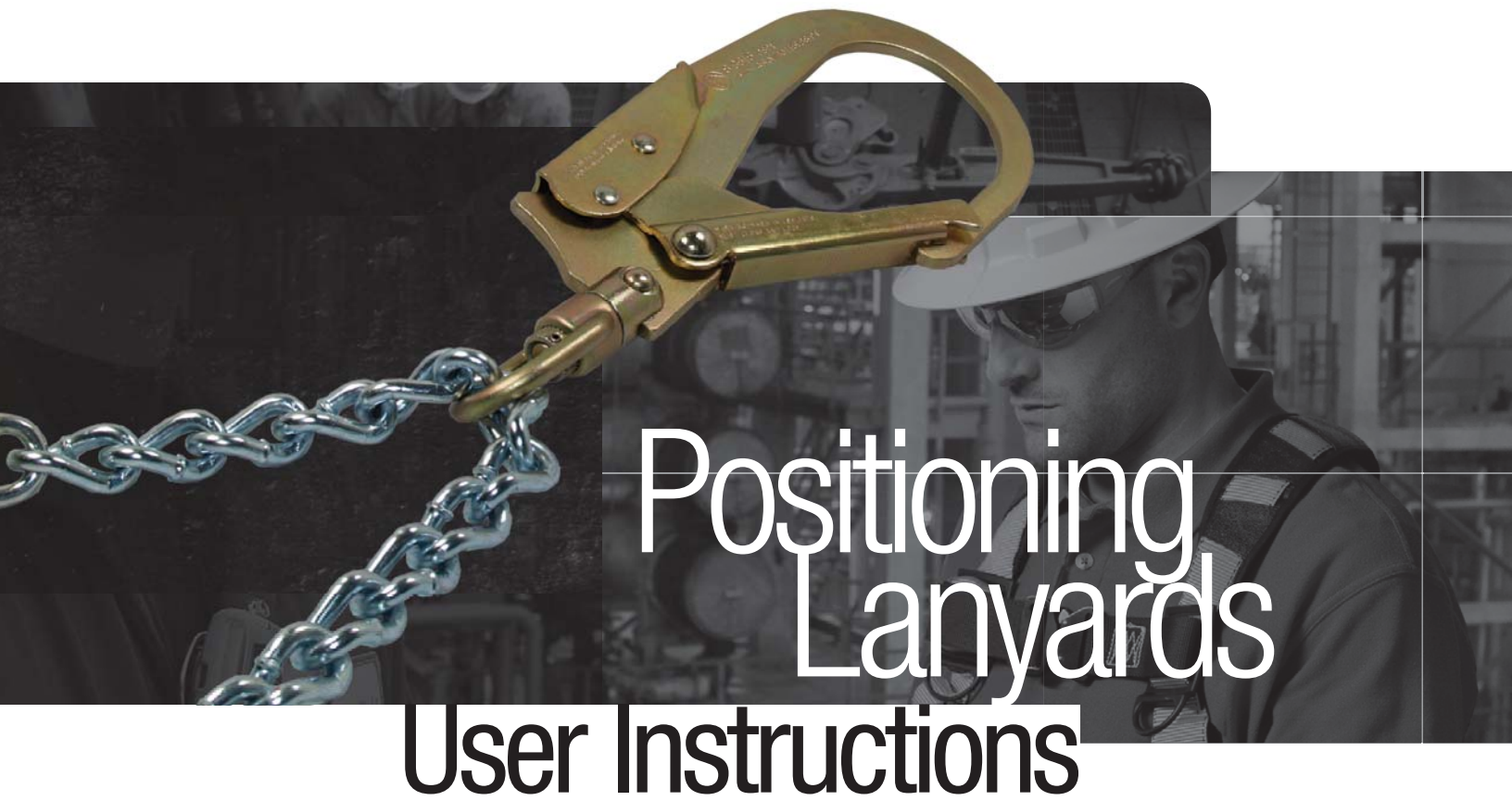


3M Occupational Health and Environmental Safety  
Fall Protection Equipment



User Instructions for 3M™ Positioning Lanyards.

Important: Keep these User Instructions for reference.

**3M**

## General Safety Information

These *User Instructions* are not to be removed except by the user of this equipment. *User Instructions* must always be available to the user.

### 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 29 CFR 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 Technical Service at 800-243-4630.

