

# PAL Pro Absorber Lanyard User Manual



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**professional**  
absorber lanyard

# PAL Pro Absorber Lanyard User Manual

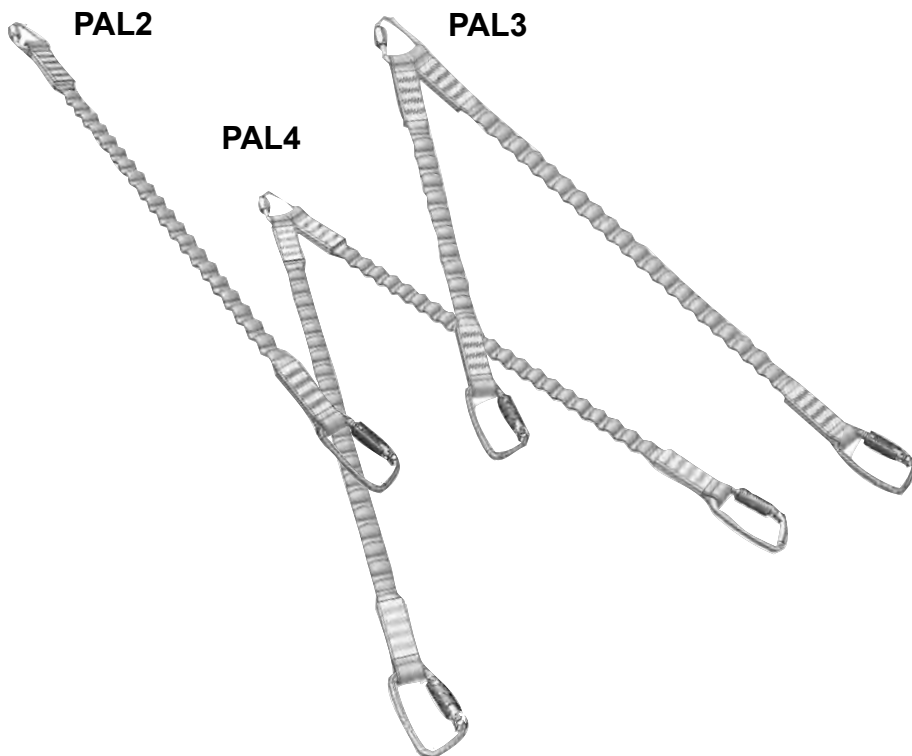
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**Introduction to PAL &  
Scope of Use****Section 1.0****PAL Pro Absorber Lanyard**

The PAL range of harnesses has been designed for your safety.

The PAL lanyard may be used only for fall protection and restraint when used in conjunction with an approved Fall Arresting Full Body Harness - Checkmate PBH, conforming to EN361. Anchorage should be 15kN rated and EN795 approved.



# PAL Pro Absorber Lanyard User Manual

PAL

## Storage, Issue & Inspection

## Section 2.0

### Storage

Storage in a central protected location allows assurance of inspection on issue and return.

This Lanyard should be stored in a clean dry place where it can be protected from damage by chemical attack, sharp objects, heat and direct sunlight. It should be stored with its instructions and record card at all times.

After use return to the store, Never leave a Lanyard lying around site.

### Issue

This and associated equipment must be visually inspected by a competent person when initially delivered to site, there after the product must be inspected before and after use. A record card is printed on the reverse of this manual and should be updated after each routine inspection.

Persons should be issued with their own Lanyard for the duration of any working day it becomes their responsibility to ensure that it is inspected before and cared for during use. Any problems or faults must be reported back to the supervisor immediately and before any use.

The supervisor must ensure that the equipment is being used correctly by a trained and/or otherwise competent person who is aware of its safe use and inspection. Additionally the supervisor must ensure that there are suitable and accessible anchorages in the working environment to allow safe anchorage of the device.

### Inspection

Take time and care to inspect the lanyard for signs of wear, inspect each and every part of the webbing, check the hooks for activation.

