

# RETRACTABLE LIFELINE AND LANYARDS



## RETRACTABLE LIFELINES

Self Contained Retractable Lifelines provide freedom of movement and a cushioned fall protection for individuals working at heights. Just attach the Retractable Lifeline overhead, out of the way; the retractable will maintain a light constant tension on the cable. Should a fall occur, an inertia brake will automatically activate to arrest the worker's fall within a maximum of two feet.

Retractable are available in 25, 30, 50, 65 and 100 ft. and come standard with galvanized steel cable. The FCP Retractable are compatible with all full body harnesses. For ease of attachment, consider ordering the tie-off strap. Stainless steel cable and Kevlar rope are available upon request.

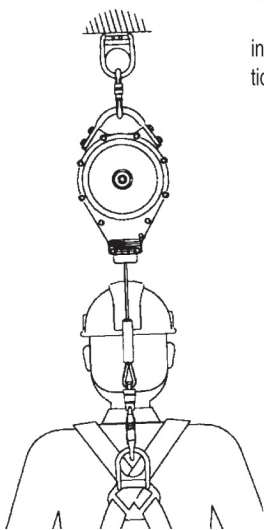
CODE NO.	DESCRIPTION	WEIGHT EACH (LBS)
R11	11 ft. 1" web retractable life line	4
R11WR	15ft. wire rope retractable lifeline	6.7
R20	20ft. wire rope retractable lifeline	9
R25	25 ft." web retractable life line	8
R30	30ft. wire retractable lifeline	11
R50	50ft. wire retractable lifeline	14
R60	60ft. wire retractable lifeline	15
R65	65 ft." web retractable life line	28

Units require periodic recertification by manufacturer. Please Check your owner's manual for instructions. NOTE: Longer lengths available upon request.

## SELF RETRACTING DEVICES

All self retracting devices perform a tethering function which allows unrestricted vertical movement to the device while arresting the user's fall. These devices have a housing normally anchored to the anchorage of a fall arrest system containing a drum-wound lifeline. The retracting end of the lifeline will unwind from the drum under slight tension during normal movement below the device. When tension is removed, the drum will automatically retract the lifeline. Quick movement, which is typically applied at the onset of a fall, will lock the drum and arrest the user's motion. The self retracting device is designed to arrest a fall while minimizing fall distance and impact forces.

OSHA regulations state "Self-retracting lifelines and lanyards which do not limit free fall distance to 2 feet (0.61 m) or less, rip-stitch lanyards, and tearing and deforming lanyards shall be capable of sustaining a minimum load of 5,000 lbs. (22 kN) applied to the lifeline or lanyard in the fully extended position". (OSHA, 29 CFR Parts 1910 and 1926.)



## SELF RETRACTING LIFELINES

The self retracting lifeline (as defined by ANSI Z359.1-1992) is a device which contains a drum-wound line which may be slowly extracted from or retracted onto the drum under slight tension during normal movement of the user. The line has means for attachment to the fall arrest attachment on the body support. After onset of a fall, the device automatically locks off and arrests the fall.

The retractable lifeline, or fall arrest block is a device which is usually long in length (6.0 to 100 m, 20 - 320 ft. bearing point length). It is specifically engineered for fall arrest in the vertical plane of motion. When the user falls at more than approximately 1.2 m (4.5 ft) per second, the device automatically locks off to arrest the fall. The device will remain locked until released, and then resume normal operation. Note: The unit should be inspected following loading or fall arrest. Most units have an indicator which changes appearance in the event of severe loading. The unit must be sent to an authorized dealer or manufacturer for servicing in the event that the indicator activates.

The retractable lifeline is available in varying lengths depending on the manufacturer and required use. This device anchors above the work area for fall arrest protection during vertical movement of a single individual. In many units the arrest force is minimized by an internal shock absorbing mechanism. We supply a number of retractable lifelines for various applications, uses, and personnel.

## RETRACTABLE LANYARDS

Retractable Lanyards Retractable lanyards or web retractors are shorter in length and more compact than the retractable lifeline. These devices range between 1.5 to 6.0 m (5 - 20 ft.) bearing point length.

## COMPONENTS AND WORKINGS OF SELF RETRACTING DEVICES

Most self retracting devices can be broken down into a number of basic components: a) the anchorage point or handle; b) the housing including: i) drum containing excess spooled line; ii) locking mechanism; and iii) spring mechanism; c) the line itself; d) the connecting means; and e) the fall indicator.

The anchorage point or handle must be durable and meet ANSI standards for anchorage strengths. Some include swivels which greatly reduce the chances of the line becoming entangled or twisted.

The housing can be made of any number of materials including: stainless steel, cast aluminum and/or synthetics. The housing is very important because it shields the inner workings of the device from contaminants and debris which could cause corrosion or prevent the unit from functioning properly. Our lifelines have a housing and inner components that are environmentally sealed for added protection.

The drum contains the spooled line and, on many units, an additional reserve line which prevents use of the lifeline at its end, while allowing additional energy absorption. When the reserve line is deployed, an indicator should appear to show that the reserve line has been deployed and requires servicing.