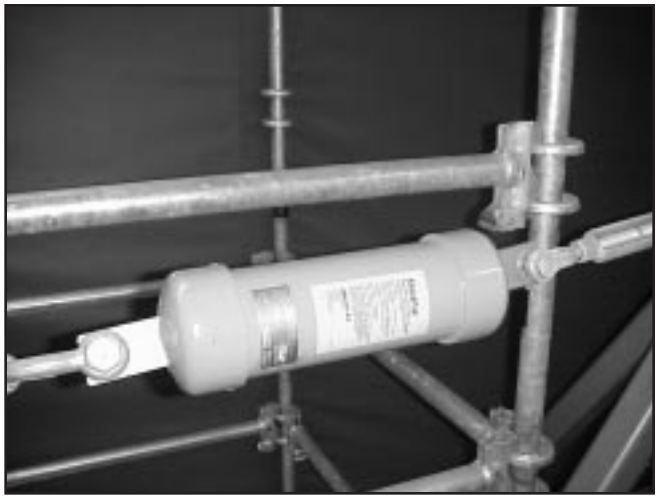
Sellstrom/RTC® Steel Cable Horizontal Lifeline with ShockPak™

Installation, Operating & Maintenance Instructions

SM/RTC® ShockPak™

Sellstrom/RTC (SM/RTC) steel cable horizontal lifelines with ShockPaks™ are designed to provide horizontal mobility and fall protection for up to three workers (each 310 lb. total weight including tools). The in-line shock absorber reduces the forces transferred to the anchor points.



WARNINGS

To the Receiver, Contractor, Store Manager, Safety Director, Supervisor, Buyer, or anyone except the ultimate equipment users:

Under Penalty of Law

These instructions are not to be removed except by the user of this equipment. Current instructions must always be available to any potential user. Note: Because of continuous developments in the application and use of SM/RTC equipment and our desire to serve your best interests, these instructions are invalid 10 years after the effective date on these instructions. If these instructions are out of date, call SM/RTC customer service and request current instructions. Dial toll free (800)323-7402 (U.S. and Canada) or (847)358-2000.

If you have difficulty or experience any problem with SM/RTC equipment or the instructions, call SM/RTC immediately and ask the customer service department for assistance.

It is the responsibility of the user's management to review these instructions periodically, and to ensure compliance with every requirement to maintain the system's designed integrity. The equipment purchased is designed to be used as a part of a complete fall protection system and is to be inspected and maintained regularly.

WARNINGS Continued . . .

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WARNINGS

To the Equipment User: You must read and fully understand or have the following instructions explained to you before using this equipment. Failure to do so could result in serious or fatal injury.

Atencion: Si usted no puede leer el ingles o si usted no comprende estas instrucciones, favor de consultar su director de seguridad o su supervisor.

Attention: Si vous ne pouvez pas lire l'anglais ou si vous ne comprenez pas les instructions, consultez votre directeur de securite ou votre superviseur.

Achtung: Wenn Sie nicht Englisch lesen konnen und diese Anweisungen nicht verstehen, dann fragen Sie bitte Ihren Sicherheitsdirektor oder Ihren Aufselher.

Attenzione: Se non leggiere l'inglese o non capite queste instruzioni, per favore rivolgete Vi al Vostro Direttore, responsabile della "Sicurezza sul Lavoro" o al Vostro diretto superiore.

You assume complete liability if you fail to follow these instructions and are injured.

A "no" answer to any question on the Safety Checklist at the end of these instructions, either before or during product use, is an unsafe use of this equipment. Use this equipment only as instructed.

Warning: All SM/RTC equipment should be used as part of a complete SM/RTC fall protection or emergency rescue system. If the buyer or user chooses to disregard this warning, he is solely responsible for the safety of the entire system and all users.

Before replacing or adding components to a fall protection or emergency escape system, consult the original manufacturer. Federal OSHA further states that any unauthorized substitution or change to a system by the buyer should be fully evaluated or tested by a qualified person before the new system is put into use (see OSHA 1926.500).

All potential users of this equipment and user's management must read and understand all instructions fully; failure to do so could result in serious or fatal injury.

No fall arrest system can guarantee that you will not sustain injuries if a fall occurs. The most you can expect is that injuries will be substantially reduced. What you can be sure of is that improper use of this equipment will vastly increase your chances of serious injury or death because misuse builds false security. To achieve the maximum level of safety that this equipment is capable of providing, all instructions must be followed diligently. This means careful planning of your application and work method.

