS DOCUMENT FOR THE LIFE OF PRODUCT.

A copy of this manual and the Declaration of Conformity for the product can be found at documents.jspsafety.com

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MARKING

Label on the lanyards, which must be in place, intact and legible while the safety lanyard is in use.

1. Manufacturer's logo and contact information
2. Product reference
3. Conformity mark to the Regulation (EU) 2016/425
4. Controlling Notified body
5. "The Triman"
6. Read the User Instructions
7. "The Green Dot" / "Der Grüne Punkt"
8. Batch number
9. Serial number
10. Date of manufacture
11. Material
12. Standard number/year
13. Length of the lanyard
14. Sharp edge tested
15. Conformity to UK legislation SI 2018 No. 390

DESCRIPTION

These lanyards are classed as Personal Protective Equipment (PPE), by the European PPE Regulation (EU) 2016/425 and PPE Regulation (EU) 2016/425 as brought into UK law and amended and have been shown to comply with this regulation through the Harmonized Standards / Designated European Standards:

EN 354:2010 Personal Protective Equipment against falls from height Lanyards

EN 355:2002 Personal Protective Equipment against falls from a height Energy Absorbers and for some of JSP fall arrest lanyards the Sharp Edge CNB/P/11.074, CNB/P/11.063

EN 358:1999 Personal Protective Equipment for work positioning and prevention of falls from height Belts for work positioning and restraint and work positioning lanyards

Certification Body (CE): SATRA Technology Europe Ltd, Bracetown Business Park, Clonee, Dublin D15 YN2P Ireland (Notified Body 2777)

Ongoing Assessment Body (CE): SGS Fimko Oy, Takomotie 8, FI-00380 Helsinki, Finland (Notified Body 0598)

Certification Body (UKCA): SATRA Technology Centre, Wyndham Way, Telford Way, Kettering, Northamptonshire, NN16 8SD, UK (Approved Body 0321)

Ongoing Assessment Body (UKCA): SGS United Kingdom Ltd., Unit 202B, Worle Parkway, Weston-super-Mare, BS22 6WA, UNITED KINGDOM (Approved Body 0120)

APPLICATION AND LIMITATIONS

APPLICATIONS

1. EN 354 LANYARDS

These lanyards can be used as a part of a fall arrest system or as a part of a restraint system. If using as a part of fall arrest system (if used with a fall arrest block), a suitable anchor point (above the user's head, at least 12kN) shall be used. Attachments between these lanyards and the anchor points and other equipment shall be made using connectors as per EN 362. This lanyard must not be used with a shock absorber.

- Total length of a sub systems with a lanyard, terminations and connectors shall not exceed 2m. Do not use a lanyard without an energy absorber for fall arrest systems.
- Connect the lanyard to the anchorage point using the connector provided at one end. (If connector not provided, use connectors complying with EN 362).
- The other end should be connected to the attachment element of the full body harness.
- To optimize protection, in some instances it may be necessary to use the lanyard with other suitable components. In this case before carrying out the risk related activity, consult your supplier to ensure that all components are compatible and suitable for your application.
- The user should minimise the amount of slack in the lanyard near a fall hazard.
- The user, when adjusting the length of the lanyard to avoid a risk of fall, should not move into an area where there is a fall hazard.
- If the risk assessment carried out before the start of the work shows that loading in the case of a use over an edge is possible appropriate precautions should be taken.
- These lanyards cannot be choke hitched.

