

# SAFE WORK PRACTICES

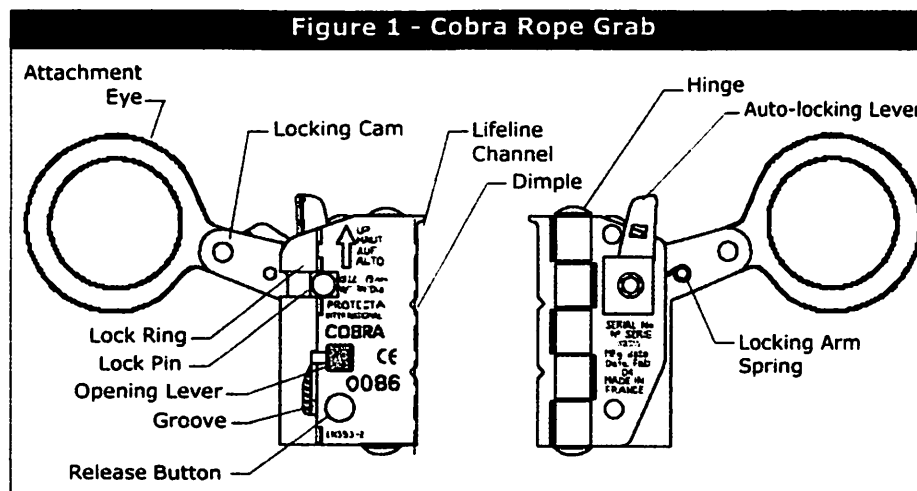
## 3.17 SAFE USE OF MANUAL COBRA ROPE GRABS

### Safe Work Practices:

1. Use only with an approved Full Body Harness.
2. Use when combined weight including clothing and tools, is no more than 310 lbs.
3. Never use a lifeline without a diameter of 5/8-inch.
4. Never use lifeline without kernmantle or 3-strand lay ropes.
5. Never use lifeline ropes made from anything other than polyester fibers.
6. Never alter this equipment.
7. Never allow more than one person at a time be connected.
8. Never use where there is a possibility of connection with power lines.
9. Never work above the anchorage point unless absolutely necessary.

### Procedures:

1. Always make a visual inspection of equipment first. Inspect the attachment eye and locking cam to ensure that the cam moves freely without hesitation.
2. Inspect the locking cam to ensure that the teeth are not rounded or worn. Ensure the locking cam lever, spring and locking pin (located in the groove) are in the proper location and undamaged.
3. Test repeatedly that the rope grab opens when the release button is depressed with the opening lever. The release button must be fully extended after the rope grab is closed.
4. Select a rigid anchorage point that is capable of supporting the required loads. Do not work above anchorage level.
5. Do not use a body belt for fall arrest. Make certain enough clearance exists in your fall path and avoid working where lifeline may cross or tangle with that of another worker.



## ATTACHING THE COBRA ROPE GRAB TO THE LIFELINE

### Procedures:

1. Ensure rope grab is in the “UP” position and orientated towards the anchorage when installed to lifeline.
2. Push the opening lever (knurled knob) downward until it reaches the bottom of groove, then press opening lever inward until the release button is completely depressed.
3. Pull the lifeline sleeve and the locking cam apart until the unit is fully opened.
4. Raise locking cam to the “UP” position and install the rope inside the lifeline channel and close rope grab halves—the lever should now be at the top of the groove and at rest against the lifeline sleeve.
5. Test rope grab by pulling down on the locking cam...must lock onto the lifeline and prevent any descent once cam is engaged.

## POSITIONING THE ROPE GRAB ON THE LIFELINE

### Procedures:

1. Using the lanyard to the rope grab, pull up slightly on the rope grab locking cam to release it from the locked position. Remember always keep at least 12 feet of rope below the rope grab. This allows enough locking distance and fall clearance.
2. Using lanyard, raise or lower rope grab to desired location. Apply tension to the lifeline to assure smooth travel of the rope grab.
3. After locating the rope grab, position it on the lifeline at or above the shoulders (this will reduce possible free fall). Then lock rope grab in position by pulling the locking cam until the lever is in the full down position. The locking cam must be released before attempting to re-position the rope grab.
4. ONLY under special conditions can a worker allow the rope grab to follow the worker and that is if the worker is on a moving platform. BUT MUST keep the lanyard as short as possible (not to exceed 3 feet).

## PARKING FEATURE

### Procedures:

1. To active the parking feature release the lever from the tab on the side of the rope and allow it to rotate from vertical to horizontal.
2. The parking feature is now operational and will prevent the rope grab from traveling down the life line. This will allow the worker to remain on the lifeline for a period of time. (The rope grab operates in manual mode while park feature is engaged).
3. To de-activate the parking feature return the auto-locking lever to the upright position and allow the hole in the lever to catch on the tab on the same side as the rope grab. While in the vertical position, unlock from the lifeline by lifting up on the locking cam.

## TRAINING

**ALL users must be trained in the correct use and care of this equipment.  
ALL parties must be aware of the operating characteristics, application limits and consequences of improper use.**