LRA/RLA
ADJUSTABLE LANYARD

CHECKMATE

Parts # LRA-1.2-BB, LRA-2-BB, LRA-1.2-C, LRA-2-C RLA-1.5-CC

Instruction Manual

Contents

Risk Statement

This lanyard is designed to protect against falls from height and, when used in accordance with this manual should keep you away from the risk of a fall.

Do not throw instructions away.

Read and understand instructions before using this equipment.

EU Declaration of Conformity

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The manufacturer:

Checkmate Safety
Dorset Road, Sheerness,
Kent, ME12 1LY,
United Kingdom

declares under its sole responsibility that the range of PPE described hereafter:

SAL - Shock Absorbing Lanyard

LRA-1.2-BB, LRA-2-BB, LRA-1.2-C, LRA-2-C RLA-1.5-CC

Model	Description	Cert No.
LRA-1.2-BB	Adjustable Webbing Restraint Lanyard | 0.8m to 1.2m | Carabiner	CE-PC-240730-348-07-9A
LRA-2-BB	Adjustable Webbing Restraint Lanyard | 1.2m to 2m | Carabiner	CE-PC-240730-348-08-9A
LRA-1.2-C	Adjustable Webbing Restraint Lanyard | 0.9m to 1.2m | Carabiner/Scaffold	CE-PC-240730-348-10-9A
LRA-2-C	Adjustable Webbing Restraint Lanyard | 1.3m to 2m| Carabiner/ Scaffold	CE-PC-240730-348-10-9A
RLA-1.5-CC	Adjustable Rope Restraint Lanyard | 1.5m max | Carabiner	CE-PC-240730-348-15-9A

is in conformity with the provisions of Regulation (EU) 2016/625 and with the European harmonised standard(s) EN 361:2002 and is identical to the PPE which is the subject of EC Type Examination (Article 10) under certificate number

Issued by:

CCQS Certification Services Limited (NB2834)
Block 1 Blanchardstown corporation park,
Ballycoolin Road, Blanchardstown,
Dublin, 15 D15 AKK1,
Ireland

and is subject to the conformity assessment procedure to type (Module D) of the Regulation under surveillance of Notified Body:

CCQS Certification Services Limited (NB2834)
Block 1 Blanchardstown corporation park,
Ballycoolin Road, Blanchardstown,
Dublin, 15 D15 AKK1,
Ireland

Signed for and on behalf of: Checkmate Safety Limited.

Name: Greg Palmer — Place: Sheerness, Kent

Position: CEO — Date: 15 July 2024

Signature:

Product Specific Applications

Restraint Lanyard may be used in Restraint applications. Restraint systems prevent workers from reaching the leading edge of a fall hazard. Always account for maximum lanyard length. No free fall is permitted. Never use Restraint Lanyard in combination with shock absorber extension at any time. Restraint systems may only be used on surfaces with slopes up to 4/12 (vertical/ horizontal). D-rings: **Dorsal, sternal, side.** D-ring: **Dorsal (rear), Sternal (chest)**

Rescue/Confined Space: Restraint Lanyard may be used in Rescue/ Confined Space applications, however be aware that lanyards are not intended as standalone rescue equipment and should only be used as a component to aid in worker recovery. Rescue systems function to safely recover a worker from a confined location or after exposed to a fall. There are various configurations of Rescue systems depending on the type of rescue. No free fall is permitted. Applicable D-rings: Dorsal, sternal, side.

Work Positioning: Restraint 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. No free fall is permitted, if freefall is possible the restraint lanyard must not be used for the application. Anchor point must be at or above side D-rings. Always consider the need for a backup fall arrest system. Applicable D-rings: Sternal, side.

For All Product Applications

- **Maximum User weight (including all clothing, tools, and equipment) is 140kg.**
- **Anchorage point in PFAS must be rated to withstand minimum 12 kN load and be EN 795:2012 or 1997+A1:2000 approved.**
- **Never choke the restraint lanyard.**

The jobsite Competent Person must ensure that there are sufficiently strong and accessible anchorage points in the working environment. Anchorages should be overhead when possible and the area beneath and around them should be clear of obstruction and sharp edges. Always attach to an anchorage that is as close to the point of work and as high above head as possible without restricting free movement. The user should be aware at all times of which attachment points to use; if not immediate obvious they must seek confirmation from the Competent Person. Always ensure that the means of attachment to the anchorage is secure before beginning work. Prior to beginning work always conduct a complete risk assessment. Never attach lanyard to an anchor that will allow the user to access the edge of any fall hazard. Lanyard must not be loaded over the edge at any time.

Applicable Safety Standards

Meets or exceeds:

- **BS EN354:2010**
- **BS EN358:2018**

⚠ CAUTION!

