



## Lanyards and Shock Absorbers

### USER INSTRUCTION MANUAL

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# Product Groupings

## Groupes de produits / Agrupaciones de productos

SHOCK-ABSORBING LANYARDS / LONGES AMORTISSEURS / ESLINGAS AMORTIGUADORAS			
KEY FEATURES / CARACTÉRISTIQUES PRINCIPALES / CARACTERÍSTICAS PRINCIPALES			
⊙	TUBULAR (BUILT-IN) SHOCK-ABSORBER	L'AMORTISSEUR DE STYLE TUBULAIRE (INTÉGRÉ)	AMORTIGUADOR DE IMPACTO TUBULAR (INTEGRADO)
▲	PACK-TYPE SHOCK-ABSORBER	L'AMORTISSEUR DE STYLE BOÎTIER	AMORTIGUADOR DE IMPACTO DE PAQUETE
▼	TIE-BACK	LONGE DE RETENUE (ATTACHEZ AUTOUR)	MECANISMO DE CORBATA AUTOENGANCHE
◆	STRETCHABLE	ÉTIRABLE	ESTIRABLE
■	POSITIONING AND RESTRAINT ONLY	POSITIONNEMENT ET RETENUE UNIQUEMENT	POSICIONAMIENTO Y RESTRICCIÓN SOLAMENTE



⊙ **Miller Manyard®**



⊙  
◆ **Miller Manyard® II**



▲  
◆ **Miller StretchStop®**



▲ **Miller Lanyards w/ SofStop®**



▼  
▲ **Miller BackBiter®**



▼  
▲ **Miller Titan™ Tie-Back**



☉ Miller Titan™ II Tubular



☉ Miller Titan™ II Stretch  
◆ Tubular



▲ Miller Titan™ II Stretch  
◆ Pack-Style

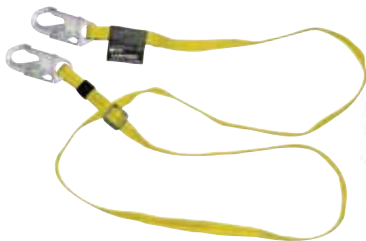


▲ Miller Titan™ II Pack-Style

**PERSONAL SHOCK ABSORBER PACKS / PACK ABSORBEUR D'ÉNERGIE PERSONNEL / PAQUETE DE AMORTIGUADOR PERSONAL**



**POSITIONING AND RESTRAINT LANYARDS / LES LONGES SERVANT AU POSITIONNEMENT ET À LA RETENUE / CUERDAS DE SEGURIDAD PARA POSICIONAMIENTO Y LIMITACIÓN DE DESPLAZAMIENTO**

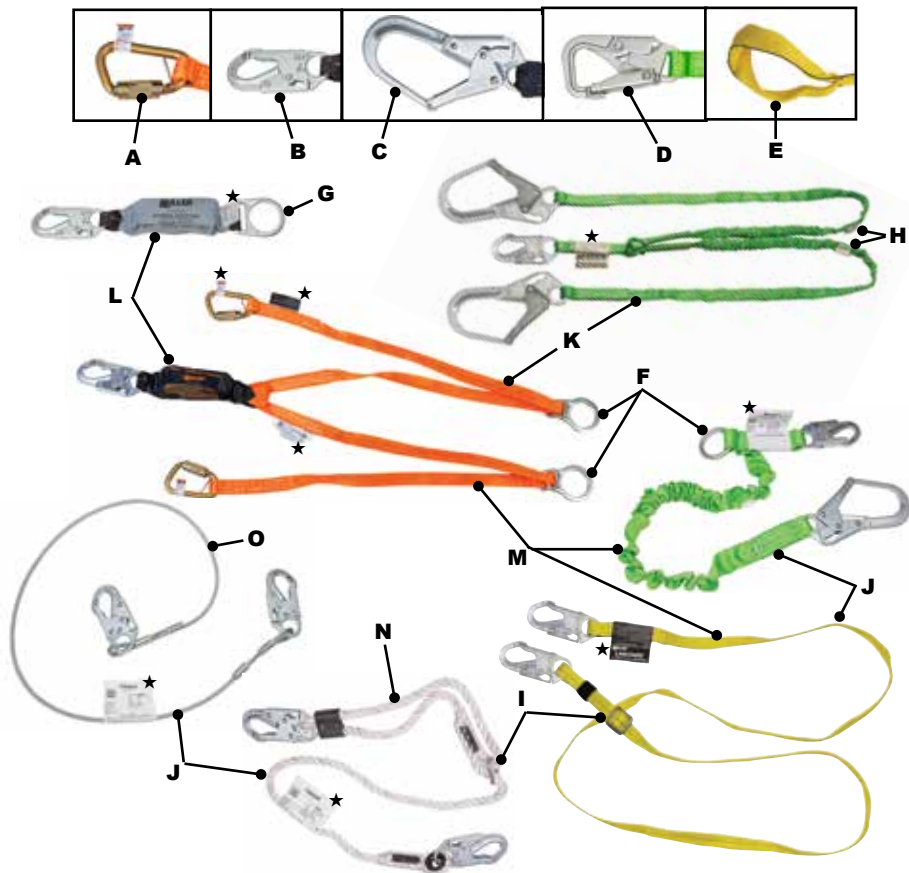


**O-RING AND D-RING EXTENSIONS / RALLONGES D'ANNEAU CIRCULAIRE ET D'ANNEAU EN D / EXTENSIONES CON ANILLO REDONDO Y CON ANILLO "D"**



# Parts Identification

## Identification des composants / Identificación de componentes



<b>A</b>	LOCKING CARABINER	MOUSQUETON DE VERROUILLAGE	MOSQUETÓN DE BLOQUEO
<b>B</b>	LOCKING SNAP HOOK	CROCHET DE VERROUILLAGE	GANCHO DE CIERRE
<b>C</b>	LOCKING REBAR HOOK	MOUSQUETON DE VERROUILLAGE POUR TIGE D'ARMATURE	GANCHO DE BARRA CON REFUERZO DE BLOQUEO
<b>D</b>	LOCKING 5K SNAP HOOK	CROCHET MOUSQUETON 5K DE VERROUILLAGE	GANCHO DE CIERRE 5K
<b>E</b>	CHOKE-OFF LOOP	CRAVATES D'ANCRAGE	LAZO DE ANCLAJE
<b>F</b>	O-RING	D'ANNEAU TORIQUE	ANILLO O
<b>G</b>	D-RING	D'ANNEAU EN D	ANILLO D
<b>H</b>	WARNING FLAG LOAD INDICATOR	INDICATEUR DE CHARGE AVEC INDICATEUR D'AVERTISSEMENT	INDICADOR DE CARGA CON INDICADOR DE ADVERTENCIA
<b>I</b>	LENGTH ADJUSTER	DISPOSITIF DE RÉGLAGE DE LA LONGUEUR	ADAPTADOR DE LONGITUD
<b>J</b>	SINGLE-LEG LANYARD	LONGE À SANGLE SIMPLE	ESLINGAS DE UNA SOLA TIRA
<b>K</b>	DOUBLE-LEG (TWIN) LANYARD	LONGE À DOUBLE SIMPLE (DEUX)	ESLINGAS DE DOBLE TIRA
<b>L</b>	SHOCK ABSORBER PACK	AMORTISSEUR DE BOÎTIER	AMORTIGUADOR DE PAQUETE
<b>M</b>	WEBBING	SANGLE	CINCHA / CORREAS
<b>N</b>	ROPE	CORDE	CUERDA
<b>O</b>	WIRE ROPE (CABLE)	CÂBLE	CUERDA DE ALAMBRE (CABLE)
★	LABELS	ÉTIQUETTES	ETIQUETAS



