

3M™ Self-Retracting Lanyards



The Height of Confidence

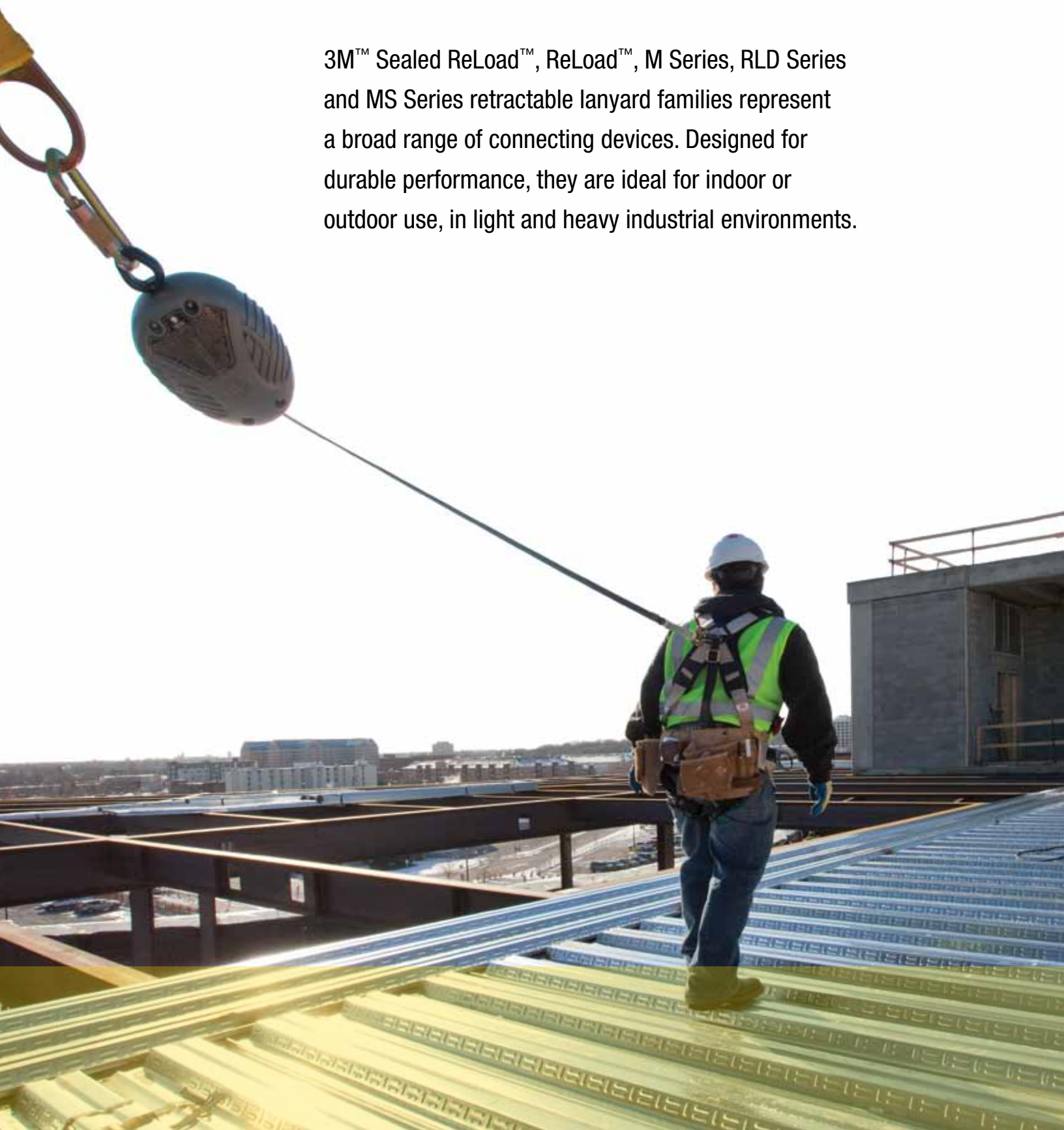
On average, 12 workers in the United States die per week due to falls while at work.* Ensuring the safety of your employees who work at height is a priority for you. At 3M, we understand. Our mission is to help protect your workers by providing fall arrest solutions you can trust. 3M™ Self-Retracting Lanyards are specially designed utilizing state-of-the-art retractable technology. We offer a broad range of lifeline lengths available to suit your work environment. Ultimately, our goal is to help you take the stress and liability out of knowing whether or not your employees are out of harm's way.

