



Wire Cable



Polyester Webbing



Wrinkled Polyester

Lanyards

How to choose your lanyard

An energy absorbing lanyard firstly prevents the falling worker from hitting something or from reaching the ground, and secondly acts as a shock absorber to reduce the force on both the worker and the anchor point. Without a shock absorber in a lanyard, the force of a fall risks injuring the worker or breaking the anchor point.

- The lanyard **material** governs how hard-wearing it is: choose from polyester webbing, wire cable or wrinkled polyester cover.
- The **shock absorber** is either incorporated throughout the lanyard as in the wrinkled polyester cover type lanyards, or added as a “shock pack” at the wearer’s end of the lanyard.
- The end hardware **snap hook** size should match what you will be attaching to. The wearer’s end always has a 3/4” snaphook for his D-ring. If you are attaching to standard anchor points a 3/4” standard snap hook is right. If you need to attach to 2” pipe, for example, you want the larger opening 2 1/4” snap hook. To be able to change over the snap hook on the end, order a loop end lanyard and select the carabiners you want from page 21.
- The **length** of the lanyard depends on how much ‘reach’ you want, balanced by the limit of free fall you can allow. You may need lanyards in various lengths for different situations. Select a lanyard with **no shock absorber** if you do not have enough clearance below you; consider this option responsibly as the forces on the body, even from a short fall, with no shock absorber can be immense. If you need more free rein and less free fall, or want an “all-lengths” lanyard, use a retractable lanyard.
- To ensure **100% tie off** use a **Y-lanyard** as it allows you to attach the second ‘leg’ of the lanyard before detaching the first one, meaning you are always attached.

How to Order Single Lanyards

Lanyard with Shock Absorber and 3/4” Snaphook	Single Lanyard			End Hardware option – add suffix		
	4ft	5ft	6ft	3/4” snaphook	2 1/4” snaphook	Loop, no snaphook
Cable	1C4S	1C5S	1C6S	-D	-R	-0
Web	1W4S	1W5S	1W6S	-D	-R	-0
Wrinkled	1S4S	1S5S	1S6S	-D	-R	-0

Here is some free training on free fall and why it is important:

What is free fall? Free fall is the distance you drop before your safety equipment starts to work, whether you are a worker with a lanyard, or a skydiver with a parachute.

How far is free fall with a lanyard? Here is the math: Add the height of the D-ring on your back (5ft) to the length of your lanyard (6ft) = 11ft. Now deduct the height of your anchor point (the height your anchor point is above your feet). The answer is your free fall distance. If the anchor point is at your waist height (3ft), your free fall is 8ft. (Yes, 8ft. Don't be fooled by the 6ft lanyard.)

What happens after free fall? The shock absorber deploys (up to 4ft), the harness slips up your back (1ft), your body straightens (5ft) and you need a safety margin (2ft) = 12ft. Add this 12ft to your free fall distance and that is the figure you need clear below your anchor point. Are you working with 18 – 20ft clearance? If not, then raise your anchor point, use a shorter lanyard, or use a retractable lanyard.

Did you think it was safe to work at 15ft with a 6ft lanyard?

26.6 (1) A fall arrest system shall consist of a full body harness with adequate attachment points and a lanyard equipped with a shock absorber or similar device. O. Reg. 145/00, s. 14.

4) Despite subsection (1), the fall arrest system shall not include a shock absorber if wearing or using one could cause a worker to hit the ground or an object or level below the work. O. Reg. 145/00, s. 14.



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How to Order Y-Lanyards

Lanyard with Shock Absorber and 3/4" Snaphook	Double leg Y-Lanyard			End Hardware option – add suffix		
	4ft	5ft	6ft	3/4" snaphook	2 1/4" snaphook	Loop, no snaphook
Cable	2C4S	2C5S	2C6S	-D	-R	-0
Web	2W4S	2W5S	2W6S	-D	-R	-0
Wrinkled	2S4S	2S5S	2S6S	-D	-R	-0

Options:

To order a web or cable lanyard with **no** shock absorber, omit the **S** from the code.

To order a lanyard with a **heavy duty** shock absorber rated for up to 11ft free fall, (i.e. anchor point at your feet), add **H** after the S in the code.

To upgrade to ANSI Z359.1-2007 snap hooks (3600lbs gate) add **A** after the suffix. Regular lanyards have standard CSA Z259 snap hooks (360 lb gate strength).

2ft and 3ft lanyards also available.