



Adjustable Rope Positioning Lanyard

Model Numbers: 1234070, 1234080, 1234081

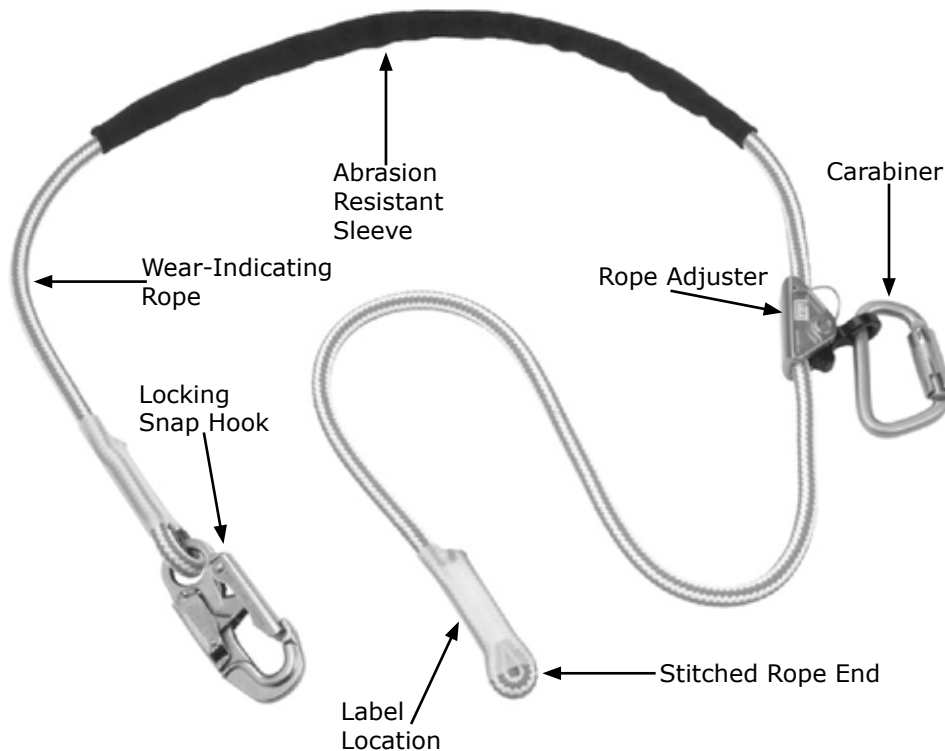
USER INSTRUCTION MANUAL:

This manual is intended to meet the Manufacturer's Instructions as recommended by CSA and OSHA, and should be used as part of an employee training program.

WARNING: This product is part of a work positioning system. The user must read and follow the manufacturer's instructions for each component or part of the complete system. These instructions must be provided to the user of this equipment. The user must read and understand these instructions or have them explained to them before using this equipment. Manufacturer's instructions must be followed for proper use and maintenance of this product. Alterations or misuse of this product or failure to follow instructions may result in serious injury or death.

IMPORTANT: If you have questions on the use, care, or suitability of this equipment for your application, contact Capital Safety.

IMPORTANT: Record the product identification information from the ID label in the inspection and maintenance log of this manual.



1.0 APPLICATIONS

- 1.1 PURPOSE:** The Adjustable Rope Positioning Lanyard is intended to be used as a work positioning system. CSA standard Z259.11 Class F, Adjustable Positioning Lanyards, and OSHA standards 1926.268, 1926.502, and 1926.959 define this lanyard as a work positioning device.
- 1.2 LIMITATIONS:** The following limitations must be considered before using this product. Failure to observe product limitations could result in serious injury or death.
- A. CAPACITY:** The maximum working load for this product is one (1) person with a combined weight of 310 lbs. when fully equipped with tools, accessories, etc.
- B. FREE FALL:** This equipment must be rigged to limit the potential free fall to two (2) feet, in accordance with OSHA 1926.502.
- C. FALL CLEARANCE:** Ensure that adequate clearance exists in your fall path to prevent striking an object. The clearance required is dependent on the length and type of lanyard and anchorage location.
- D. PHYSICAL AND ENVIRONMENTAL HAZARDS:** Use of this equipment in areas with physical or environmental hazards may require additional precautions to be taken in order to reduce the possibility of damage to this equipment or injury to the user. Hazards may include, but are not limited to: abrasive surfaces, high heat (welding or metal cutting), acid or caustic chemicals, corrosive environments such as exposure to seawater, high voltage power lines, explosive or toxic gases, moving machinery, or sharp edges. Contact Capital Safety if you have questions about the application of this equipment in areas where physical or environmental hazards are present.
- E. TRAINING:** This equipment must be used by persons who have been properly trained in its correct application and use.
- 1.3 STANDARDS:** Refer to national standards, including local, state, and federal (OSHA) requirements for more information on work positioning systems and associated components.

