SAL
SHOCK-ABSORBING LANYARD

Parts # SAL2E-1.8-B, SAL2E-1.8-C, SAL4E-1.8-BB, SAL4E-1.8-CC,

Instruction Manual

Do not throw instructions away.

Read and understand instructions before using this equipment.

Contents

Risk Statement

This lanyard is designed to protect against falls from height and reduce peak forces generated during a fall below 6kN, when used in accordance with this manual. Twin leg variants also reduce the possibility of a fall from height when transferring between anchorages, by allowing continuous connection.

EU Declaration of Conformity

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

SAL2E-1.8-B, SAL2E-1.8-C, SAL4E-1.8-BB, SAL4E-1.8-CC,

Including variants described as:
SAL2 & SAL4 *(with B & C variants for each for different hooks)*

Model	Description	Cert No.
SAL2E-1.8-B	Single Leg Elasticated Shock Absorbing Lanyard | 1.8m | Carabiner	CE-PC-240730-348-121-9A
SAL2E-1.8-C	Single Leg Elasticated Shock Absorbing Lanyard | 1.8m | Carabiner/ Scaffold Hook	CE-PC-240730-348-121-9A
SAL4E-1.8-BB	Twin Leg Elasticated Shock Absorbing Lanyard | 1.8m | Carabiner	CE-PC-240730-348-13-9A
SAL4E-1.8-CC	Twin Leg Elasticated Shock Absorbing Lanyard | 1.8m | Carabiner/ Scaffold Hook	CE-PC-240730-348-14-9A

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

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

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

May be used to support a MAXIMUM 1 in a **Personal Fall Arrest System (PFAS)** for use in Fall Arrest applications and will reduce fall arrest forces to no greater than 6kN. Maximum free fall is 4m, however it is recommended best-practice to limit free fall to no greater than 2m.
D-ring: **Dorsal (rear), Sternal (chest)**

For All Product Applications

- **Maximum User weight (including all clothing, tools, and equipment) is 100kg.**
- **Anchorage point in PFAS must be rated to withstand minimum 12 kN load and be EN 795:2012 or 1997+A1:2000 approved.**

The job site Competent Person (CP) must ensure that there are sufficiently strong and accessible anchorage points in the working environment. Anchorages MUST be overhead 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 CP. Always ensure that the means of attachment to the anchorage is secure before beginning work.

Applicable Safety Standards

Meets or exceeds:

- **BS EN355:2002**

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** EN361:2002 compliant harnesses.

Please contact Checkmate with any questions regarding product compatibility.

Limitations

Fall Clearance: There must be sufficient clearance below the work surface to arrest a fall before the user strikes the ground or an obstruction. When calculating fall clearance, account for a MINIMUM 1m safety factor, deceleration distance, user height, length of lanyard, harness stretch, free fall, swing fall and all other applicable factors. A Competent Person must check all components of PFAS to calculate fall clearance required.

See Diagram A on page 9

Swing Falls: Prior to installation or use, eliminate or minimise all swing fall hazards. Swing falls occur when the anchor is not directly above the location where a fall occurs. Always work as close to in line with the anchor point as possible. Swing falls significantly increase the likelihood of serious injury or death in the event of a fall. Swing fall must be included in fall clearance calculations.

Specifications

SAL Shock-Absorbing Lanyard

Variants


#SAL2E-1.8-B


#SAL2E-1.8-C


#SAL4E-1.8-BB


#SAL4E-1.8-CC

Part #	Length	Description
SAL2E-1.8-B	0.8m -1.2m	Single Leg Elasticated Shock Absorbing Lanyard | Steel Screwgate Carabiner each end
SAL2E-1.8-C	1.2m -2m	Single Leg Elasticated Shock Absorbing Lanyard | Steel Screwgate Carabiner and Steel/ Scaffold Hook
SAL4E-1.8-BB	0.9m -1.2m	Twin Leg Elasticated Shock Absorbing Lanyard | 1.8m | Steel Screwgate Carabiners each end
SAL4E-1.8-CC	1.3m -2m	Twin Leg Elasticated Shock Absorbing Lanyard | Steel Screwgate Carabiner and Steel/ Scaffold Hook

Lanyard Length (un-deployed)

1.3m - 2m

Maximum Arresting Force

6 kN

Materials

Polyester, PVC, Steel or Aluminium

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.