# INSTRUCTIONS FOR USE

## Personal Protective Equipment LANYARDS AND SHOCK ABSORBERS

*[This user instruction manual covers all Miller and Miller Titan lanyards and shock absorbers.]*

Thank you for your purchase of Honeywell Miller fall protection equipment manufactured by Honeywell Industrial Safety.

### WARNING

All persons using this equipment must read, understand and follow all instructions. Failure to do so may result in serious injury or death. Do not use this equipment unless you are properly trained.

It is crucial that the authorized person/user of this equipment read and understand these instructions. In addition, federal law requires employers to ensure that all users are trained in the proper installation, use, inspection, and maintenance of fall protection equipment. Fall protection training should be an integral part of a comprehensive safety program.

Proper use of fall arrest systems can save lives and reduce the potential of serious injuries from a fall. The user must be aware that forces experienced during the arrest of a fall or prolonged suspension may cause bodily injury. Consult a physician if there is any question about the user's ability to use this product. Pregnant women and minor children must not use this product.

## 1.0 Purpose

Lanyards are the critical link within a personal fall arrest system, joining the harness to the anchorage/anchorage connector. Honeywell Industrial Safety offers a wide array of lanyards for every application.

### WARNING

Shock-absorbing lanyards shall be used for fall arrest, positioning, and restraint applications.

Non-shock-absorbing lanyards shall be used for positioning and restraint only unless used in conjunction with a personal shock absorber.

## 2.0 General Fall Protection Requirements

### 2.1 General Requirements

All warnings and instructions shall be provided to authorized persons/users.

All authorized persons/users must reference the regulations governing occupational safety, as well as applicable ANSI or CSA standards. Please refer to product labeling for information on specific OSHA regulations, and ANSI and CSA standards met by product.

Proper precautions should always be taken to remove any obstructions, debris, material, or other recognized hazards from the work area that could cause injuries or interfere with the operation of the system.

Always check for obstructions below the work area to make sure potential fall path is clear.

Allow adequate fall clearance below the work surface.

To minimize the potential for accidental disengagement, a competent person must ensure system compatibility.

All equipment must be inspected before each use according to the manufacturer's instructions. Additionally, equipment must be inspected by a competent person, other than the user, on a regular basis, at least annually.

Any product exhibiting deformities, unusual wear, or deterioration must be immediately discarded in such a manner as to prevent inadvertent further use.

Any equipment subject to a fall must be removed from service.

The authorized person/user shall have a rescue plan and the means at hand to implement it when using this equipment.

Equipment must not be altered in any way. Repairs must be performed only by the manufacturer, or persons or entities authorized in writing by the manufacturer.

Never use fall protection equipment for purposes other than those for which it was designed. Fall protection equipment should never be used for towing or hoisting.

Environmental hazards should be considered when selecting fall protection equipment. Equipment must not be exposed to environmental hazards and chemicals which may produce a harmful effect. Polyester should be used in certain chemical or acidic environments. Use in a corrosive or caustic environment dictates a more frequent inspection and servicing program to ensure the integrity of the device is maintained.

All synthetic material must be protected from slag, hot sparks, open flames, or other heat sources. The use of heat resistant materials is recommended in these applications. Never use natural materials (manila, cotton, etc.) as part of a fall protection system.

Do not allow equipment to come in contact with anything that will damage it including, but not limited to, sharp, abrasive, rough or high-temperature surfaces, heat sources, electrical hazards, or moving machinery.

Do not expose the equipment to any hazard which it is not designed to withstand. Consult the manufacturer in cases of doubt.

Never remove product labels, which include important warnings and information for the authorized person/user.

## 2.2 Warnings and Limitations

### Capacity

**Maximum capacity is 310 lbs.\* (140.6kg), including clothing and tools, unless labeled otherwise.** [\*Refer to table in 4.0 Understanding Shock Absorbers for additional capacity information relative to standards requirements.]

### System Compatibility

Honeywell Miller fall protection products are designed for use with Honeywell-approved components only. Substitution or replacement with non-approved component combinations or subsystems or both may affect or interfere with the safe function of each other and endanger the compatibility within the system. This incompatibility may affect the reliability and safety of the total system.

### WARNING

**Always refer to the regulations and standards regarding personal fall arrest system component requirements and the instructions provided with each component being used as part of the personal fall arrest system.**

### Fall Arrest Forces

The use of shock absorbers is required to reduce fall arrest forces. All Miller shock absorbers, constructed of polyester materials, limit maximum fall arrest forces to 1800 lbs. (8kN) or less.

### Anchorage Requirements

Honeywell recommends that all anchorages be:

- Capable of supporting 5,000 lbs (22.2 kN) per worker attached; OR
- Designed, installed, and used, under the supervision of a qualified person, as part of a complete personal fall protection system that maintains a safety factor of at least two.

Always refer to applicable national and regional fall protection regulations and standards to ensure compliance.

When selecting an anchorage point, always remember that shock absorbers will elongate when subjected to fall arrest forces. Miller personal shock absorbers and shock-absorbing lanyards are marked with the maximum elongation. This maximum elongation distance must be used to determine potential fall distance and to ensure that the anchorage point is at a height that will not allow a user to strike a lower level should a fall occur.

## 3.0 Use

**REFERENCED PICTURES AND DIAGRAMS ARE LOCATED IN APPENDIX A ON PAGES 30-33.**



### **WARNING**

Inspect before each use (see 6.0 Inspection and Maintenance).

Make sure all connections are compatible, considering factors such as size, shape and strength.

Always visually check that each snap hook (carabiner or other connector) freely engages the harness D-ring or anchor point/anchorage connector, and that its gate (keeper) is completely closed and locked.

