

- while using the device, pay special attention to hazardous situations which may influence equipment operation and the safety of users, including in particular:
  - kinking and rubbing of lanyards on sharp edges;
  - pendulum falls;
  - current conductivity;
  - any damage such as cuts, wear, corrosion;
  - extreme temperature impact;
  - negative impact of weather conditions;
  - impact of aggressive substances, chemicals, solvents, acids.
- personal protective equipment must be transported in packaging which protects it against damage or water, for example in bags made of impregnated material or in steel or plastic containers or boxes.
- personal protective equipment must be cleaned and disinfected in order to avoid damaging the material (raw material) it is made of. Clean textile materials (slings, lanyards) with cleaning agents intended for soft materials. It can be cleaned manually or washed in machines. It must be carefully rinsed. Plastic elements can only be cleaned with water. Equipment which becomes wet during cleaning or while in operation must be carefully dried in natural conditions, away from heat sources. Metal parts and mechanisms (springs, hinges, catches etc.) can be periodically greased in order to improve their operation.
- personal protective equipment should be stored in loose packaging in well-ventilated dry rooms and protected against the impact of light, UV radiation, dust, sharp objects, extreme temperatures and caustic substances.

The factory where equipment is stored is responsible for making entries in the Operation Sheet. The Operation Sheet should be completed before the equipment is first put into operation. All information concerning protective equipment (name, serial number, date of purchase and date of putting into operation, user name, information concerning repairs and inspections and withdrawal from use) must be included in the Operation Sheet of a particular device. The sheet is completed by the person responsible for safety equipment in a given place of work. Equipment without a properly completed Operation Sheet cannot be used.

## OPERATION SHEET

DEVICE NAME MODEL	REFERENCE NUMBER
SERIAL NUMBER	DATE OF MANUFACTURE
USER NAME	
DATE OF PURCHASE	DATE OF PUTTING INTO OPERATION

## TECHNICAL INSPECTIONS

	DATE OF INSPECTION	REASONS FOR INSPECTION OR REPAIR	NOTED DEFECTS, PERFORMED REPAIRS, OTHER NOTES	DATE OF SUBSEQUENT INSPECTION	SIGNATURE OF THE PERSON RESPONSIBLE
1					
2					
3					
4					

EC type examination carried out by Central Institute for Labor Protection National Research Institute, ul. Czerniakowska 16, 00-701 Warsaw, Poland

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## Operational Instructions

Carefully read the instruction before using the device

Ref.: LB200FLR/LB201FLR xx  
EN 354:2002 EN 358:1999



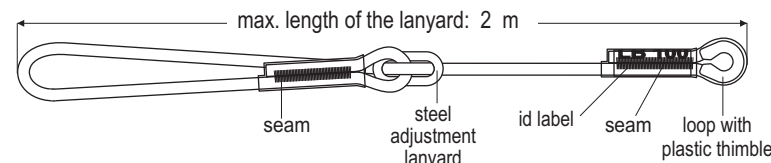
## LANYARD LB200FLR/LB201FLR

- The LB200FLR/LB201FLR lanyard can be used as an element of personal protective equipment against falls from a height according to EN 354.  
The connecting and energy-absorbing subassembly consists of the LB200FLR/LB201FLR lanyard connected to an energy absorber in accordance with EN 355 and to a full body harness in accordance with EN 361. It is attached to a permanent anchor point in accordance with EN 795 and constitutes complete and essential user protection against falls from a height.
- The LB200FLR/LB201FLR lanyard can be used as an element of personal protective equipment for work positioning and preventing falls from a height, according to the standard EN 358 and as a work positioning lanyard.

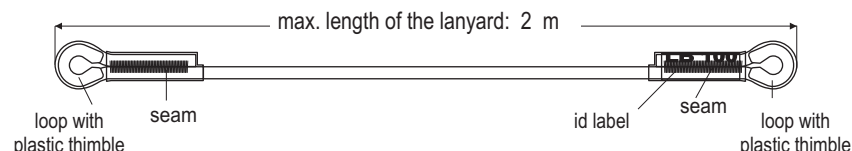
### CONSTRUCTION

Lanyards LB200 FLR / LB201 FLR are manufactured of kernmantle rope. Core is made of polyamide, the sheath is made of aramide fibres.

**LB200 FLR** - Adjustable lanyard is made of the rope of diameter 12,4 mm, ended with loop equipped with plastic thimble from the one side and loop with adjusting buckle from the second one.



**LB201 FLR** - Fixed length lanyard is made of the rope of diameter 11,5 mm, ended with loops equipped with plastic thimbles from both ends of the lanyard.



### ATTENTION!

The LB200FLR/LB201FLR lanyard can be equipped only with certified snap hooks according to EN 362.

### WORKING LIFE

The LB200FLR/LB201FLR lanyard can be used for a maximum period of 5 years from the date of first putting it into use. After a period of 5 years, the lanyard is to be withdrawn from use and physically destroyed, thus preventing it from an unintentional reuse.  
If the lanyard was used to prevent a fall, it is to be withdrawn from use and physically destroyed.  
Withdrawal from use should be performed by the person responsible for safety equipment in a given place of work.

