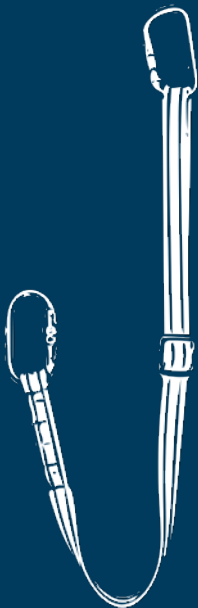




Safehold
HEIGHT SAFETY & LIFTING GEAR

Restraint Lanyard Instruction Manual



Read and understand instructions before using this equipment
Do not throw instructions away

Designed in the UK

SHUM-067 Iss 01

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ABOUT & WARNING

The SafeHold restraint lanyard range

This manual covers all variants within the SafeHold restraint lanyard range.

⚠ Warning : Working at height is a very dangerous activity which may lead to severe injury or fatality. We advise that you personally assume the responsibility to learn and use the safety measures that apply to this equipment. Remember that there is no better "instruction" than that of a trained instructor. Train in the use of this device, verify that you have fully understood how it works and if in any doubt, please ask a competent person!

Don't make any alterations or additions to the equipment without the manufacturer's prior written consent.


The products shall not be used outside of its limitations, or for any purpose other than that for which it is intended.

It is essential for the safety of the user that if the product is re-sold

outside of the UK, the reseller shall provide instructions for use, for maintenance, for periodic examination and for repair in the language of the country in which the product is to be used.

If there is reason to doubt your fitness to safely absorb the shock from a fall arrest, please consult your doctor. Age and fitness seriously affect a worker's ability to withstand falls. Pregnant women or minors must not use it.

This personal protective equipment is designed and used as part of a fall protection system to protect users against falls from heights in working areas and is meant to be used with other certificated components.

 **User must read, understand and observe these instructions for use.**

GENERAL USE

All warnings and instructions must be provided to the authorised user. They must be read and understood in their entirety. Failure to use the equipment properly can result in serious injury or death. If in doubt, contact SafeHold Ltd. for advice.

All authorised users must reference the relevant local standards to which the device complies (e.g. EN358:20018. Refer to device labelling for device compliance.

Before using the restraint lanyard, the worker must be trained in the use and application limits of the equipment, proper hookup, anchoring and tie-off techniques, methods of use and proper methods of inspection and storage.

Ensure working area is free from hazards and obstructions that could interfere with the working of the device or cause harm to the user.

Inspect all equipment before each use as per the manufacturer's instructions.

All equipment should be inspected on a regular basis by a competent person.

A competent person must ensure

the systems compatibility will not allow accidental disengagement.

Any equipment must be as the manufacturer intended. Do not use altered or modified equipment.

Any product that has visual deformities, been subjected to a fall, deterioration or unusual wear should be destroyed and removed from service immediately.

A rescue plan with the means to implement it should be in place before using this equipment.

Fall protection equipment is designed for a specific use. Never use it for something it wasn't designed for.

Environmental hazards should be considered when using this equipment.

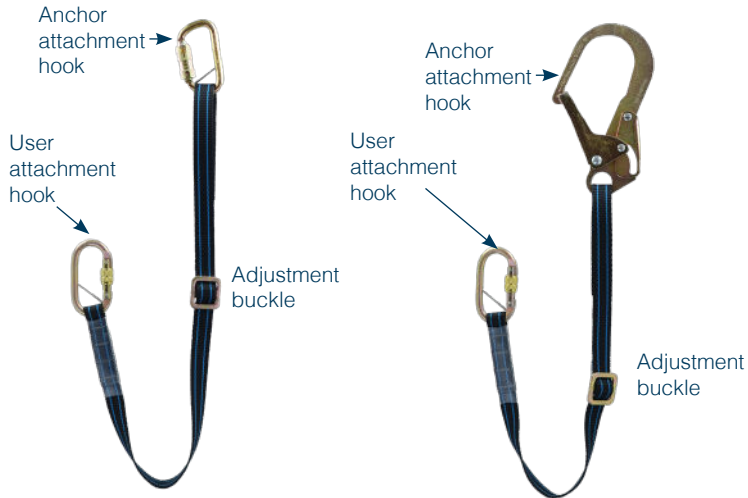
Equipment should not be exposed to hazardous chemicals. Inspection intervals may need to be more frequent in such environments. If in doubt contact SafeHold for advice.