2.0 SYSTEM REQUIREMENTS

- 2.1 COMPATIBILITY OF COMPONENTS:** Capital Safety equipment is designed for use with Capital Safety approved components and subsystems only. Substitutions or replacements made with non-approved components or subsystems may jeopardize compatibility of equipment and may affect the safety and reliability of the complete system.
- 2.2 COMPATIBILITY OF CONNECTORS:** Connectors are considered to be compatible with connecting elements when they have been designed to work together in such a way that their size and shapes do not cause their gate mechanisms to inadvertently open regardless of how they become oriented. Contact Capital Safety if you have any questions about compatibility. Connectors (hooks, carabiners, and D-Rings) must be capable of supporting at least 5,000 lbs (22 kN). Connectors must be compatible with the anchorage or other system components.

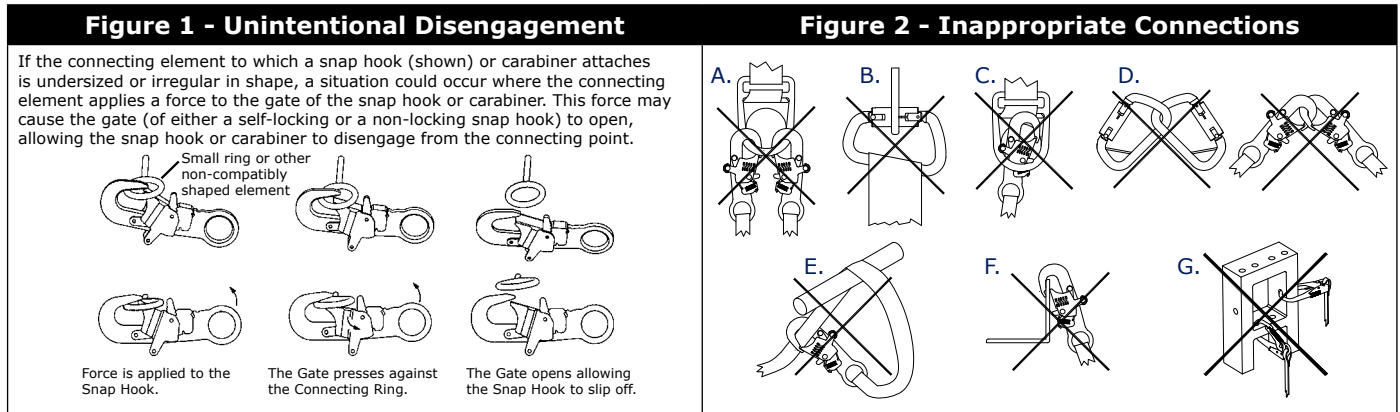
Do not use equipment that is not compatible. Non-compatible connectors may unintentionally disengage (see Figure 1). Connectors must be compatible in size, shape, and strength. Self-locking snap hooks and carabiners are required by OSHA.

- 2.3 ANCHORAGE STRENGTH:** From OSHA 1926.502: Positioning devices shall be secured to an anchorage capable of supporting at least twice the potential load of an employee's fall or 3,000 lbs., whichever is greater. Each work positioning system installation must be independently capable of sustaining these loads.
- 2.4 CONNECTIONS:** Only use self-locking snap hooks and carabiners with this equipment. Only use connectors that are suitable to each application. Ensure all connections are compatible in size, shape, and strength. Do not use equipment that is not compatible. Ensure all connectors are fully closed and locked.

Capital Safety connectors (snap hooks and carabiners) are designed to be used only as specified in each product's user instructions. See Figure 2 for inappropriate connections. Capital Safety snap hooks and carabiners should not be connected to:

- A.** To a D-Ring which another connector is attached
- B.** In a manner that would result in a load on the gate
- C.** In a false engagement, where features that protrude from the snap hook or carabiner catch on the anchor, and without visual confirmation seems to be fully engaged to the anchor point.

- D. To each other.
- E. Directly to webbing or rope lanyard or tieback (unless the manufacturer's instructions for both the lanyard and connector specifically allows such a connection).
- F. To any object which is shaped or dimensioned such that the snap hook or carabiner will not close and lock, or that roll-out could occur.
- G. In a manner that does not allow the connector to align properly while under load.