Compatibility

When making connections with the lanyard, eliminate all possibility of roll-out. Roll-out occurs when interference between a hook and the attachment point causes the hook gate to unintentionally open and release. All connections must be selected and deemed compatible with this lanyard. All hooks must be EN 362:2004 approved.

See Diagram B on page 9

This lanyard is recommended for use with the following products:

- **Anchorage** EN795:2012 or 1997+A1:2000 compliant systems.
- **Harness** EN361 compliant harnesses.
- **Connectors** EN362:2004 compliant connectors.

Please contact Checkmate with any questions regarding product compatibility.

Limitations

Do not use restraint lanyard if the potential exists to fall over an edge. full extended length of restraint lanyard must prevent access to any/all fall hazards. do not extend the maximum length of the lanyard beyond the length stated on the label.

⚠ WARNING!

If the user weighs between 100kg-140kg, ensure all PPE equipment in the personal fall arrest system for use in fall arrest, restraint or work positioning is rated to the increased maximum user weight up to 140kg for the applicable standards as listed above.

⚠ WARNING!

NEVER use Restraint Lanyards for material handling

Competent Person Definition

The job site safety supervisor, referred to in this manual as the Competent Person (CP), must be a highly trained and experienced person who is assigned by the employer to be responsible for all elements of the fall safety program; this includes, but is not limited to, program regulation, management, and application. The CP must be proficient in identifying existing and predictable fall hazards, and must have the authority to stop work to eliminate hazards or otherwise promote safe and compliant work practices.

Quality

All Checkmate products are manufactured under **ISO 9001:2015** and to the highest standards.

Specifications

LRA/RLA Adjustment Restraint Lanyard Lanyard

#LRA-1.2-BB
1.2m max Carabiner/ Carabiner

Materials

Polyester, PVC, Steel

Variants

#LRA-2-BB
2m max Clarabiner/ Carabiner

#LRA-1.2-C
1.2m max Carabiner/Scaff

#LRA-2-C
2m max Carabiner/Scaff

#RLA-1.5-CC
1.5m max Carabiner/ Carabiner

Part #	Length	Description
LRA-1.2-BB	0.8m -1.2m	Adjustable Webbing Restraint Lanyard | 0.8m to 1.2m | C/W Steel Screwgate Carabiners each end
LRA-2-BB	1.2m -2m	Adjustable Webbing Restraint Lanyard | 1.2m to 2m | C/W Steel Screwgate Carabiners each end
LRA-1.2-C	0.9m -1.2m	Adjustable Webbing Restraint Lanyard | 0.9m to 1.2m | Steel Screwgate Carabiner/Steel Scaffold Hook
LRA-2-C	1.3m -2m	Adjustable Webbing Restraint Lanyard | 1.3m to 2m | Steel Screwgate Carabiner/Steel Scaffold Hook
RLA-1.5-CC	1.1m-1.5m	Adjustable Rope Restraint Lanyard | 1.1m to 1.5m | C/W Steel Screwgate Carabiners each end

Maintenance, Cleaning, and Storage

Maintenance and cleaning after use is important for maintaining the safety and longevity of lanyard. Remove all dirt, corrosives, and contaminants from lanyard before and after each use. If a lanyard cannot be cleaned with plain water (not exceeding 30°C), use webbing/rope detergent and plain water, then rinse and ensure webbing is left to dry naturally out of direct sunlight and away from direct heat sources, never store equipment if it is wet. NEVER clean a lanyard with corrosive substances. When not in use or during transport, store equipment where it will not be affected by heat, light, excessive moisture, chemicals, or other degrading elements.

Lifespan

It is recommended that the product has a lifespan of ten years from the date of first use, provided it has been adequately maintained and passes all inspections as instructed in this manual.

Lifespan of this product may be affected by the conditions of use, storage, maintenance and environment. The aforementioned may be taken as a guideline only, the usability of this product must be determined by the results of a periodical inspection. In addition, the HSE guidelines set out in INDG367 must be followed.

The lifespan may be significantly affected when used in arduous environments (e.g. demolition, steel erection, scaffolding, steel skeletal masts/ towers with edges and protrusions).

Prior to first use the product may be stored for up to five years in its original sealed packaging, reliant upon the product being stored in the conditions described in this manual therefore giving a maximum life of 15 years from manufacture if stored for the maximum five years.