Always ensure a potential fall path is free from obstructions and has a large enough ground clearance.

Never remove a product's label as it contains information important for the use of the device. If the label is missing remove the device from service immediately.

DESCRIPTION

	carabiner 1.2m	Single rebar 1.2m	Carabiner 2.0m	Single rebar 2.0m
Material	Polyester webbing / zinc plated steel connectors			
Standards	EN358:2018, Rfu 11.062			
Max. user weight	140kg including clothes and equipment			
Lanyard weight	0.5kg	0.8kg	0.6kg	0.9kg
Working Length	Adjustable			
Range	0.8m-1.2m	0.9m-1.3m	1.2m-2.0m	1.3m-2.0m



USING THE LANYARD

The SafeHold Restraint lanyard is designed for use with the SafeHold height safety range.

A suitable assessment must be made of the work site, taking into account (but not limited to) swing-fall, free-fall (lanyard slack) and additional hazards on the site.

1. Before using, carry out an inspection on the restraint lanyard using the table in the back of this manual as a guide.
2. Attach the user attachment hook to the compatible harness D-ring. Attach the anchor attachment hook to a 12kN EN795:2012 or 1997+A1:2000 rated anchor point.
3. Never loop the lanyard about a structural member that has edges that will cut into the webbing under load.

IMPORTANT

Never use the lanyard with an extension device as this will increase free fall.

A competent person must choose all the components of the personal fall arrest system (PFAS) to ensure the equipment is suitable for the end user.

Rebar hooks must only be connected to structural rebar or another compatibly sized anchor.

All connectors must be self-closing and locking with no risk of roll-out.

It is best practice to anchor the restraint lanyard at or below the dorsal D ring. However the lanyard may be anchored at foot level if it cannot be avoided.

The lanyard is NOT rated for leading edge use.

LIMITATIONS

Capacity:

The lanyard is designed for use by one person with combined weight (person, clothing, tools, etc.) of up to 140kg / 310 lbs. for all applications.

Anchorage Connectors

SafeHold equipment is designed for use with SafeHold approved components and subsystems only. Non-approved components or subsystems may jeopardise the

compatibility of equipment and may affect the complete system. Connectors (hooks, carabiners, and D-rings) must be capable of supporting at least 22.2kN or 5000lbs. Non-compatible connectors may unintentionally disengage. As per EN355:2002, self-locking snap hooks and carabiners are required.

COMPATIBILITY

Connecting component limitations:

A competent person must ensure the compatibility of all connections and that of the system.

If any other component in the system does not operate properly

or if any connector does not lock, do not use the system.

Do not use if any part of the system appears to be damaged.

All connector gates must withstand minimum loads of 16kN / 3,600 lbs.

EXAMPLES OF INCOMPATIBLE CONNECTIONS



CORRECT CONNECTION



INSPECTION

restraint lanyards shall be inspected by the authorised person or rescuer before each use.

The inspection shall be conducted by a competent person other than the user.

The competent person shall use the

inspection schedule and checking list for appropriate inspection intervals and procedures.

The competent person should keep a log of their inspection in the "Inspection and Maintenance Log" on the back pages of this instruction manual.



APPLICATIONS

Purpose:

This product is part of a personal fall arrest, restraint, work positioning, suspension, or rescue system.

A personal fall arrest system (PFAS) is typically composed of an anchorage and a full body harness (SHBH), with a connecting device, i.e. a shock absorbing lanyard (SHFAL), or a self-retracting device (SRL/RTFA) or a restraint lanyard (SHRL) attached to the dorsal D-ring of the SHBH.

STANDARDS

The EU type-examination (Module B) and conformity assessment procedure (Module D) were conducted CCQS Certification Services Limited, Block 1 Blanchardstown Corporate Park, Ballycoolin Road, Blanchardstown, Dublin 15 D15 AKK1, Ireland (NB2834).