Make sure snap hook (connector) is positioned so that its gate is never load bearing.

Never disable or restrict locking keeper or alter connecting device in any way.

Do not attach any snap hook with a gate opening larger than 1 in. (25.4mm), such as a rebar (pelican) hook, to a harness D-ring.

Connect in a manner that limits free fall to the shortest possible distance [6 ft. (1.8m) maximum] and always work directly under the anchor point to avoid a swing-fall injury.

Do not attach multiple lanyards together, tie knots in lanyards, or wrap lanyards around sharp, rough edges, or small diameter structural members.

Never allow a lanyard, or either leg of a double-leg lanyard, to pass under or entwine around the user's arms, legs, neck or any other obstacle.

## 3.1 Shock-Absorbing Lanyards / Personal Shock Absorbers

### 3.1.1 Single-Leg Shock-Absorbing Lanyards

For fall protection applications, connect the shock-absorber end of the lanyard to the back D-ring on the full-body harness using the locking snap hook (see Fig. 1a & 1b). (For tubular lanyards with a built-in shock absorber, refer to product label to ensure that the correct end of the lanyard is connected to the harness.)

Connect the other end of the lanyard to the anchorage or anchorage connector (see Fig. 1c & 1d).

Always verify that each snap hook or connector gate is completely closed and locked.

### 3.1.2 Double-Leg Shock-Absorbing Lanyards

When using a double-leg lanyard, connect only the center snap hook to the harness D-ring (see Fig. 2a & 2b).

Connect one of the free ends of the lanyard to the anchorage or anchorage connector.

Always verify that each snap hook or connector gate is completely closed and locked.

To retain 100% tie off, make sure at least one leg of the lanyard is connected at all times when transitioning from one anchorage or anchorage connector to another. Both lanyard legs should only be connected during anchorage transition. While performing work, only one leg should be connected to an anchorage or anchorage connector at a time. Connect the leg of the lanyard that is not in use to the harness component designated for this purpose, such as the pull-free lanyard ring, clip or Velcro keeper (see Fig. 2c).



### **WARNING**

Never rig a double-leg lanyard in such a way to create more than a 6 ft. (1.8m) free fall.



### **WARNING**

Do not connect the unused leg of a double-leg lanyard to permanently fixed harness components (i.e., chest strap, side or front D-rings, etc.).



### 3.1.3 Tie-Back Shock-Absorbing Lanyards

#### **WARNING**

Do not attempt this type of connection with standard lanyards which are not specifically designed for such a connection. Failure to follow this warning may cause serious injury or death!

Tie-back shock-absorbing lanyards are specially-engineered lanyards designed for tie-back use, eliminating the need for a separate anchorage connector.

Miller BackBiter Tie-Back Lanyards include a unique 5K snap hook with a 5,000-lb. (22kN) gate load capacity from any angle and heavy-duty, abrasion-resistant webbing to allow the lanyard to be wrapped around an approved anchorage and connected back onto itself in a choking fashion using the 5K snap hook (see Fig. 3a). Connect the shock-absorber end of the lanyard to the back D-ring on the full-body harness using the locking snap hook. Always verify that the gates of both snap hooks are completely closed and locked.

To connect a Titan Tie-Back Lanyard, wrap the lanyard end with the attached carabiner around an approved anchorage and connect the auto-lock carabiner into the O-ring (see Fig. 3b). Connect the shock-absorber end of the lanyard to the back D-ring on the full-body harness using the locking snap hook. Always verify that the gates of both the snap hook and carabiner are completely closed and locked.

#### **WARNING**

Shock-absorber end of lanyard must be connected to harness D-ring only.

### 3.1.4 Personal Shock Absorber Pack

A shock absorber pack, such as the Miller SofStop Shock Absorber (928LS - see Product Groupings), is designed to be used in conjunction with another connecting device, such as a non shock-absorbing lanyard or self-retracting lifeline.

The shock absorber pack must be connected between the harness and the lanyard or self-retracting lifeline. Connect the shock absorber pack snap hook to the harness back D-ring; then connect the lanyard or self-retracting lifeline snap hook to the pack D-ring.

Always verify that each snap hook gate is completely closed and locked.

#### **WARNING**

Do not attach any snap hook with a gate opening larger than 1 in. (25.4mm), such as a rebar (pelican) hook, to the shock absorber pack D-ring.

## 3.2 Positioning and Restraint Lanyards (Non-Shock-Absorbing Lanyards)

For positioning and restraint applications, connect either end of the rope, web or wire rope lanyard to the harness or belt D-ring using the locking snap hook.

Connect the other end of the lanyard to the anchorage or anchorage connector.

Always verify that each snap hook or connector gate is completely closed and locked.

A fall hazard must not exist within the work zone when using a positioning and restraint lanyard.

#### **WARNING**

Do not use a non-shock absorbing lanyard for fall arrest unless it is used in conjunction with a shock absorber pack, such as the Miller SofStop Shock Absorber (928LS). When a shock absorber pack is used, it must be connected between the harness back D-ring and the lanyard snap hook.

## 3.3 Identification and Use of Lanyard Components and Accessories

### 3.3.1 Choke-Through Loop

To connect a lanyard choke-through loop to a harness D-ring, follow the steps in Fig. 4.

### 3.3.2 Length Adjuster

Some lanyards features a length adjuster (see Parts Identification), which enables the user to increase or decrease the length of the lanyard within a specified range.

### 3.3.3 O-Ring Extension Option

(permanently fixed lanyard component)

The O-Ring Extension Option (see Fig. 5) is available on any Miller shock-absorbing lanyard and provides either a choke-through loop or snap hook on the O-ring extension end, which connects to the back D-ring of the harness. Once attached, the user may use the lanyard or a retractable, which is connected to the O-ring of the lanyard.

### 3.3.4 D-Ring or O-Ring Extension

(separate component used in conjunction with a lanyard)

The O-Ring or D-Ring Extension (see Fig. 6) is simply a separate webbing extension with a snap hook or loop on one end and a D-ring or O-ring on the other and is connected between the harness back D-ring and the lanyard being used as shown.

## 4.0 Understanding Shock Absorbers

Honeywell Industrial Safety is dedicated to product development and user needs, and therefore offers different shock absorber styles as well as products that meet different performance specifications for personal shock absorbers and shock-absorbing lanyards. It is imperative to know and understand these differences to ensure safety on the jobsite.

### 4.1 Shock Absorber Styles (See Fig. 7 in Appendix A)

There are two primary Miller shock absorber styles for lanyards: built-in and pack.

- The **built-in** shock absorber is a specially-woven inner core within a tubular lanyard that smoothly expands to reduce fall arrest forces.