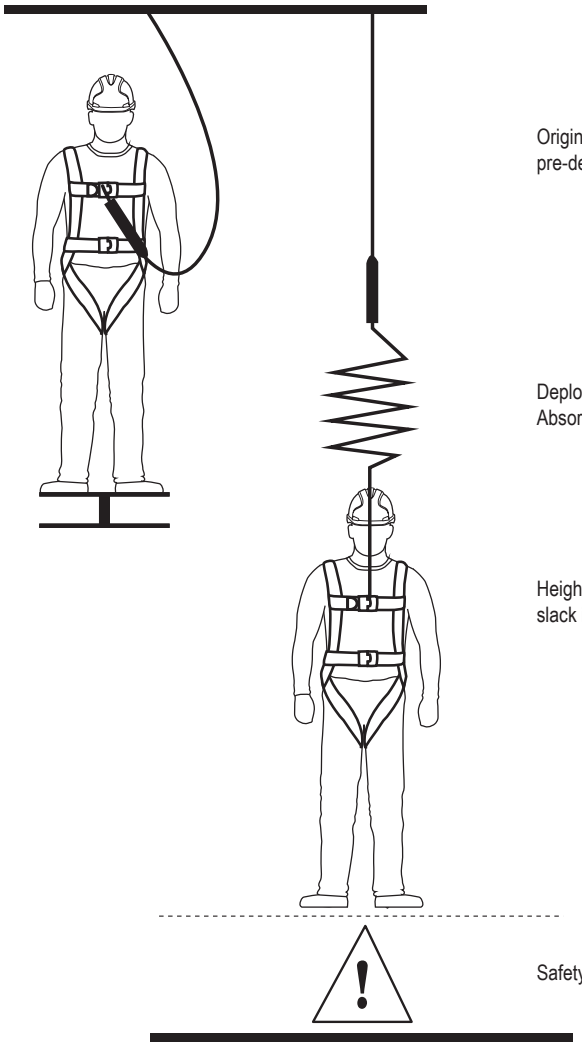
MATERIAL: FAR0313: Polyamide

2. EN 355 LANYARDS

These lanyards when used as a component of a fall arrest system ensure a fall is arrested safely by reducing impact forces to 6 kN or less. It must be used in conjunction with a full body harness (EN361).

- Total length of a sub system with a lanyard including an energy absorber, terminations and connectors shall not exceed 2m.
- Connect the lanyard to the anchorage point using the connector provided at one end. (If connector not provided, use connectors complying with EN 362). The other end on the side of the energy absorber should be connected to the attachment element of the full body harness conforming to EN 361.
- To optimize protection, in some instances it may be necessary to use the lanyard with other suitable components. In this case before carrying out the risk related activity, consult your supplier to ensure that all components are compatible and suitable for your application.
- When attaching fall arrest lanyards for fall arrest situations the front or rear 'D' ring marked with an 'A' should be the only attachment points used. Where the harness has two fabric loops on the front (each marked with 'A/2') rather than a 'D' ring the two loops MUST both be used together.
- For fall restraint and work positioning use the fall arrest 'D' ring marked with an 'A', the side work positioning 'D' rings, or a central attachment point on a sit harness / belt can be used. The attachment point must be relevant and suitable to the work activity, and it must minimise any risk.
- Two separate lanyards each with an energy absorber should not be used side by side (i.e. parallel), for such instances usage of double leg lanyard is recommended.
- The arrest distance should be double the maximum length of the lanyard (2m) plus one metre additional for safety of the user and maximum 1.75m for the deployment of the shock absorber.

FREE SPACE REQUIRED WHEN USING AN ENERGY ABSORBER LANYARD



FREE SPACE CALCULATION 6.75 m

MATERIAL:

Energy Absorbing Twisted Rope Lanyards - Polyamide
Energy Absorbing Webbing Lanyards (and sharp edge ones) - Polyester
Energy Absorbing Kernmantle Rope Lanyards – Polyester
Shock absorber pack - Polyamide.

FAR0410/FAR411:

Note: these lanyard/energy absorbers has been successfully tested for horizontal use and a resulting simulated fall over an edge.

- A steel bar with a radius of r = 0.5 mm with no burs was used in these tests. On the basis of this test, the lanyard with energy absorber is suitable for use over similar edges such as rolled steel profiles, wooden beams or a clad, rounded proof parapet. Notwithstanding this test, the following must be taken into account with a horizontal or oblique use where there is a risk of falling over an edge.

