

## Safe Work Procedure

Rev: Apr. 2010

### Fall restraint - Lanyard

**Job Description:** Lanyards/Shock Absorbing Lanyards:

**Hazards Present:** Fall from Heights, strains, impact injuries from falling.

**PPE Required:** Full Body Harness

**Note:** Employees who wear fall protection equipment must be trained and deemed competent, must demonstrate operational competency and/or have received approval from their immediate supervisor. Operators must wear the proper PPE as required.

#### Practice

##### 1. Conduct a pre-shift inspection of Lanyards;

- Check lanyard material for cuts, burns, abrasions, kinks, knots, broken stitches, and excessive wear
- Inspect the snap hooks for hook, locks, and eye distortion.
- Check carabineer for excessive wear, distortion, and lock operation.
- Ensure that all locking mechanisms seat and lock properly.
- Once locked, locking mechanism should prevent hook from opening.
- Visually inspect shock absorber for any signs of damage, paying close attention to where the shock absorber attaches to the lanyard.
- Verify that points where the lanyard attaches to the snap hooks are free of defects.

##### 2. Annual Inspections;

- A competent person will complete annual inspections of all Lanyards, and proper documentation will be maintained.
- All lanyards will be stored properly to protect them from damage.
- All lanyards involved in a fall will be destroyed.