[3M.com/FallProtection](https://www.3m.com/FallProtection)



Taking the Fear out of Heights

3M™ Sealed ReLoad™, ReLoad™, M Series, RLD Series and MS Series retractable lanyard families represent a broad range of connecting devices. Designed for durable performance, they are ideal for indoor or outdoor use, in light and heavy industrial environments.



Where safety and protection go hand in hand

Our self-retracting lanyards combine innovative technology that may help to offer greater maneuverability and productivity. From construction to petrochemical, we offer a wide range of lifelines to meet the exacting fall protection needs of diverse industries.

- Wide selection with devices ranging from 7 ft. web to 130 ft. stainless steel cable lifelines
- Durably designed to be used in harsh industry environments such as construction, roofing, marine, mining and petroleum industries
- Housing options available in plastic or aluminum
- Manufactured with 3,600 lbs. gate-rated hardware and meets the requirements of the latest ANSI Z359.12-2009 standards
- Extensively tested to meet or exceed applicable ANSI standards and OSHA regulatory requirements
- Can be maintained and recertified to help extend the service life of the product through the 3M™ Retractable Repair Program

Why would I choose a self-retracting lanyard vs. a shock absorbing lanyard?

Ensure worker safety

Help to reduce trip hazards and fall distance with a 3M self-retracting lanyard. A shorter fall distance reduces the potential for injury. In the event of a fall, the braking mechanism of a self retracting lanyard activates as soon as the user reaches an approximate acceleration speed 4.5 - 6.5 ft/s (generally 12-18 inches), with a maximum arresting distance of 42 inches. Self-retracting lanyards retain tension on the lifeline at all times, keeping it out of the worker's way and reducing trip hazards.

Increase productivity

Improved maneuverability means increased productivity. Unlike a typical 6 ft. energy-absorbing lanyard, you can choose self-retracting lanyards from 7 ft. up to 130 ft. to increase your working zone.



OVER 17.5 ft.

Over 17.5 ft. of clearance from anchor point, an energy absorbing lanyard OR self-retracting lanyard can be used.



SafelLight Shock Absorbing Lanyard 209512



ReLoad™ Self-Retracting Lanyard REC-23

UNDER 17.5 ft.

Under 17.5 ft. of clearance from anchor point, the use of a self-retracting lanyard is recommended.



ReLoad™ Self-Retracting Lanyard REC-23

How to select a self-retracting lanyard

There are four main considerations to take into account when choosing a self-retracting lanyard—cost, work environment, weight of unit and length.

cost Choose from a range of competitively-priced options to fit your budget requirements

work environment Choose your work environment: from harsh marine, mining, oil & gas to general purpose

weight of unit Weight ranges from 2.9 to 62 lbs. depending on length and type of lifeline material

length Choose a length from 7 to 130 ft. for optimum maneuverability and productivity

Connecting features at a glance

Housing Hardware Options



Carabiner



Dual Leg Adapter



Swivel-top Carabiner



Swivel Hook









Snap Hook



Rebar Hook
(also available in aluminum)

Features at a glance

		Work Environments	Lifeline Material		Weight of Unit	Housing Material	Lengths Available
Premium	 Sealed ReLoad™	marine, mining, oil and gas environments	galvanized or stainless steel cable		21.4 to 62.6 lbs	aluminum / stainless steel	30 50 85 130
	 ReLoad™ REC models	general purpose for harsh environments	galvanized or stainless steel cable		11.4 to 16.6 lbs	impact modified nylon	23 30 40 50
	 ReLoad™ REW models	general purpose for harsh environments and/or on scratch-sensitive surfaces	web		3.4 to 9.6 lbs	aluminum or impact modified nylon	7 12 23
Mid-range	 M Series	general purpose	galvanized cable		6.3 to 58 lbs	aluminum	15 30 40 50 75 100 130
	 RLD Series	general purpose	galvanized cable		4.9 to 15 lbs	polymer	10 20 30 50
	 MS Series	general purpose and/or on scratch-sensitive surfaces	Dyneema® web		2.9 to 12.5 lbs	aluminum or polymer	7 11 16 20 30 50