- If the risk assessment carried out before the start of work shows that the fall edge is a particularly “sharp” and/or “not free from burs” edge (e.g. unclad proof parapet or sharp concrete edge), then:
    - Corresponding precautions must be taken before the start of work to rule out the risk of falling over the edge or
    - Edge protection should be mounted before the start of work
    - You should contact the manufacturer for further information
- The anchor point for the lanyard/energy absorber must not be below the user’s foot level (e.g. platform, flat roof).
- The deflection at the edge (measured between the two legs of the fastener / mobile guide) must be at least 90°.
- The necessary free space beneath the edge must be at least 6.75m.
- The lanyard must always be used in such a way that there is no slack. If the lanyard is equipped with a length adjustment device, this may only be used if the user is not moving in the direction of the fall edge.
- To prevent a pendulum fall, the working area and lateral movements from the median axis on both sides should be limited in each case to a maximum 1.5m. In other cases, no individual anchor points should be used but rather a Class C or D anchor device conforming to EN 795.

Note: If the lanyard/energy absorber is used with a Class C anchor device pursuant to EN 795 with a horizontal flexible anchor line, the deflection of the anchor device must also be taken into account when determining the necessary clearance beneath the user. Pay attention to the details in the instructions of use of the anchor device.

Note: After a fall over an edge there is a risk of injuries during the fall/suspension if the falling person knocks against parts of the building or construction.

- Because of the potential event of a fall over an edge, special rescue measures are to be stipulated and trained for.

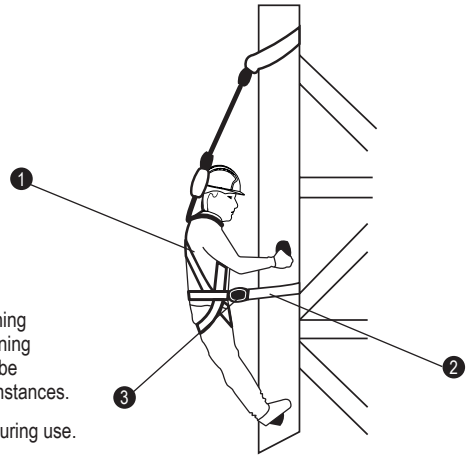
3. EN 358 LANYARDS

The work positioning lanyards are an adjustable lanyard made up of Polyamide rope or Polyester webbing with a steel ring type adjuster or a rope grab. The length can be adjusted using the adjuster ring or the rope grab.

The lanyards can be attached to the attachment elements/ D-rings of the work positioning belts using connectors.

- Connect the lateral attachment element of your work positioning belt to one end, loop the lanyard around the vertical support and attach the connector to the other attachment element of the work positioning belt.
- Adjust the length of the lanyard using the ring type adjuster or the rope grab by pulling the free side of the rope to tighten it. In use, the lanyard should be kept taut.
- Do not use the ring adjuster as an attachment point. The below picture shows the Positioning Lanyard as would be used by a user. Looping the lanyard twice is recommended to prevent it from slipping down.

1. User held in position
2. Work positioning lanyard
3. Lateral attachment point



- The anchorage point should be maintained at or above the waist level. The lanyard is kept taut and free movement is restricted to a maximum of 0.6 m.
- The work positioning lanyard should be used for positioning only.
- We do not produce any accessories for the work positioning lanyard and strongly recommend not to use work positioning lanyard with any substandard accessory. The user shall be responsible for any damage occurring under such circumstances.
- Regularly check fastening and/or adjustment elements during use.
- The lanyard is not suitable for fall arrest purposes and it may be necessary to supplement arrangements for work positioning or restraints with collective means (e.g. safety nets) or personal means (e.g. fall arrest systems in accordance with EN 363) of protection against falls from height.
- The device should be used with appropriate combinations only. The user should not make any combination which compromises safe function of any other devices used in combination or entire fall protection system or rescue system.
- When using a work positioning system, the user normally relies on the equipment for support, therefore it is essential to consider the need of using a back-up, e.g. a fall arrest system.

