

Brand: BEST ONE

Product conforms to the PPE directive

Reference of the notified organization controlling production

Item Number

Date

Serial number

CE 0082

Model : EAL-B1-20206

Serial No. : xxxxxx-xxxx

Mfg. Date : xx / xx

Material : Polyester

Standard : EN355:2002

L.max : 1.80 m (including lanyard and connector)

Energy Absorbing Lanyard

Before use, please read carefully the instructions.

Length

Reference Norm

Material

Product Name

SIRA SAFETY & TOOLS CO., LTD.  
+662-9324118 www.thaisafetyproduct.com

Best one is belong to

DO NOT REMOVE THIS LABEL

BEST ONE

CE 0082

EN355:2002

## Instruction for Use

### Energy absorbing lanyard

**WARNING**

Activities involving the use of this equipment are inherently dangerous. You are responsible for your own actions and decisions. Before using this equipment, you must:

- Read and understand all Instructions for Use.
- Get specific training in its proper use.
- Become acquainted with its capabilities and limitations.
- Understand and accept the risks involved.

**FAILURE TO HEED ANY OF THESE WARNINGS MAY RESULT IN SEVERE INJURY OR DEATH.**

The notified body involved with the design stage :  
Strojirenský zkušební ústav, s.p., (Notified Body No: 1015)  
Hudcova 56b, 621 00 Brno, Česká republika

The notified body involved with the production control phase :  
APAVE SUDEUROPE SAS (Notified Body No:0082)  
Mechanical Testing and PPE Certification (PPE against falls from height work and sport - respiratory protective devices - head protection)  
17, Bd Paul Langevin - 38600 FONTAINE - France

The following information only applies to products that are marked :  
This product must not be exposed to temperatures below -4° C or above +23° C.  
Exposure of the lanyard to direct flame or temperatures beyond these limits could cause the lanyard to fail. Take care to protect the lanyard from such exposure during use, transport, storage, etc.  
Read this notice carefully and keep it in a permanent record for reference after it is removed from the lanyard. Any user of the lanyard should be provided with a copy of this notice for reference before and after each use.

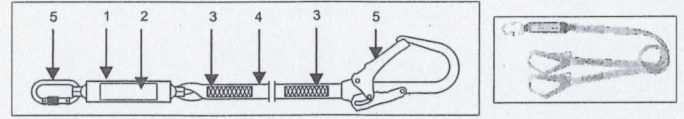
**1 - Field of application**  
Best one EAL energy absorbing lanyard is made by polyester and designed according to standard EN355. This lanyard is used for working at a height of general building, construction site, or roofs.  
**Warning!** Other similar safeguard use is impracticable. This energy absorbing lanyard is used to prevent the user who using a personal fall protection system from going into a free fall. This energy absorbing lanyard is one of the component which is intended using in fall arrest system and shall not be used for work positioning, restraint system and rescue system which described in EN363 standard.

**WARNING!**  
Activities involving the use of this equipment are inherently dangerous. You are responsible for your own actions and decisions. Before using this equipment, you must:  
- Read and understand all instructions for use.  
- Get specific training in its proper use.  
- Become acquainted with its capabilities and limitations.  
- Understand and accept the risks involved.

**WARNING!** This equipment shall not be used outside its limitations, or for any purpose other than that for which it is intended.  
**WARNING!**  
Failure to heed any of these warnings may result in severe injury or death.  
**Responsibility**  
**WARNING!** Specific training is essential before use. This product must only be used by competent and responsible persons, or those placed under the direct and visual control of a competent and responsible person. Gaining an adequate apprenticeship in appropriate techniques and methods of protection is your own responsibility. You personally assume all risks and responsibilities for all damage, injury or death which may occur during or following incorrect use of our products in any manner whatsoever. If you are not able, or not in a position to assume this responsibility or to take this risk, do not use this equipment.

**PHYSICAL AND ENVIRONMENTAL HAZARDS:**  
Use of this equipment in areas with physical or environmental hazards may require additional precautions to reduce the possibility of injury to the user or damage to the equipment. Hazards may include, but are not limited to; heat, chemicals, corrosive environments, high voltage power lines, gases, moving machinery, and sharp edges. Contact Best one if you have any questions about using this equipment where physical or environmental hazards exists.

