

# LassoPro Lanyard

Single adjustable rope lanyard  
with snaphook & scaffold hook  
**Instruction Manual**

**LLZORX5**



The Single adjustable rope lanyard with snaphook and scaffold hook is a component of personal fall arrest equipment and complies with EN355 Fall arrest system consisted of energy absorber with lanyard (complied with EN 354) attached to the full body harness (complied with EN 361) and connected to the structural anchor point (complied with EN 795) can be used as a basic personal protective equipment against falls from a height.



**Australian Standard**  
AS/NZS 1891.1:2007  
SMK40940 SAI Global

**Certified to:**

**CERTIFIED TO AS/NZS 1891.1:2007, EN 358:1999, EN 355:2002**



**Admissible time of use:**

Work positioning lanyard can be used for up to 10 years.

Users should be competent in the use of equipment before beginning any tasks requiring its use.



## Lasso | Single adjustable rope lanyard with snaphook & scaffold hook LLZ0RX5

An adjustable length rope lanyard is an important item for any height safety kit. By adjusting the length of the lanyard the risk of going over the edge or having a fall is reduced, with the worker now able to operate in fall restraint.

Ref.	Model	Fibre Rope Diameter	Rated to	Length	Material	Standards
			kg			
Single adjustable rope lanyard with snaphook & scaffold hook	LLZ0RX5	12mm	100kg	1.2-2m	Polyester 100%	AS/NZS 1891.1:2007 EN 355:2002



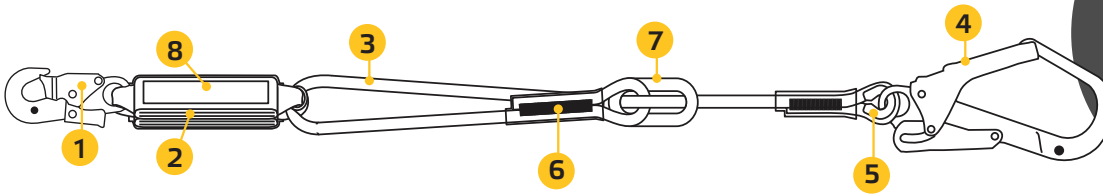
- > Total extended length is 2m, can be shortened to 1.2m.
- > The shock absorber will tear to absorb the energy in the event of a fall.
- > Shock absorber end connects to the fall arrest point on the harness.
- > Snaphook and scaffold hook rated to 20kN.
- > Do not remove the yellow cover as this protects the shock absorber from environmental damage.
- > Lanyard constructed from Kermantle polyester Rope , 12mm diameter.
- > Kermantle compliant to AS4142.3

**WARNING** - before using this safety equipment please read the manual carefully.

Personal protective equipment should be used only by people trained in operating it. Personal protective equipment is considered personal equipment and should be used by a single person only.

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# Fundamental rules for using personal protective equipment



It is forbidden to use protective equipment if one of its elements is hampered by another during operation.

The single adjustable rope lanyard with snaphook & scaffold hook is made of 12mm kernmantle rope. The absorber is equipped with attachment loops on the endings, which are integrated with a lanyard. The body of the absorber is protected by a special jacket made of a shrinkable, polyethylene tube. The endings of the lanyard are sewn making the attachment loops.

- > Personal protective equipment must be withdrawn from use and undergo a complete periodical inspection at least once a year (after 6 months of use).
- > Periodical inspection must be carried out by a qualified person responsible for periodical inspections of safety equipment in a given place of work, by the equipment manufacturer or an authorised representative of the manufacturer. Such an inspection should check all equipment elements with particular attention paid to:
  - > any defects,
  - > excessive wear,
  - > corrosion,
  - > points of tearing,
  - > cuts and improper operation.
- > If protective equipment has a complex structure, for example retractable type fall arresters, periodical inspections should be carried out only by the equipment manufacturer or its authorised representative. The date of the subsequent inspection will be specified after the periodical inspection has been completed.
- > Any repair shall only be carried out by equipment manufacturer or his certified representative.
- > All information concerning protective equipment (name, serial number, date of purchase and date of first operation, user name, information concerning repairs and inspections and withdrawal from use) must be included in the Operation Sheet for a particular device. The factory where equipment is stored is responsible for making entries in the Operation Sheet. The Sheet should be completed by the person responsible for safety equipment in a given place of work. Equipment without a properly completed Operation Sheet cannot

