



USER INSTRUCTIONS

## Adjustable rope lanyard

15mm  
dia  
hole



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Cumbria, United Kingdom,  
Penrith,  
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Units 3-7, Tebay Business Park,  
Lyon Equipment Ltd.



lyon.co.uk/user-instructions

### Certification

CE 0598

EN 358:2018

### Approved body

EU Type-examination for Regulation 2016/425 by:  
Notified Body No. 2777  
SATRA Technology Europe Ltd.  
Bracetown Business Park, Clonee,  
Dublin, D15 YN2P, Ireland.

**This information to be read and kept in conjunction with the Lyon General User Instructions.**

**Lanyard may be supplied with sewn-in connectors – if so, read and keep connector user instructions.**

### Use

This lanyard is designed as a flexible connecting element for use in a work at height system (work restraint or work positioning).

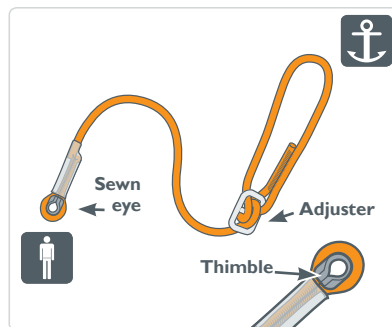
It is not to be used for fall arrest or in conjunction with an energy absorber.

Do not use this adjustable lanyard as an anchor.

The lanyard may be used in conjunction with compatible items of personal fall protection equipment of suitable specification, with due consideration to the limitations of each individual piece of equipment in the safety chain. Only locking connectors conforming to EN 362 or EN 12275 may be used.

For work at height, the harness should conform to EN 361 (work restraint only), EN 358 or EN 813; all connectors must conform to EN 362 and anchors to EN 795.

A waist belt should not be used if there is a foreseeable risk of the user becoming suspended or being exposed to unintended tension by the waist belt.



When using a work positioning system, the user normally relies on the equipment for support, therefore it is essential to consider the need of using a back-up, e.g. a fall arrest system.

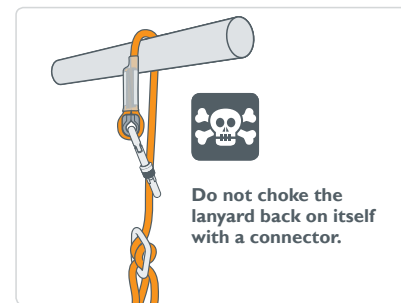
The single sewn eye of the lanyard should be connected to a designated attachment point on the user's harness, and the loop between the eye sewn onto the adjuster and rope feeding back through the adjuster should be attached to a suitable anchor point. Connections must be made with suitable connectors, and all connectors must be locked.

Do not attach two connectors to the same attachment point of the lanyard.

Take care if using a karabiner retainer with this lanyard. The lanyard and karabiner may become twisted so that the only connection between the karabiner and the lanyard is the retainer - danger of death. Please see current product information provided by the manufacturer of your karabiner retainer.

Adjust the lanyard length by sliding the metal adjuster along the lanyard.

The lanyard should be positioned and / or adjusted so that the anchor point is maintained at or above waist level. Lower anchor points must be risk-assessed before use. The lanyard must be kept taut, and adjusted to avoid any possibility of a fall from height.



It is essential to regularly check fastening and adjustment elements during use.

Never place a connector or any other object into the adjuster.

Never place a connector in the sewn eye stitched around the adjuster.

Performance and ultimate strength will be reduced by ultraviolet radiation (UV), extreme temperatures, chemical contamination, sharp edges, cuts, abrasion (list not exhaustive).

It may be necessary to supplement arrangements for work positioning or restraint with other means of protection against falls from height, either collective means (e.g. safety nets) or personal means (e.g. fall arrest systems conforming to EN 363).

This product is Personal Protective Equipment for one user only and should be a personal issue item. Please note it is NOT lifting equipment.

### Inspection

Lanyards should be subject to:

- Pre-use checks
- Thorough inspections
- Interim inspections (as appropriate)

Before each use, check the lanyard for wear or damage. Check the thimble for cracks. If the thimble is cracked and there is no sign of related damage (evidence of overloading which may have caused the cracking, or damage to the rope as a result of the cracked thimble), the thimble should be removed to prevent possible damage to the rope. Then the lanyard may continue to be used subject to passing the other checks. Check for cuts, burn marks, abrasion, bulging of the core through the sheath, bulges and flat sections in the rope. Check the load bearing stitching for abrasion or distortion, and cut or loose threads. Check both rope and stitching for discoloration, which could be the result of chemical or UV damage. Check the adjuster for any signs of corrosion, wear or deformity. The checks should be undertaken in good light. Any item showing any defect should be withdrawn from service immediately.

Any connectors fitted to the lanyard should be inspected in accordance with the instructions for the specific connector.

### Chemicals

Avoid all contact with chemical reagents that could affect the performance of the lanyard, e.g. acids, caustic substances and oxidising agents. Discard this product immediately if contamination is even suspected to have occurred.

### Materials

The rope and thread used in this lanyard is polyamide (Nylon). The heatshrink cover over the stitching is polyolefin.

The metal adjuster is made from aluminium alloy.


The thimbles are plastic.

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**Obsolescence**

The maximum lifetime of this lanyard is ten years from date of manufacture.

