

Sellstrom/RTC™ Lanyards

Installation, Operating & Maintenance Instructions

SM/RTC Lanyards

Thank you for purchasing a Sellstrom/RTC (SM/RTC) shock absorbing lanyard. SM/RTC takes pride in producing the finest fall protection products and services available. All SM/RTC lanyards have double locking snaphooks.



3254-P6H3 Lanyard



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 If these instructions are out of date, call SM/RTC customer service and request current instructions.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 the above toll-free number or (847) 358-2000

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...

Continued...

Sellstrom/RTC™ Lanyards

Installation, Operating & Maintenance Instructions

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 können und diese Anweisungen nicht verstehen, dann fragen Sie bitte Ihren Sicherheitsdirektor oder Ihren Aufseher.

Attenzione: Se non leggiere l'inglese o non capite queste istruzioni, 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. Your worker's compensation benefits may be reduced because of your failure to use safety devices correctly.

A "no" answer to any question on the Safety Checklist on the back page 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 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.

It is not unusual for lanyards, lifelines, harnesses, or other fall protection equipment to become misplaced or rendered unusable at different times. 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.

Continued...

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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 Point:**
Supplied by customer as specified in the appropriate instruction booklet for each device (SM/RTC tripods and davits not included).
- **Body Support:**
Request SM/RTC instruction #569 for SM/RTC full body harnesses.
- **Connecting Means:**
Request the accompanying instruction booklet for each device or #567 for lanyards.
- **Connecting Links:**
For installation or attachment of an SM/RTC system. Locking snaphooks or carabiners, request SM/RTC instruction #574.

- **Rescue Plan:**

The user must 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

Warning



No other applications or methods of use are allowed without prior written approval from SM/RTC.

1.1 All SM/RTC shock absorbing lanyards meet applicable OSHA and ANSI requirements for fall arrest and are designed to be used on systems with SM/RTC Full Body Harnesses for workers and tools with a combined weight up to 310 lbs. Lanyards are to be securely attached to the harness back D-ring at one end and an approved anchorage point at the opposite end. Shock absorbing lanyards should have the shock absorbing part (the thick covered portion) close to the body. One system is required per worker for fall arrest where fall hazards occur, provided the worker is always under his/her own balance. Where leaning is required, a work positioning system must also be used.

1.2 Additional concerns for proper usage include:

1.2.1 Free Fall Potential: An SM/RTC Lanyard fall protection system consists of an on-site anchorage, a full body harness and a flexible connector (lanyard) between the two.

SM/RTC harness/lanyard combinations are designed for a maximum of six (6) feet of free

fall. Free fall distance must not exceed 6'. However, users must make every effort to reduce the free fall distance to reduce the potential fall arrest forces on the body and to avoid falling into an obstruction or onto the ground or lower surface.

Locking snaphooks SHOULD NEVER be attached back to the lanyard when looped around an anchorage point. The lanyard must be attached directly to the anchorage connector.

Warning



Allow for 4-1/2 feet of additional clearance when using a shock absorbing lanyard because when the shock absorber is activated, the length of the lanyard is increased by 3-1/2 feet. For quicker acting devices, consider SM/RTC self-retracting lanyards. Never eliminate the shock absorber in the "Y" lanyard by hooking "Y" segments to the D-ring and anchorage points.

Continued...

Sellstrom/RTC™ Lanyards

Installation, Operating & Maintenance Instructions

1.0 Approved Application Continued

1.2.2 Anchorage Location: To limit a worker's free fall and to help prevent dangerous swing fall injuries, anchorage must be at least shoulder height for use with a full body harness and overhead if any horizontal movement away from the anchorage is anticipated. The higher the anchorage, the shorter the free fall distance. Workers should use anchorages that are high enough to remove any unneeded slack in the lanyard.

For protected horizontal mobility, ask about SM/RTC horizontal lifeline and rail systems.