1	AZ 022 Snaphook connector, rated to 20kN
2	Energy absorber, polyamide
3	Lanyard from Polyester Kernmantle Rope
4	AZ 002 Scaffold hook connector, rated to 20kN
5	Thimble, polyethylene
6	Lanyard's seam
7	Adjustment buckle zinc plated steel
8	Identity label

- be used. it is forbidden to make any alterations or additions to the equipment without the manufacturer's prior written consent.
- > Personal protective equipment must not be used by people whose health condition may influence their safety during everyday use or emergency procedures.
- > Personal protective equipment shall not be used outside its limitations, or for any purpose other than that for which it is intended.
- > Before use ensure about the compatibility of items of equipment assembled into a fall arrest system. Periodically check connecting and adjusting of the equipment.
- > Components to avoid accidental loosening or disconnecting of the components.
- > When working on the lattice constructions avoid interleaving the working webbing between the individual construction elements and avoid using the device in the dust laden and greasy environment. When working on the lattice constructions avoid interleaving the working webbing between the individual construction elements and avoid using the device in the dust laden and greasy environment.

**Important;** For all matters relating to selection, use and maintenance of fall arrest equipment, please consult AS/NZS1891 Part 4: Fall Arrest Systems & Devices- Selection, Use and Maintenance.



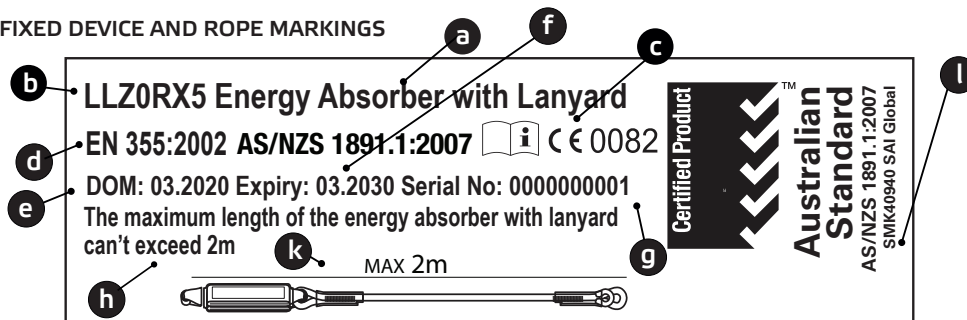
If any part of an assembly is to be exposed to chemicals, e.g. hazardous atmospheres or cleaning materials the user must check with the manufacturer to determine whether the part is suitable for continued use.

# Work positioning device label

<b>a</b>	Device type	<b>g</b>	Serial number of the equipment
<b>b</b>	Model symbol	<b>h</b>	Lanyard length
<b>c</b>	CE mark and number of the notified body controlling manufacturing of the equipment, number	<b>i</b>	Caution: read and understand the manual before use
<b>d</b>	Number/year European standards	<b>j</b>	Identification of the equipment manufacturer or distributor.
<b>e</b>	Month and year of manufacture	<b>k</b>	Maximum length for the work positioning lanyard
<b>f</b>	Month and year of expiry date	<b>l</b>	Australian Standard and SAI Global accreditation

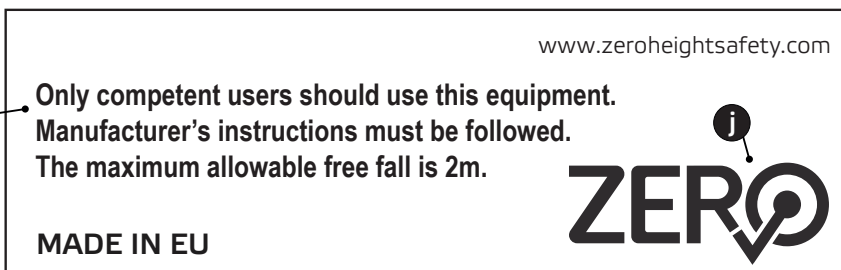
> Make sure that all labels on protective equipment (elements of this equipment) are legible while performing a periodical inspection.

