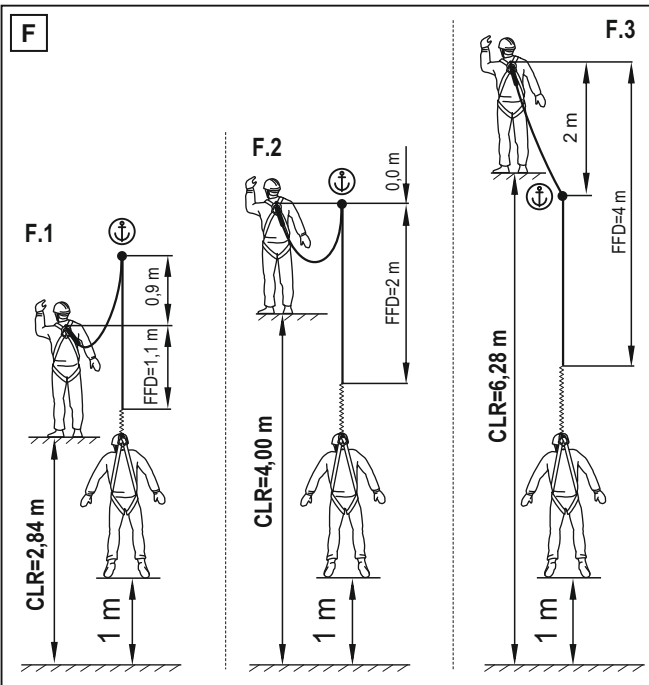
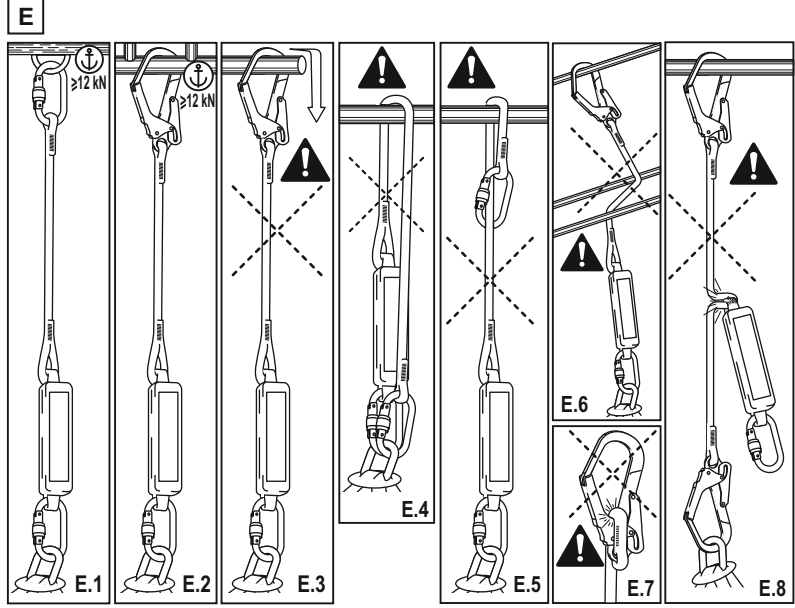
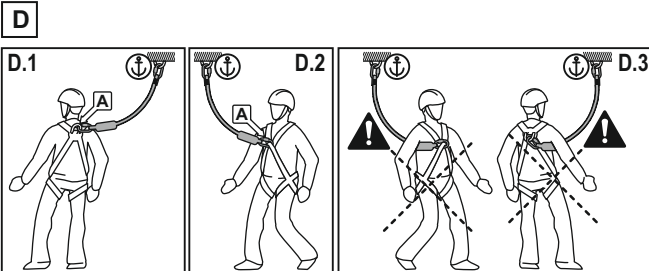
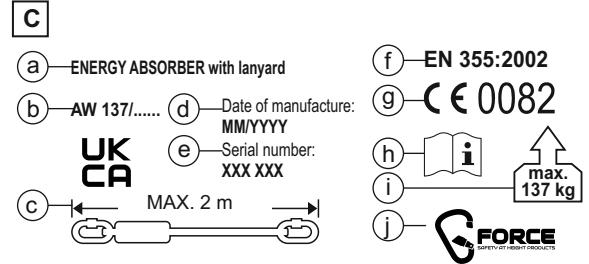
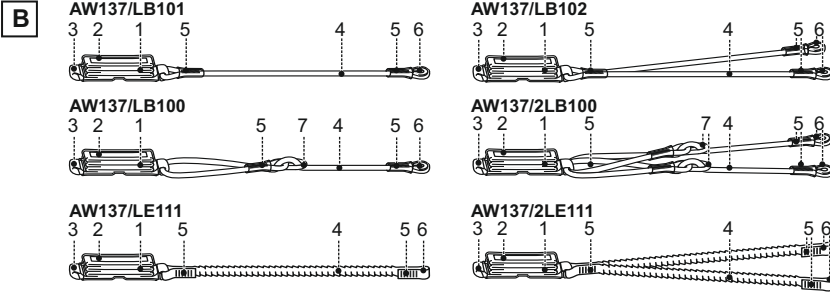


A EN Energy absorber with lanyard



CE 0082 EN 355:2002 UK CA



EN – ATTENTION! Read and understand this user manual before using this equipment. Work requiring the use of this equipment is dangerous. The user is obliged to follow this manual and is responsible for the correct use of the equipment. Misuse of the equipment can lead to injury or death. If you have any problems understanding this manual, please contact the equipment manufacturer.