## Purpose

3M Positioning Lanyards are designed to be used as part of a positioning or travel restraint system.

## Use Instructions

1. Failure to follow all instructions and limitations on the use of Positioning Lanyards may result in serious personal injury or death.
2. Positioning systems must be supplemented with a personal fall arrest system.
3. Before using a personal fall arrest system, employees must be trained in accordance with the requirements of OSHA 29 CFR 1910.66 in the safe use of the system and its components.
4. Positioning Lanyards must be inspected prior to each use for wear, damage, and other deterioration. Defective components must be immediately removed from service, in accordance with the requirements of OSHA 29 CFR 1910.66 and 1926.502.
5. The complete positioning, travel restraint, and fall protection system must be planned (including all components, calculating fall clearance, and swing fall) before using.
6. Users must have a rescue plan, and the means at hand to implement it, that provides the prompt rescue of employees in the event of a fall, or assures that employees are able to rescue themselves.
7. Store Positioning Lanyards in a cool, dry, clean environment, out of direct sunlight, when not in use.
8. After a fall occurs, Positioning Lanyards must be removed from service and destroyed immediately.

## Use Limitations

1. Positioning Lanyards are designed for single users in positioning or travel restraint systems; **not for fall arrest.**
2. Positioning Lanyards used in positioning systems must only be used on structures capable of supporting at least 3,000 lb. (13.3 kN) without certification of a qualified person, or two times the foreseeable force for certified anchorages, per OSHA 29 CFR 1926.502.
3. Positioning Lanyards used in travel restraint systems must only be used on structures capable of supporting at least 1,000 lbs (4.5 kN) without certification of a qualified person, or two times the foreseeable force for certified anchorages.
4. Per OSHA 29 CFR 1926.502, Positioning Lanyards must limit the maximum free fall distance to 2 feet (0.6 m).
5. Travel restraint systems must restrict the user from being exposed to any fall.
6. Travel restraint systems must only be used on a walking/working surface that has a slope between 0° and 18.4°.
7. Positioning Lanyards are designed to be used in temperatures ranging from -40°F to +130°F (-40°C to +54°C).
8. Do not expose Positioning Lanyards to chemicals or harsh solutions which may have a harmful effect. Contact 3M Technical Service with any questions.
9. Caution must be taken when using Positioning Lanyards near moving machinery, electrical hazards, sharp edges, or abrasive surfaces, as contact may cause equipment failure, personal injury, or death.
10. Minors, pregnant women and anyone with a history of either back or neck problems should not use this equipment.
11. Do not use/install equipment without proper training by a “competent person” as defined by OSHA 29 CFR 1926.32(f).
12. Only 3M, or persons or entities authorized in writing by 3M, shall make repairs or alterations to the equipment.

## Compatibility Limitations

All 3M Positioning Lanyards must only be coupled to compatible connectors. OSHA 29 CFR 1926.502 prohibits snaphooks from being engaged to certain objects unless two requirements are met: snaphook must be a locking type and must be “designed for” making such a connection. “Designed for” means that the manufacturer of the snaphook specifically designed the snaphook to be used to connect to the equipment listed. The following connections must be avoided, because they can result in rollout\* when a nonlocking snaphook is used:

- Direct connection of a snaphook to horizontal lifeline.
- Two (or more) snaphooks connected to one D-ring.
- Two snaphooks connected to each other.
- A snaphook connected back on its integral lanyard.
- A snaphook connected to a webbing loop or webbing lanyard.
- Improper dimensions of the D-ring, rebar, or other connection point in relation to the snaphook dimensions that would allow the snaphook keeper to be depressed by a turning motion of the snaphook.

\***Rollout:** A process by which a snaphook or carabiner unintentionally disengages from another connector or object to which it is coupled. (ANSI Z359.0-2007)

## Performance

3M Positioning Lanyards marked to the ANSI Z359.3-2007 standard have a minimum breaking strength of 5,000 lbs (22.2kN) when statically tested in accordance with the requirements of the ANSI Z359.3-2007 standard.

## Connection

Connect the snaphook of the Positioning Lanyard to the full body harness or body belt. Always use both hip D-ring connections when securing Positioning Lanyards. Positioning Lanyards must be secured to an approved anchorage or anchorage connector. See the full body harness user instructions for more information on connection locations and procedures.