3.0 BEFORE EACH USE

3.1 BEFORE EACH USE of this equipment, carefully inspect it according to steps listed in Section 5 of this manual.

3.2 PLAN your work positioning system before using this equipment. Consider all factors that will affect your safety during use of this equipment. Consider the following when planning your system:

- A. **HAZARD EVALUATION:** Evaluate the job site for all possible hazards. Ensure the intended path of the user is unobstructed. See Section 1.2 for more information.
- B. **BODY SUPPORT:** Capital Safety recommends the use of a full-body harness with this equipment. A body belt may be used when it is a part of a full-body harness.
- C. **BACK-UP FALL PROTECTION:** Capital Safety recommends the use of a personal fall-arrest system with this equipment. Use the personal fall-arrest system according to the manufacturer's instructions.
- D. **RESCUE:** The employer must have a rescue plan and the ability to implement it.

3.3 MAKING CONNECTIONS: When using a hook to connect to an anchorage, ensure roll-out cannot occur. Roll-out occurs when interference between the hook and mating connector causes the hook gate to unintentionally open and release. Self-locking snap hooks and carabiners should be used to reduce the possibility of roll-out. Do not use hooks or connectors that will not completely close over the attachment object. Do not connect snap hooks or carabiners to each other.

4.0 TRAINING

4.1 It is the responsibility of the user to assure they are familiar with these instructions, and are trained in the correct care and use of this equipment. Users must be aware of the operating characteristics, application limits, and the consequences of improper use of this equipment.

5.0 INSPECTION

5.1 FREQUENCY:

- **Before Each Use** inspect according to the steps listed in Section 5.2.
- **This Equipment** must be inspected according to steps listed in Section 5.2 by a competent person, other than the user, at least annually. Record the results of each inspection in the Inspection and Maintenance Log in Section 9.0.

WARNING: If this equipment has been subjected to fall-arrest forces, remove from service and destroy.

IMPORTANT: Extreme working conditions (e.g. harsh environments, prolonged use, etc.) may require increasing the frequency of inspections.

5.2 INSPECTION STEPS:

- Step 1.** Verify the rope diameter is consistent (e.g. no flat spots, bumps, etc).
- Step 2.** Verify the blue wear-indicating core is not visible and there are no tears or rips.
- Step 3.** Verify there are no cuts, burns, abrasions, kinks, knots, hockling, ice buildup, broken strands, or any other defect that could affect the integrity of the lanyard.
- Step 4.** Verify the locking snap-hook, carabiner, adjuster and wear tubing are in proper working order.

IMPORTANT: If a defect is found with the lanyard during inspection, immediately remove from service and replace with a new or undamaged lanyard.

6.0 OPERATION

IMPORTANT: The Adjustable Rope Positioning Lanyard is to be used for work positioning only and shall be rigged so the user cannot free fall more than two (2) feet.

- Step 1.** Attach the locking snap-hook to the left or right side D-Ring located on the operator's body belt or full body harness (Figure 3)
- Step 2.** Place the lanyard around a secure anchorage that is capable of supporting at least twice the potential impact load of an employee's fall or 3,000 pounds (13kN), whichever is greater. Verify the lanyard is secured in a way that it cannot slip down or past the anchor point.

IMPORTANT: The abrasion resistant sleeve should be positioned so the rope does not come into direct contact with the anchor point.

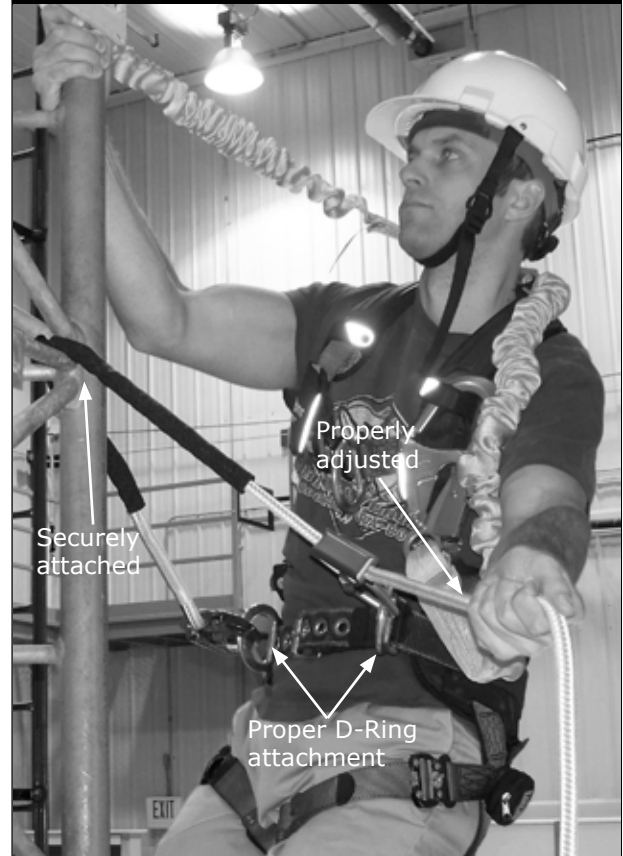
Step 3. Attach the lanyard carabiner to the opposite side D-Ring.