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Complete System Components

A complete fall protection system consists of the following components that are arranged to fit the specific work task and control the elevated fall hazard(s):

- **Anchorage**
  An anchorage, as defined by OSHA, "shall be independent of any anchorage being used to support or suspend platforms and capable of supporting at least 5,000 pounds per employee attached, or shall be designed, installed and used as follows: as part of a complete personal fall arrest system which maintains a safety factor of at least two; and under the supervision of a qualified person."

  For horizontal lifelines it is important to remember that the anchorages must be designed and installed according to the instructions provided using a safety factor of at least two. Anchorages for horizontal lifelines may require anchorage strengths greater than 5,000 lb. Refer to the information provided by SM/RTC for each horizontal lifeline for anchorage requirements.

- **Body Support**
  A body support is the component of a personal fall protection system that is worn on or around the body. Full body harnesses must be used for all fall arrest systems.

- **Connecting Means**
  A connecting means is the link between the body support and anchorage. It can be a shock-absorbing lanyard, rope grab, self-retracting lanyard or retrieval system. Connecting means will vary depending on the application.

The user must also have a rescue plan and the means at hand to implement it in the event of a fall.

Note: For continuous protection, more than one system may be needed.

Warning

No other applications or methods of use are allowed without prior written approval.

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1.0 Approved Application

Sellstrom/RTC (SM/RTC) steel cable horizontal lifelines with ShockPaks™ are designed to provide horizontal mobility and fall protection for up to three workers (each 310 lb. total weight including tools) attached to an SM/RTC 2704 series Retractalok®, SM/RTC 2008 series Retractor® or SM/RTC shock absorbing lanyard. The SP1 model ShockPak may be used for a 1 user. If more than 1 user will be using the horizontal lifeline at the same time, the SP2 model ShockPak must be used.

Typical applications are rail cars, tank cars, tank trucks, pipeways, airplane hangers, and other applications.

Warning

The ShockPak Horizontal Lifeline System consists of a ShockPak, steel cable, termination hardware, fall arrestors, and full body harnesses. The ShockPak must be installed in the horizontal lifeline.

2.0 System Parameters

2.1 Each horizontal lifeline is a customized system that is designed for a specific application. This design is based on information provided to SM/RTC on the horizontal lifeline worksheet. For each parameter, refer to the information provided by SM/RTC and the instructions that follow. These values are based on proper use, installation, equipment, and tensioning. Contact SM/RTC if you do not have this information.

2.2 The following must be verified on site prior to installation of the horizontal lifeline:

- The anchorages meet all the requirements listed in these instructions for the system.
- There is adequate clearance below the walking-working surface.
- The appropriate ShockPak has been selected. The 4001-SP1 model ShockPak may be used for a 1 user. If more than 1 user will be using the horizontal lifeline at the same time, the 4001-SP2 model ShockPak must be used.

2.3 Review the parameters listed below before installation. If you have any questions or doubts, please contact SM/RTC to review the application.

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2.0 System Parameters
Continued

2.4 System Span

2.4.1 Measure the distance between the anchorages. This distance is the system span.

2.5 Anchorage Strength Requirements

2.5.1 Responsibility: Anchorage design, fabrication and installation are the responsibility of the user. If pre-fabricated anchorages are purchased from SM/RTC, the user must verify that the support structure to which they are attached is capable of supporting the loading.

2.5.2 Design: Horizontal lifelines shall be designed, and installed as part of a complete personal fall arrest system, which maintains a safety factor of at least two, under the supervision of a qualified person. The anchorage at each end of the lifeline must be stable and should be independent of the working surface. The anchorage must be able to support the loading in any direction of pull.

2.5.3 Loading: The anchor point loading that occurs during a fall arrest is a function of the span length and the number of users on the system.

2.6 Minimum Clearance Required

2.6.1 Minimum Clearance Required For Use with Self-Retracting Lanyards.

2.6.1.1 Use only SM/RTC 2008 series Retractors, or SM/RTC 2704 series Retractaloks.

2.6.1.2 Review the label attached to the horizontal lifeline. Use only the self-retracting lanyards marked on the label. Do not change fall arrestors without consulting SM/RTC.

