

SAFE WORK PRACTICES

3.15 SAFE USE OF SELF RETRACTING LIFELINE

Safe Work Practices:

1. Use only with an approved Full Body Harness.
2. Hold onto cable during rewinding.
3. Do not leave cable extended for long periods of time.
4. Never use a waist or chest belt of any type for fall arrest hazards.
5. Always ensure you have properly calculated the fall distance.
6. Never alter this equipment.
7. Never allow more than one person at a time to 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. Check the nut and bolt detaining connection hook for signs of distortion, cracks, burns and general wear.
2. Check the main housing for signs of distortion or cracks.
3. Check that the main body housings fit evenly. Ensure there are no gaps between sections.
4. All screws and rivets must be present and tight. Check the snap hooks for signs or distortion, cracks, burns and wear.
5. Check the D-ring for distortion, sharp edges, burns, cracks or worn parts.
6. Next check the cable prior to use. Look for flat areas, kinks, cut areas, abrasion, corrosion or heat damage.
7. To do this, wear safety gloves. Pull entire length of lifeline out. Allow it to slowly retract through your protected hand flexing every few inches to check for broken wires.
8. Test the locking mechanism 3 – 5 times by jerking down on the cable.
9. Survey the area you will anchor to. It should be free and clear of hazards and other workers.
10. Always ensure there is approximately 6 feet of free fall space beneath the working space.
11. After connecting to a safe anchorage point, attach the snap hook at the end of the cable to the dorsal D-ring of the harness ensuring the snap hook closes fully.
12. Make every effort to keep the cable clean and free of debris. Failure to do so may result in premature locking and rewind failure of the device.
13. The anchorage point must be capable of sustaining loads in the direction applied of at least 3600 lbs.
14. When more than one worker is attached to the same anchorage point, you must multiply the above number by the number of workers attached.
15. While using, always ensure the cable maintains constant tension. Excessive slack on the cable will result in a further fall and shock load on the body is excessive.
16. Move normal, sudden jerks could activate the locking mechanism.