1.3 Anchorage Strength: All possible anchorages should be foreseen and planned for by the project engineer and clearly marked for a trained user. The anchorage must be capable of supporting a minimum of 3,600 lbs. when certification exists, or 5,000 lbs. in the absence of certification (See ANSI Z359.1 for definition of certification). When more than one personal fall arrest system is attached to an anchorage, the anchorage's strengths above shall be multiplied by the number of personal fall arrest systems attached to the anchorage. This requirement is consistent with OSHA requirements as follows: Anchorages used for attachment of personal fall arrest systems shall be independent of any anchorage being used to support or suspend platforms and capable of

supporting at least 5,000 lbs. per user attached, or designed, installed and used as part of a complete PFAS which maintains a safety factor of at least two and is supervised by a qualified person.

1.4 D-Ring Location: Lanyards may only be used with harnesses with the back D-ring centered between the shoulder blades. Never attach a lanyard to front, side or shoulder D-rings. Ladder climbing systems must not be used with any lanyard.

1.5 Snaphook Attachment: When provided, SM/RTC double locking snaphooks are designed for attachment to D-rings with an inside diameter of 2-1/4 inches that can support 5000 pounds in the direction of the anticipated pull (See figure 8). Do not attach more than one fall protection device to one D-ring due to the possibility of accidental disengagement (roll-out).

Other connections may be used provided that a qualified person has determined that it cannot detach accidentally. Therefore, disengagement during a fall is greatly reduced.

1.6 Rebar Snaphook (large hook): Always connect large rebar hook end to the anchorage point. Never attach a large rebar snaphook to a D-ring.

Continued...

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Installation, Operating & Maintenance Instructions

1.0 Approved Application Continued

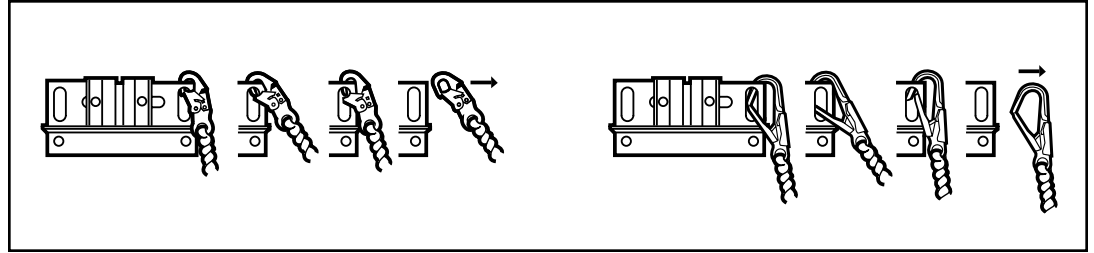


Figure 1: Malfunctioning snaphooks can accidentally and suddenly disconnect from attachments resulting in catastrophic fall to a lower level resulting in serious or fatal injury from almost any height.

1.7 Lanyards with Loop Attachment: With lanyards that have one snaphook and one loop, always connect the snaphook to the anchor point and the loop to the harness D-ring or D-ring loop (See figures 2 and 3).

Warning



Lanyards with a loop attachment must be carefully inspected before each use for tears, cuts, fraying or other signs of damage. See section 6 for inspection instructions.

Do not attach any other connectors such as snaphooks or carabiners to the harness D-ring while a loop lanyard is attached due to the possibility of accidental disengagement (roll-out).

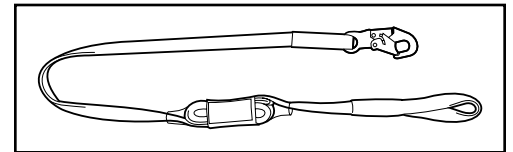


Figure 2: Loop Lanyard

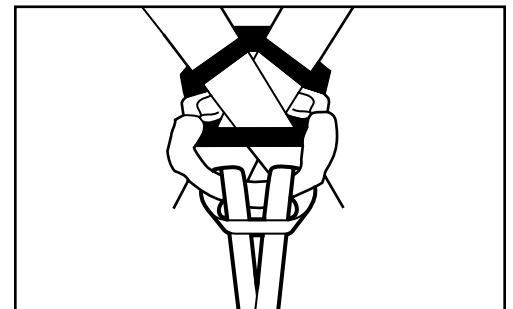


Figure 3: Loop D-Ring with Loop Lanyard

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2.0 Operating Characteristics of Shock Absorbing Lanyards