Quality

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

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.

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.

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 and/or freefall 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).**
- **If using twin leg lanyard, ensure 100% tie-off at all times; ALWAYS attach disengaged hook to a compatible anchor point prior to unhooking engaged hook. Never attach both lanyard legs to the same anchorage.**

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**

All components of the personal fall arrest system must be selected and deemed compatible with lanyard by a CP.

- **Step 2**

Ensure area where work is to be performed is free of all hazards, including, but not limited to, debris, rot, rust, sharp or abrasive edges and surfaces, and hazardous materials.

- **Step 3**

Anchorages should be above head height when possible and the area beneath and around these anchorage point should be clear of obstruction and sharp edges.

Single Leg Lanyard

- **Step 4a**

Attach Harness Connector to compatible harness D-ring.

Twin Leg Lanyard

- **Step 4b**

Attach Harness Connector to compatible harness D-ring. For lanyards with two, integrally connected legs, do **NOT** connect the anchorage connector to the harness D-ring.

- **Step 5**

Attach anchorage connector to compatible anchorage.

CHECKMATE

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

1. Shock Absorbing Lanyard
   MAX 140kg - Conforms to EN355:2002
   Material: Polyester
   Serial No:

2. Read and understand manufacturer's instructions before use.
   Remove from service if damaged, worn or excessively soiled

Lifespan

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

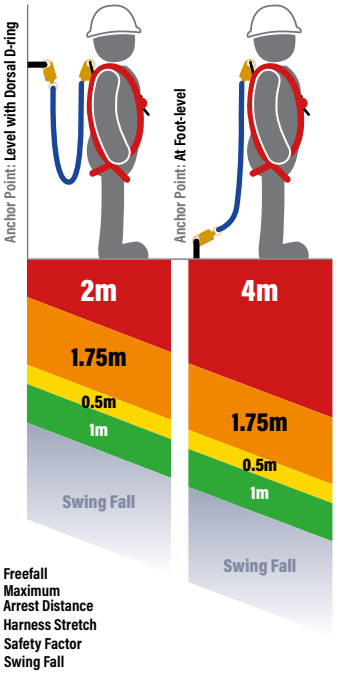
Lifespan of this product may be affected by the conditions of use, storage, maintenance and environment. The aforementioned may be taken as a guideline only, the usability of this product must be determined by the results of a periodical inspection. In addition, the HSE guidelines set out in INDG367 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 10 years from manufacture if stored for the maximum five years.

Diagram A - Fall Clearance

Fall clearance calculation example shown below are based on a standing worker falling directly in-line with anchor point.



WARNING! Eliminate Swing Fall whenever possible! If swing fall exists, always account for additional fall clearance.

Diagram B - Connections

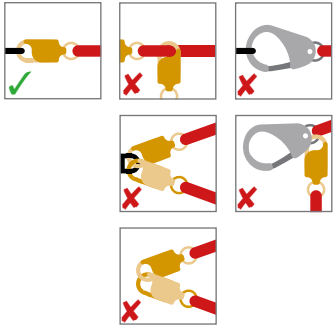
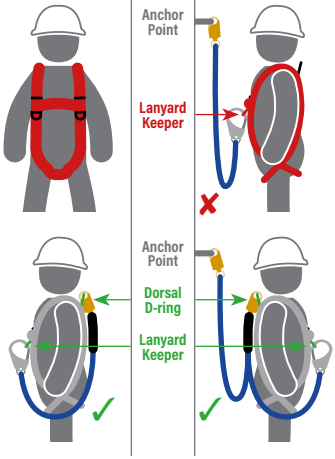


Diagram C - Lanyard Keepers



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 every 6 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:

- **Deployment Indicator**
  This lanyard has a deployment indicator that will deploy in the event of a fall. The deployment indicator forms part of the tear pack. In the event of a fall, the Tear webbing will separate and will be visible outside of the pouch. If the shock pack has deployed at all then the lanyard has been subjected to a fall and 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.

CHECKMATE

Inspection Log

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

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

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