**2 - You should know, Nomenclature of parts**  
**Lanyard lifetime:**  
To prolong rope life (better sheath/core cohesion), soak it in water for 24 hours prior to first use. This removes lubricants and other products used in manufacturing. Let the rope dry slowly. It will shrink by approximately 5%. Take this into account when calculating necessary lengths.  
A well-used rope can shrink up to an additional 5%.  
**Avoid twisting**  
Pack your rope in a bag without coiling it to reduce twisting.  
**Shock load**  
During a fall, a rope that is dusty, sandy, or wet can develop a greater shock load. The shock force increases with the amount of wear on the rope.  
**History**  
Do not use a rope whose history you do not know as it may have been subjected to major falls and sustained invisible damage.  
**Nomenclature of parts**  
(1) Energy absorber (2) Information stiker (3) Stitching (4) Webbing (5) CE certified connectors



**3 - Warning!**

- Before using a Energy absorbing lanyard and/or twin legged energy absorbing lanyard, it is essential that users read this manual and comply with its instructions, in order to ensure the safe use and efficiency of the device. This manual must be kept and made available to all users. Additional copies can be supplied on request.
- Before use, it is essential that users are trained in the use of this safety device. Check the condition of the components that are attached (harness, connectors) and ensure that there is sufficient clearance. The lifetime of this device is 3 years.
- The Energy absorbing lanyard and/or twin legged energy absorbing lanyard can only be used by a single person who is trained and competent, or who is under the responsibility of such a person.
- If a Energy absorbing lanyard and/or twin legged energy absorbing lanyard which is not in a good apparent state, or which has been used to prevent a fall, all parts of the equipment must be verified by Best one. or by a competent person who must provide written authorization for the reuse of the system. It is recommended to make a visual inspection prior to each use.
- Any modification or attachment made to the equipment cannot be done without prior written approval from Best one. The equipment must be transported and stored in its original packaging.
- Any Energy absorbing lanyard and/or twin legged energy absorbing lanyard that has not been inspected over the past 12 months should not be used; it must be destroyed or checked by a competent person who shall provide written authorization for its reuse. If it has prevented a fall, it must be destroyed.
- This device is suitable for use on an open air site and must avoid any contact with sharp edges, rough surfaces and chemical substances.
- IMPORTANT:** If you are responsible for assigning the equipment to an employee or similar person, ensure that you comply with the applicable health and safety at work regulations.
- The user must be in good physical and psychological health when using the equipment. If in doubt, consult a doctor or an occupational physician. This equipment must not be used by pregnant women.
- The equipment should not be used beyond its limits or in any other situation than that provided for (cf. "Functions and Description").
- It is recommended that each user has his own personal Energy absorbing lanyard and/or twin legged energy absorbing lanyard, especially if he/she is permanently employed.
- Before using a EN 363 fall arrester device, the user must ensure that each of the components is in good working order: security system, locking system. During installation, no damage should be made to any of the security functions.
- For the safety of the user, it is essential that the device or the anchoring point is positioned correctly and that the work is conducted in a manner so as to reduce to a minimum any risk of fall and any danger linked to the height.
- An full body harness is the only body-holding device that is permitted for use in a fall arrester system.
- That a rescue plan shall be in place to deal with any emergencies that could arise during the work.
- COMPATIBILITY OF COMPONENTS:** Best one equipment is designed for use with Best one 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.
- 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 sizes and shapes do not cause their gate mechanisms to inadvertently open regardless of how they become oriented. Contact Best one if you have any questions about compatibility.  
Connectors (hooks, carabiners, and D-rings) must be capable of supporting at least 5,000 lbs. (22.2 kN). Connectors must be compatible with the anchorage or other

### 11 - Equipment Control Card

ENERGY ABSORBING LANYARD						
Distributor	SIRA SAFETY & TOOLS CO., LTD.					
Contact Details	+662-9324118					
Manufacturing Date	See Lable	Life Expiry Date	3 years			
Model	EAL20206	Serial No.	See Lable			
Date of Purchase		Date First Put Service		Name of User		
This lanyard can be used with Best one's other components of fall arrest system such as full body harness .						
User's comments						
S.No.	Date	Controllor	Results	Comments	Signature	Next Inspection
1						
2						
3						
4						
5						
6						



connectors may unintentionally disengage. Connectors must be compatible in size, shape, and strength. Self locking snap hooks and carabiners are required by CE EN362.

