

## Internal Shock Absorbing Lanyard

Compliant with all applicable OSHA 1910, OSHA 1926 Subpart M, ANSI Z359.13-2013, and ANSI A10.32-2012 regulations.

Internal Shock Lanyard is suitable for the following applications:



**Personal Fall Arrest:** Internal Shock Absorbing Lanyard may be used in Personal Fall Arrest applications to support a MAXIMUM 1 Personal Fall Arrest System (PFAS). Structure must withstand loads applied in the directions permitted by the system of at least 5,000 lbs. Maximum free fall is up to 6'. ALWAYS refer to lanyard labeling for product-specific details. Applicable D-ring: Dorsal.



**Restraint:** Internal Shock Absorbing Lanyard may be used in Restraint applications. Restraint systems prevent workers from reaching the leading edge of a fall hazard. Always account for fully extended length of lanyard. Structure must withstand loads applied in the directions permitted by the system of at least 1,000 lbs. No free fall is permitted. Restraint systems may only be used on surfaces with slopes up to 4/12 (vertical/horizontal). Applicable D-rings: Dorsal Chest, Side, Shoulder.



**Work Positioning:** Internal Shock Absorbing Lanyard may be used in Work Positioning applications. Work Positioning systems allow a worker to be supported while in suspension and work freely with both hands. Structure must withstand loads applied in the directions permitted by the system of at least 3,000 lbs. Maximum allowable free fall is 2'. Applicable D-rings: Side, Shoulder.



Not all Internal Shock Absorbing Lanyards may be used in every application type. ALWAYS consider lanyard length, design, and any other structural components. ALWAYS read and adhere to product instructions and labels. A Competent Person MUST make a determination regarding correct lanyard application and compatibility.

**For all applications: worker weight capacity range (including all clothing, tools, and equipment) is 130-310 lbs.**

**Materials: polyester, nylon, and aluminum or steel.**

Attach lanyard snap hook or carabiner to compatible harness D-ring. ALWAYS attach lanyard shock absorber end to applicable harness D-ring. Shock absorber end MUST NEVER be attached to anchorage connector. For lanyards with two, integrally connected legs, only attach the central snap hook or carabiner to the applicable harness D-ring.

Attach remaining snap hook end of lanyard to compatible anchorage connector. Rebar Hooks MUST ONLY be connected to structural rebar. Ensure that all connectors are self-closing and self-locking, and that there is no risk of roll-out.

NEVER work with employed harness D-ring positioned above the anchorage connector, unless permitted by specific application or combination of equipment. A Competent Person must make a determination regarding the acceptability of working above an anchorage connector.

Please contact Guardian Fall Protection for product-specific UPC codes.