**The PAL lanyard has a unique deployment indicator that will eject in the event of a fall. The deployment indicator is shown below before a fall. In the event of a fall, the deployment indicator will separate from the lanyard, or in the event of a low energy fall, damage will be visible to the red webbing around the holding stitch. If the deployment indicator tag is not present, or there is any damage to the webbing or holding stitch (check for broken stitches or fluffy/loose threads) the lanyard has been subjected to a fall and must be removed from service and destroyed.**



DEPLOYMENT INDICATOR TAG

Upon regular inspection complete the inspection record sheet printed on the back page of this manual.

### Environmental Hazards

The lanyard is manufactured from Polyester through out and is therefore susceptible to wear, abrasion, cuts, melting and chemical attack. Always inspect the full length of the lanyard before and after use. In environments where acids, alkalies, phenolic compounds, and heat are present special care should be taken when inspecting the integrity of the webbing.

### Cleaning

Take care to clean equipment regularly with a mild detergent and water, a clean lanyard is easier to inspect and this care will increase the life of the product.

Always store safety critical equipment in a protective bag to ensure that it will be fit for service when you need it.

If the lanyard is worn, or shows signs for concern remove from service. If in doubt do not use.

## Quality, Legislation & Exclusions

### 3.1 Quality

All Checkmate products are manufactured under ISO 9001:2000 and to the highest standards. The scope of use within the certification held allows Checkmate to design, manufacture and test Personal Protection Equipment.

Horizontal tensile test machine, abrasion testers and dynamic drop test rig are just part of the full range of test facilities used to ensure ultimate safety of our product range.

All Checkmate systems must only be installed by Checkmate personal or an approved installer. Strict training is given and written exam are completed before full certification can be given to installers.

(EC type examination for Directive 89/686/EEC by SGS UK Ltd. Weston-super-Mare, BS22 6WA. UK. (Notified Body No. 0120.)

### 3.2 Legislation and Standards

The PAL Lanyard range has been designed to meet the requirements of EN355:2002

For clarification on any certification issues contact Checkmate or SGS UK.

### 3.2 Exclusions

Checkmate holds global product liability cover for your safety.

Checkmate will NOT however be responsible for:

Users who are out of the scope of any written manuals of training given.

Any systems that have NOT been inspected under the current legislation.

Operators who do not use load limiting PPE.

Lanyards that have been damaged by misuse or previously used to arrest a fall.

The Max weight in Kg has been exceeded.

Lanyards that have do not bear the serial number markings, and the manufacturers name:

***Checkmate Lifting and Safety LLP***

## Anchorage, Rescue, Compatibility & Warnings !

## Section 4.0

### Anchorage

All anchorages must be above head height, choose the highest possible alternative without compromising free movement about the work area. Ensure that the lanyard is not obstructed and there is no danger of the lanyard becoming tangled or abraded.

Never loop the lanyard about a structural member that has sharp edges that will cut into the webbing under load.

Never work above the level of anchorage nor in a manner that will allow the lanyard to lop and cause a trip hazard.

Always ensure that the anchorage chosen for attachment is of a rigid and robust construction sufficiently strong enough to withstand a loading of 15kN. If in doubt the anchorage should be proof loaded prior to use.

### Rescue and Risk Assessment

Suitable planning and risk assessment should be carried out by the user and or a supervisor. A suitable rescue plan should be in place to minimise post fall suspension time. Checkmate can offer a complete range of rescue equipment to suit your requirements.

### Compatibility and Use

This Lanyard is only suitable for use as described in the manual for fall protection when used in conjunction with a Full Body Harness which conforms to EN361, such as the Checkmate PBH range.

All connectors must conform to EN362.

The lanyard must not be extended by use of any other device/termination/connector to extend the length. The length must never exceed 2m.

Minimum ground clearance beneath the feet of the user, for a 2m lanyard, is 4.2m (arrest distance for 100kg mass plus 1m).

If in doubt contact your approved Checkmate agent for further details.

### Warnings!

Read and understand

manufacturers instructions before inspection, installation or use of this product.

Do Not use if you weigh more than 150kg

Only use approved equipment with Harness

If there are any points in this manual that you are unsure of seek a competent, trained person to advise you before using.

Seek medical advice from a doctor before using this product if, you have sustained a spinal injury, suffer from a neck or back complaint, or you are taking prescription medication

Never use if you are under the influence of alcohol or recreational drugs.

Extra care should be taken if welding whilst using this product, protect the harness from splatter and heat at all times.





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Approved service company:



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