**TABLE 1: Shock Absorber Performance Specifications Per Standards**

Standards	Maximum Allowable Free Fall	Minimum Capacity	Maximum Capacity	Maximum Arrest Force	Average Arrest Force	Maximum Elongation
ANSI A10.32	6 ft. (1.83m)	N/A	310 lbs. (140.6kg)	1800 lbs. (8kN)	N/A	42 in. (1.1m)
ANSI Z359.1	6 ft. (1.83m)	130 lbs. (59kg)	310 lbs. (140.6kg)	1800 lbs. (8kN)	N/A	42 in. (1.1m)
*ANSI Z359.13	6 ft. (1.83m)	130 lbs. (59kg)	310 lbs. (140.6kg)	1800 lbs. (8kN)	900 lbs. (4kN)	48 in. (1.2m)
**ANSI Z359.13 [For a 12 ft. (3.66m) Free Fall]	12 ft. (3.66m)	130 lbs. (59kg)	310 lbs. (140.6kg)	1800 lbs. (8kN)	1350 lbs. (6kN)	60 in. (1.5m)
CSA Z259.11 Class E4	6 ft. (1.83m)	100 lbs. (45 kg)	254 lbs. (115kg)	900 lbs. (4kN)	550 lbs. (2.45kN)***	47.2 in. (1.2m)****
CSA Z259.11 Class E6	6 ft. (1.83m)	200 lbs. (90 kg)	386 lbs. (175kg)	1300 lbs. (6kN)	715 lbs. (3.18kN)***	69.9 in. (1.75m)****

\*The ANSI Z359.13-2009 standard increased the steel test weight used by manufacturers to test personal shock absorbers and shock-absorbing lanyards from 220 to 282 lbs. (100-128kg). Because of the heavier test weight requirement, the ANSI standard now allows for greater shock absorber elongation.

\*\*The ANSI Z359.13 standard addresses design and performance requirements for double-pack shock absorbers, such as the Miller MAX shock absorbers and Titan X2 shock absorbers, which may be used for a 12-foot (3.66m) free fall situation. Alternative means of fall protection should always be investigated prior to using systems that allow for free falls greater than 6 ft. (1.83m). [Note: Miller MAX and Titan X2 shock absorbers may also be used for workers weighing between 310 lbs. (140.6kg) and 400 lbs. (181.4kg), but free fall must be limited to 6 ft. (1.83m) or less in this application, unless otherwise stated on the product labeling.]

\*\*\*Average arrest force may vary by E4/E6 shock absorbers. Refer to product label.

\*\*\*\*When statically tested to 3600 lbf (12kN), maximum elongation is 70.9 in. (1.8m).

**MAXIMUM CAPACITY WARNING:** If the system is used by an employee having a combined tool and body weight between 310 lbs. (140.6 kg) and 400 lbs. (181.4 kg), then the employer must appropriately modify the criteria and protocols to provide proper protection for such heavier weights, or the system will not be deemed to be in compliance with the requirements of OSHA 1926.502(d)(16).

**ANSI Z359.13 WARNING:** If the labels and/or instructions of other Miller fall protection products and systems indicate that they are only to be used with personal fall arrest equipment that limits maximum fall arrest forces to 900 lbs. (4kN) or less, do not use with new ANSI Z359.13-2009 compliant product until otherwise authorized to do so by Honeywell Industrial Safety. Contact Honeywell Technical Service for further information.

- The **pack** shock absorber is a readily visible component of the lanyard. Inside the pack is a specially-woven inner core that smoothly expands to reduce fall arrest forces as well as a heavy-duty back-up safety strap.

## 4.2 Shock Absorber Performance Specifications

Whether built-in or pack style, Miller personal shock absorbers and shock-absorbing lanyards fall into different performance categories. These differences are based on whether the shock absorber was designed for a specific user application [6 ft. (1.83m) free fall or up to a potential 12 ft. (3.66m) free fall when deemed necessary; minimum and maximum worker weight capacities] and/or whether the shock absorber was engineered and tested to specific standards [ANSI Z359.1, ANSI Z359.13, ANSI A10.32 or CSA Z259.11].

**It is essential to refer to product labeling to determine the standards met by your particular product and relative specifications regarding capacities, allowable free fall, elongation characteristics and potential fall arrest forces.**

TABLE 1 outlines shock absorber performance specifications required based on ANSI and CSA standards.

### IMPORTANT NOTES

- **All Miller personal shock absorbers and shock-absorbing lanyards are OSHA compliant.**
- **When a product is marked as meeting more than one standard, the performance specifications of the most stringent of the requirements are listed on the labeling.**
- **Table is based on ambient dry conditioning drop test performance requirements. For additional conditioning test requirements, refer to the standard.**

If there are any questions regarding the differences between Miller shock absorbers and shock-absorbing products and their specified performance characteristics, please contact Honeywell Technical Service before using the equipment.

## 5.0 Calculating Fall Clearance Distance

**It is essential to understand how to calculate the fall clearance distance required for each work application to avoid contact with a lower level.**

The basic calculation shown in this section and the related diagram in Appendix A may be used to determine Required Fall Clearance when using a shock-absorbing lanyard. For a more automated approach to calculating Required Fall Clearance, access the Miller Fall Clearance Calculator online:

[www.millerfallprotection.com/fallclearance](http://www.millerfallprotection.com/fallclearance)

### SHOCK-ABSORBING LANYARD FALL CLEARANCE CALCULATION (See Fig. 8 in Appendix A)

*[Calculation taken from connection point of lanyard to anchorage connector or anchorage]*

Length of Lanyard (LL)  
 + Max. Elongation/Deceleration Distance (MED)  
 + Height to Worker's Back D-Ring (H)  
 + 3 ft. (0.9m) Safety/Stretch Factor (SF)  
 = Required Fall Clearance (RFC)

### **IMPORTANT NOTES:**

Maximum elongation/deceleration distance varies by shock-absorbing lanyard. Always refer to the labels on the connecting device to obtain this information.

For a fall clearance calculation made from the anchor point, the length of the anchorage connector being used must be included in the calculation unless the lanyard snap hook connects directly to the anchorage.

## 6.0 Inspection and Maintenance

### 6.1 Lanyard Inspection

Honeywell Industrial Safety's inspection requirements incorporate the criteria established by current safety standards. The inspection criteria for the equipment shall be set by the user's organization, such that it equals or exceeds the criteria required by the manufacturer and the standards with which the organization elects to comply.

**Equipment shall be thoroughly inspected by the user before each use, and additionally, by a competent person, other than the user, at least annually (or semi-annually per ANSI A10.32) for:**

- ✓ Absence or illegibility of markings/labels.
- ✓ Absence of any elements affecting the equipment form, fit or function.
- ✓ Evidence of defects in or damage to webbing, rope or wire rope (cable) including broken fibers, fraying, unsplicing, unlaying, kinking, knotting, roping, broken or pulled stitches, excessive elongation, chemical attack, burns, excessive soiling, abrasion, cuts, alteration, excessive aging, and excessive wear. (See TABLE 2.)