2.1 Note: All shock absorbing lanyards must be removed from service and destroyed immediately after a fall occurs.

2.2 SM/RTC-3252 Series Expander® Lanyard: Each Expander lanyard contains a webbing stitch pattern that “rips” apart in proportion to the weight of the user and the free fall distance, thereby absorbing energy and reducing the fall arrest forces on the body. The required force for opening the pattern is approximately 450 pounds. The expander lanyards are available in 4', 6' and adjustable lengths. (Meets ANSI Z359.1, ANSI A10.14, OSHA 1910.66, OSHA 1926.500)

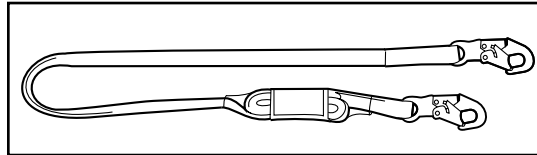


Figure 4: SM/RTC 3252-P6HH

2.3 SM/RTC-3254 Series Sup'r Cush'n® Lanyard: Each lanyard contains an inner energy absorbing web protected by an outer sleeve. When a fall occurs, the inner web will stretch, thereby absorbing energy and reducing the fall arrest forces on the body. This lanyard must be inspected for elongation before each use. The distance between the two snap hooks must not be longer than 75". (Meets ANSI Z359.1, ANSI A10.14, OSHA 1910.66, OSHA 1926.500)

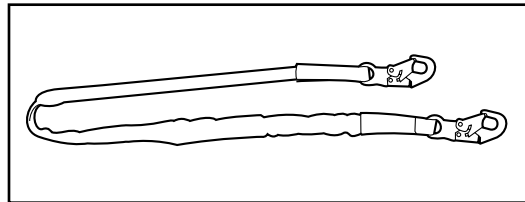


Figure 5: SM/RTC 3254-P6HH

2.4 SM/RTC 3254 Series Sup'r Cush'n Y-Lanyard: These lanyards are designed for continuous protection while providing freedom of movement. The special design of this lanyard prevents connections that eliminate the shock absorber and lengthen free fall. This lanyard must be inspected for elongation before each use. The distance between any two snap hooks must not be longer than 75". (Meets ANSI A10.14, ANSI Z359.1, OSHA 1910.66, OSHA 1926.500)

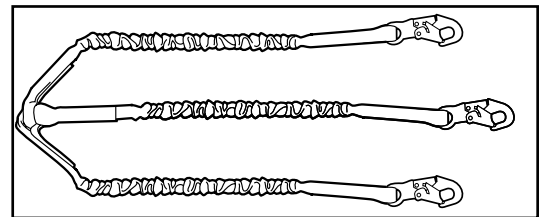


Figure 6: SM/RTC 3254-P6H3

Warning



Never use non-shock absorbing lanyards for fall protection.

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3.0 Performance Data

3.1 Designed Working Loads: SM/RTC shock absorbing web lanyards are designed to support the fall of the worker and his or her tools, maximum total weight of 310 pounds, when used as a part of the complete SM/RTC fall arrest system.

3.2 Vertical Free Fall: SM/RTC non-shock absorbing rope and web lanyards are for work positioning purposes only unless used with an approved shock absorber while limiting the vertical free fall to six feet.

3.3 Strength Test: 300 pounds/7.5 feet free fall. (OSHA 1910.66 Appendix C, ANSI Z359.1-1992, and ANSI A10.14-1991)

3.4 Force Test: 220 pounds/6 feet free fall. (OSHA 1910.66 Appendix C, ANSI Z359.1-1992, and ANSI A10.14-1991)

3.5 Construction materials are identified on each lanyard. All shock absorbers are polyester.

4.0 Installation/ Attachment

4.1 Inspection: Lanyard must be inspected before each use by the user. The distance between any two snaphooks must not be more than 3" longer than the original length of the lanyard that is stated on the product label. See section 6.0 for complete inspection instructions.

