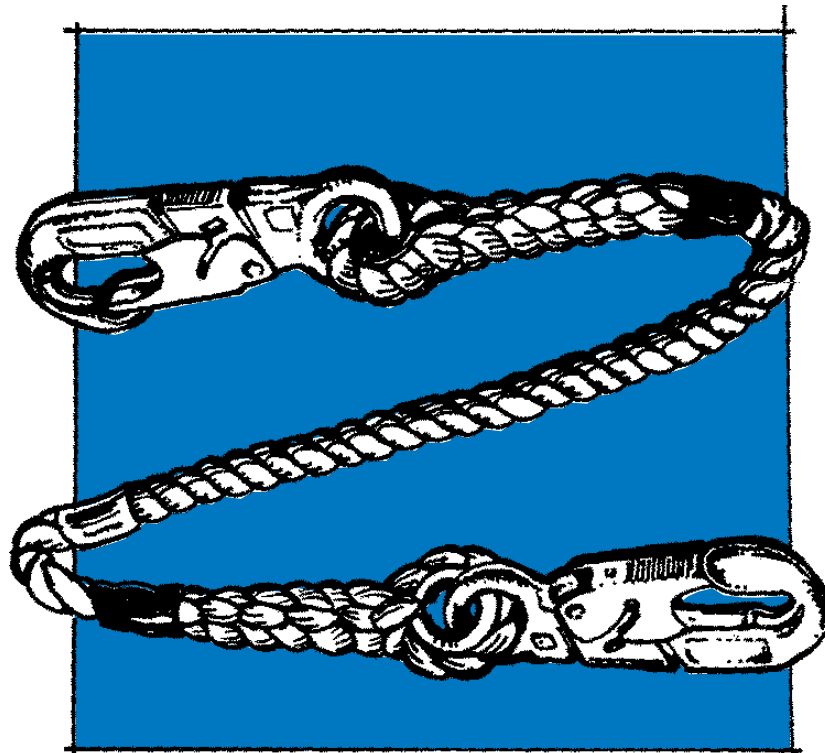




Using the right lanyard

A lanyard is a flexible line of webbing, or a synthetic or wire rope, used to secure a safety belt or full body harness to a lifeline or anchor.

A lanyard that meets the requirements of CSA Standard Z259.1 is acceptable to WorkSafeBC.



- Keep lanyards as short as possible to reduce the distance you could fall. Try to arrange the lanyard to limit a free fall to no more than 1.2 m (4 ft.) in a fall arrest situation.
- When using a wire rope lanyard for fall arrest, a personal shock absorber must be included in your personal fall protection system in order to keep the arrest force at a safe level.

Project: _____ Address: _____

Employer: _____ Supervisor: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Other safety issues or suggestions made by crew members:

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Manager's remarks: _____

Manager: _____ Supervisor: _____

(signature)

(signature)



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