SREC-50-SS

Sealed ReLoad™

Product #	UPC #	Length	Lifeline	Housing	Weight of Unit	Housing Hardware	Lifeline Hardware	Weight Rating
SREC-30	10078371012745	30	Galvanized	Aluminum	21.6	Carabiner*	Swivel Hook	400 lbs. rated
SREC-50	10078371012752	50	Galvanized	Aluminum	28	Carabiner*	Swivel Hook	400 lbs. rated
SREC-85	10078371012769	85	Galvanized	Aluminum/Stainless	47.9	Carabiner*	Swivel Hook	400 lbs. rated
SREC-130	10078371012776	130	Galvanized	Aluminum/Stainless	62.6	Carabiner*	Swivel Hook	400 lbs. rated
SREC-30-SS	10078371012783	30	Stainless	Aluminum	21.4	Carabiner*	Swivel Hook	400 lbs. rated
SREC-50-SS	10078371012790	50	Stainless	Aluminum	27.7	Carabiner*	Swivel Hook	400 lbs. rated
SREC-85-SS	10078371012806	85	Stainless	Aluminum/Stainless	48.3	Carabiner*	Swivel Hook	400 lbs. rated
SREC-130-SS	10078371012813	130	Stainless	Aluminum/Stainless	62	Carabiner*	Swivel Hook	400 lbs. rated

Meets requirements of ANSI Z359.1-07 standards and CSA Z259.2.2-98. IP68 and IP69K rated. *Not included. Carabiner 210-07 is available to order.



REC-23

ReLoad™

Product #	UPC #	Length	Lifeline	Housing	Weight of Unit	Housing Hardware	Lifeline Hardware	Dual Leg	Weight Rating
Cable Lifeline Models (REC)									
REC-23	10078371011328	23	Galvanized	Impact Modified Nylon	11.5	Carabiner	Swivel Hook		400 lbs. rated
REC-30	10078371011335	30	Galvanized	Impact Modified Nylon	13.3	Carabiner	Swivel Hook		400 lbs. rated
REC-40	10078371011342	40	Galvanized	Impact Modified Nylon	16	Carabiner	Swivel Hook		400 lbs. rated
REC-50	10078371011359	50	Galvanized	Impact Modified Nylon	16.6	Carabiner	Swivel Hook		400 lbs. rated
REC-23-SS	10078371631359	23	Stainless	Impact Modified Nylon	11.4	Carabiner	Swivel Hook		400 lbs. rated
REC-30-SS	10078371631366	30	Stainless	Impact Modified Nylon	13.2	Carabiner	Swivel Hook		400 lbs. rated
REC-40-SS	10078371631373	40	Stainless	Impact Modified Nylon	15.8	Carabiner	Swivel Hook		400 lbs. rated
REC-50-SS	10078371631380	50	Stainless	Impact Modified Nylon	16.4	Carabiner	Swivel Hook		400 lbs. rated

Web Lifeline Models (REW)									
Product #	UPC #	Length	Lifeline	Housing	Weight of Unit	Housing Hardware	Lifeline Hardware	Dual Leg	Weight Rating
REW-7	10078371011458	7	Web	Aluminum	3.4	Carabiner	Snap Hook		310 lbs. rated
REW-7-0241A	10078371654136	7	Web	Aluminum	3.7	Carabiner	Aluminum Rebar Hook		310 lbs. rated
DLREW-7	10078371628236	7	Web	Aluminum	6.5	DL-7	Snap Hook	•	310 lbs. rated
DL-REW-7-0241A	10078371654143	7	Web	Aluminum	7.1	DL-7	Aluminum Rebar Hook	•	310 lbs. rated
REW-12	10078371011366	12	Web	Impact Modified Nylon	3.5	Swivel-Top, Carabiner	Snap Hook		310 lbs. rated
REW-23	10078371011373	23	Web	Impact Modified Nylon	9.6	Swivel-Top, Carabiner	Snap Hook		310 lbs. rated

Meets requirements of ANSI Z359.1-07 standards and CSA Z259.2.2-98.

Dual Leg Accessories

Product #	UPC #	Description
DL-7	10078371628205	Dual Leg Retractable Adapter
DL-7B	10078371628243	Dual Leg Retractable Replacement Bolt Set

DL-REW-7 (DL-7 shown as part of DL-REW-7)



M-30



RLD-30



MS-11

M Series

Product #	UPC #	Length	Lifeline	Housing	Weight of Unit	Housing Hardware	Lifeline Hardware	Weight Rating
M-15	10078371003521	15	Galvanized	Aluminum	6.3	Swivel-Top, Carabiner	Swivel Hook	310 lbs. rated
M-30	10078371003590	30	Galvanized	Aluminum	9.3	Swivel-Top, Carabiner	Swivel Hook	310 lbs. rated
M-40	10078371003606	40	Galvanized	Aluminum	12.9	Swivel-Top, Carabiner	Swivel Hook	310 lbs. rated
M-50	10078371003620	50	Galvanized	Aluminum	16.4	Swivel-Top, Carabiner	Swivel Hook	310 lbs. rated
M-75	10078371003644	75	Galvanized	Aluminum	22	Swivel-Top, Carabiner	Swivel Hook	310 lbs. rated
M-100	10078371003415	100	Galvanized	Aluminum	33.3	Large Carabiner	Swivel Hook	310 lbs. rated
M-130	10078371003439	130	Galvanized	Aluminum	58	Large Carabiner	Swivel Hook	310 lbs. rated

Meets requirements of ANSI Z359.1-07 standards and CSA Z259.2.2-98.