**MAKING 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.

**ANCHORAGE STRENGTH:** The anchorage strength required is dependent on the application type.

17. Any dangers that may arise by the use of combinations of items of equipment in which the safe function of any one item is affected by or interferes with the safe function of another.

18. Prior to use, a full visual inspection of every part of the fall arrest system must be carried out by the user as detailed in this Best one user manual. This item of fall arrest system is for personal use only. Only use EN362 connectors (hooks, carabiner etc.) approved and recommended by Best one. Full body harness (either front sternum point or rear dorsal 'D' ring), usually marked by a letter 'A' or with 'A/2'.

Connect the energy absorber end to the harness attachment and the free end to the fall arrest anchorage point.

19. That it is essential for safety that the anchor device or anchor point should always be positioned, and the work carried out in such a way, as to minimise both the potential for falls and potential fall distance.

20. On the hazards that may affect the performance of the equipment and corresponding safety precautions that have to be observed e.g.: extremes of temperature, trailing or looping of lanyards or lifelines over sharp edges, chemical reagents electrical conductivity, cutting, abrasion, climatic exposure, pendulum falls

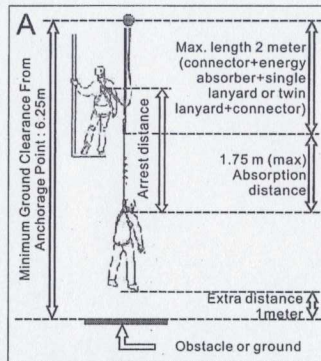
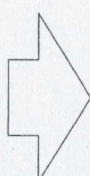
21. Store the equipment in a cool, dry, clean environment out of direct sunlight. Avoid areas where chemical vapors may exist. Thoroughly inspect the equipment and component after extended storage.

22. The necessary minimum clearance below the feet of the user, in order to avoid collision with the structure or ground in a fall from the height. With a mass of 100 kg and a fall factor two situation (worst case) the clearance is the arrest distance H (See Fig. A) plus an extra distance of 1 m;

23. The energy absorber (component of a personal fall arrest system) must be used in conjunction with EN795 anchors, EN362 locking carabiner, EN354 lanyards, EN361 fall arrest harnesses, an incompatible connection can cause accidental disconnection, breakage, or affect the safety function of another piece of equipment contact Best one if you are uncertain about the compatibility of your equipment

24. In a fall arrester system, it is essential to verify, prior to each use, the free space under the user on the workplace, to avoid any risk of collision, in the case of a fall, with the ground or with any obstacle found in its path.

Clearance = amount of clear free fall space between the anchor and an obstacle or the ground. It is essential for safety to verify the free space required beneath the user at the workplace before each occasion of use. The clearance under the user must be sufficient to prevent him from hitting an obstacle in case of a fall. For information on how to calculate clearance, see A.



**WARNING!!!** The necessary minimum clearance below the feet of the user with a mass of 100kg and a fall factor two situation (worst case) is 6.25m.

25. To ensure user safety, if the product is re-sold in a country other than the initial country of destination, the reseller must provide: An instructions manual and a maintenance manual for periodic inspection and repair purposes, written in the language of the country in which the equipment is to be used.

**SPECIAL APPLICATIONS: For any special application, please contact Best one**

#### 4 - Inspection

##### 4.1 FREQUENCY

Before each use visually inspect per steps listed in sections 4.2 and 4.3.

The Energy absorbing lanyard and/or twin legged energy absorbing lanyard must be inspected by a competent person other than the user at least annually. See sections 4.2 and 4.3 for guidelines. Record the results of each formal inspection in the Equipment control card found at the end of this instruction.

