

WORKING TO MAKE A DIFFERENCE worksafebc.com

TOOLBOX MEETING GUIDE



Personal shock absorbers and carabiners

Personal shock absorbers

A shock absorber slows and cushions a fall, reducing the forces of stopping the fall.

Personal shock absorbers are often made of "tear webbing." In a fall, specific stitch patterns in the webbing absorb the force of impact and progressively tear apart.

WARNING: The shock absorber may increase the length of the lanyard by as much as 1.2 m (4 ft.) during a fall. Be sure to

- 1. **Refer to the label** on the shock-absorbing unit to determine the maximum elongation.
- 2. Allow for extra fall distance when you include a shock absorber in your personal fall protection system.

NOTE: A personal shock absorber that meets CSA Standard Z259.11 is acceptable to WorkSafeBC.

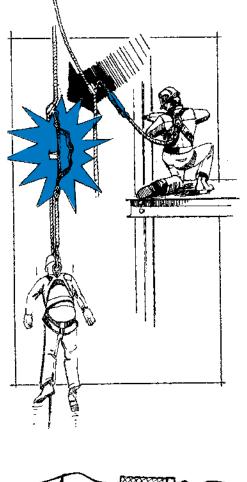
Carabiners

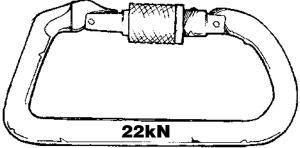
A carabiner is an oblong-shaped connecting device used to attach different components of a personal fall protection system.

A carabiner that meets the requirements of CSA Standard Z259.12 is acceptable to WorkSafeBC. A carabiner should

- Have gates that are both self-closing and self-locking
- Have a breaking strength of at least 22 kN (5,000 lb.)
- Have the manufacturer's identity and load capacity clearly marked on it

Inspect your carabiner before each use. Make sure it is free of damage, deformities, or excessive wear.





Project:	Address:		
Employer:	Supervisor:		
Date: Time:	Shift:		
Number in crew:	Number attending:		
Other safety issues or suggestions made by crew members:			

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
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Manager's remarks:

Manager: _____

_____ Supervisor: _____

(signature)

(signature)



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