Step 4. Pull the lanyard rope through the rope adjuster to create the proper amount of tension.

IMPORTANT: Do not use snap-hook or carabiner to tie back to the rope. Both connectors shall be connected to the appropriate side D-Rings.

IMPORTANT: Never use the lanyard with only one connector attached to the body belt or full-body harness.

Figure 3 - Proper Hook-Up and Adjustment





7.0 CLEANING/MAINTENANCE/STORAGE/SPECIFICATIONS:

- 7.1** Clean the Adjustable Rope Positioning Lanyard with soapy water and then air dry. Do not force dry with heat. An excessive build-up of dirt, oil, ect. may prevent the lanyard from working properly, and in severe cases, weaken the webbing. If you have questions about the condition of your lanyard, contact Capital Safety.
- 7.2** Additional maintenance and servicing procedures must be completed by Capital Safety or parties authorized in writing. Do not disassemble this equipment.
- 7.3** Store the lanyard in a climate that is dry and free from dirt, solvents, chemicals, extreme temperatures, or anything else that could affect the integrity of the product.
- 7.4 MATERIALS:**
- Snap Hook and Carabiner:** Steel alloy, plated.
- Rope Adjuster:** Aluminum, anodized.
- Rope:**
- Models 1234080 and 1234081: Polyester/Nylon
 - Model 1234070: Polyester/Polyolefin
- 7.5 STRENGTH AND CAPACITY:**
- Snap Hook and Carabiner:** 5,000 lbs. tensile strength. 310 lbs. capacity.
- Rope Adjuster:** 3,600 lbs. 310 lbs. capacity.
- Rope:**
- Models 1234080 and 1234081: 10,000 lbs. tensile strength, 310 lbs. capacity.
 - Model 1234070: 7,000 lbs. tensile strength, 310 lbs. capacity.
- 7.6** Lanyard models 1234080 and 1234081 meet CSA standard Z259.11 (Class F, Adjustable Positioning Lanyards), and OSHA 1926.268, 1926.502 and 1926.959 requirements.
- Lanyard model 1234070 meets OSHA 1926.268, 1926.502, and 1926.959 requirements.


8.0 LABELS

The following labels must be attached to the lanyard and fully legible:

Models 1234080 and 1234081

 <p>www.capitalsafety.com Capital Safety Red Wing, MN, USA +1-800-328-6146</p> <p>MODEL NO/° DE MODÈLE: MFRD/FABR.(YR/MO)/(AN/MO); LOT NO/IN° DE LOT: LENGTH/LONGUEUR (FT)/(M);</p>	<p>⚠️ WARNING THIS PRODUCT SHALL BE USED AS AN ADJUSTABLE LANYARD FOR WORK POSITIONING ONLY. NOT INTENDED FOR FALL ARREST. MANUFACTURER'S INSTRUCTIONS MUST BE READ AND UNDERSTOOD PRIOR TO USE. INSPECT BEFORE EACH USE. AVOID CONTACT WITH SHARP EDGES AND ABRASIVE SURFACES. MAKE ONLY COMPATIBLE CONNECTIONS.</p> <p>PRODUCT MEETS OSHA STANDARDS: 1910.268(g), 1926.502(e), & 1926.959. COMPLIES WITH CSA Z259.11 (CLASS F) USER WEIGHT SHALL NOT EXCEED 310 LBS WHEN FULLY EQUIPPED. MATERIAL: 1/2 INCH POLYESTER/NYLON ROPE</p>	<p>⚠️ AVERTISSEMENT Ce produit doit être utilisé comme une longe réglable pour le positionnement de travail seulement. Il n'est pas destiné à prévenir les chutes. Les instructions du fabricant doivent être lues et comprises avant l'utilisation. Il doit être inspecté avant chaque utilisation. Éviter tout contact avec des surfaces tranchantes ou abrasives. N'utilisez que des connecteurs compatibles.</p> <p>LE PRODUIT EST CONFORME AUX NORMES OSHA: 1910.268(g), 1926.502(e), & 1926.959. CONFORME A CSA Z259.11 (CLASSE F) LE POIDS DE L'UTILISATEUR NE DOIT PAS DÉPASSER 141 kg (310 lbs.) LORSQU'IL EST ENTIEREMENT ÉQUIPÉ. MATÉRIAU: CORDE POLYESTER/NYLON DE 1/2 POUCE</p> <p>9507319 Rev. B</p> 
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Model 1234070

