

TOOL BOX TALKS

Self-Retracting Lifelines

Jobsite falls can be prevented through the proper use of fall arrest equipment. Self-retracting lifelines are connecting devices also known as retractables or yo-yos. It is the employer's responsibility to make sure users of fall arrest equipment are properly trained. A rescue plan must be in place whenever employees are using fall arrest equipment. Users must understand how fall arrest systems can prevent death and serious injury. Review these tips.

WORKSAFE TIPS

USING RETRACTABLES CORRECTLY:

- Use only ANSI/OSHA-compliant personal fall arrest systems.
- Read the directions before using any fall arrest device.
- Inspect self-retracting lifelines before each use.
- Document each inspection. Many have inspection tags printed on the equipment itself.
- Misuse or alteration of retractable lanyards may result in serious injury or death!
- Many self-retracting lifelines are designed for use by persons weighing no more than 310 pounds including tools and clothing.
- No more than ONE person can be connected to a self-retracting lifeline at a time.
- Some work areas, including confined spaces, low-slope roofs and slowly-shifting materials like sand or grain may not provide adequate lockup speed. A clear fall path is required for a safe fall arrest.
- Many lifelines are for use only with the same manufacturer's equipment.
- Protect webbed components when working around sharp edges.
- Large-throat opening snap hooks may not be used with standard-sized D-rings (pelicans). This could load the gate of the snap hook causing failure. Use large-throat snap hooks on rebar or other fixed structural members.
- When connecting anchorages, verify that rollout of the snap hooks cannot occur.
- Rigid anchorages must be able to support 5,000 pounds.
- Store in a clean, cool and dry environment.
- Do not disassemble or attempt to self-repair the retractable lanyard.