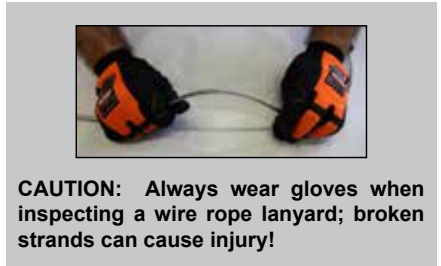
When inspecting lanyards, begin at one end and work to the opposite end. Slowly rotate the lanyard so that the entire circumference is checked. Spliced ends require particular attention.

**Web Lanyard:** To inspect, grasp webbing with hands 6-8 inches (152-203mm) apart and bend webbing in an inverted "U" or bend webbing over a pipe or mandrel. The surface tension resulting makes damaged fibers or

cuts easier to detect. Follow this procedure the entire length of webbing, inspecting both sides of the lanyard. Swelling, discoloration, cracks, and/or charring are obvious signs of chemical or heat damage (see TABLE 2). Observe closely for any breaks in the stitching.

**Rope Lanyard:** Rotation of the rope lanyard while inspecting from end-to-end will bring to light any broken or cut fibers. Inspect also for excessive wearing of the rope. Weakened areas from extreme loads will appear as a noticeable change in original diameter. The rope diameter should be uniform throughout, following a short break-in period.

**Wire Rope (Cable) Lanyard:** While rotating and slightly flexing the wire rope lanyard, watch for cuts, frayed areas, or unusual wearing patterns on the wire. Broken strands will separate from the body of the lanyard.



**CAUTION: Always wear gloves when inspecting a wire rope lanyard; broken strands can cause injury!**

- ✓ Evidence of defects in or damage to hardware elements including cracks, breaks, rough or sharp edges, pitted surfaces, deformation, corrosion, chemical attack, excessive heating, alteration, and excessive wear.

Additionally, perform the following hardware checks:

**Snap Hooks/Rebar Hooks/Carabiners:** The snap hook/carabiner gate (keeper) should seat into the nose without binding and should

**TABLE 2: Types of Material Damage**

HEAT	CHEMICAL	MOLTEN METAL OR FLAME	PAINTS AND SOLVENTS
In excessive heat, rope/webbing becomes brittle and has a shriveled brownish appearance. Fibers will break when flexed. Should not be used above 180°F.	Change in color usually appearing as a brownish smear or smudge. Transverse cracks when rope/webbing is bent over a mandrel. Loss of elasticity in rope/webbing.	Rope/webbing strands fuse together. Hard shiny spots. Hard and brittle feel.	Paint which penetrates and dries restricts movement of fibers. Drying agents and solvents in some paints will appear as chemical damage.

not be distorted or obstructed. The gate spring should exert sufficient force to firmly close the gate. When the gate is closed, the locking mechanism **MUST** prevent the gate from opening. It is permissible to lubricate snap hooks and carabiners if needed.

**Thimbles:** The thimble must be firmly seated in the eye of the splice, and the splice should have no loose or cut strands. The edges of the thimble must be free of sharp edges, distortion, or cracks.

✓ Evidence of defects in, damage to, or activation of shock absorber packs.

The outer portion of the pack should be examined for burn holes and tears. Stitching on areas where the pack is sewn to the lanyard and its components should be examined for loose strands, rips, deterioration or other signs of activation.

✓ Evidence of deployed or activated fall load indicators.

Miller tubular-style shock-absorbing lanyards are equipped with a warning flag which deploys when the lanyard has seen fall arrest forces. Pack-style shock absorbers and shock-absorbing lanyards will break open to release the core contents when subjected to fall arrest forces. Refer to Fig. 7 - Before and After Deployment.

For signs of impact loading in lanyards that are not equipped with readily visible fall indicators, measure the lanyard and compare it to the original stated length. A difference of more than 2 in. (50.8mm) indicates the unit has been subjected to fall arrest forces.

NOTE: A record log of all inspection dates for this device must be maintained.



## **WARNING**

**When inspection reveals defects in or damage to equipment, inadequate maintenance of equipment, or evidence of equipment having been exposed to fall arrest forces or loading, the equipment shall be tagged as “unusable”, removed from service, and immediately discarded in such a manner as to prevent inadvertent further use.**

## **6.2 Cleaning and Storage**

Basic care of equipment will prolong its service life and will contribute toward the performance of its vital safety function. Maintenance and storage of equipment shall be conducted by the user's organization in accordance with the manufacturer's instructions. Unique issues, which may arise due to conditions of use, shall be addressed with the manufacturer.

Periodically, clean lanyards using a sponge and mild solution of water and commercial soap or detergent, to remove any dirt, corrosives, or contaminants. Hang freely to dry, but away from excessive heat, steam, or long periods of sunlight.

When not in use, equipment shall be stored in a manner as to preclude damage from environmental factors, such as temperature, light, UV, excessive moisture, oil, chemicals and their vapors, or other degrading elements.

## **6.3 Life Expectancy of Miller Lanyards**

It is the position of Honeywell Industrial Safety (HIS) to use a 5-year life expectancy from date of first use as a guideline on all lanyards. HIS provides this recommendation as a general guideline, and is not to be used in lieu of the lanyard inspection section of this manual. This guideline only applies to product exhibiting no visual damage and that has not been exposed to chemicals, abnormal heat, or excessive ultra-violet light. It is possible that the equipment will last longer depending on the care and use the equipment may see.

Following these instructions may still necessitate removing the lanyard from service prior to the expiration of the five-year life expectancy guideline. Likewise, proper adherence to the inspection and maintenance criteria may extend the useful life beyond five years. Ultimately, it is the responsibility of the authorized person/user to determine when a lanyard is unfit for use and should be removed from service. Products removed from service should be disposed of in a manner that prevents inadvertent further use.