Exclusions

Checkmate holds global product liability cover for your safety. However, Checkmate will NOT be responsible for:

- Users who are out of the scope of any written manuals or training given.
- Any PFAS or components that have NOT been inspected under the current applicable legislation, including regional specific legislation.
- Operators who do not use fall arrest equipment where required as determined by risk assessment.
- Devices that have been damaged.
- The max weight being exceeded.
- Devices that have NO serial number markings, and the manufacturer's name **Checkmate Safety Ltd** not present.
- Potential mis-use, including but not limited to:
  - Non-industrial use
  - Connection and/or use of incompatible equipment
  - Adapting/modifying the device in any manner
  - Using the device in environments which may degrade or affect the performance of the device such as those listed in the user information (e.g. in close proximity of heat, chemical, electrical hazards)
  - Use on surfaces outside of the scope given by the manufacturer
  - Re-using the device after it has been subjected fall forces
  - Using a device that has not met the storage, transportation, maintenance and inspection requirements.

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Installation and Use

⚠ **WARNING! Lanyard MUST NEVER be used in Leading Edge (LE) applications. ALWAYS avoid lifeline contact with sharp or abrasive edges and surfaces, both during use and in event of a fall.**

- **Ensure that the lanyard is not obstructed and there is no danger of the lanyard becoming tangled or abraded. Ensure that the hook of the lanyard is secure in the harness D-ring and the gate of the hook is locked.**
- **Never loop the lanyard about a structural member. Never work in a manner that will allow the lanyard to cause a trip hazard. Eliminate or minimise as much lanyard slack as possible.**
- **The lanyard must not be extended by use of any other device/termination/ connector to extend the length. The length must never exceed 2m.**
- **Scaffold hook must ONLY be connected to structural rebar, or other structural anchor (such as angle iron or concrete form) deemed compatible with Lanyard by Competent Person (CP).**

⚠ **WARNING! Never attached an unused lanyard leg back to a harness D-ring, only a dedicated lanyard keeper.**

⚠ **A lanyard keeper is not a D-ring. NEVER connect to lanyard keepers for the purposes of fall protection at any time.**

See Diagram C on page 9

- **Step 1**

Inspect Checkmate Restraint Lanyards and all PFAS equipment to be used in combination with Restraint Lanyards.

- **Step 2**

Ensure that all connectors and all other components of the PFAS are compatible with Guardian Restraint Lanyards, and are selected by a Competent Person. The selected safety harness MUST be of proper size and MUST be fitted snugly, but still allow for a full range of movement.

- **Step 3**

Make considerations for minimizing as much lanyard slack as possible. Adjust lanyard by moving buckle up or down webbing. Never adjust lanyard to a length that will allow access to any fall hazard. Fully extended lanyard length must not allow for access to any fall hazard.

- **Step 4**

Attach lanyard to compatible anchorage connector. Anchorage point in PFAS must be rated to withstand minimum 12 kN load and be EN 795 approved.

- **Step 5**

Attach lanyard hook to compatible harness

- **Step 6**

ttach remaining hook end of lanyard to compatible anchorage connector. Scaffold hooks must only be

connected to structural rebar or other compatibly sized structural anchor. Ensure that all connectors are

self-closing and self-locking, and that there is no risk of roll-out.

Safety Information

WARNING! Failure to understand and comply with safety regulations may result in serious injury or death. Regulations included herein are not all-inclusive, are for reference only, and are not intended to replace a Competent Person's judgment or knowledge of federal or state standards.

CAUTION! Understand the definitions of those who work near, or who may be exposed to, fall hazards.

WARNING! Use of equipment in unintended applications may result in serious injury or death. Maximum 1 attachment per connection point.

Do not alter or misuse equipment.

Workplace conditions, including, but not limited to, corrosive chemicals, electrical shock, sharp objects or edges, machinery, flame/high heat, abrasive or uneven surfaces, UV exposure, and severe or prolonged weather conditions, must be assessed by a Competent Person (CP) before fall protection equipment is selected. The presence of any/all of these conditions may have negative effects on product performance or service lifetime.

The analysis of the workplace must anticipate where workers will be performing their duties, the routes they will take to reach their work, and the potential and existing fall hazards they may be exposed to. Fall protection equipment must be chosen by a CP. Selections must account for all potential hazardous workplace conditions. All fall protection equipment should be purchased new and in an unused condition.

Fall protection systems must be selected and installed under the supervision of a CP, and used in a compliant manner. The system must be designed in a manner compliant with all federal, state, and safety regulations. Forces applied to anchors must be calculated by a CP.

Harnesses and connectors selected must be compliant with manufacturer's instructions, and must be of compatible size and configuration. Snap hooks, karabiners, and other connectors must be selected and applied in a compatible fashion. All risk of disengagement must be eliminated. All snap hooks and karabiners must be self-locking and self-closing, and must never be connected to each other.