Warning ⚠

Review the label attached to the horizontal lifeline. Use only the fall arrestors marked on the label. Do not change equipment without consulting SM/RTC.

2.6.2 Minimum Clearance Required For Use with shock-absorbing lanyards.

2.6.2.1 Use only SM/RTC shock-absorbing lanyards.

2.6.2.2 Review the label attached to the horizontal lifeline. Use only the fall arrestors marked on the label. Do not change equipment without consulting SM/RTC.

2.6.3 If the clearance between the walking-working surface and the ground or danger level is less than the clearance information provided by SM/RTC, do not proceed. Please call SM/RTC to review your application. If the clearance measured on site is equal to or greater than the clearance information provided by SM/RTC, proceed with the installation.

2.7 Pretension: The horizontal lifeline must be tensioned correctly for the system to work. Pretension depends on the span of the lifeline. There are two methods of tensioning the horizontal lifeline. One is by

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2.0 System Parameters
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measuring the sag in the center of the span. The other is by directly measuring the tension in the line. Either method is acceptable.

2.7.1 Tensioning by Measuring Sag at Center

2.7.1.1 Find the span length closest to the actual span length (see section 2.4) in the column labeled "System Span."

2.7.1.2 Read across to the column marked "Initial Static Condition; Sag in Center without Fall Arrest Equipment." This value represents the sag in the center of the cable without any fall arrest equipment. Use this value during installation to insure proper tension. This value is based on proper use, installation, and equipment.

2.7.2 Tensioning by Direct Measurement of Tension

2.7.2.1 The pretension value is 600 lb. and can be used to tension the lifeline if there is a means of measuring the tension available.

2.7.3 Note: The horizontal lifeline will relax slightly after initial tensioning and must be re-tensioned 24 hours after installation using the same procedure. Be sure to remove all trolleys, lanyards and self-retracting lifelines before re-tensioning.

Table 1

System Span (ft.)	Initial Static Condition
	Sag in Center (in.) without Fall Arrest Equipment
10	1
20	1.5
30	2
40	2.5
50	3
60	4
70	4.5
80	5
90	5.5
100	6
110	7
120	8

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2.0 System Parameters
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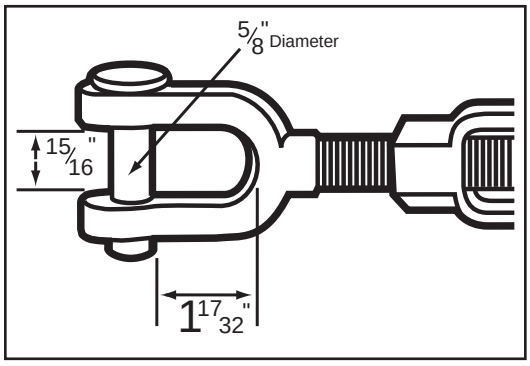
2.8 Anchorage Location: All horizontal lifeline systems must be approved by SM/RTC. The approval will be based on a completed horizontal lifeline worksheet. Each system is designed to arrest a fall within the clearance specified on the horizontal lifeline worksheet. This fall clearance must be maintained at all times. The proper height of the lifeline above the work surface level, and clearance below the work level are critical for safety.

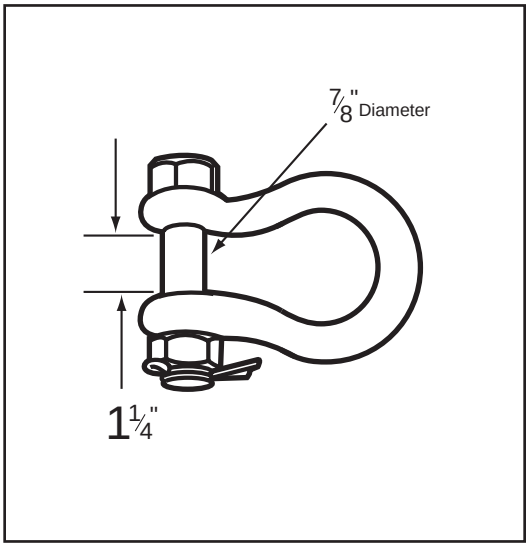
2.8.1 For systems equipped with self-retracting lanyards, the height of the horizontal lifeline should be such that the cable of the self-retracting lanyard is taut at all times. A height of 10 ft. or more from the walking-working surface is recommended.