RLD Series

Product #	UPC #	Length	Lifeline	Housing	Weight of Unit	Housing Hardware	Lifeline Hardware	Weight Rating
RLD-10	10078371642423	10	Galvanized	Polymer	4.9	Swivel-Top, Carabiner	Snap Hook	310 lbs. rated
RLD-10S	10078371013568	10	Galvanized	Polymer	5.1	Swivel-Top, Carabiner	Swivel Hook	310 lbs. rated
RLD-10-0241	10078371008274	10	Galvanized	Polymer	5.6	Swivel-Top, Carabiner	Rebar Hook	310 lbs. rated
RLD-20	10078371003736	20	Galvanized	Polymer	7.1	Swivel-Top, Carabiner	Swivel Hook	310 lbs. rated
RLD-20NIH	10078371010277	20	Galvanized	Polymer	7.1	Swivel-Top, Carabiner	Swivel Hook	310 lbs. rated
RLD-30	10078371003750	30	Galvanized	Polymer	8.5	Swivel-Top, Carabiner	Swivel Hook	310 lbs. rated
RLD-30NIH	10078371010284	30	Galvanized	Polymer	8.5	Swivel-Top, Carabiner	Swivel Hook	310 lbs. rated
RLD-50	10078371003774	50	Galvanized	Polymer	15	Swivel-Top, Carabiner	Swivel Hook	310 lbs. rated

Meets requirements of ANSI Z359.1-07 standards and CSA Z259.2.2-98. NIH = Non-Indicating Hook

MS Series

Product #	UPC #	Length	Lifeline	Housing	Weight of Unit	Housing Hardware	Lifeline Hardware	Dual Leg	Weight Rating
MS-11	10078371007307	11	Dyneema® Web	Aluminum	4.4	Swivel-Top, Carabiner	Snap Hook		310 lbs. rated
MS-11/0241	10078371013513	11	Dyneema® Web	Aluminum	5.1	Swivel-Top, Carabiner	Rebar Hook		310 lbs. rated
MS-16	10078371007314	16	Dyneema® Web	Polymer	4.5	Swivel-Top, Carabiner	Snap Hook		310 lbs. rated
MS-20	10078371003675	20	Dyneema® Web	Polymer	5.5	Swivel-Top, Carabiner	Swivel Hook		310 lbs. rated
MS-30	10078371003699	30	Dyneema® Web	Polymer	6.5	Swivel-Top, Carabiner	Swivel Hook		310 lbs. rated
MS-50	10078371003712	50	Dyneema® Web	Polymer	12.5	Swivel-Top, Carabiner	Swivel Hook		310 lbs. rated
3307*	10078371009226	7	Dyneema® Web	Aluminum	2.9	Swivel-Top, Carabiner	Snap Hook		310 lbs. rated
3307-0241*	10078371008229	7	Dyneema® Web	Aluminum	3.6	Swivel-Top, Carabiner	Rebar Hook		310 lbs. rated
DL3307*	10078371628212	7	Dyneema® Web	Aluminum	5.8	DL-7	Snap Hook	•	310 lbs. rated
DL3307-0241*	10078371628229	7	Dyneema® Web	Aluminum	7	DL-7	Rebar Hook	•	310 lbs. rated

Meets requirements of ANSI Z359.1-07 standards and CSA Z259.2.2-98.

*Estimated availability April 2012

Weights and measurements are approximate

For more information

Sales Assistance: 1-800-328-1667

Building and Construction Customer Service: 1-866-513-4026

Technical Assistance: 1-800-243-4630 in US, 1-800-267-4414 in Canada

Website: www.3M.com/FallProtection



3M

Occupational Health & Environmental Safety Division

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⚠WARNING

Compliant fall protection and emergency rescue systems help prevent serious injury during fall arrest. Users must read and understand the User Instructions provided with the product and be properly trained by their employer prior to use per OSHA 1910.66 and 1926.503 or applicable local standards. Misuse or failure to follow warnings and instructions may result in serious personal injury or death. For proper use, see supervisor, User Instructions, or call 3M OH&ESD Technical Service at 1-800-243-4630. In Canada, call 1-800-267-4414.

* <http://bls.gov/news.release/cfoi.nr0.htm>