The products are compliant with Personal Protective Equipment (PPE) regulation (EU) 2016/425, the Regulation 2016/425 on personal protective equipment as brought into UK law and amended, and the following harmonized standards.

Restraint lanyards are designed for use in applications where falls may not occur.

Restraint lanyards may be used in conjunction with a harness in many situations where a combination of work mobility and restraint is required. (i.e. inspection work, general construction, maintenance work, oil production, confined space work, etc.)

A suitable rescue plan must be made in case of a fall and made available to everyone on site.

The Safehold harness range has been designed to meet the requirements of EN358:2018 as a minimum

The EU declaration of conformity is accompanying each product.

Use

Friendly reminder:

Do not alter or intentionally misuse this equipment.

Some subsystem and component combinations may interfere with the operation of this equipment. Use caution when using this equipment around moving machinery, electrical hazards, chemical hazards, sharp edges.

After a Fall:

If a fall event occurs, tag the lanyard as "UNUSABLE", remove it from service, and store it separately.

Making Connections:

Snap hooks and carabiners used with this equipment must be self-locking. Ensure all connections are compatible in size, shape, and strength. Do not use equipment that is not compatible. Ensure

Inspection:

Before each use of this fall protection equipment, carefully inspect it to ensure it is in good working condition. Check for worn or damaged parts. Check

Consult your doctor if there is reason to doubt your fitness to safely absorb the shock from a fall arrest. Age and fitness seriously affect a worker's ability to withstand falls. Pregnant women or minors must not use SafeHold fall arrest products. Failure to heed this warning may result in serious injury or death.

Remove from service any unit that has been subjected to fall arrest forces or that exhibits damage consistent with such forces.

all connectors are fully closed and locked, ensure unintended disengagement cannot occur. SafeHold connectors (snap hooks and carabiners) are designed to be used only as specified in each product's user instruction manual.

the restraint lanyard against the checklist in the back of this booklet. Should the fall arrest lanyard fail any inspection points remove the fall arrest lanyard from use immediately and mark as "UNUSABLE".



Product Life:

The functional life of a restraint lanyard is ten years from the first date of use provided all checks are passed as per this manual. The lifespan can be affected by, and not limited to, conditions

of use, storage, maintenance, environment and regularity of use. HSE guidelines in INDG367 must be adhered to.

Disposal:

Dispose of the restraint lanyard if it has been subjected to fall arrest forces or inspection reveals an unsafe or defective condition.

Before disposing of the restraint lanyard, cut the webbing in multiple places or otherwise disable the restraint lanyard to eliminate the possibility of inadvertent reuse.

MAINTENANCE, SERVICING & STORAGE

Cleaning:

Ensure the restraint lanyard is kept free of excess paint, grease, dirt or other contaminants as this may cause the damage to the restraint lanyard. Use a mild detergent and

water to clean the fall arrest lanyard and allow to dry naturally. A clean restraint lanyard is easier to inspect and will prolong its life.

DO NOT use heat to dry.

Storage:

Store in a clean dry place away from hazards such as chemicals, sharp objects, moisture, direct

sunlight and heat. The lanyard must ALWAYS be stored with its instructions and record card. Never leave the restraint lanyard lying around on a site.

Servicing:

The lanyard is a non-serviceable item and must be destroyed

and disposed of when it fails its inspection.

Notes:

1. Failure of a worker to perform (before each use) inspection or failure of an inspection by a worker shall initiate the requirement for inspection by a competent person.
2. Failure of a competent person to perform inspections as

specified in this Table, or failure of an inspection by the competent person shall initiate product disposal.

3. Determination of the type of use category shall be determined by a competent person.



Labelling:

See below for a typical lanyard label. All labels on the restraint lanyard must be present and fully legible.

SERVICE LOG

Safehold LTD

www.safe-hold.com

Model #:

User:

Serial No:

Date of first use:

Date of manufacture:

Pass

Fail

Label No. 32106 (Rev. 1)

ADVANTAGE
CONNECTION

WARNING

***SHRLA - Restraint Lanyard**

*Prior to use, understand all manufacturer instructions included with equipment at time of shipment.