4.2 Attachment of Lanyard to Harness

4.2.1 The locking snaphook closest to the shock absorbing (covered) portion of the lanyard should be securely attached to the back D-ring of the harness. The gate of the snaphook must be completely closed and the gate keeper/lock in place. Never rely on the sound of the hook closing on the D-ring; check it visually each time to make sure it is secure or have someone check it for you. When using a continuous protection Y style lanyard, the unused snaphook must be attached to a detachable keeper such as the LANY'D STO'™. The LANY'D STO' must never be used as an attachment point for fall protection or for retrieval purposes.

4.2.2 For rebar snaphook (large hook): Always connect large rebar hook end to the anchorage point. Never attach a large rebar hook to a D-ring.

4.2.3 For Lanyards with Loop attachment: Always connect the loop to the harness D-ring or D-ring loop (See figure 3).

4.3 Attachment of Lanyard to Anchorage Point

4.3.1 Only attach the lanyard to an anchorage that is capable of supporting a minimum of 3,600 lbs. when certification exists, or 5,000 lbs. in the absence of certification. (See ANSI Z359.1 for definition of certification.) When more than one personal fall arrest system is attached to an anchorage, the anchorage's strengths above shall be multiplied by the number of personal fall arrest systems attached to the anchorage. This requirement is consistent with OSHA requirements as follows: Anchorages used for attachment of personal fall arrest systems shall be independent of any

Continued...

Sellstrom/RTC™ Lanyards

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4.0 Installation/ Attachment Continued

anchorage being used to support or suspend platforms and capable of supporting at least 5,000 lbs. per user attached, or designed, installed and used as part of a complete PFAS which maintains a safety factor of at least two and is supervised by a qualified person. The anchorage point must be compatible with the snaphook. Never use single locking snaphooks.

4.3.2 Locking snaphooks SHOULD NEVER be attached back to the lanyard when looped

around an anchorage. The lanyard must be attached directly to the anchorage connector.

Important: If you fall, remove the equipment from service and immediately report what happened to your supervisor or the safety department. The entire system, including the anchorage, must be checked by a qualified person to make sure it will provide the proper protection for the next person who might fall.

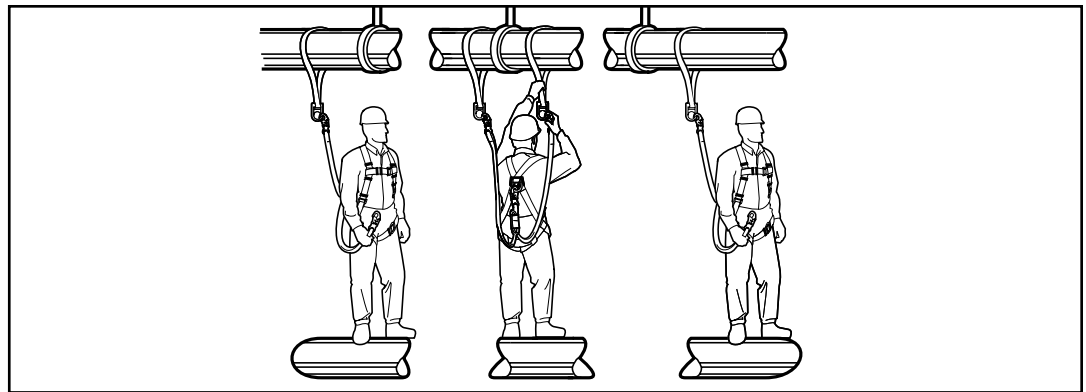


Figure 7: Continuous Protection "Y" Lanyard.

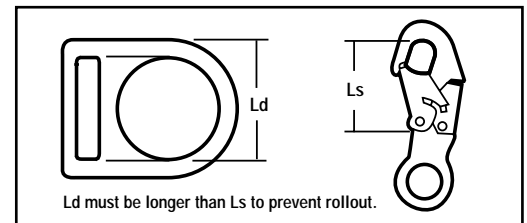


Figure 8: Never use single locking snaphooks. Use double locking snaphooks only.