LIMITATIONS:

- Do not use if you have any medical conditions which could affect your safety in both normal and emergency use.
- The equipment shall only be used by a person trained and competent in its safe use.
- A rescue plan shall be in place to deal with any emergencies that could arise during work.
- Do not make any alterations or additions to the equipment without the manufacturer’s prior written consent.
- The equipment should not be used outside its limitation, or for any purpose other than that for which it is intended.
- The product should be a personal property of its user.
- Ensure the compatibility of items of equipment when assembled into a system.
- It is important to check before use for any dangers that may arise by the use of combinations of equipment in which the safe function of any one item is affected by or interferes with the safe function of another.
- Carry out a pre-use check of the product, to ensure that it is in a serviceable condition & operates correctly before it is used.
- Withdraw from use any equipment where there is any doubt about its condition for safe use or if it has been used to arrest a fall. Do not use again until it is confirmed by a competent person.
- Ensure that the anchor device is strong enough & has a minimum strength of 12kN for metal & 18kN for textile and the anchor point will preferably be situated above the user’s head.
- Connect directly to the anchor point or device with the connector, the lanyard should not be wrapped round a structural member to make an anchorage unless the device has been tested and CE approved for this specific application (such lanyard designs generally feature a special wear sleeve and suitable connector).
- Attach the lanyard to the correct attachment point on their full body harness.
- For a restraint application the anchor position should be set back from the edge and away from any potential fall position.
- When intended to be used in a fall arrest systems, it is essential for safety that the anchor device or anchor point should always be positioned and the work carried out in such a way as to minimise both the pendulum and the potential fall distance. When the fall arrest system must be placed above the position of the user, the manufacturer

shall make a statement to that effect.

- When intended to be used in fall arrest systems, it is essential for safety to verify the free space required beneath the user at the workplace before each use, so that in case of a fall there will be no collision with the ground or other obstacle in the fall path.
- Be aware of hazards that may affect the performance or cause failure of the equipment, such as:
    - Extreme temperatures (below -15° and above +50°) UV degradation
    - Aggressive environmental conditions including sand & grit, cement, hot surfaces, naked flames, welding splatter, sparks, electrical conductivity
    - Contact with: sharp edges, abrasive surfaces, chemicals
- Immediately stop using the product if it is exposed to any of the above or is damaged in any way until it has been inspected by a competent person.
- Ensure that when using a "Y" energy absorbing lanyard, that when one leg / lanyard is not attached to the structure it must not be clipped back into the user's harness, only on the lanyard keepers made specially for this use. Ideally, both ends should stay attached to the structure at all times, or when one leg / lanyard is not in use it is attached to the other leg that is attached.
- Ensure that the Date of First use is recorded in this instruction booklet.
- It is essential for the safety of the user that if the product is re-sold outside the original country of destination 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.

COMPATIBILITY

The system must use connectors conforming to EN 362, fall arrest lanyard conforming to EN 355 or restraint lanyard conforming to EN 354 or work positioning lanyard conforming to EN 358 or retractable fall arrester conforming to EN 360 or fall arrest system confirming to EN 353, an anchor point conforming to EN 795.

A full body harness (including EN 361, EN 358, EN 813 and EN 1497) is the only body-holding device that may be used. It may be dangerous to create one's own fall arrest system where each safety function can interfere with another safety function. Read the recommendations on using each component in the system before use.

The instructions for use for the individual components are to be observed. Also ensure that the harness has an attachment point located appropriately in relation to the fall arrester.

LIFETIME

The life of the lanyard depends on the condition of the harness, it must be free from defects as identified in section INSPECTION. If free from defects, the maximum life span of the lanyard is 10 years from the date of manufacture. If in any doubts, please contact JSP Safety.

