



The Ultimate in Fall Protection

The information in this document supplements the following Product Instruction Manuals:		
5903315	ANSI	Nano-Lok Self-Retracting Lifelines
5902126	ANSI	Web Lanyards, Rope Lanyards, D-Ring Extensions
5903406	CSA	Nano-Lok Self-Retracting Lifelines
5902206	CSA	Web Lanyards, Rope Lanyards, D-Ring Extensions

NANO-LOK™

Adjustable Restraint Lanyard SRL Interfaces

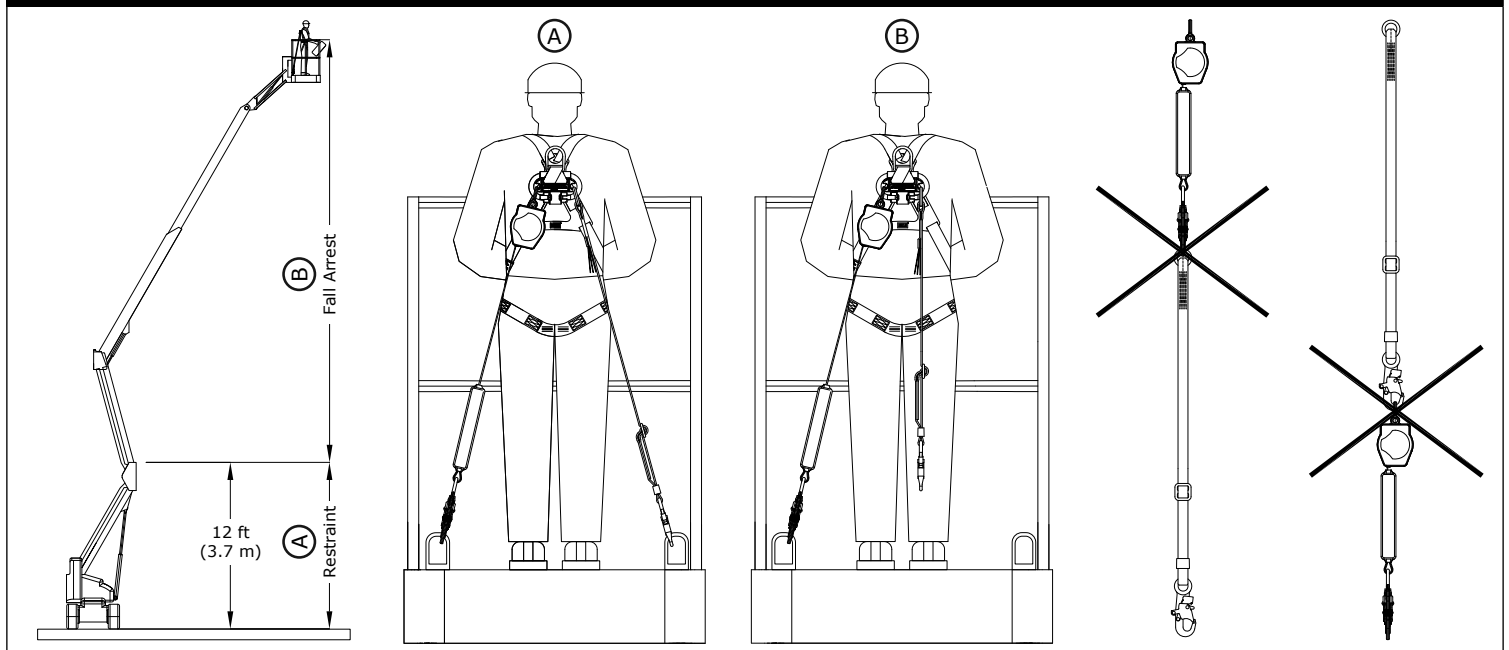
Model Numbers: (See Figure 1)