See Diagram B on page 9

A pre-planned rescue procedure in the case of a fall is required. The rescue plan must be project-specific. The rescue plan must allow for employees to rescue themselves, or provide an alternative means for their prompt rescue to minimise post fall suspension time.

Store rescue equipment in an easily accessible and clearly marked area.

Training of Authorised Persons (APs) to correctly erect, disassemble, inspect, maintain, store, and use equipment must be provided by a CP. Training must include the ability to recognise fall hazards, minimise the likelihood of fall hazards, and the correct use of personal fall arrest systems.

NEVER use fall protection equipment of any kind to hang, lift, support, or hoist tools or equipment, unless explicitly certified for such use.

Equipment subjected to forces of fall arrest must immediately be removed from use.

Age, fitness, and health conditions can seriously affect the worker should a fall occur. Consult a doctor if there is any reason to doubt a user's ability to safely withstand fall arrest forces or perform set-up of equipment. Pregnant women and minors MUST NOT use this equipment.

Physical harm may still occur even if fall safety equipment functions correctly. Sustained post-fall suspension may result in serious injury or death. Use trauma relief straps to reduce the effects of suspension trauma.

Labels

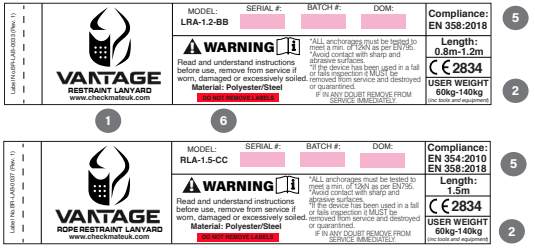


Diagram B - Connections

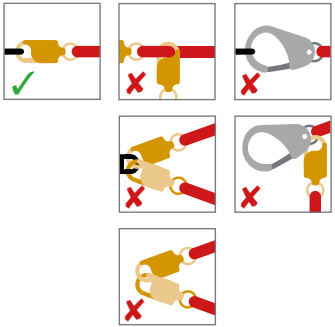
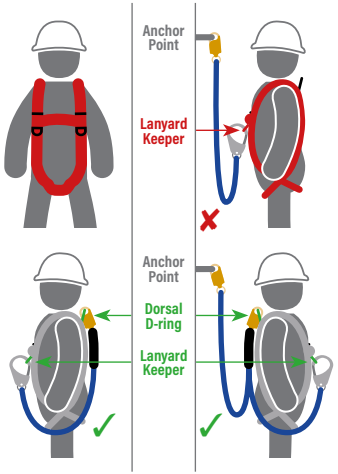


Diagram C - Lanyard Keepers



Inspection

A pre-use inspection must be conducted before each use, but need not be recorded. If the equipment is stored, used and maintained in the correct conditions as described in this manual, a thorough inspection by competent person at least every 12 months or 3 months if kept in offshore or corrosive environments must be conducted and recorded in the inspection log.

See Inspection Log on page 11

More frequent thorough inspections are recommended depending on conditions of use, storage and maintenance. If the equipment fails inspection it must be removed from service immediately and must be safely discarded. In addition local regulations in regard to inspection must be followed.

Thorough inspections MUST be recorded in inspection log in instruction manual and on equipment inspection grid label if applicable. The CP must sign their initials in the box corresponding to the month and year the inspection took place. During inspection, consider all applications and hazards the equipment has been subjected to. Ensure that equipment certification is current before use, this equipment must only be repaired by a competent person authorised by the manufacturer. Separate inspection logs must be used for each lanyard. All inspection records must be made visible and available to all users at all times.

During inspection, consider all applications and hazards the equipment has been subjected to. Ensure that equipment certification is current before use, this equipment must only be repaired by a competent person authorised by the manufacturer.

User must inspect prior to EACH use, if equipment fails inspection it must be immediately removed from service and safely discarded or repaired.

Pre-use/Thorough Inspection:

- **Contamination**
  If the lanyard has been subjected to a fall then it must be removed from service and safely discarded. This product is manufactured from Polyester throughout and is therefore susceptible to wear, abrasion, cuts, melting and chemical attack. Always inspect the full length of the webbing before and after use. In environments where acids, alkalis, phenolic compounds, and heat are present special care should be taken when inspecting the integrity of the webbing.

- **Webbing**
  Ensure the webbing is free from cuts, abrasion, wear and tears. Pay special attention to the webbing under buckles, for rubbing and general deterioration. Check that the weave of the webbing is even, and shows no sign of distortion or "necking" resulting from loading.

- **Sewing**
  Look for loose or damaged threads and uneven stitch pattern.

- **Hardware**
  Look damaged , coroded or worn cannectors

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Inspection Log

Serial No:	Date of first issue:
Model #:	User:

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

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