STORAGE AND TRANSPORT

The Personal Protective Equipment must be transported in a package that protects against moisture, mechanical, chemical and thermal attack. Store in a cool dry place. Avoid humid & acidic environment for storage

MAINTENANCE

Maintenance of this JSP Lanyard must only be carried out by a trained and competent person, who will:

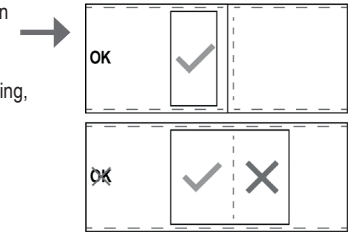
- Ensure that NO alterations to the lanyard are made
- Clean the product using the following procedure: using only warm water and a mild detergent if required, clean with a sponge or soft nylon brush. Use fresh clean water to rinse the detergent off the lanyard and then drip dry the equipment, allowing the lanyard to thoroughly dry out before next use.
- Ensure that the following cleaning methods are NOT used: water over 40º C, bleach, any detergent not suitable for bare skin, wire brushes or other scouring agents, jet wash or other power products, radiators or other direct heat sources.
- Ensure that a thorough visual and tactile examination of the lanyard is made after cleaning, before the item is allowed to be re-used.

INSPECTION

PRE-USE CHECK

Users of JSP Lanyards must carry out a pre use inspection before each and every use:

- One fall indicator is present on the karabiner side of the energy absorber on certain lanyards. If the label is not present and the stitching is destroyed or if the red cross is visible, do not use the Lanyard.



- Checking the webbing and/or rope for: cuts, tears and nicks, abrasion, fraying, thinning, heat damage, mould and paint, evidence of chemical & U.V light attack, which will be seen as discolouration, softening or hardening of the webbing and/or rope.
- Checking the stitch patterns for: broken or abraded stitches, loosened stitching, pulled and loops of stitching, long tails of thread.
- Checking the metal fittings for: rust and pitting, cracks, distortion / deformity, excessive wear.
- Checking the connectors for: rust and pitting, cracks, distortion / deformity, excessive wear, functioning freely and correctly, correct alignment of the gate.
- Checking any triangular link interconnection within a lanyard for: rust and pitting, cracks, distortion / deformity,excessive wear, secure and tight connection.
- Checking any plastic primary or secondary components for: correct placement, cracks, distortion / deformity, excessive wear, damage.
- Checking the legibility of the product markings

If any defect or damage is identified, the connector should not be used. It should be taken to a competent person responsible for the detailed recorded inspections for a thorough visual and tactile examination.

DETAILED RECORDED INSPECTION

Detailed recorded inspections should:

- Be carried out by a trained competent person to ensure the safety and integrity of the product
- Recorded in the record table contained within these User Instructions
- Be carried out on a regular basis. The frequency of the detailed recorded inspection should:
    - Be deemed through risk assessment taking into account legislation, equipment type, frequency of use, and environmental conditions, which may accelerate the rate of deterioration and physical damage
    - Be carried out at least every 12 months regardless of usage
- If any damage of failure are observed, the product should be removed from service and replaced immediately

INSPECTION CARD

This user manual and operating instructions are part of the safety system and all users should be totally familiar with its contents. It should be kept in a safe place and be freely available to users at all times. When this product is removed from its packaging the table on the opposite page should be completed taking the information from the product label. The table below should be used to record all Detailed Recorded Inspections at a frequency deemed through risk assessment but at least every 12 months.

INSPECTION FORM

Product	Reference	Batch / Serial number		Purchasing date	Date of first use	Expiry Date

Manufacturer	Address		Phone	Email

Date of inspection	Stitching	Textile (rope, webbing, steel, wire etc.)	Metallic part(s) Connectors, D-ring, buckles, grabs etc.	Fall indicator(s)	Shock pack		Manufacturing date	PASS/FAIL	Date of next inspection	Name of inspector	Signature