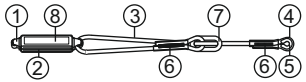


**PROTEKT**  
 CE 0082  
 EN 355:2002

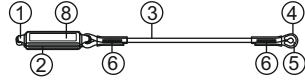
**GB ENERGY ABSORBER WITH FLR LANYARD**



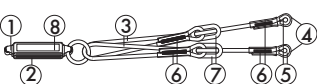
**ABM/LB200** Ref. BW 200/LB 200



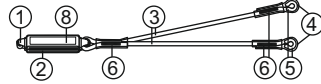
**ABM/LB201** Ref. BW 200/LB 201



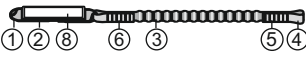
**ABM/2LB200** Ref. BW 200/2 LB 200



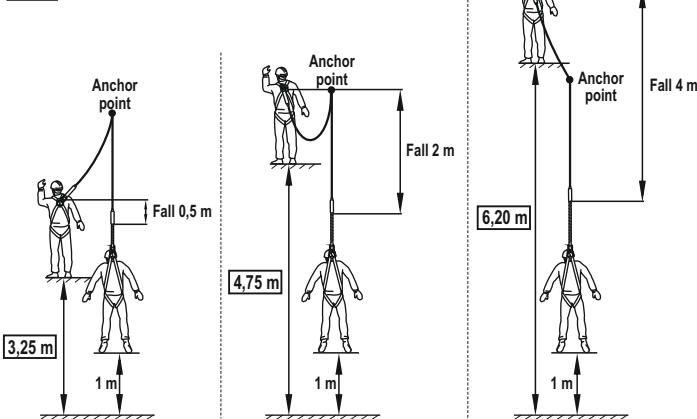
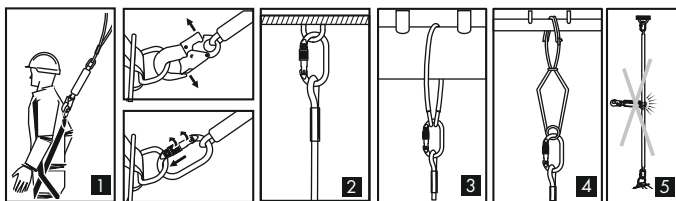
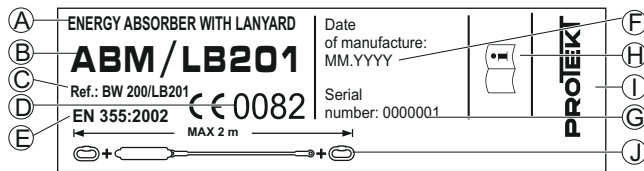
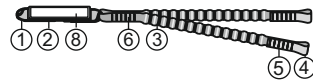
**ABM/LB202** Ref. BW 200/LB 202



**ABM/LE211** Ref. BW 200/LE211



**ABM/2LE211** Ref. BW 200/2LE211



GB - NOTICE: Read and fully understand these instructions before using this equipment.

**A. DESCRIPTION**

- The energy absorber with lanyard is a component of personal fall arrest equipment and complies with EN355.
- Fall arrest system consisted of energy absorber with lanyard, 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.
- Caution: The total length of the energy absorber with lanyard including terminations and connectors shall not exceed 2 m.
- (e.g. connector plus lanyard plus energy absorber plus connector)

**B. NOMENCLATURE**

Energy absorber is made of 32 mm wide polyamide webbing. Absorber is equipped with attachment loops on the endings. One of the loops is connected to the lanyard. The body of the absorber is protected by a special jacket made of a shrinkable, polyethylene tube. The lanyard can be made of:

- ø 11.4 mm aramide kernmantle rope finished with sewn loops (ABM/LB 201 FLR, ABM/LB 202 FLR).
- ø 11.4 mm aramide kernmantle rope finished on one ending with a loop adjustable by steel adjustment buckle and on the other ending with sewn attachment loop (ABM/LB200 FLR, ABM/2LB200).
- 28 mm wide aramide stretchable webbing ended with sewn loops (ABM/LE211, ABM/2LE211).

Equipment is suitable for use in high temperature environments (e. g. fire-fighting exposure) - burning time below 5 seconds and can be used when performing the so-called hot works, e.g. welding, cutting metal, etc.