A. OVERVIEW
 The energy absorber with lanyard is a personal protective equipment against falls from height. The energy absorber with lanyard is a piece of fall arrest equipment used when working at height and provides protection for one person with a maximum weight of 137 kg. The energy absorber with lanyard complies with EN 355:2002 - "Personal protective equipment against falls from a height - Energy absorbers".
 The energy absorber is made of polyester/polyamide webbing.
 The energy absorber is integrated with a lanyard made of:
 - polyester rope $\varnothing 10.5$ mm - Cat. AW137/LB101, AW137/LB102
 - polyester rope $\varnothing 12$ mm fitted with a steel adjustment clip - Cat. AW137/LB100, AW137/2LB100
 - polyester rope with flexible core - Cat. AW137/LE111, AW137/2LE111
 The total maximum permitted rope length with energy absorber and attachments shall not exceed 2 m.

B. OVERVIEW OF COMPONENTS
 1. Energy absorber
 2. Equipment id label
 3. Absorber's attachment loop
 4. Safety lanyard
 5. Seam
 6. Safety lanyard's attachment loop
 7. Adjustment buckle

C. LABELLING
 (a) the name of the equipment
 (b) part number
 (c) total maximum permitted rope length with energy absorber and attachments
 (d) equipment production month/year
 (e) the serial number
 (f) number: year of the European standard
 (g) CE marking and the registration number of the notified body responsible for the device production process control
 (h) note: read and understand the instructions manual before use
 (i) the permissible mass of the user
 (j) the manufacturer's identification

D. ATTACHING AN ENERGY ABSORBER WITH LANYARD TO THE FULL BODY HARNESS
 The energy absorber must be connected by means of a connector to the rear (D.1) or front (D.2) attachment point of the full body harness. Only use the points (buckles, loops) marked with a capital A. The full body harness must comply with EN 361. Connectors used with an energy absorber with lanyard must comply with EN 362. An energy absorber with lanyard should be attached to the full body harness in such a way that in the event of a fall it does not injure the person being secured (D.3).

E. ATTACHING AN ENERGY ABSORBER WITH LANYARD TO AN ANCHOR POINT
 The energy absorber lanyard must be connected by means of certified EN 362 connectors to an EN 795 compliant anchorage point with a minimum strength of 12 kN (E.1, E.2). The anchor point shape and design shall ensure that PPE is permanently connected and cannot accidentally detach (E.3). Do not tie the lanyard around an anchor point (E.4) or by wrapping the lanyard in the form of a damping loop (E.5). The lanyard must not be allowed to intertwine between the various components of the structure (E.6). Note the incorrect position of the lanyard inside the connector (E.7). On energy absorbers with a double lanyard, do not connect one lanyard to the user's harness and the other to the anchor point (E.8). Do not attach the free end of the double lanyard connected to the energy absorber back to the full body harness (E.9). Do not attach two energy absorbers to the harness in parallel with a lanyard (E.10). Moving horizontally in relation to the anchor point involves the risk of hitting obstacles during a swing fall (E.11), as well as the risk of falling over an edge (E.12).

F. MINIMUM NECESSARY DISTANCE BELOW THE FEET OF THE USER
 When using an energy absorber with lanyard, the necessary minimum distance below the user's feet (CLR) must be ensured to avoid collision with the structure or the ground during fall arrest. The necessary minimum free distance depends on the position of the energy absorber anchor point with the rope and the associated free fall distance (FFD) during fall arrest and is respectively:
 F.1. Anchorage point located 0.90 m above harness attachment point - free fall distance FFD=1.10 m - required distance below user's feet CLR is 2.84 m.
 F.2. Anchor point located at the level of the harness anchor point - free fall distance FFD=2.00m - required distance below the user's feet CLR is 4.00m.
 F.3 Anchor point located below the user's feet - free fall distance FFD=4.00 m - the necessary required distance below the user's feet CLR is 6.28 m.

G. PERIODIC INSPECTION
 At least after every 12 months of operation – starting from the date of first use – a periodic inspection of the fall arrester shall be performed.
 The periodic inspection shall only be carried out by a competent individual who is experienced and trained in the periodic inspection of PPE.