##### 4.2 INSPECTION STEPS

Step 1. Inspect energy absorbing lanyard or energy absorber component hardware (snap hooks, adjusters, swages, thimbles, etc.). These items must not be damaged, broken, distorted, or have any sharp edges, burrs, cracks, worn parts, or corrosion. Ensure the connecting hooks work properly. Hook gates must move freely and lock

Step 2. Inspect the energy absorbing lanyard or energy absorber component per the following as applicable:

**WEBBING AND STITCHING:** The webbing material must be free of frayed, cut, or broken fibers. Check for tears, abrasions, mold, burns, or discoloration, etc. The webbing must be free of knots, excessive soiling, heavy paint buildup, and rust staining. Check for chemical or heat damage indicated by brown, discolored, or brittle areas. Check for ultraviolet damage indicated by discoloration and the presence of splinters or slivers on the webbing surface. All of the above factors are known to reduce webbing strength. Damaged or questionable webbing should be replaced. Inspect stitching for pulled or cut stitches. Broken stitches may be an indication the energy absorbing lanyard or energy absorber component has been impact loaded and must be removed from service.

**ROPE:** Inspect rope for concentrated wear. Material must be free of frayed strands, broken yarns, cuts, abrasions, burns, and discoloration. The rope must be free of knots, excessive soiling, paint build-up, and rust staining. Rope splices must be tight, and thimbles must be held firmly by the splice. Check for chemical or heat damage; indicated by brown, discolored, or brittle areas. Check for ultraviolet damage; indicated by discoloration and splinters and slivers along the rope surface. All of the above factors are known to reduce rope strength. Damaged or Questionable rope should be removed from services.

Step 3. **ENERGY ABSORBING COMPONENT:** Inspect energy absorber to determine if it has been activated. There should be no evidence of elongation. Ensure energy absorber cover is secure and not torn or damaged.

Step 4. All labels should be present and fully legible.

4.3 If inspection reveals an unsafe condition, remove unit from service immediately and destroy, or contact an authorized service center.

#### 5 - Functions and description

The full length of the Energy absorbing lanyard and/or twin legged energy absorbing lanyard, two machined ends and two connectors, must not exceed 2 m. The lanyard with energy absorber, which is a polyester, performs the function of stopping the person who is falling. One end of the Energy absorbing lanyard and/or twin legged energy absorbing lanyard is attached to one of the attachment points on the harness while the other is attached to fixed or mobile anchorage point, resistance  $\geq 12$  kN (EN 795). There are single and twin lanyard, and certain models have an integral adjustment device. The Energy absorbing lanyard and/or twin legged energy absorbing lanyard may be made of stranded rope, webbing or braided rope. It is equipped with a shock absorber which limits the braking force when a fall is stopped.

#### 6 - Installation

As far as possible, the structural anchorage point should be at a height of between 1.5 and 2 meters above the feet of the user. The anchoring point must withstand a minimal resistance of 12kN. The connection to the anchoring point or to the structure must be done using an EN 362 connector. For connecting the fall arrester system to the fall harness, please refer to the instructions manual provided with the harness to be sure to use the correct hook and attaching method.

#### CAUTION!

If the user moves away from the vertical plane through the structural anchorage point, if he falls, he will swing and may collide with an obstacle.

#### 7 - Materials

- +Webbing: polyester
- +Stranded polyester rope: 13 mm
- +Polyester webbing absorber

- Permissible attachments
- Fall arrester system (EN 363):
- + EN 795 Anchorage
- + An end connector (EN 362).
- + A fall arrest system (EN 353-1/2 - EN 355 - EN 360).
- + A fall arrest harness (EN 361).

#### 8 - Best one general information

##### Lifetime

**WARNING!** An exceptional event can reduce the lifetime of the product to one single use; for example, if it is exposed to any of the following: chemicals, extreme temperatures, sharp edges, major fall or load, etc.

The potential lifetime of Best one products is as follows: up to 10 years from the date of manufacture for plastic and textile products. It is indefinite for metallic products.

The actual lifetime of a product ends when it meets one of the retirement criteria listed below (see "When to retire your equipment"), or when in its system use it is judged obsolete.