2.8.2 For systems equipped with shock-absorbing lanyards, the height of the horizontal lifeline must be rigged so that no more than a 6-ft. free fall is possible. A height of 7 ft. or more above the walking-working surface is recommended.

2.8.3 For systems anchored to 4-ft. post systems, use a shock-absorbing lanyard not more than 4 ft. long. Free fall must not exceed 6 ft.

2.9 Anchorage Geometry: Anchorage geometry should be designed to accommodate either of the following end terminations:





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3.0 Installation

3.1 Verify that the anchorages meet the requirements of sections 2.5, 2.8, and 2.9.

3.2 Verify that the clearance below the walking working surface is adequate. (See section 2.6)

3.3 Determine the appropriate pretension values. (See section 2.7)

3.4 Review the minimum clearance distance and the number of workers the system is designed for on the label provided. If the information on the label is inconsistent with the application, contact SM/RTC.

3.5 If the above parameters in sections 3.1–3.4 are acceptable and consistent with the application, proceed with the installation.

3.6 The steel cable lifeline must be installed with an in-line ShockPak. The ShockPak reduces the forces on the system. If the ShockPak is not used, higher forces will be generated, and the system may fail.

3.7 Open up turnbuckle(s) to full extension.

3.8 Lay cable out on a flat surface.

3.9 Hook turnbuckle(s) and/or shackle(s) to anchorages.

3.10 There are two methods of tensioning the horizontal lifeline. Either method is correct. Adjust tension in lifeline with the turnbuckle(s). Hold steel cable and turn body of turnbuckle to prevent twisting of steel cable. Tensioning must be done without any fall arrest equipment on the cable. The horizontal lifeline should be tensioned according to the information found in section 2.7.

3.10.1 Tensioning by measuring Sag at Center: Tension the lifeline with the turnbuckles until the sag in the center of the span is equal to the measurement listed on the table.

3.10.2 Tensioning by Direct Measurement of Tension: The pretension value is also provided for reference and can be used to tension the lifeline if there is a means of measuring the tension available.

3.11 The horizontal lifeline will relax after initial tensioning and needs to be re-tensioned 24 to 48 hours after installation to original installed sag value. Use turnbuckle(s) for adjustment. Tensioning must be done without any fall arrest equipment on the cable.

Note: The buyer is responsible for ensuring proper strength and reliability of anchorages and for proper installation.

Important! Do not connect any snaphook or carabiner directly to the horizontal lifeline.

Check jaw and jaw turnbuckle to make sure that it is not extended beyond a safe point. Make sure that at least 1/2" of the threaded rod extends into the body of the turnbuckle.

No testing is needed after installation. If the system is subjected to a fall or drop testing, the system must be removed from service and replaced.

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4.0 Compatible Components

Horizontal lifelines are engineered systems based on calculations, empirical information, and testing. The fall arrestors used with the system have been designed to stop a fall within a predictable limit. This design includes such factors as weight, brake mechanisms, torque settings, etc. Any fall arrestor other than a Sellstrom/RTC 2704 Retractalok, SM/RTC 2008 Retractor, or SM/RTC shock-absorbing lanyard; has not been engineered or tested as a system, and must not be used.

5.0 Training

All training must be conducted under careful and competent supervision. Live hands-on training for all users is essential to help understand the capabilities and limitations of their personal protective equipment. Training also helps promote confidence and should be conducted as an initial introduction as well as periodically for review and additional practice. Also, this instruction booklet should be stored where users can easily review it whenever necessary. Following is a suggested list of training objectives. Training should be site specific and may need to cover more topics than are listed here.

- Recognize fall hazards, and eliminate the hazard where possible.
- Know the parts of a fall arrest system: Anchorage, Body Support, Connection, and Rescue.
- Select the proper equipment for each application.
- Consider environmental and other workplace factors.
- Avoid incompatible connections and snap hook roll-out (burst-out).
- Determine and reduce free fall distances.
- Lower the maximum arresting force.
- Properly fit a harness.
- Select an appropriate anchorage.
- Implement a pre-determined rescue plan.
- Inspect and maintain equipment.
- Understand the limitations and requirements of the equipment.
- Understand the consequences of not following, or understanding these instructions.