## FIXED DEVICE AND ROPE MARKINGS



**Australian Standard**  
AS/NZS 1891.1:2007  
SMK40940 SAI Global

Example only: labels may vary depending on model  
NB: make sure that all labels on protective equipment (elements of this equipment) are legible while performing a periodical inspection.

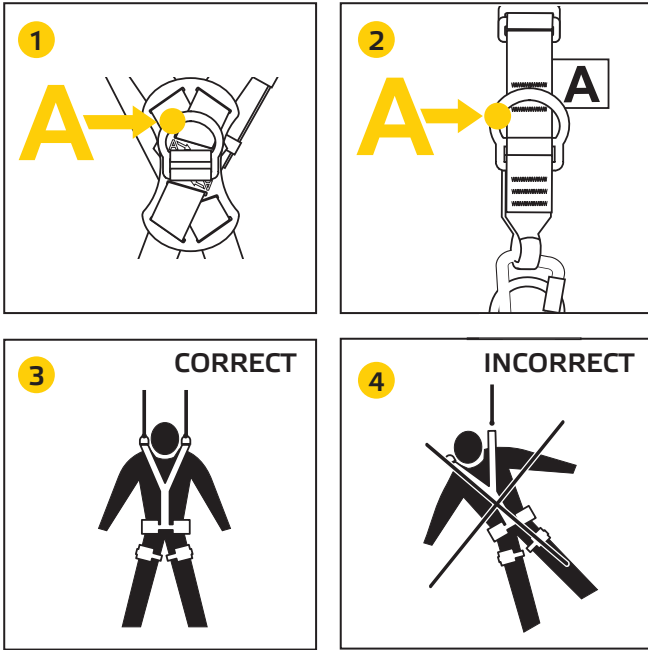


## Pre use check

Before each use of personal protective equipment it is obligatory to carry out a pre-use check of the equipment, to ensure that it is in a serviceable condition and operates correctly. During pre-use check it is necessary to inspect all elements of the equipment in respect of any damages, excessive wear, corrosion, abrasion, cutting or incorrect acting, especially take into consideration:

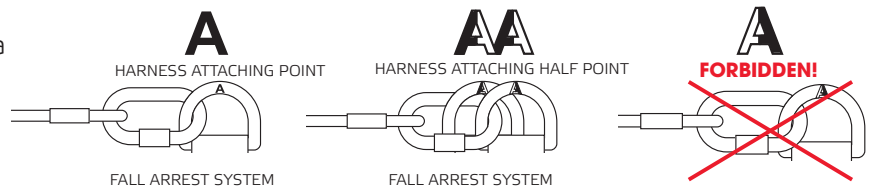
Equipment elements	Inspect	
Full body harnesses and belts	Buckles, adjusting elements, attaching points, webbing's, seams, loops;	
Energy absorbers	Attaching loops, webbing, seams, casing, connectors;	
Textile lanyards or lifelines or guidelines	Rope, loops, thimbles, connectors, adjusting element, splices;	
Steel lanyards or lifelines or guidelines	Cable, wires, clips, ferrules, loops, thimbles, connectors, adjusting elements;	
Retractable fall arresters	Cable or webbing, retractor and brake proper acting, casing, energy absorber, connector;	
Guided type fall arresters	Body of the fall arrester, sliding function, locking gear acting, rivets and screws, connector, energy absorber;	
Connectors	Main body, rivets, gate, locking gear acting.	