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5.0 Training

5.1 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 three parts of a fall arrest system: Anchorage, Body Support, Connection.
- ✓ 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 anchor point.
- ✓ 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.

6.0 Inspection

Warning



Failure to remove equipment that has been damaged or where its condition is questionable, could lead to serious or fatal injury. Call SM/RTC customer service for replacement information.

6.1 All equipment must be inspected visually before each use and at least twice annually by a third party competent person (not the user). If damage is found or you have questions about the equipment's condition, remove the item from service immediately. Tag the item for non-use, and replace it. If exposed to harmful UV rays, the lanyard should be discarded because of degradation, even if it has not been used. If the lanyard has evidence of elongation, the lanyard must be removed from service, destroyed and replaced.

6.2 A detailed record of inspection dates and times must be maintained. An inspection grid is provided on the lanyard to indicate the next inspection date. Punch next inspection date on grid (1/8" punch) if lanyard passes inspection. If next inspection date has passed, tag item for non-use until it can be inspected by a competent person.

6.3 Paint and Chemicals: All synthetic material lanyards that are subject to paint or solvent overspray must be replaced on a regular preventive maintenance schedule. Carefully inspect for visible signs of damage; see Table 1.

Continued...

Sellstrom/RTC™ Lanyards

Installation, Operating & Maintenance Instructions

6.0 Inspection Continued

6.4 Webbing: The entire length of webbing should be inspected for tears, cuts, fraying or other signs of wear and damage. Sewn terminations should be secure, complete and not visibly damaged. Carefully inspect all points where two or more pieces of webbing are sewn together. Lanyards are easily inspected by beginning at one end and bending a portion (6-8 inches) into a U-shape between your hands. Check the entire length of both sides.

NOTE: For 3254 series lanyards, check protective sleeve for damage. If inner web (white color) is visible, remove from service immediately. Detailed examples of visual signs of harmful exposure are summarized in Table 1.

NOTE: For lanyards with loop attachment, inspect loop carefully before each use for tears, cuts, fraying or other signs of damage. The lanyard must be removed from harness to inspect both sides of the webbing, especially any portion of the webbing that has come in contact with a metal D-ring.

6.5 Shock Absorber: Inspect shock absorber to determine if lanyard has been stressed. There should be no evidence of elongation. Important: Measure the length of the lanyard before each use. If the length between the inside edges of the snaphooks is more than 3" longer than the original length marked on the product label, remove the lanyard from

service immediately and replace. If, for example, the measured length of the lanyard is 6'3" and the original lanyard length indicated on the label is 6', the lanyard must be removed from service. Continuous protection Sup'r Cush'n™ lanyards (Y style) should be measured between each of the three snaphooks.

6.6 Knots in a lanyard can reduce tensile strength by 50% or more; remove, destroy and replace knotted lanyards.

6.7 Snaphook: All snaphooks must operate smoothly and close and lock completely. Check for rough or sharp edges, corrosion, burrs, cracks, dents or distortion. Rivets should be checked for broken, bent or cracked conditions. Gate and gate locks must be free from distortion, bending and must seat properly and securely against the snaphook nose and body. The gate and lock spring should cause these two parts to close firmly. Carabiners should rotate freely into the closed and locked position when released (See SM/RTC Instructions #574).

6.8 Thimbles: Thimbles in splices should not move loosely within the eye of the splice. Check for sharp edges, burrs, cracks, and distortion.

Table 1: Type of Exposure

Type of Webbing	Heat	Chemicals	Flame or Molten Metal	Paint or Solvents	Dirt and Grit
Polyester & Nylon	Fibers become brittle and will shrivel and turn brown in color and break when flexed; should not be used above 140° F.	Fibers change color and texture, similar to a brownish smudge or smear; will become less elastic with transverse cracks resulting from bending.	Fiber strands fuse together, become hard, brittle and shiny in appearance.	Particles work into the weave and can cut and fray fibers.	Particles work into the weave and can cut and fray fibers.

