



The self-retracting lanyard is designed to be used as a connecting device in a personal fall arrest system. The self-retracting lanyard connects the user's harness to the anchorage point. Typical applications are for indoor warehouse use, for personnel using fork lifts or order pickers.

The self-retracting lanyard allows freedom of movement for loading and unloading pallets and skids in elevated areas, and eliminates tripping hazards and dangerous falls normally associated with rope lanyards. In case of a slip or a fall, an internal braking system immediately activates to arrest the fall.

The self-retracting lanyard contains 9 ft. (2.7 m) of polyester webbing wound on a spring-loaded drum. It is supplied with an autolocking carabiner and a 3/4-in. (19 mm) self-locking snap hook. It is supplied with a PVC cover. A fall indicator label is sewn with the other labels.

For further information, refer to the "Use and Maintenance Instructions" for self-retracting lanyard.

**⚠ WARNING**

Always select an anchorage point that is rigid and capable of supporting a minimum load of 5,000 lbs. (22.2 kN).

**Applications**

- Manufacturing facilities
- Warehouses
- Personnel using fork lifts
- Personnel using order pickers

**Applicable standards**

- ANSI Z359.1-1999
- OSHA fall protection requirements
- CSA Z259.2.3-04, type 1

**Available model**

RN9QO With autolocking carabiner and 3/4 in. (19 mm) self-locking snap hook

For information on Tractel connectors, refer to technical sheets T-4536 and T-4537.

PARTS	SPECIFICATIONS	APPLICABLE STANDARDS
Webbing	Polyester Width: 2 in. (50 mm) Thickness: 1/16 in. (1 mm) Tensile strength: 6,000 lbs. (26.7 kN)	ANSI Z359.1-1999 CSA Z259.11-05
Webbing length	9 ft. (2.7 m)	
Total extended length	10 ft. (3 m)	
1-in. (25 mm) autolocking carabiner	Plating: zinc dichromate Proof-loaded 100% at 3,600 lbs. (16 kN) Tensile strength: 5,000 lbs. (22.2 kN)	ANSI Z359.1-1999
3/4-in. (19 mm) self-locking snap hook	Plating: zinc dichromate Proof-loaded 100% at 3,600 lbs. (16 kN) Tensile strength: 5,000 lbs. (22.2 kN)	ANSI Z359.1-1999 CSA Z259.12.01
Maximal arresting force	1,600 lbs. (7.1 kN)	
Max. fall arresting distance	24 in. (610 mm)	
Capacity	310 lbs. (140 kg), one person	ANSI Z359.1-1999 CSA Z259.11-05