## Connecting to Rope Adjusters

Positioning Lanyards may be attached to rope adjusters only for positioning systems. Connect the snaphook of the Positioning Lanyard to the full body harness, then connect the other end to the fall arrester. Do **not** connect a rebar hook to any D-ring or rope adjuster. Do **not** connect a Positioning Lanyard to a fall arrester with permanently attached personal energy absorber.

## Inspection

All Positioning Lanyards must be inspected prior to each use, and annually by a “competent person” (other than the user) as defined by OSHA.

**If inspection reveals any defect, inadequate maintenance, or unsafe condition, immediately remove from service and destroy.**

All webbing and rope must be inspected for tears, cuts, fraying, abrasion, discoloration, burns, holes, mold, or other signs of wear and damage. Sewn terminations should be secure, complete, and not visibly damaged. All rope splices should be secure. Chain must be free from wear, nicks, cracks, breaks, gouges, stretch, bend, and discoloration from excessive temperatures.

**Any equipment that has been subjected to the forces of arresting a fall must be immediately removed from service and destroyed.**

All Positioning Lanyards must be free of corrosion, chemical attack, alteration, excessive heating or wear.

All markings must be legible and attached to the product.

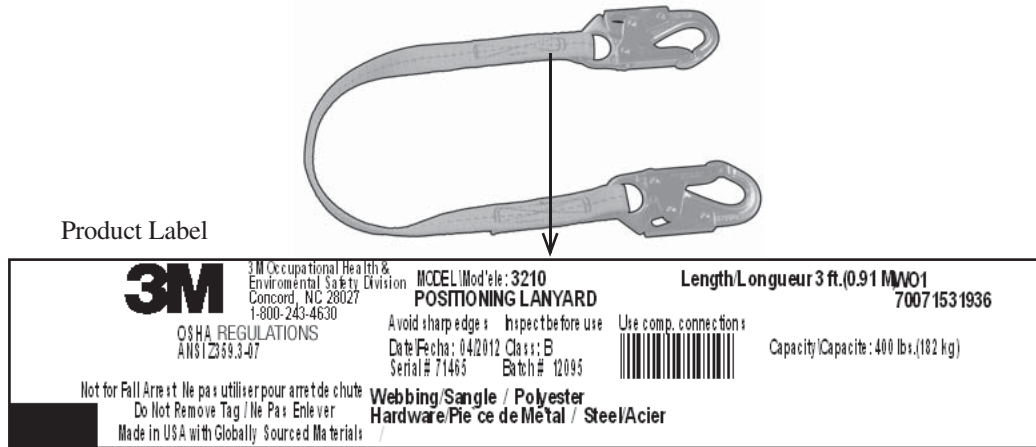
**Note: Only manufacturer, or entities authorized in writing by the manufacturer, may make repairs to the product.**