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

sellstrom / **RTC**™

Sellstrom/RTC™ Lanyards

Installation, Operating & Maintenance Instructions

Label Front

← ATTACH THIS END TO HARNESS

sellstrom / RTC Shock Absorbing Lanyard

⚠ WARNING

Read and follow instructions provided with product at time of shipment before using. Improper use or maintenance of this product, or failure to read and follow all instructions and warnings may result in serious injury or death.

- Meets: ANSI Z359.1 and A10.14 (Type 1), and OSHA regulations 1926.500 and 1910.66 Appendix C when used as directed.
- Capacity: 310 lb. weight including clothing and tools.
- Max. Capacity including tools for lanyard attached to a 7435-410 Series Harness is 410 lb.
- Maximum Deceleration Distance: 3.5 ft. / Maximum Arresting Force: 900 lb.
- Attach appropriate end directly to the harness back D-ring (or loop web D-ring). Attach the other end to the anchorage. Make only compatible connections. Attach the snaphooks according to instructions.
- Never attach large rebar snaphook to D-ring.
- Never attach snaphook to snaphook.
- Do not use over sharp edges to avoid cutting the lanyard. Be aware of obstructions that may damage the lanyard.
- Keep anchorage directly overhead to avoid swing falls.
- Carefully check each work area for hazards. Check for obstructions below you. The minimum clearance must be the free fall distance plus 4.5 ft. Free fall must not exceed 6 ft. or the maximum permitted in your jurisdictions, whichever is lower.
- All anchorage points must be capable of supporting a minimum of 3,600 lb. when certification exists, or 5,000 lb. in the absence of certification.

DO NOT REMOVE THIS LABEL

Label Back

⚠ WARNING

Remove from use and destroy the lanyard if:

- Inspection date has passed.
- Flaw, alteration, or damage is found.
- Any part of the warning label is showing.
- You can see broken stitching.
- Contaminated with paint, solvents or chemicals.
- Burn holes exist or melting has occurred.
- Snaphook does not function properly.
- Gates do not fully close and lock automatically when released.
- Label is illegible.

Never attach two lanyards together in any way.

SERIAL NUMBER _____

SERIES

3252 - _____ 3254 - _____

8250 - _____ 8252 - _____

8254 - _____ OTHER - _____

MATERIAL POLYESTER STEEL NYLON - _____

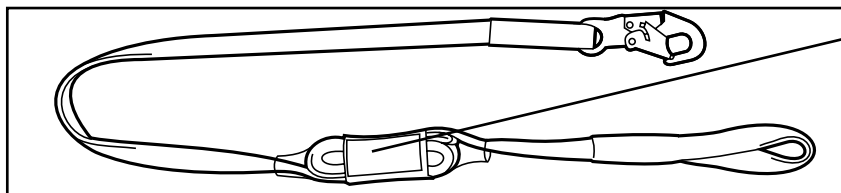
LENGTH 2 FOOT 4 FOOT 6 FOOT - _____

User Inspection Record	J	F	M	A	M	J	J	A	S	O	N	D
2003												
2004												
2005												
2006												
2007												

Inspection: User must inspect before each use. A competent person must inspect the lanyard at least every six months. Mark inspection grid if it passes inspection as per the instructions. Remove from service and tag item for non-use if it fails inspection or if more than 6 months since last inspection.

O = Inspection Date M = Date of Manufacture

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847-358-2000, 800-323-7402 LABLANA -REV. 0



Label Location

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



Sellstrom/RTC™ Lanyards

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7.0 Maintenance

7.1 Personal protective equipment should be maintained regularly to help make sure that the equipment will operate properly when needed. Failure to maintain and store equipment carefully can result in poor operation that could lead to serious or fatal injury.

7.2 All equipment should be part of a periodic maintenance program, including detailed records. A minimum of every three months is suggested, or more if the equipment is heavily used. Never make any adjustments or repairs to or substitute any parts of an SM/RTC system. Call SM/RTC Customer Service at 1-800-323-7402 or 1-847-358-2000 (outside continental US) for advice.

7.3 Cleaning: Lanyards can be washed with a mild soap detergent using a brisk back and forth motion. Then, they must be thoroughly rinsed with clear water and hung up to dry in a cool place out of the sun and away from exposure to high heat and steam.