# Attaching Fall Arrest System

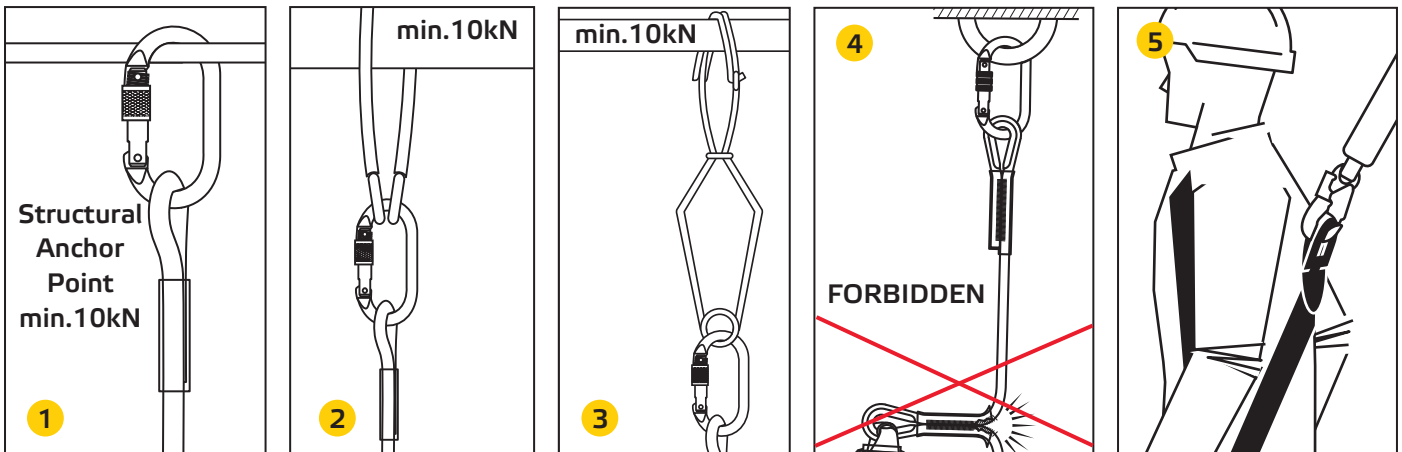


1. Fall arrest system must be connected only to the attaching elements of the harness marked by capital letter A. The fall arrest system must be connected only to: - dorsal attachment D-ring - **drawing (1)** or - to frontal attachment D-ring. The dorsal attachment D-ring is marked by a capital letter **A** - embossed on the crossing plate. Front attachment D-ring is marked by a capital letter **A** placed on the label sewn near the D-ring . See drawings **1** and **2**.
2. Work positioning system can be attached only to the lateral buckles of the work positioning belt or to the frontal waist buckle - work positioning lanyard must be anchored to the point of construction that is situated at waist level or above. Work positioning lanyard must be kept taut to restrict free movement to a maximum 0,6 m.
3. Rescue harness D-rings placed on the shoulder straps can be used linked together only for rescue purposes. Do not use single D-ring. Do not use the rescue harness D-rings with fall arrest systems. See **drawing 3 & 4**.

**NB:** In a full body harness use only attaching points marked with a big letter "A" to attach a fall system. If the 'A' is half black, half white, it must be attached to another attachment marked with the same marking in order to be fall arrest compliant.

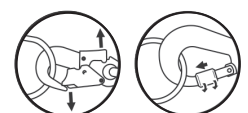


## Connecting the lanyard in the fall arrest system



1. If the absorber is not integrated with a lanyard connect the lanyard (complying with EN 354) to one loop of the energy absorber with a connector complying with EN 362. Attach the energy absorber's connector to a frontal or dorsal attachment point of full body harness (complying with EN 36 - [1] **1.** with line connector **2.** or quick hook **3.**
2. During use the energy absorber with double lanyards it is strictly forbidden to attach the one lanyard's connector to harness attachment element and the second lanyard's connector to structural anchor point. **4.**
3. This assembly (the energy absorber+lanyard) connect directly to the back or front attaching buckle of the safety harness **5.**

**WARNING:**  
Ensure the snaphook gate is securely closed and protected by the locking gear.



# Correct use of Lasso Pro rope lanyard

When using the work positioning device Single adjuster rope lanyard in connection with fall arrest system must be compatible with use instructions of the fall arrest systems and obligatory standards:

**AS/NZS 1891.1 and EN 361 for safety harness - EN 358 - for work positioning belts  
AS/NZS 1891.1, EN 354, EN 355, EN 353-1, EN 353-2, EN 360, EN 362 - for the fall arrest system**

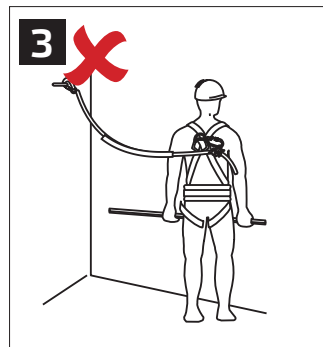
**IMPORTANT:** The work positioning device **Single adjuster rope lanyard** is not the fall protection and it should not be used as the protection against the fall from a height. The independent fall arrest system must be used to protect the worker during the work at the height.