Instruction Supplement

Figure 1 – Nano-Lok Adjustable Restraint Lanyard SRL Interfaces

Nano-Lok SRL ANSI or CSA Model (Purchase Separately)	1231075/1231075C 6 ft. (1.8 m) Lanyard with 9502116 Snap Hook	1231076/1231076C 3 ft. (0.9 m) Lanyard with 2000210 Rebar Hook	1231077/1231077C 6 ft. (1.8 m) Lanyard with 2000210 Rebar Hook	1231078/1231078C 3 ft. (0.9 m) Lanyard with 9502116 Snap Hook

Figure 2 – Anchorage Connections



WARNING: This product is part of a Personal Fall Arrest¹ and Restraint² system. The user must follow the manufacturer's instructions for each component of the system. These instructions must be provided to the user of this equipment. The user must read and understand these instructions before using this equipment. Manufacturer's instructions must be followed for proper use and maintenance of this equipment. 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. For general questions, refer to national Standards including the ANSI Z359 family of standards on fall protection, ANSI A10.32, and applicable local, state, and federal (OSHA) requirements governing occupational safety for more information about fall protection systems.

PRODUCT DESCRIPTION:

Figure 1 illustrates the available Nano-Lok™ Adjustable Restraint Lanyard SRL Interface models. The Nano-Lok Adjustable Restraint Lanyard SRL Interface combines the Fall Arrest capabilities of a Nano-Lok Self Retracting Lifeline³ and the Restraint capabilities of an Adjustable Positioning Lanyard on a Twin Leg Harness Interface that mounts on a Full Body Harness.

Figure 2 illustrates use of the Adjustable Restraint Lanyard SRL Interface as fall protection for Aerial Lift applications. The Adjustable Positioning Lanyard is used at lower elevations where clearance is insufficient to allow locking of the Nano-Lok SRL if a fall occurs. When properly adjusted, the Lanyard prevents the user's center of gravity from reaching a fall hazard. Once elevated to a height of adequate locking clearance, the Nano-Lok SRL allows greater mobility and provides safe fall arrest in the event of a fall.

INSTALLATION:

IMPORTANT: The O-Ring on the Positioning Lanyard shall only be attached to the Nano-Lok Twin Leg Harness Interface (see Figure 1). Do not connect the O-Ring to other hooks or connectors, or use the Positioning Lanyard to extend the Nano-Lok SRL (see Figure 2). Do not use the Positioning Lanyard with SRLs other than Nano-Lok SRLs.

1. Mount the Harness Interface on the Full Body Harness and install the Nano-Lok SRL on the Harness Interface as instructed in the "Nano-Lok Self Retracting Lifelines Instruction Manual".

IMPORTANT: Harnesses with a fixed D-Ring require the alternate Twin SRL Fixed D-Ring Harness Interface (3100107).

2. Substitute the Positioning Lanyard for the second Nano-Lok SRL and install on the Harness Interface as instructed.

USE:

Figure 2 illustrates connection and use of the Adjustable Restraint Lanyard SRL Interface:

1. Connect the Snap Hooks on the Nano-Lok SRL and Positioning Lanyard to valid anchorage connection points. See the associated "Nano-Lok Self Retracting Lifelines Instruction Manual" and "Web Lanyards, Rope Lanyards, D-Ring Extensions User Instruction Manual" for anchorage and connection requirements.
2. Adjust the length of the Positioning Lanyard to prevent access to all fall hazards.
3. When elevated sufficiently to allow SRL locking if a fall occurs, disconnect the Positioning Lanyard's Snap Hook if additional mobility is needed. (B)
4. When lowered to a height insufficient for SRL locking, reconnect the Positioning Lanyard's Snap Hook to its anchorage connection point. (A)

CAUTION: The Positioning Lanyard on this product is not Arc-Flash rated. Do not use in environments where an arc-flash (electrical explosion) could occur.

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1 Fall Arrest: The action or event of stopping a free fall or the instant where the downward free fall has been stopped.

2 Restraint: The technique of securing an authorized person to an anchorage using a lanyard/lifeline short enough to prevent the person's center of gravity from reaching the fall hazard.

3 Nano-Lok SRL: The Nano-Lok SRL is not included with the Adjustable Restraint Lanyard SRL Interface. It must be purchased separately.