# APPENDIX A: REFERENCED PICTURES AND DIAGRAMS

## ANNEXE A: IMAGES ET SCHÉMAS RÉFÉRENCÉS

## APÉNDICE A: IMÁGENES Y DIAGRAMAS REFERENCIADOS

3.1.1 Fig. 1a



Fig. 1b



Fig. 1c



Fig. 1d



3.1.2 Fig. 2a



Fig. 2b



Fig. 2c






3.1.3 Fig. 3a



Fig. 3b



### 3.3.1 Fig. 4

	<b>1</b>	Pass lanyard loop through underside of D-ring.
		Faites passer la longe à travers la partie inférieure de l'anneau en D.
		Pase el loop de la eslinga a través de la parte inferior del anillo D.
	<b>2</b>	Pull lanyard loop through D-ring then pass opposite end of lanyard through lanyard loop.
		Faites passer la boucle de la longe à travers l'anneau en D puis faites passer l'extrémité opposée de la longe à travers la boucle de la longe.
		Ajuste el bucle de la eslinga a través del anillo D y pase el extremo opuesto de la eslinga a través del loop de la eslinga.
	<b>3</b>	Pull the full length of the lanyard through loop and tighten choke by pulling on lanyard while adjusting loop evenly over D-ring.
		Tirez la longe sur toute sa longueur à travers la boucle et serrez fermement en tirant sur la longe tout en ajustant la boucle de façon uniforme sur l'anneau en D.
		Pase toda la eslinga a través del loop y ajuste el nudo de estrangulación al tirar de la eslinga mientras ajusta el loop de forma uniforme sobre el anillo D.

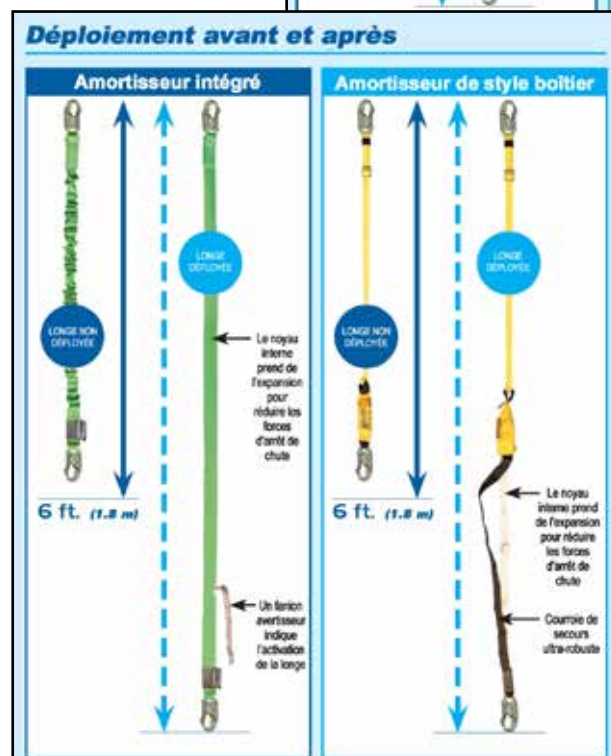
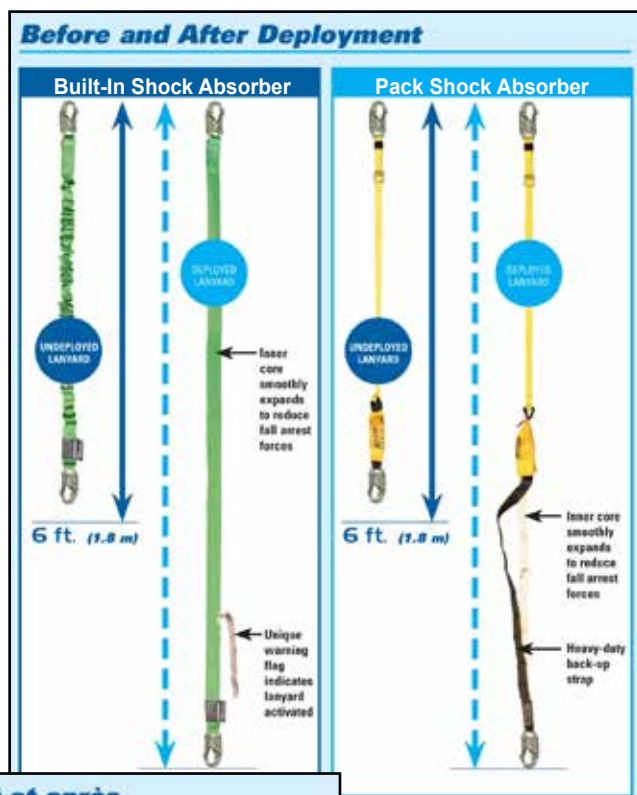
### 3.3.3 Fig. 5