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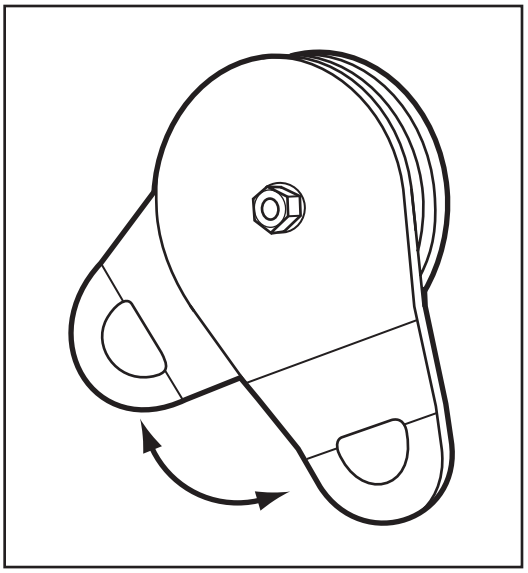
6.0 Use

Warning

User must inspect the entire system before each use including all harnesses and fall arrestors. Use only the components provided with the system.

6.1 If using an SM/RTC self-retracting lifeline, attach Retractalok(s) or Retractor(s) to the Horizontal lifeline using the SM/RTC snatch block pulley and carabiner.

6.1.2 To attach the snatch block pulley, rotate the plates of the pulley away from each other as shown. Place the pulley on the cable and rotate the plates back together. Connect a carabiner through the opening in the plates. Be sure to capture carabiner through both plates.



6.2 If using an SM/RTC shock-absorbing lanyard, do not attach lanyard directly to horizontal lifeline. Attach lanyard to an O-ring or the snatch block pulley.

6.3 Connect fall arrest equipment to the horizontal lifeline only. Do not attach to anchorage posts, eyebolts, or any other component of the system besides the lifeline itself.

6.4 Connect the snaphook of the self-retracting lifeline or shock-absorbing lanyard to the back D-ring of your full body harness. Use only a full body harness with the horizontal lifeline system.

6.5 Work primarily under the horizontal lifeline. Make sure that any swing fall does not exceed the free space of any potential fall to avoid serious injury or death from collisions. If work is not done directly under the horizontal lifeline, additional clearance must be available for additional free fall.

6.6 Keep the self-retracting lifeline or shock-absorbing lanyard connection overhead at all times to minimize swing fall injuries.

6.7 When working on a moveable surface such as a rail car or trailer, it is important to implement a lockout, tag-out program. This is the responsibility of the customer.

6.8 When the system has been subjected to a fall, it should be removed from service immediately. Contact SM/RTC if a fall has occurred or if there is any doubt as to the lifeline condition.

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7.0 Rescue

The user must have a rescue plan and the means at hand to implement it in the event of a fall. Although every scenario cannot be anticipated, a site specific rescue plan must be developed for each worksite. The following suggestions may be helpful in developing this plan.

- Post emergency information and plans where they are readily available in the event of an emergency.
- Make sure that a secondary fall protection system is available for the use of rescuers.
- There is always the risk of injury to the spine in a fall. If the person must be moved, do so with caution. If available and time permits, other professional emergency response services such as the fire department should be called to carry out the rescue.
- The time taken to rescue a fall casualty should be kept to a minimum. Even wearing a full body harness, a casualty may not remain conscious for long due to restricted blood circulation. Expedience is critical.

8.0 Inspection

8.1 Inspection Frequency

The horizontal lifeline must be inspected by the user before each use. Additionally, a competent person other than the user must inspect the horizontal lifeline 3 months after installation and thereafter at intervals of no more than six months. The competent person inspection is referred to as formal inspection. A detailed record of inspection dates must be maintained. A sample inspection and maintenance log is provided at the end of these instructions for your convenience. An inspection grid is also provided on the horizontal lifeline label to indicate the last formal inspection date. Punch inspection date on grid if the system passes formal inspection. If 6 months has passed since last formal inspection, tag the item for non-use until a competent person can inspect it.

If damage is found or you have questions or any doubts about the equipment's condition do not use the equipment. Tag the system for non-use and contact SM/RTC customer service for advice. When the system has been subjected to a fall, it should be removed from service immediately. Contact SM/RTC for repair or replacement.

