



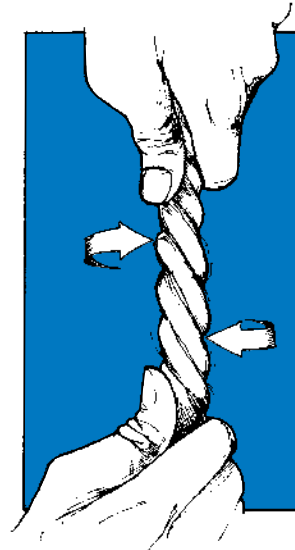
## Inspecting your lanyard

A lanyard is a flexible line of webbing, or a synthetic or wire rope, used to secure a safety belt or full body harness to a lifeline or anchor.

Inspect the lanyard before each use. Check the rope or webbing, the snap hooks, and the manufacturer's label for additional user information.

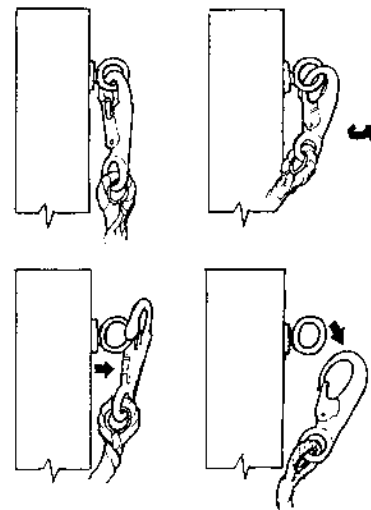
### Rope or webbing

- Inspect the whole length of the lanyard and the eye splices. If you have a three-strand rope lanyard, carefully twist the rope open (as shown) to look for worn, broken, or cut fibres. Do not over-twist, or you could permanently deform the rope.
- Web lanyards should be discarded if
  - The webbing has cuts, holes, or is worn or frayed, or
  - The load-bearing stitches are damaged
- If you find any signs of deterioration, burns, or broken or damaged strands, or if you have any reason to suspect the lanyard, do not use it.



### Snap hooks

- CSA Standard Z259.1 requires snap hooks to be self-locking to prevent accidental roll-out. Roll-out can occur when small D-rings, or other attachment hardware, cause the snap-hook gate to push open in a twisting action, thus separating the two components (as shown).



### Manufacturer's label

The manufacturer's label on a CSA-approved lanyard will contain the following information:

- Manufacturer or vendor identification
- Length and diameter of the lanyard (if applicable)
- Material from which the lanyard was made
- Date the lanyard was manufactured
- Model number
- "Warning—any unit which has seen fall arrest service should not be used after such service"

Project: \_\_\_\_\_ Address: \_\_\_\_\_

Employer: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Shift: \_\_\_\_\_

Number in crew: \_\_\_\_\_ Number attending: \_\_\_\_\_

Other safety issues or suggestions made by crew members:

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Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Manager's remarks: \_\_\_\_\_

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Manager: \_\_\_\_\_ Supervisor: \_\_\_\_\_

*(signature)*

*(signature)*



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