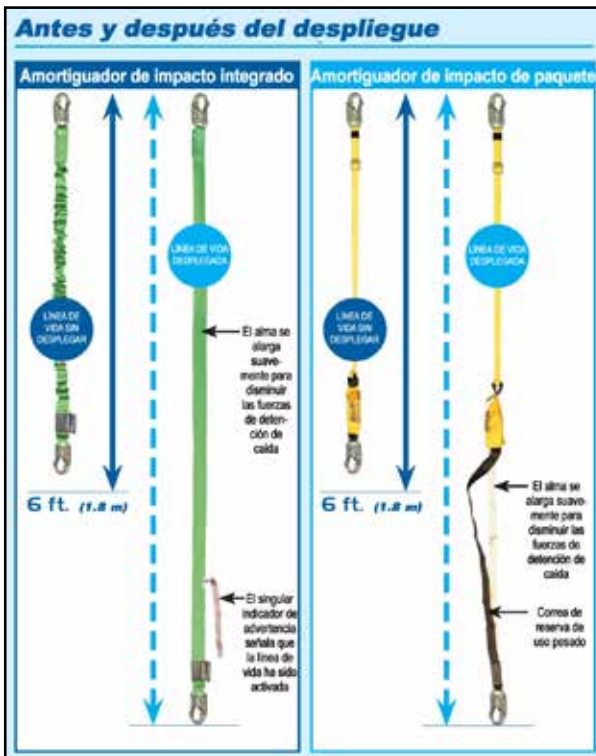
### 3.3.4 Fig. 6



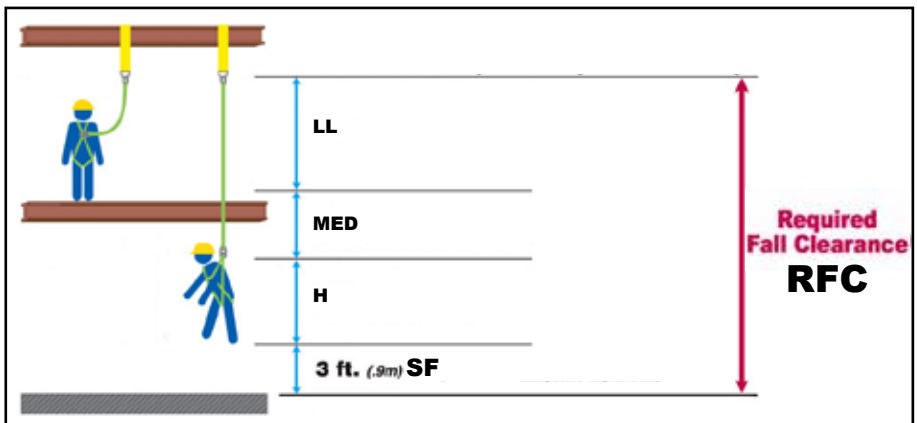
4.1 Fig. 7







**5.0 Fig. 8**





**WARNING:**

- USE FALL PROTECTION IN ACCORDANCE WITH REGULATORY REQUIREMENTS.
- DO NOT ALLOW PRODUCT TO CONTACT SHARP EDGES OR ABRASIVE SURFACES.
- CONNECTORS AND ANCHORAGE POINTS MUST BE COMPATIBLE AND ABLE TO SUPPORT 5,000 LBS (2220N) OR MEET OSHA 1926.502 REQUIREMENTS FOR A SAFETY FACTOR OF TWO. (SEE INSTRUCTIONS OR APPLICABLE FALL PROTECTION CODE.)
- SNAP HOOKS WITH GATE OPENINGS LARGER THAN 1 INCH (25.4MM) MUST NOT BE CONNECTED TO D-RINGS OR HARNESSES.
- ONLY ATTACH SHOCK ABSORBER PACK SNAP HOOK TO HARNESS.

# SOFTSTOP<sup>®</sup>

## MILLER

by Honeywell

**WARNING:** MANUFACTURER'S INSTRUCTIONS SUPPLIED WITH THIS PRODUCT AT TIME OF SHIPMENT MUST BE FOLLOWED. FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY OR DEATH.

**ADVERTENCIA:** DEBEN SEGUIRSE LAS INSTRUCCIONES DEL FABRICANTE PROVISTAS CON ESTE PRODUCTO AL MOMENTO DE DESPACHO. EL NO HACERLO PUEDE RESULTAR EN LESIONES GRAVES O LA MUERTE.

**AVERTISSEMENT:** VOUS DEVEZ RESPECTER LES INSTRUCTIONS DU FABRICANT QUE VOUS AVEZ REÇUES AVEC LE PRODUIT. DANS LE CAS CONTRAIRE VOUS RISQUEZ DES BLESSURES GRAVES OU MEME LAMORT.

**INSPECT BEFORE EACH USE**

LB363 REV. G / MFP9347506

# SOFTSTOP<sup>®</sup>

## MILLER

by Honeywell

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**INSPECT BEFORE EACH USE**

LB363 REV. G / MFP9347506

# STRETCHSTOP<sup>®</sup>

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**INSPECT BEFORE EACH USE**

LB848 REV. D / MFP7284591

# ARC Rated SOFTSTOP<sup>®</sup>

## MILLER

by Honeywell

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**INSPECT BEFORE EACH USE**

LB848 REV. D / MFP7284591

**WARNING:**

- ONLY ATTACH SHOCK ABSORBER PACK SNAP HOOK TO HARNESS.
- SNAP HOOKS WITH GATE OPENINGS LARGER THAN 1 INCH (25.4MM) MUST NOT BE CONNECTED TO D-RINGS OR HARNESSES.
- APPLICABLE FALL PROTECTION CODE.
- CONNECTORS AND ANCHORAGE POINTS MUST BE COMPATIBLE AND ABLE TO SUPPORT 5,000 LBS (2220N) OR MEET OSHA 1926.502 REQUIREMENTS FOR A SAFETY FACTOR OF TWO. (SEE INSTRUCTIONS OR APPLICABLE FALL PROTECTION CODE.)

# STRETCHSTOP<sup>®</sup>

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by Honeywell

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**INSPECT BEFORE EACH USE**

LB363 REV. G / MFP9347506

# MILLER BACKBITER<sup>®</sup>

## LANYARD

with SOFTSTOP<sup>®</sup>

**WARNING:** MANUFACTURER'S INSTRUCTIONS SUPPLIED WITH THIS PRODUCT AT TIME OF SHIPMENT MUST BE FOLLOWED. FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY OR DEATH.

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**INSPECT BEFORE EACH USE**

LB317 REV. F / 34-64797

**WARNING:**

- THIS PRODUCT IS ENGINEERED FOR TWO SPECIFIC FALL PROTECTION SITUATIONS:
- 1) FOR A WORKER WEIGHING 310 LBS (140.6KG) OR LESS THAT IS SUBJECT TO A FREE FALL OF GREATER THAN 6 FT (1.83M) BUT NOT GREATER THAN 12 FT (3.66M) OR FOR A WORKER THAT WEIGHS BETWEEN 311 LBS (141.0KG) AND WHERE THE FREE FALL WILL BE LIMITED TO 6 FT (1.83M).
- DO NOT ALLOW PRODUCT TO CONTACT SHARP EDGES OR ABRASIVE SURFACES.
- CONNECTORS AND ANCHORAGE POINTS MUST BE COMPATIBLE AND ABLE TO SUPPORT 5,000 LBS (2220N) OR MEET OSHA 1926.502 REQUIREMENTS FOR A SAFETY FACTOR OF TWO. (SEE INSTRUCTIONS ON APPLICABLE FALL PROTECTION CODE.)
- SNAP HOOKS WITH GATE OPENINGS LARGER THAN 1 INCH (25.4MM) MUST NOT BE CONNECTED TO D-RINGS OR HARNESSES.
- ONLY ATTACH SHOCK ABSORBER PACK SNAP HOOK TO HARNESS.

# MILLER BACKBITER<sup>®</sup>

## LANYARD

with SOFTSTOP<sup>®</sup>

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**INSPECT BEFORE EACH USE**

LB848 REV. D / MFP7284591

**INSPECT BEFORE EACH USE**

L18129 REV. B / MPF934747

**MILLER**

by Honeywell

**HYBRID STRETCHSTOP®**

CSA Z259.11 E4 + E6 COMPLIANT

**SPECIFICATIONS (SPÉCIFICATIONS)**

WHEN TESTED TO (LORS D'UN ESSAI À)	E4	E6
MAX. ELONGATION* (ALLONGEMENT MAX)	1,2 M (47,2 IN)	1,75 M (68,9 IN)
MAX. ARREST FORCE* (FORCE D'ARRÊT MAX)	4 KN (900 LBF)	6 KN (1300 LBF)
MIN. CAPACITY (CAPACITÉ MIN)	45 KG (100 LBS)	90 KG (200 LBS)
MAX. CAPACITY (CAPACITÉ MAX)	115 KG (254 LBS)	175 KG (386 LBS)

\*BASED ON AMBIENT DRY DROP TEST (SELOU LE TEST DE CHUTE SEC AMBIANTE). WHEN TESTED STATICALLY TO LORS D'UN ESSAI STATIQUE DE 12 KN (3000 LBF), MAX. ELONGATION IS (ALLONGEMENT MAX EST DE) 1,8 M (70,9 IN).