8.2 Hardware

- Inspect all hardware for rough or sharp edges, corrosion, burrs, cracks, dents or distortion.
- Snatch block pulley must roll smoothly. Line should pull out from Retractalok only when device is almost vertical above user.

8.3 Cable

- The entire length of cable should be inspected for cuts, fraying, kinks, bends, corrosion, broken wires, or other signs of wear and damage.

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8.0 Inspection
Continued

- Check clearance below work surface including obstructions in the path of a potential fall. Remove sharp or dangerous obstructions from the path of possible fall.
- Check that work is done substantially under the horizontal lifeline and that any swing fall does not exceed the free space of any potential fall to avoid serious injury or death from collisions. If work is not done directly under the horizontal lifeline, additional clearance must be available for additional free fall.
- All horizontal lifelines that are subject to paint or solvent over-spray must be replaced on a regular preventive maintenance schedule.
- Check swaged terminations. Inspect cable on both sides for signs of damage or slipping. Inspect ferrules for cracks, dents, and other signs of wear or damage.

8.4 Shock Pak

- Inspect metal plates for signs of wear, bending, distortion, cracks, or dents.
- Make sure end caps are not loose, cracked, or broken.
- When the ShockPak is exposed to the forces of a fall arrest, the housing will open exposing a warning label inside.

8.5 Labels
Check to see that labels are intact and legible. If the system passes inspection mark the inspection date on the inspection grid.


sellstrom / RTC®
Horizontal Lifeline
Conforms to OSHA 1910.66 and 1926.500
WARNING
User Inspection:
Part #: _____ Mfg. Date: _____
Length between Anchor Points (L):
Min. Clearance below Walking/Working Surface (F):
Max. Number of Workers allowed on system:
DO NOT REMOVE THIS LABEL. DO NOT MOVE THIS SYSTEM WITHOUT CONSULTING SM/RTC.
User Inspection Record
This system has been designed for use with:
❑ SM/RTC Shock-Absorbing Lanyard
❑ SM/RTC 2704 Series Retractable
❑ SM/RTC 2800 Series Retractor
❑ Other _____

8.5 Additional Equipment
Inspect all fall protection equipment used with the system as directed in the instructions for each piece of equipment.

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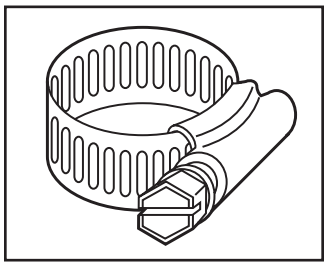
9.0 Maintenance, Service and Storage

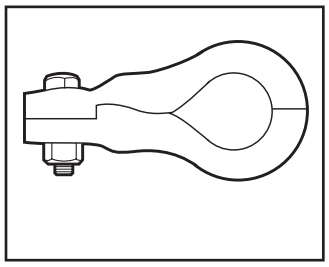
Washing: Wipe clean with cloth.

Storage: Store unused horizontal lifelines in a cool dry place.