*Make only compatible connections.

* Always use an approved energy absorbing connection device that limits fall arrest forces to below 6kN.

*ALL anchorages must be tested to meet a min. of 12kN as per EN795. If in any doubt seek verification from a qualified and competent person.

*Avoid contact with sharp and abrasive surfaces.

*Improper use of this equipment could result in serious injury or death.

*ALWAYS check before and after use ALL connectors, webbing, rope, stitching for damage or wear and ensure fall indicator tabs are not deployed.

*Competent person must complete formal inspection every 12 months. Competent person to inspect and initial.

*If the device has been used in a fall or fails inspection it MUST be removed from service and destroyed or quarantined.

*Extra care should be taken if the device has become soiled, wet, been exposed to any chemicals or been used while welding.

IF IN ANY DOUBT REMOVE FROM SERVICE IMMEDIATELY.

Safehold

www.safe-hold.com

Designed in the UK. Made in China

ADVANTAGE

CONNECTION

SKU#: 32111

MODEL: RLA20K

SERIAL #:

DOM:

Read and understand instructions before use, remove from service if worn, damaged or excessively soiled.

DO NOT REMOVE TABS

Material: Polyester/steel/polyethylene

MAX user weight: 60kg-140kg

(inc tools and equipment)

Label No. 32106 (Rev. 1)

Length:
1.2m-2.0m

Compliance:
EN 358:2018

UK C2834

USER WEIGHT
60kg-140kg

(inc tools and equipment)

1

Date	Results/Condition:	Inspected by:	Next Inspection Date:

Component	Inspection:	User	Competent Person
Webbing	Ensure webbing is free from cuts, abrasion, wear and tears		
	Check webbing under buckles for rubbing and deterioration.		
	Check the weave of the webbing for distortion resulting from loading.		
	Melted webbing or any other signs of either heat or chemical exposure		
Metallic hardware	Check for damage / cracking distortion		
	Surface is clean and shows no corrosion		
Sewing / thread	Any loose / damaged /uneven threads		
Labelling	Ensure all labelling is legible and undamaged		
Associated Equipment	Additional Fall protection equipment that is used with the product is installed and inspected as per manufacturers instructions		
If the product fails the inspection procedure remove from service immediatly. Clearly tag the product "DO NOT USE" in the event of failure.			
Comments:			

EU DECLARATION OF CONFORMITY

This declaration of conformity is issued under the sole responsibility of the manufacturer: **SAFEHOLD LTD:** 1-3 Eaves Court Bonham Drive, Sittingbourne, ME10 3RY.
 compliance@safe-hold.com +44 (0) 1795 668862

Model No. RLA12K, RLA12R, RLA20K, RLA20R

Product Code	Description	Model No.	Cert No.
32113	Restraint lanyard karabiner 1.2	RLA12K	xxxxx
32114	Restraint lanyard rebar 1.2	RLA12R	xxxxx
32111	Restraint lanyard karabiner 2.0	RLA20K	xxxxx
32112	Restraint lanyard rebar 2.0	RLA20R	xxxxx

The EU type-examination (Module B) and conformity assessment procedure (Module D) were conducted CCQS Certification Services Limited, Block 1 Blanchardstown Corporate Park, Ballycoolin Road, Blanchardstown, Dublin 15 D15 AKK1, Ireland (NB2834).

We hereby declare that the above referenced product, to which this declaration relates, is in conformity with the provisions of:

PPE Regulation 2016/425 - Standard EN EN358:2018,

Rfu 11.062

SAFEHOLD LTD.



Name: Oliver Auston Position: CEO Date: 01/08/2023

CE 2834

USER NOTES

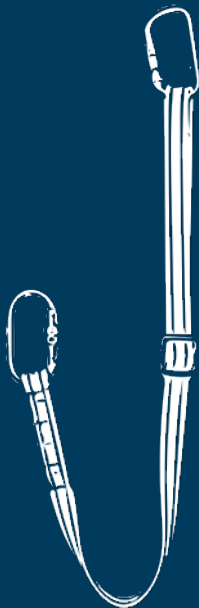
USER NOTES





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