Tritech Fall Protection Systems Inc.

TRAINING SESSION

Chapter 4: Connecting to your System

4.1 Before Connecting

IMPORTANT: Before you start connecting to your system, conduct a visual inspection of the fall protection system as a whole, to ensure its integrity. Ensure that there are no obvious deficiencies or damages to the system itself. If in doubt, do not use the system. Refer to your O & M manual for your system design and the specific software supplied for your system.

4.2 Connecting via SRL

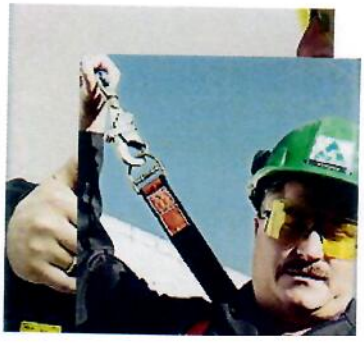
Step 1

If your system is overhead, and you are connecting via a Self-Retracting Lifeline (SRL), use the following procedure. The SRL relies upon a small number of critical functions. Before connecting, ensure all essential checks are carried out, as described in the section on Self Retracting Lanyard.

Depress the locking mechanism on the snap hook with your index finger and pull the gate back with your thumb.

Connecting via SRL - Step 2

Attach the hook directly to the dorsal D ring of your harness or to the extended dorsal D ring. After connecting to the dorsal D-Ring, allow the hook to close. Take a moment to check that the hook is secure in the D ring and the gate is closed and locked. If you have any difficulty checking the dorsal attachment, ask a colleague to double-check it.



Connecting via SRL - Step 3

You can now enter the work area. As you become accustom to the security of a fall protection device, confidence and complacency can erode safe working practices. Do not expose yourself to needless risk; move about your work carefully.

Connecting via SRL - Step 4

The SRL **attached** to the transfastener or trolley allows you to move freely; to bend down and to move from one level to another.

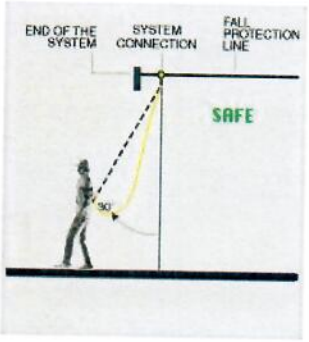
Connecting via SRL - Step 5

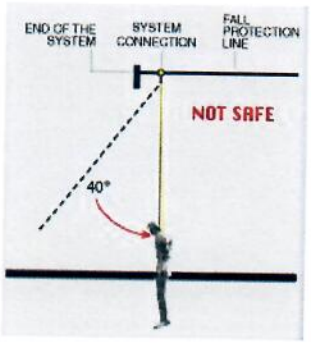
The device is designed to work in a vertical position only. Never position the devise so that it is working on its side. The SRL should always be located directly overhead to eliminate any swing-fall hazard. Your system has been designed to reduce fall distances, but only the user can eliminate a swing-fall hazard.

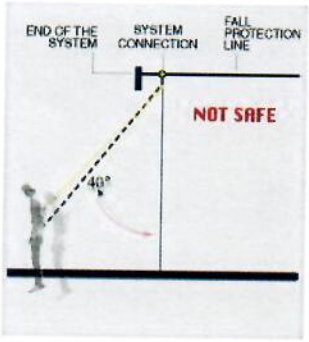
Connecting via SRL - Step 6

A retractable lanyard allows the worker total mobility. This movement must not exceed 30° from vertical to avoid any potential swing fall-hazard. If movement exceeds 30° and a fall occurs, the worker will pendulum back to below the anchor, increasing the risk of injury.

The area between the device and the worker must be free of any obstruction that may prevent the free payout of lifeline or obstruct the movement of the user.







Connecting via SRL - Step 7

Should a fall occur, the self-retracting lanyard will engage and limit free fall distance.

Connecting via SRL - Step 8

Once the work is complete and you wish to disconnect from the system, return to your access location and follow these steps:

Unhook the snap hook from your dorsal D-Ring

Retrieve tag line and reconnect snap hook

Slowly allow lanyard to retract fully to parked position

4.3 Connecting on Other Systems

Step 1

If your system is not overhead and you are connecting via a Shock Absorbing Lanyard, use the following procedure:

Connecting on Other Systems - Step 2

Attach the Shock Absorbing lanyard to the dorsal D-Ring of your full-body harness.

The shock absorber must be located closest to your body.

Connecting on Other Systems - Step 3

Connect the free end of the Shock Absorbing Lanyard to the system traveling device (transfastener or trolley), which is already installed on system.

Connecting on Other Systems - Step 4

If the traveling device is not fixed on the system, please **click the relevant link below** to view the video:

- Transfasteners
- Push Lock
- Removeable Transfastner
- Ladder Latch

(Video available in the CD)