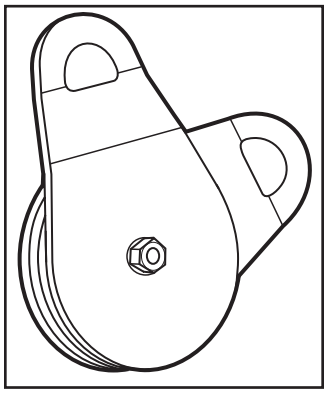
10.0 Parts Identification Guide



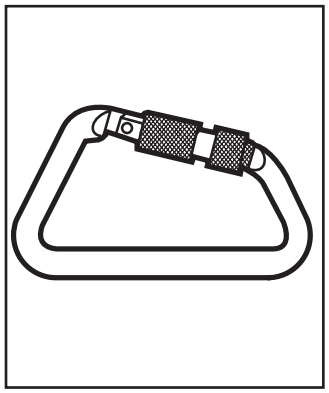
Hose Clamp



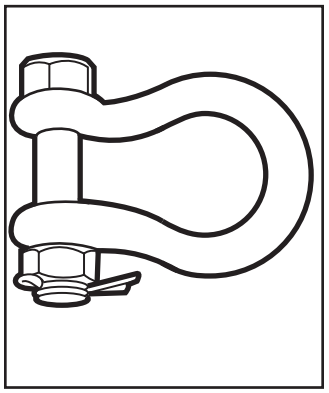
Clamp Thimble



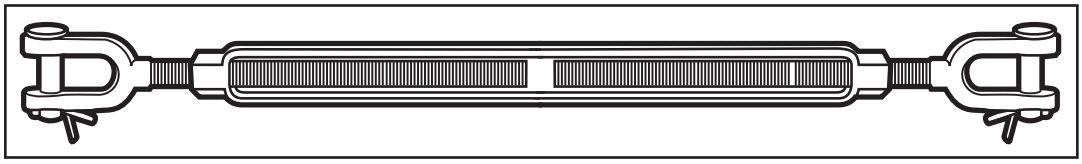
Snatch Block Pulley



Carabiner



U- Shackle



Jaw & Jaw Turnbuckle

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11.0 Special Warnings

Never allow unauthorized parts in the horizontal lifeline and never use a snap-hook or carabiner to attach the horizontal lifeline to the anchorage.

Use only SM/RTC termination hardware provided with the system.

Always maintain the minimum clearance that is recorded on the product label. This clearance includes ANY obstruction that is in the fall path.

Because of continuous developments in the use of SM/RTC equipment and our desire to serve your best interests, these instructions are invalid ten years after the date on these instructions. Call SM/RTC Customer Service for current instructions. If you have difficulty or experience a problem with SM/RTC equipment or instructions, you are requested to call immediately and ask the Customer Service Department for assistance.

Swing Fall Hazard: Always check for obstructions below your working area to make sure your potential fall path is clear. Work directly under the horizontal lifeline at all times.

Swing falls can be controlled in at least two ways. First, an engineered fall protection system can be used to help maintain the attachment point overhead, thereby allowing the fall arrest to occur in a vertical plane. Possible systems include SM/RTC horizontal lifelines, SM/RTC Sky Anchor Systems, or SM/RTC I beam Trolley Systems. Second, raise the height of the anchorage thereby reducing the angle of the arc and force of the swing. Don't take any chances. If you have any doubts or questions, please contact SM/RTC.

Important: Carefully review the mobility needed to complete the required work task, including travel to and from the workstation. For continuous and complete fall protection, more than one SM/RTC system may be required.

The steel cable lifeline must be installed with an in-line ShockPak. The ShockPak reduces the forces on the system. If the ShockPak is not used, higher forces will be generated and the system may fail.

Sellstrom Manufacturing Co.
One Sellstrom Drive
Palatine, IL 60067
Phone 800.323.7402
Fax 847.358.8564
www.fallprotection.com

sellstrom | RTC®

Sellstrom/RTC® Steel Cable Horizontal Lifeline with ShockPak™

Installation, Operating & Maintenance Instructions

12.0 Safety Checklist

All operators and users of SM/RTC equipment MUST be able to answer "yes" to all of the following questions before installing or using any SM/RTC equipment:

- ✔ Has all equipment been assembled and installed according to SM/RTC instructions?
- ✔ Has all equipment been inspected and maintained in accordance with SM/RTC instructions?
- ✔ Has all equipment been visually inspected immediately before use and found to be in good condition and proper working order?
- ✔ Does the anchorage point meet SM/RTC requirements?
- ✔ Is the equipment being used in accordance with the maximum load capacities?
- ✔ Is the equipment suited for the intended work task, including travel to and from, and is it capable of providing continuous protection?
- ✔ Has each user been recently (within 6 months) trained in the proper and safe operation and use of the equipment?
- ✔ Do all users fully understand the instructions and agree to use the equipment in a safe manner?
- ✔ Is each person using this equipment in good health, and not under the influence of drugs or alcohol?
- ✔ Has SM/RTC been called (toll free) if you or any user does not know how to comply with these or any of the requirements of this instruction booklet?

Warning

Do not use SM/RTC equipment if you answer "NO" to any of the questions above!

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13.0 Inspection and Maintenance Log

Length of System: _____

P/N: _____

Mfg. Date: _____

Number of Users rating: _____

Clearance below walking/working surface: _____

Inspector:									
Date									
Inspection Item									
ShockPak									
Steel Cable									
Clamp Thimbles									
U-Shackles									
Turnbuckles									
Snatch Block Pulley									
Harnesses									
SRL's/Lanyards									
Clearance									
Tensioning device									
Hose Clamp									
Carabiner									
Proper pre-tension									

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