- absorber's attachment loop ; 2. energy absorber ; 3. lanyard ; 4. lanyard's attachment loop ; 5. thimble
- lanyard's seam ; 7. adjustment buckle ; 8. identity label.

**C. MEANING OF THE MARKING**

- type of the device
- marking of the model of energy absorber
- reference number of the device
- CE marking with identity number of the notified body controlling manufacturing of the equipment
- European standards (number/year)
- month/year of the device manufacture
- number of the manufacturing series
- caution: read the manual
- marking of the manufacturer or distributor
- the maximum length of the energy absorber with lanyard can't exceed 2 m

**D. ASSEMBLING A FALL ARREST SYSTEM**

- Attach the energy absorber's connector to a frontal or dorsal attachment point of full body harness (conformed to EN 361) - [1]
- Connect the lanyard's connector to the structural anchor point of resistance min. 12 kN (conformed to EN 795) placed above the user:

  - directly [2]
  - with a additional connector [3], [4]

The shape of the structural anchor point shall not let self-acting disconnection of the device.

**WARNING:**

During use the energy absorber with double lanyard 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 [5].

**WARNING! NECESSARILY PROTECT THE SNAP HOOK GATE WITH THE LOCKING GEAR**

**CAUTION**

- The user should minimise the amount of slack in the lanyard near a fall hazard.
- The user must rule out any risk of the situation (e.g. wrapping the lanyard around neck) that during use arresting a fall the lanyard may be used choke hitched.
- The user should avoid interleaving the lanyard between construction elements or the situation when there is a risk of falling over the sharp edge (e.g. roof edge).
- The energy absorber with lanyard can be used in temperatures from -30°C to 50°C.
- Two separate lanyards each with an energy absorber should not be used side by side (i.e. parallel).
- The free lanyard of a double (twin tail) lanyard combined with energy absorber should not be clipped back on the harness.

**E. REQUIRED FREE CLERANCE BELOW WORKING LEVEL FOR WORKER PROTECTED WITH ENERGY ABSORBER WITH LANYARD**

It is necessary to guarantee the minimum clearance below the feet of the user, in order to arrest the fall before collision with the structure or ground. Check below drawing to verify the clearance depending on the position of the anchor point.

**F. PERIODIC INSPECTIONS**

Safety harness must be inspected at least once every 12 months from the date of first use. Periodic inspections must only be carried out by a competent person who has the knowledge and training required for personal protective equipment periodic inspections. Depending upon the type and environment of work, inspections may be needed to be carried out more frequently than once every 12 months. Every periodic inspection must be recorded in the Identity Card of the equipment.

**G. MAXIMUM LIFESPAN OF THE EQUIPMENT**

The maximum lifespan of the harness is 10 years from the date of manufacture.

**ATTENTION:** The harness maximum lifetime depends on the intensity of usage and the environment of usage. Using the harness in rough environment, marine environment, contact with sharp edges, exposure to extreme temperatures or aggressive substances, etc. can lead to the withdrawal from use even after one use.

**H. WITHDRAWAL FROM USE**

The harness must be withdrawn from use immediately and destroyed when it has been used to arrest a fall or it fails to pass inspection or there are any doubt as to its reliability.

**I THE ESSENTIAL PRINCIPLES FOR USERS OF PERSONAL PROTECTIVE EQUIPMENT AGAINST FALLS FROM A HEIGHT:**

- personal protective equipment shall only be used by a person trained and competent in its safe use.
- personal protective equipment must not be used by a person with medical condition that could affect the safety of the equipment user in normal and emergency use.
- a rescue plan shall be in place to deal with any emergencies that could arise during the work.
- 3.
- being suspended in PPE (e.g. arresting a fall), beware of suspension trauma symptoms.
- to avoid symptoms of suspension trauma, be sure that the proper rescue plan is ready for use. It is recommended to use foot straps.
- it is forbidden to make any alterations or additions to the equipment without the manufacturer's prior written consent.
- any repair shall only be carried out by equipment manufacturer or his certified representative.
- personal protective equipment shall not be used outside its limitations, or for any purpose other than that for which it is intended.
- personal protective equipment should be a personal issue item.
- 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