Part Number 3M ID	Lanyard Material	Length	Connection	Capacity	Weight	Compliance Standards
3110 70071531902	5/8 in 3 Strand Polydac Rope	3 ft (0.9 m)	Snaphooks (2)	400 lb (181 kg)	1.9 lb (0.9 kg)	ANSI Z359.3-07
3111 70071531910	5/8 in 3 Strand Polydac Rope	4 ft (1.2 m)	Snaphooks (2)	400 lb (181 kg)	2.2 lb (1 kg)	ANSI Z359.3-07
3112 70071531928	5/8 in 3 Strand Polydac Rope	6 ft (1.8 m)	Snaphooks (2)	400 lb (181 kg)	2.3 lb (1 kg)	ANSI Z359.3-07
3210 70071531936	1 in Polyester Web	3 ft (0.9 m)	Snaphooks (2)	400 lb (181 kg)	1.8 lb (0.8 kg)	ANSI Z359.3-07
3210-0210-3 70071612785	1 in Polyester Web	3 ft (0.9 m)	Large Carabiner; Snaphook	400 lb (181 kg)	2.8 lb (1.3 kg)	ANSI Z359.3-07
3211 70071531944	1 in Polyester Web	4 ft (1.2 m)	Snaphooks (2)	400 lb (181 kg)	1.9 lb (0.9 kg)	ANSI Z359.3-07
3212 70071531951	1 in Polyester Web	6 ft (1.8 m)	Snaphooks (2)	400 lb (181 kg)	2.2 lb (1 kg)	ANSI Z359.3-07
3220 70071531969	1 3/4 in Nomex/Polyester Web	6 ft (1.8 m)	Snaphooks (2)	400 lb (181 kg)	2.2 lb (1 kg)	ANSI Z359.3-07
3250 70071531977	1 in Polyester Web	4-6 ft (1.2-1.8 m)	Snaphooks (2)	400 lb (181 kg)	1.4 lb (0.6 kg)	ANSI Z359.3-07
3312 70071532033	1/4 in Galv Cable 1/16 in Vinyl Coating	6 ft (1.8 m)	Snaphooks (2)	400 lb (181 kg)	1.4 lb (0.6 kg)	ANSI Z359.3-07
3708-SBH 70071525797	Steel	10 in (254 mm)	Carabiner; Spreader Bar Hook	400 lb (181 kg)	1.5 lb (0.7 kg)	OSHA 1910.66, OSHA 1926.502
3709-SBH 70071525805	1 in Polyester Web	37 in (940 mm)	Rebar; Spreader Bar Hook	400 lb (181 kg)	4.6 lb (2 kg)	OSHA 1910.66, OSHA 1926.502
3710-S 70071525813	13 Twist Link Zinc Plated Steel Chain	25.5 in (648 mm)	Rebar; Snaphooks (2)	400 lb (181 kg)	4.3 lb (1.9 kg)	OSHA 1910.66, OSHA 1926.502
SP3610-S 70071527744	1 in Polyester Web	28 in (711 mm)	Rebar; Snaphooks (2)	400 lb (181 kg)	3.6 lb (1.6 kg)	OSHA 1910.66, OSHA 1926.502
SP3706-S 70071527751	6 Twist Link Zinc Plated Steel Chain	22 in (559 mm)	Rebar; Snaphooks (2)	400 lb (181 kg)	3.6 lb (1.6 kg)	OSHA 1910.66, OSHA 1926.502
SP3710-S 70071527769	13 Twist Link Zinc Plated Steel Chain	25 in (635 mm)	Rebar; Snaphooks (2)	400 lb (181 kg)	4.2 lb (1.9 kg)	OSHA 1910.66, OSHA 1926.502

## Cleaning and Maintenance

Positioning Lanyards can be wiped down with a mild detergent and clean water solution, and rinsed with a dampened clean cloth to remove detergent, and allowed to air dry. The hardware can also be wiped down to remove grease or dirt with a clean dry cloth. Snaphooks may require periodic lubrication. Do not apply oil, grease, or other contaminants on the lanyard. Use a dry lubricant that has proper resistance to temperature extremes, moisture, and corrosion.

## Markings



Inspection Date	Model Number	Serial Number	Comments	Inspector's Initials

## Product Warranty, Limited Remedy, and Limitation of Liability

**WARRANTY:** THE FOLLOWING IS MADE IN LIEU OF ALL WARRANTIES OR CONDITIONS, EXPRESS OR IMPLIED, INCLUDING THE IMPLIED WARRANTIES OR CONDITIONS OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. Equipment offered by 3M is warranted against factory defects in workmanship and materials for a period of one year from date of installation or first use by the original owner.

**LIMITED REMEDY:** Upon notice in writing, 3M will repair or replace all defective items at 3M's sole discretion. 3M reserves the right to require that the defective item be returned to its plant for inspection before determining the appropriate course of action. Warranty does not cover equipment damage resulting from wear, abuse, damage in transit, failure to maintain the product or other damage beyond the control of 3M. 3M shall be the sole judge of product condition and warranty options. This warranty applies only to original purchaser and is the only warranty applicable to this product. Please contact 3M technical service department at 800-243-4630 for assistance.

**LIMITATION OF LIABILITY:** IN NO EVENT WILL 3M BE LIABLE FOR ANY INDIRECT, INCIDENTAL, SPECIAL OR CONSEQUENTIAL DAMAGES INCLUDING, BUT NOT LIMITED TO LOSS OF PROFITS, IN ANY WAY RELATED TO THE PRODUCTS REGARDLESS OF THE LEGAL THEORY ASSERTED.

### 3M Occupational Health & Environmental Safety Division

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Technical Assistance: 800-243-4630 in U.S.  
and 800-267-4414 in Canada  
[www.3M.com/FallProtection](http://www.3M.com/FallProtection)  
[www.3M.com/PPESafety](http://www.3M.com/PPESafety)



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