FREE FALL MUST BE LIMITED TO A MAXIMUM OF 6 FT (1,8M). ENSURE ADEQUATE FALL CLEARANCE. ONLY ATTACH SHOCK ABSORBER PACK SNAP HOOK TO HARNESS.

**INSPECT BEFORE EACH USE**

L18129 REV. B / MPF934747

**MILLER**

by Honeywell

**HYBRID SFSTOP®**

CSA Z259.11 E4 + E6 COMPLIANT

**SPECIFICATIONS (SPÉCIFICATIONS)**

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L18129 REV. B / MPF934747

**MILLER**

by Honeywell

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CSA Z259.11 E4 + E6 COMPLIANT

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**INSPECT BEFORE EACH USE**

L18131 REV. F / C1347474922

**Titan™**

**Shock Absorber**

**MILLER**

by Honeywell

WARNING: MANUFACTURER'S INSTRUCTIONS SUPPLIED WITH THIS PRODUCT AT TIME OF SHIPMENT MUST BE FOLLOWED. FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY OR DEATH.

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AVERTISSEMENT: VOUS DEVEZ RESPECTER LES INSTRUCTIONS DU FABRICANT QUE VOUS AVEZ RECUES AVEC LE PRODUIT. DANS LE CAS CONTRAIRE VOUS RISQUEZ DES BLESSURES GRAVES OU MEME LA MORT.

**INSPECT BEFORE EACH USE**

**INSPECT BEFORE EACH USE**

L18131 REV. F / C1347474922

**Titan™**

**Tie-Back**

**MILLER**

by Honeywell

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**INSPECT BEFORE EACH USE**

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**Shock Absorber**

**MILLER**

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**INSPECT BEFORE EACH USE**

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**Titan™**

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**INSPECT BEFORE EACH USE**



# APPENDIX C: MODELS

## ANNEXE C: MODÈLES

## APÉNDICE C: MODELOS

198RLS	226TWRS	234MK	8799K	940B	T5011
201RLS	226WRS	235WLS	8799KR	940BD	T5111
202RRS	231M	235WRS	8878	940BD	T5111SS
202RRXS	231MD	266MK	8927	940K	T5112
203RLS	231MK	266MO	8928	940KR	T5112SS
204RLS	231MKO	266MOR	901RLS	940RSS	T5113
207LS	231MO	266MRK	903RLS	940WLS	T5121
207NLS	231MRX	266TWLS	907K	940WRS	T5121SS
210TWLS	231TWRS	266TWO	907LS	942B	T5122
210WLS	231WO	266TWOR	907NLS	943K	T5122SS
212K	231WRS	266TWRS	910WDLS	943KR	T6111
212WLS	231WRXS	266WOR	910WLS	947K	T6111SS
213K	232M	266WRS	913B	980B	T6111TB
213TWLS	232MD	8798	913BD	980BD	T6111V
213WLS	232MK	8798B	913BO	980K	T6112
216M	232MKO	8798BD	913K	980KR	T6112SS
216MD	232MO	8798BK	913KB	980RSS	T6112V
216MDO	232TWLS	8798BO	913KR	980WLS	T6113
216MK	232WLS	8798K	913RSS	980WRS	T6121
216MO	232WO	8798KB	913RSSD	982B	T6121SS
216TC	233M	8798KBO	913SS	983K	T6121TB
216TO	233MD	8798KR	913WLS	983KR	T6122
216TWDLS	233MK	8798KRVC	922WRS	HL-B	T6122SS
216TWLS	233MKORS	8798R	923WRS	HL-S	T6123
216WLS	233MORS	8798RSS	928KLS	HL-SS	T9111R
216WO	233MRK	8798RSSD	928LS	HL-VC	T9111W
219M	233MRS	8798RSSO	933K		T9112R
219MD	233TWDLS	8798SS	933KR		T9112W
219MK	233TWLS	8798SSD			
219MRX	233TWRS	8798SSO			
219TWDRS	233WLS	8798VC			
219TWRS	233WO				
219WRS	233WRS				
219WRXS	233WRXS				

All Miller and Miller Titan lanyards and shock absorbers include this instruction manual. Special order and custom product model numbers may not be listed. If there is any doubt as to whether this instruction manual applies to your particular product, please contact Honeywell Technical Service at 1-800-873-5242.

Toutes les cordes d'amarrage et tous les absorbeurs d'énergie Miller sont accompagnés de ce manuel d'utilisation. Les numéros de modèles correspondant à des produits sur commande spéciale et sur mesure peuvent ne pas être indiqués ici. En cas de doute sur la validité de ce manuel d'utilisation pour votre produit particulier, veuillez contacter le Service technique Honeywell au 1-800-873-5242.

Todas las cuerdas de seguridad y amortiguadores de impacto Miller y Miller Titan incluyen este manual de instrucciones. No se enumeran los números de productos de órdenes especiales y hechos a la orden. Si no sabe con seguridad si este manual de instrucciones se aplica a su producto en particular, comuníquese con el Departamento de Servicio Técnico de Honeywell, o llame al 1-800-873-5242.

# APPENDIX D: INSPECTION AND MAINTENANCE LOG

## ANNEXE D: REGISTRE D'INSPECTION ET D'ENTRETIEN APÉNDICE D: REGISTRO DE INSPECCIÓN Y MANTENIMIENTO

DATE OF MANUFACTURE: \_\_\_\_\_  
DATE DE FABRICATION / FECHA DE FABRICACIÓN

MODEL NUMBER: \_\_\_\_\_  
NUMÉRO DE MODÈLE / NÚM. DE MODELO

DATE PURCHASED: \_\_\_\_\_  
DATE D'ACHAT / FECHA DE COMPRA

INSPECTION DATE DATE D'INSPECTION FECHA DE INSPECCIÓN	INSPECTION ITEMS NOTED POINTS NOTÉS LORS DE L'INSPECTION PUNTOS DE INSPECCIÓN RELEVANTES	CORRECTIVE ACTION ACTION CORRECTIVE MEDIDA CORRECTIVA	MAINTENANCE PERFORMED ENTRETIEN EFFECTUÉ MANTENIMIENTO REALIZADO
Approved by: Approuvé par: Aprobado por:			
Approved by: Approuvé par: Aprobado por:			
Approved by: Approuvé par: Aprobado por:			
Approved by: Approuvé par: Aprobado por:			
Approved by: Approuvé par: Aprobado por:			
Approved by: Approuvé par: Aprobado por:			
Approved by: Approuvé par: Aprobado por:			
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Approved by: Approuvé par: Aprobado por:			