7.4 Wash and clean the hooks regularly. Oil or grease the hook so it will not attract dusts/powders, etc. Make sure that oil/grease has correct temperature range and viscosity for location; generally use -60C to +250F degree silicone sprays. Aim lubricant at rivet pivot points. A dry low temperature silicone lubricant can be used on the snaphooks to help ensure smooth operation and complete closure (See SM/RTC instructions #574).

7.5 Storage: Lanyards should be hung up or placed loosely (in a container) in a clean, dry area free from exposure to harmful fumes, corrosive agents or sunlight.

7.6 Equipment instructions also should be stored where all users can quickly find them when needed.

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8.0 Warning

Warning



Never reduce the length of a lanyard with a knot.

Never lengthen a lanyard by attaching two lanyards together.

One person to a lanyard: no multiple person attachment of any kind with any fall arrest system unless using an approved horizontal lifeline system.

Never use a lanyard as a rope grab (direct attachment to a vertical lifeline); lanyards are not designed or tested to be used as a rope grab on a vertical lifeline by tying a bend, hitch or other knots.

Do not use rope or web lanyards across or near sharp surfaces such as glass or metal because during a fall the lanyards can be cut instantaneously, preventing a fall arrest.

Anchorage points for lanyards must be at or above D-ring height. Free fall distance must not exceed 6 feet.

Position lanyards when wearing, or not wearing, to avoid chances of snagging or being drawn into equipment, such as an auger, roller or gear, which could result in serious injury or death. Avoid any interaction with moving parts or equipment that could result in serious injury or death.

Never attach more than one snaphook to a D-ring or O-ring. Note: ANSI Z359.1-1992 recommends only one attachment to a D-ring or O-ring.

Anyone who has a history of back or neck problems that could be aggravated or complicated by using SM/RTC equipment should not do so. Pregnant women or minors should not use this equipment. If there is any reason why you may not be physically able to safely absorb the forces subjected in the event of a fall arrest, consult your doctor.

Always check for obstructions below your work area to make sure your potential fall path is clear. Work directly under your anchorage/attachment point because swing falls can result in serious or fatal injury.

The length of the lanyard must be measured before every use. The distance between any two snaphooks must not be more than 3" longer than the original length of the lanyard that is stated on the product label. If there is any evidence of elongation, remove the lanyard from service immediately and replace.

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9.0 Definitions

9.1 Anchorage:

A secure point of attachment for lifelines, lanyards, or deceleration devices that is independent of supporting or suspending the employees. (OSHA 1910.66 Appendix C)

9.2 Competent Person:

A person who is capable of identifying hazardous or dangerous conditions in the personal fall arrest system or any component thereof, as well as in their application and use with related equipment. (1910.66 Appendix C)

9.3 Free Fall:

The act of falling before the personal fall arrest system begins to apply force to arrest the fall. (OSHA 1910.66 Appendix C).

9.4 Personal Fall Arrest System:

An assembly of components and subsystems used to arrest a person in a fall from a working height. (ANSI Z359.1-1992)

9.5 Roll-Out:

A process by which a snaphook or carabiner unintentionally disengages from another connector or object to which it is coupled. (ANSI Z359.1-1992)

9.6 Qualified Person:

One with a recognized degree or professional certificate and extensive knowledge and experience in the subject field who is capable of design, analysis, evaluation and specifications in the subject work, project, or product. (ANSI Z359.1-1992)

Sellstrom/RTC™ Lanyards

Installation, Operating & Maintenance Instructions

Safety Checklist

Warning



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?
- ✓ Does the anchorage point meet SM/RTC and OSHA requirements?
- ✓ Is the equipment suited for the intended work task, and is it capable of providing continuous protection?

- ✓ Has each user received training - when hired or within the last 12 months- 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?
- ✓ Has SM/RTC been called if you or any user does not know how to comply with these instructions?

Do not use SM/RTC equipment if you answer “no” to any of the questions above! If you have questions, contact SM/RTC at (800) 323-7402 (U.S. and Canada) or (847) 358-2000 (Illinois and outside the continental United States).