 <p>www.capitalsafety.com Capital Safety Red Wing, MN, USA +1-800-328-6146</p> <p>MODEL NO: MFRD(YR/MO): LOT NO: LENGTH (FT):</p>	<p>⚠️ WARNING THIS PRODUCT SHALL BE USED AS AN ADJUSTABLE LANYARD FOR WORK POSITIONING ONLY. NOT INTENDED FOR FALL ARREST. MANUFACTURER'S INSTRUCTIONS MUST BE READ AND UNDERSTOOD PRIOR TO USE. INSPECT BEFORE EACH USE. AVOID CONTACT WITH SHARP EDGES AND ABRASIVE SURFACES. MAKE ONLY COMPATIBLE CONNECTIONS.</p> <p>PRODUCT MEETS OSHA STANDARDS: 1910.268(g), 1926.502(e), & 1926.959. USER WEIGHT SHALL NOT EXCEED 310 LBS WHEN FULLY EQUIPPED. MATERIAL: 1/2 INCH POLYESTER/POLYOLEFIN ROPE</p>	<p>9505690 Rev. A</p>
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INSPECTION AND MAINTENANCE LOG

SERIAL NUMBER:	
MODEL NUMBER:	
DATE PURCHASED:	DATE OF FIRST USE:

INSPECTION DATE	INSPECTION ITEMS NOTED	CORRECTIVE ACTION	MAINTENANCE PERFORMED
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LIMITED LIFETIME WARRANTY

Warranty to End User: D B Industries, Inc., dba CAPITAL SAFETY USA ("CAPITAL SAFETY") warrants to the original end user ("End User") that its products are free from defects in materials and workmanship under normal use and service. This warranty extends for the lifetime of the product from the date the product is purchased by the End User, in new and unused condition, from a CAPITAL SAFETY authorized distributor. CAPITAL SAFETY'S entire liability to End User and End User's exclusive remedy under this warranty is limited to the repair or replacement in kind of any defective product within its lifetime (as CAPITAL SAFETY in its sole discretion determines and deems appropriate). No oral or written information or advice given by CAPITAL SAFETY, its distributors, directors, officers, agents or employees shall create any different or additional warranties or in any way increase the scope of this warranty. CAPITAL SAFETY will not accept liability for defects that are the result of product abuse, misuse, alteration or modification, or for defects that are due to a failure to install, maintain, or use the product in accordance with the manufacturer's instructions.

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A Capital Safety Company

CSG USA & Latin America

3833 SALA Way
Red Wing, MN 55066-5005
Toll Free: 800.328.6146
Phone: 651.388.8282
Fax: 651.388.5065
solutions@capitalsafety.com

CSG Canada

260 Export Boulevard
Mississauga, ON L5S 1Y9
Phone: 905.795.9333
Toll-Free: 800.387.7484
Fax: 888.387.7484
info.ca@capitalsafety.com

CSG Northern Europe

Unit 7 Christleton Court
Manor Park
Runcorn
Cheshire, WA7 1ST
Phone: + 44 (0)1928 571324
Fax: + 44 (0)1928 571325
csgne@capitalsafety.com

CSG EMEA (Europe, Middle East, Africa)

Le Broc Center
Z.I. 1ère Avenue
5600 M B.P. 15 06511
Carros
Le Broc Cedex
France
Phone: + 33 4 97 10 00 10
Fax: + 33 4 93 08 79 70
information@capitalsafety.com

CSG Australia & New Zealand

95 Derby Street
Silverwater
Sydney NSW 2128
AUSTRALIA
Phone: +(61) 2 8753 7600
Toll-Free : 1 800 245 002 (AUS)
Toll-Free : 0800 212 505 (NZ)
Fax: +(61) 2 87853 7603
sales@capitalsafety.com.au

CSG Asia

Singapore:
16S, Enterprise Road
Singapore 627666
Phone: +65 - 65587758
Fax: +65 - 65587058
inquiry@capitalsafety.com

Shanghai:

Rm 1406, China Venturetech Plaza
819 Nan Jing Xi Rd,
Shanghai 200041, P R China
Phone: +86 21 62539050
Fax: +86 21 62539060

www.capitalsafety.com



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