**Marking**

	Manufacturer's logo
LLRAXXX ◆	Product code, where XXX is the length in cm and ◆ is the colour
idN	Individual serial number will be in the format YYDDD 12345. The first two digits give the year of manufacture, the next three digits the day of the year from 001 to 365 and the five digits after is the number in the series
CE 0598	CE mark and notified body number
EN 358:2018	Standard to which this item conforms

Marking, on the heatshrink cover over the stitching, can be made with an indelible marker pen; alternatively, compatible rope marking tape may be applied to the rope next to the heatshrink.

*End of document*



## General user instructions



LYON Equipment Ltd.,  
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### Notified body controlling manufacture (where applicable)

Where items of Personal Protective Equipment require an EU type examination in accordance with Personal Protective Equipment (EU) Regulation 2016/425, the body controlling the manufacture is: Notified body No. 0598  
SGS Fimko Oy,  
P.O. Box 30 (Särkiniementie 3),  
00211 HELSINKI, Finland.

### WARNING

Make sure that you have read and understood these instructions before using this equipment. These user instructions are to be read and kept along with any other user information provided.

Activities at height are hazardous and may lead to injury or death. It is the user's responsibility, at all times, to ensure that they understand the correct use of any equipment supplied by or through Lyon Equipment, use it only for the purposes for which it is designed, and practice proper safety procedures including having a rescue plan in case of emergency.

This product must not be used outside its limitations, or for any purpose other than those described in the user instructions. Misuses forbidden in these instructions are examples only; many other misuses may exist which could lead to injury or death.

Do not use combinations of items of equipment in which the safe function of any one item is affected or interferes with the safe function of another.

Please note, the information in these user instructions is not exhaustive, and is not a substitute for comprehensive instruction and training by a competent person.

Lyon Equipment is not responsible for any consequences, whether direct, indirect or accidental, resulting from the use of its products.

If you are unsure about the correct use of this product, please contact us.

### Who can use this equipment

This equipment should only be used by trained, competent and responsible persons, or the user should be under the direct supervision of a trained, competent and responsible person.

Activities at height should not be undertaken by persons affected by alcohol or drug dependence, diabetes, epilepsy, fits, blackouts, fear of heights, vertigo / dizziness / difficulty with balance, heart disease / chest pain, high or low blood pressure, impaired limb function, obesity, psychiatric illness, musculoskeletal issues, e.g. a bad back.

### General instructions for use

Equipment must be checked before each use, to ensure it is serviceable and operates correctly. Checks should also be carried out during use. In addition, a thorough inspection by a competent inspector should be carried out in strict accordance with these user instructions, and a record kept of these inspections.

This product may be used with any compatible item of equipment, keeping in mind the limitations of each item in the safety chain. It should be noted that a full body harness is the only type of harness which may be used in a fall arrest system.

The anchor device or anchor point is of primary importance and should be unquestionably reliable. It should be strong enough to withstand the foreseeable maximum load that could be applied e.g. in the event of a fall.

When selecting an anchor, the anticipated directions of loading and potential loads should be taken into account.

Anchors should be selected and positioned to allow work to be carried out in such a way as to minimise the potential for a fall and potential fall distance, for example by keeping the anchor point / device above the user.

Anchors should not have sharp or rough edges which could damage equipment (use edge protection if necessary).

On each occasion of use, verify the free space required beneath the user in order to avoid an impact. Always try to place protection so that any fall will be stopped before the user hits the ground or any other obstruction. Remember to allow for rope stretch and slippage in the belay device or rope ascender / descender. In a fall arrest situation, the user must be protected from dynamic forces of greater than 6 kN in the event of a fall, e.g. by use of a fall arrest system incorporating an EN 355 energy absorber.

### Maintaining your equipment

Wash in clean water not exceeding 30°C with pure soap and rinse in clean cold water. Do not use chemical products, solvents or detergents – these should be regarded as harmful.

Due to the difficulties in effectively disinfecting equipment, we recommend that any contaminated equipment should be withdrawn from use and disposed of in a suitable manner.

Equipment must be clean and dry before storing. Always allow to dry naturally, away from direct heat. Equipment should be stored in a cool, dry, well-ventilated area, away from excessive heat, high humidity, sharp edges, corrosives, sunlight or other sources of ultraviolet light (UV) and other possible causes of damage.

During transport, this product should be protected from abrasion, mechanical damage, chemical contamination, UV and heat.

### Textiles

Always keep textile items at temperatures between -30°C and +50°C.

### Metal items

Always keep metal items at temperatures between -20°C and +60°C.

No alterations, additions or repairs may be made to this product without the manufacturer's prior written consent; if done, the repair must be carried out by a competent person for repair authorised by Lyon Equipment to make the repair; and in accordance with specified procedures.

These instructions must be strictly adhered to.

### Inspection

A thorough inspection should be carried out at least every 6 months by a competent inspector in accordance with these user instructions. A record of these checks should be kept with the product along with these user instructions. In addition, interim inspections should be carried out where products are used intensively, or in particularly harsh environments where damage is more likely to occur, or where legislation or the type of equipment make it necessary.

Pre-use and thorough inspections are essential because the user's level of protection depends on the continuing correct performance of this product.

PPE (Personal Protective Equipment) inspection training is available from Lyon Equipment.

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