

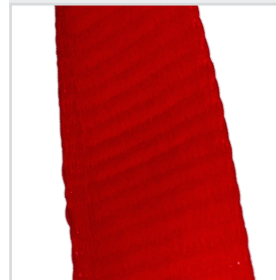


LRA

RESTRAINT LANYARD ADJUSTABLE

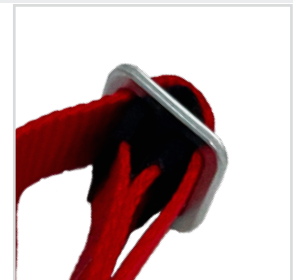
TECHNICAL DATA SHEET - ISSUE 1

The Checkmate adjustable lanyard has been designed for a variety of uses to prevent a worker from falling at height. A range of connectors are available as end fittings to suit multiple tasks. The three bar slider allows the user to adjust the length of the lanyard in a matter of seconds. Note - Lanyard length is measured between the bearing points of the hooks. Exchanging a karabiner for a scaffold hook could lengthen a lanyard beyond the maximum allowable length under the relevant EN standard.



25mm Webbing

Strong and durable polyester webbing with contrast stitching to aid visual inspection.



Sliding Steel Adjuster

A simple sliding adjuster enables the user to adjust the length of the work task the lanyard to suit.



C=	End Fitting
Part Code	H-002
Description	Steel Scaffold hook
Gate Opening	63.5mm
Standards	EN362



B=	End Fitting
Part Code	H-001
Description	Steel screwgate karabiner
Gate Opening	22mm
Standards	EN362



LRA

RESTRAINT LANYARD ADJUSTABLE

TECHNICAL DATA SHEET - ISSUE 4

Prod. Code	Description	Weight
LRA-1.2-BB	Adjustable Webbing Restraint Lanyard 0.8m-1.2m Carabiner, Carabiner	0.6kg
LRA-2-BB	Adjustable Webbing Restraint Lanyard 1.2m-2m Carabiner, Carabiner	0.7kg
LRA-1.2-C	Adjustable Webbing Restraint Lanyard 0.9m-1.2 Carabiner, Scaffold	0.9kg
LRA-2-C	Adjustable Webbing Restraint Lanyard 0.8m-1.2 Carabiner, Scaffold	1kg
LRA-#-++		
# Denotes length in metres		
+ Denotes end fittings		
LRA-1.2-CC = 1.2 metre max adjustable rope lanyard with two alloy twist lock carabiners		



- **Webbing Strength**

22kN - minimum breaking load

- **Maximum Length**

2 metres

- **User Weight**

140Kg Maximum

- **Webbing**

25mm Polyester

- **Adjustable Buckle**

Electroplated steel

Standards

- EN 358:2000
- EN 354:2010