**PPE, including harnesses and lanyards, must be withdrawn from use immediately and destroyed once it has been used to arrest a fall. A full body Fall-Arrest Safety Harness compliant to EN 361 and/or AS/NZS1891.1:2007 is the only acceptable body holding device that can be used in a fall arrest system, in conjunction with the Single adjuster rope lanyard.**

During work the rope snap hook must be connected to the side buckles of the work positioning belt. The snap hooks of the Single adjuster rope lanyard mustn't be connected to the attaching points of the safety harness that are destined for attachment of the fall protective equipment.

**It is strictly forbidden:**

- > to connect both snap hooks to the same, single belt buckle;
- > to connect the adjuster snap hook to the belt buckle and the rope snap hook to the structural anchor point;
- > to connect the adjuster snap hook to the belt buckle and connect the second snap hook on the rope.



**1.** Always use a fall arrest system when using the Lanyard for climbing ladders.

**2.** It is forbidden to use just the Lanyard for work positioning or climbing ladders.

**3.** DO NOT attach the Lanyard to the back D ring of your harness, always attach to the front attachment point so the adjuster device is easily managed.

**IT IS FORBIDDEN TO USE THE LASSO PRO LANYARD FOR APPLICATIONS OTHER THAN THOSE SPECIFIED IN THE INSTRUCTION MANUAL**

## Equipment Lifespan

The Single adjuster rope lanyard can be used for 10 years from a date of manufacturing. After this period the device must be removed from use and destroyed. The Single adjuster rope lanyard must be withdrawn from use immediately and destroyed when it has been used to arrest a fall.

## Cleaning and storing

Personal protection equipment should be stored loosely packed, in a well-ventilated place, away from other tools to prevent cross-damage. PPE must be protected from direct light, UV degradation, damp environment, sharp edges, extreme temperatures and corrosive or aggressive substances.

Personal protection equipment should be cleaned periodically using specialist cleaner, or a mild detergent and water, wash with a soft non-abrasive brush or sponge and allow to air dry after removing excess water with a dry cloth.