The actual lifetime is influenced by a variety of factors such as: the intensity, frequency, and environment of use, the competence of the user, how well the product is stored and maintained, etc. Inspect equipment periodically for damage and/or deterioration. In addition to the inspection before and during use, a periodic in-depth inspection must be carried out by a competent inspector at least once every 12 months. This inspection must be performed at least once every 12 months. The frequency of the in-depth inspection must be governed by the type and the intensity of use. To keep better track of your equipment, it is preferable to assign each piece of equipment to a unique user so that he will know its history. The results of inspections should be documented in an equipment control card. This document must allow recording of the following details: type of equipment, model, name and contact information of the manufacturer or distributor, means of identification (serial or individual number), year of manufacture, date of purchase, date of first use, name of user, all other pertinent information for example maintenance and frequency of use, the history of periodic inspections (date / comments and noted problems / name and signature of the competent person who performed the inspection / anticipated date of next inspection). See example of detailed equipment control card and other

#### When to retire your equipment

Immediately retire any equipment if:

- it fails to pass inspection (inspection before and during use and the periodic in-depth inspection),
  - it has been subjected to a major fall or load,
  - you do not know its full usage history,
  - it is at least 10 years old and made of plastics or textiles,
  - you have any doubt as to its integrity.
- Destroy retired equipment to prevent further use.

#### Product obsolescence

There are many reasons why a product may be judged obsolete and thus retired before the end of its actual lifetime. Examples include: changes in applicable standards, regulations, or legislation; development of new techniques, incompatibility with other equipment, etc.

#### Modifications, repairs

Any modification, addition to, or repair of the equipment other than that authorized by Best one is prohibited: due to the risk of reducing the effectiveness of the equipment.

#### Storage, transport

Keep your lanyard in a bag or other container to protect it from exposure to UV, moisture, chemical products, etc.

#### Guarantee

This product is guaranteed for 3 years against any faults in materials or manufacture. Exclusions from the guarantee: normal wear and tear, oxidation, modifications or alterations, incorrect storage, poor maintenance, damage due to accidents, to negligence, or to improper or incorrect usage.

Best one is not responsible for the consequences, direct, indirect or accidental, or any other type of damage befalling or resulting from the use of its products.

**Warning!** It is essential for the safety of the user that if the product is re-sold outside the original country of destination the reseller shall provide instructions for use, for maintenance, for periodic examination and for repair in the language of the country in which the product is to be used.

#### 8 - Maintenance

Proper maintenance of your Energy absorbing lanyard and/or twin legged energy absorbing lanyard are primordial to ensure integrity of the component parts and therefore the user's safety. So please comply strictly with the following recommendations:

1. Do not use any abrasive material. Never place heavy items on top of it. For intensive cleaning, wash the Energy absorbing lanyard and/or twin legged energy absorbing lanyard in water at a temperature between 30°C to 60°C by using a neutral detergent (PH+ 7). The washing temperature should not exceed 60°C. Do not use acid or basic detergents. Follow the washing instructions absolutely without any deviations.
2. Use professional disinfectant without causing adverse effect on the materials, or conducted by a competent person for disinfecting.
3. Allow the Energy absorbing lanyard and/or twin legged energy absorbing lanyard to dry naturally and shall be kept far from an open fire or any other source of heat.

#### 9 - Periodic Examination

A competent person should periodically inspect and maintain records of the PPE as mentioned in the attached Equipment control card.

1. The regular periodic examinations are very important, and that the safety of users depends upon the continued efficiency and durability of the equipment, at least once a year.
2. It is recommended that the energy absorbing lanyard and/or twin legged energy absorbing lanyard should be inspected and examined by a competent person for any damage of failure if the need arise, and strictly in accordance below item 3.
3. Method of periodic examination could be carried out as follows:
  - A) Inspect the webbing for any damages or cuts.
  - B) Check all metal fittings for any damages or rust. Inspect for any cracks.
  - C) Check all plastic fittings for any damages.
  - D) Check all the stitches of the PPE.
  - E) Maintain all inspection details on the Equipment control card.
  - F) Annual control to be made evident by punching.
  - G) Check the legibility of the product markings.

#### 10 - Marking