### DESCRIPTION OF MARKING

device type **UNIVERSAL SAFETY LANYARD**  
reference number\* **LB201FLR xx\***  
lanyard serial number **LENGTH: x, x m**  
month and year of manufacture **Serial number 0000002**  
number and year of issuing **Date of manufacture 09.2007**  
an European standard applicable for the lanyard **EN 354:2000EN 358:1999**

\*) xx device length designation,  
for example: xx = 05 0,5 m long;  
xx = 20 2,0 m long

note: study the instruction before use

The CE mark and number of the notified body responsible for performing the manufacturing process inspection (art. 11)

manufacturer or distributor marking



CE 1437

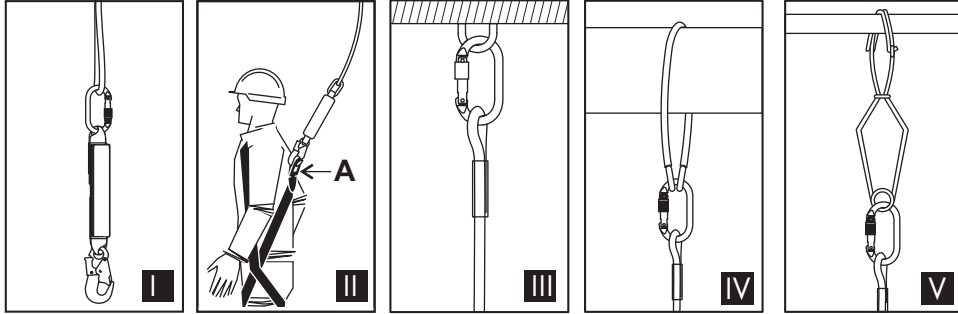


#### **USING THE LB200FLR/LB201FLR LANYARD AS A CONNECTING AND SHOCK-ABSORBING SUBASSEMBLY (EN 354)**

1. Connect one lanyard snap hook to the energy absorber in accordance with EN 355 fig. I
2. The then created connecting and shock-absorbing subassembly is to be attached by the energy absorber snap hook to the front or rear full body harness fastening buckle marked as "A" fig. II
3. The other lanyard snap hook is to be attached to a selected permanent anchor point with a minimum strength of 10 kN.
  - directly - fig. III
  - using an additional fastening element in accordance with EN 795 or EN 362 - fig. IV and V

**ATTENTION:** The total length of the energy absorber, LB200FLR/LB201FLR lanyard, snap hooks and fastening elements cannot exceed 2m.

The LB200FLR/LB201FLR lanyard cannot be used as a device arresting falls from a height without its energy absorber. The LB200FLR/LB201FLR lanyard can be used without the energy absorber as a restraint lanyard only - to restrain the user staying in falls from a height dangerous zone.

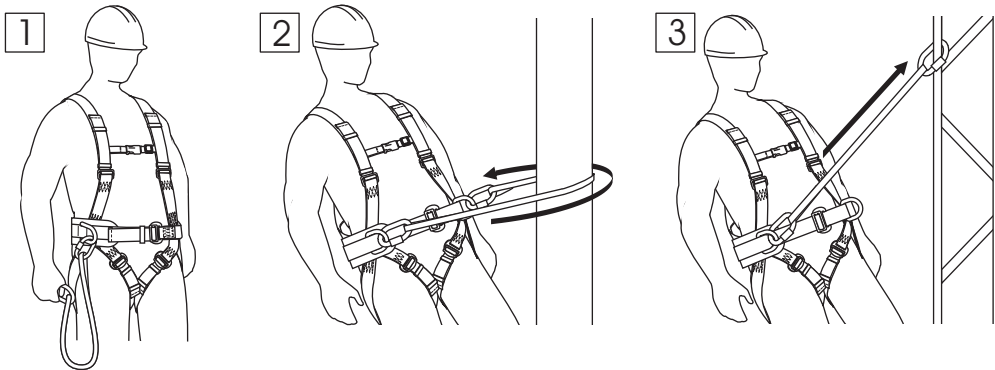


#### **USING THE LB200FLR/LB201FLR LANYARD AS WORK POSITIONING LANYARD (EN 358)**

1. Fasten one of the lanyard snap hooks on the right (or left for left-handed people) belt fastening buckle for work positioning in accordance with EN 358 fig. 1.
2. Put the lanyard around a structure and fasten the snap hook on the second (free) belt fastening buckle fig. 2 or snap the snap hook onto a permanent anchor point located above the belt fig. 3. If the belt has a front fastening buckle (according to EN 813), then one of the snap hooks may be attached to this buckle and the other to the permanent anchor point. The tension and length of the lanyard must limit a free fall path to a maximum of 0.5m.

#### **ATTENTION**

The LB200FLR/LB201FLR work positioning lanyard is not a safeguard against falls from a height and cannot be used as such. Workers using the LB200FLR/LB201FLR work positioning lanyard while working at height must be additionally protected with personal protective equipment against falling according to EN 363.



**ATTENTION:** Make sure that connections between each separate fastening element are stable prior to commencing work and while working. Snap hooks must be closed and protected with a mechanism which prevents them from accidental opening.