**When storing equipment keep away from chemicals.**

**DO NOT use chemicals to clean heavily soiled gear. Chemicals may destroy webbing, equipment and function.**

**DO NOT put equipment in the clothes dryer. Excessive heat may melt the webbing and alter the strength.**



# Fall factor and fall distance

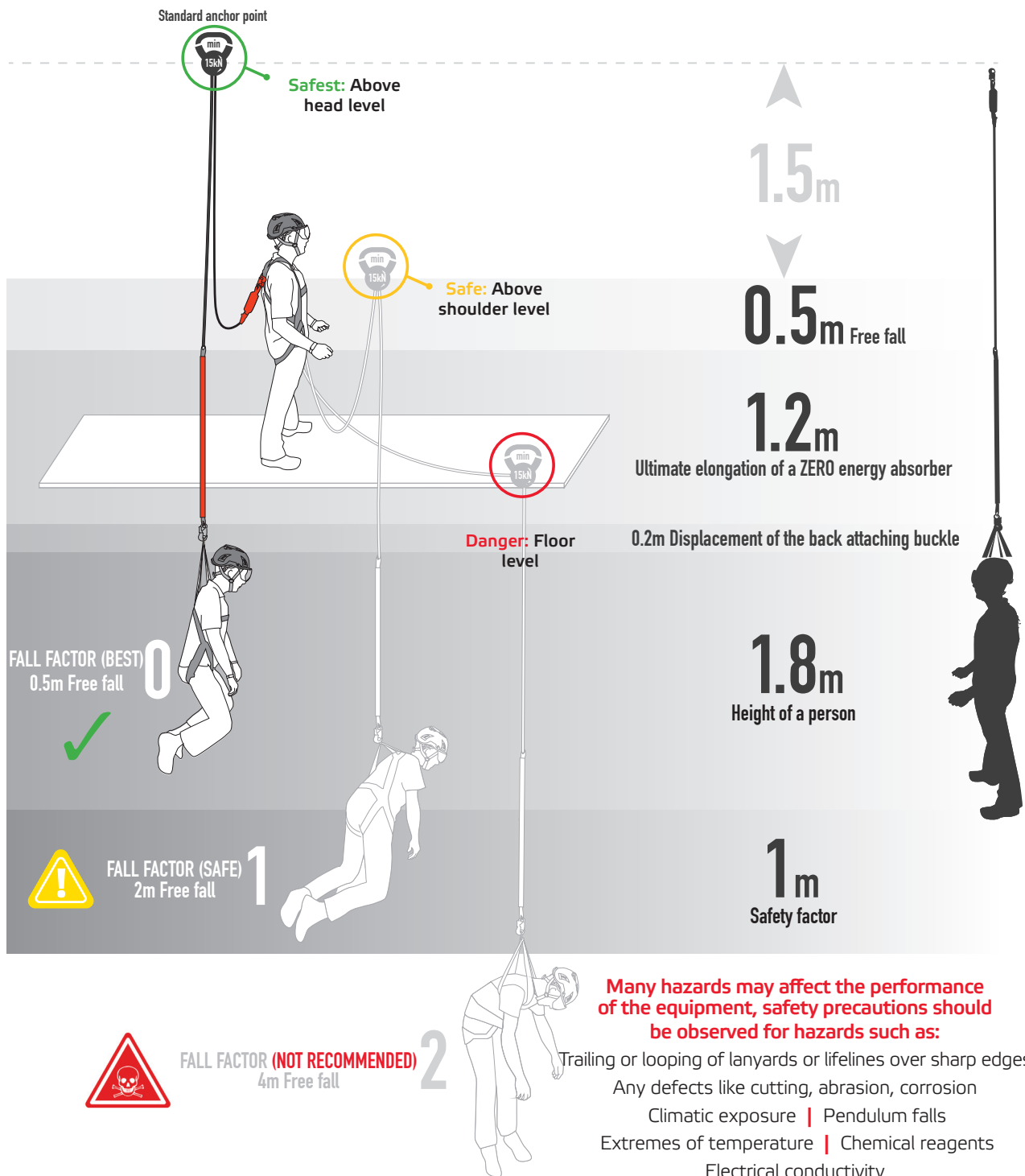


When setting up a fall arrest system, fall factors and fall distances are critical factors to be considered. The principle behind fall factors is the basic physics of gravity and energy.

## Energy is mass multiplied by velocity

The lower the anchor in relation to the human body, the greater the fall distance will be. By minimising the height of the fall, the speed will be reduced (velocity) at the

point when the arrest event starts. Check there is sufficient distance between the work surface and any surface/obstacle below to enable the system, including the action of any shock absorber, to deploy fully, without the worker hitting the below surface or obstacle. The anchor device/point should be placed above the position of the use. Minimal static strength of the anchor device/point is 15 kn. It is recommended to use certified and marked structural anchor point complied with EN795 or AS/NZS 5532.



**IMPORTANT:** Personal protective equipment must be withdrawn from use immediately when any doubt arise about its condition for safe use and not used again until confirmed in writing by equipment manufacturer or his representative after carried out the detailed inspection.

# Identity Card

It is the responsibility of the user organisation to provide the identity card and to fill in the details required. The identity card should be filled in before the first use by a competent person, responsible for protective equipment.

Any information about the equipment including periodic inspections, repairs, reasons for equipment being withdrawn from use, should be noted into the identity card. The identity card should be stored with the equipment

during the entire period of equipment utilization.

Equipment should be inspected at least once every six months in accordance with the manufacturers recommendations and withdrawn from use if not deemed by a competent person to be suitable for continued use. For any questions surrounding Maintenance matters please refer to AS/NZS 1891.4 of Australian/ New Zealand Standards Document.

## EXAMPLE ID CARD

Download full version from [zeroheightsafety.com](http://zeroheightsafety.com)

MODEL AND TYPE OF EQUIPMENT		REF. NUMBER	
DATE OF MANUF.		SERIAL NUMBER	
USER NAME			
DATE OF PURCHASE		DATE OF PURCHASE INTO OPERATION	

### PERIODIC EXAMINATION AND REPAIR HISTORY

No.	Date	Reason for entry periodic examination or repair	Defects noted, repairs carried out and other relevant informations	Name and signature of competent person	Periodic examination next due date
1					
2					
3					
4					
5					
6					
7					
8					

**Do not use the equipment without the identity card.  
All records in the identity card can be filled in only by a competent person.**

Notified bodies, at which certification was performed and which supervises the production of the equipment:



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