**IT IS FORBIDDEN TO USE THE LB200FLR/LB201FLR LANYARD FOR APPLICATIONS OTHER THAN THOSE SPECIFIED IN THE OPERATIONAL INSTRUCTION**

#### **FUNDAMENTAL RULES FOR USING PERSONAL PROTECTIVE EQUIPMENT**

- personal protective equipment should be used only by people trained in operating it.
- personal protective equipment cannot be used by people whose health condition may influence their safety during everyday use or emergency procedures.
- there must be a rescue operation plan which can be used whenever needed.
- it is forbidden to perform any modifications of the equipment without the written consent of the manufacturer.
- any repairs of the equipment may be performed only by its manufacturer or an authorised representative of the manufacturer.
- personal protective equipment must be used in conformity with its operational purpose.
- personal protective equipment is considered personal equipment and should be used by a single person only.
- make sure that all elements of the equipment that constitute the fall prevention system are properly mated prior to use. Perform periodical inspections of connections and mating of equipment in order to avoid unintentional loosening or disconnecting.
- it is forbidden to use protective equipment if one of its elements is hampered by another during operation.
- all parts of the fall prevention equipment must be in accordance with appropriate regulations and equipment operational instructions and binding standards:
  - EN 361 for full body harnesses
  - EN 353-1, EN 353-2, EN 354, EN 355, EN 360, EN 362 for fall prevention systems
  - EN 795 for equipment anchor points (permanent anchor points)
  - EN 358 for work positioning systems
- carry out a careful inspection of personal protective equipment prior to each separate use in order to check its condition and operation. Inspections must be performed by the user.
- such inspections should check all equipment elements with particular attention paid to: any defects, excessive wear, corrosion, points of tearing, cuts and improper operation. Particular attention must also be paid to each individual device:
  - full body harnesses and work positioning belts: buckles, adjustment elements, fastening points (snap hooks), slings, seams, loops;
  - energy absorbers: hitch loops, slings, seams, body and connectors;
  - lanyards and textile guides: lanyards, thimbles, connectors, adjustment elements, plaits;
  - lanyards and steel guides: lanyards, wires, clamps, loops, thimbles, connectors, adjustment elements;
  - retractable type fall arresters: lanyards or slings, correct operation of winding mechanism and locking mechanism, body, shock-absorber, connectors;
  - guided type fall arresters: device body and its correct movement along the guide, operation of locking mechanism, rollers, bolts and rivets, connectors, safety shock-absorber;
  - connectors (snap hooks): load-bearing body, riveting, main catch, operation of locking mechanism.
- personal protective equipment must be withdrawn from use and undergo a complete periodical inspection at least once a year (after 12 months of use). Periodical inspection must be carried out by a qualified person responsible for periodical inspections of safety equipment in a given place of work. Periodical inspections must be also carried out by the equipment manufacturer or an authorised representative of the manufacturer. Such an inspection should check all equipment elements with particular attention paid to: any defects, excessive wear, corrosion, points of tearing, cuts and improper operation (see the previous point).
- if protective equipment has a complex structure, for example retractable type fall arresters, periodical inspections should be carried out only by the equipment manufacturer or its authorised representative. The date of the subsequent inspection shall be specified after the periodical inspection has been completed.
- regular periodical inspections are essential in terms of equipment condition and safety of users only fully operational equipment is able to provide safety.
- make sure that all labels on protective equipment (elements of this equipment) are legible while performing a periodical inspection.
- all information concerning protective equipment (name, serial number, date of purchase and date of first operation, user name, information concerning repairs and inspections and withdrawal from use) must be included in the Operation Sheet for a particular device. The factory where equipment is stored is responsible for making entries in the Operation Sheet. The Sheet should be completed by the person responsible for safety equipment in a given place of work. Equipment without a properly completed Operation Sheet cannot be used.
- if equipment is exported to other countries, the provider must equip it with operational and maintenance instructions as well as information concerning periodical inspections and repairs in the language of the country where the equipment is going to be used.
- personal protective equipment must be immediately withdrawn from use if there are any doubts concerning its condition or operational correctness. Equipment can be reused after it has undergone a complete inspection carried out by the manufacturer and written authorisation for reuse has been issued.
- if personal protective equipment was used to prevent a fall, it must be withdrawn from use and physically destroyed.
- a full body harness in accordance with EN 361 is the only accepted device for keeping a body in the personal protective equipment against falls from a height.
- fall arresting systems can be connected only to full body harness fastening points (buckles, loops) marked with the capital letter "A".
- anchoring points (equipment) of fall preventive systems should have stable structure and their position should reduce the possibility of falling and minimise the range of a free fall. The equipment anchoring point should be located above the users work position. The shape and structure of the equipment anchoring point must provide a durable connection and prevent any random disconnection. It is recommended to use certified and marked equipment anchoring points in accordance with EN 795.
- it is required to inspect the free space under the work-place on which individual fall preventive equipment is going to be used in order to eliminate the possibility of hitting any objects or lower planes while stopping a fall. The amount of free space under the work-place is specified in the operational instructions of the protective equipment to be used.