



CHECKMATE[®]

G-SAL G-PAL

Shock Absorbing Lanyards

Technical Data Sheet



Lanyard Shown #36020

The Guardian Shock Absorbing Lanyard range offers the user a choice of a single leg or dual leg adjustable external shock pack lanyard or a fixed length internal shock lanyard in two length options. These high quality lanyards are ideal for all fall arrest scenarios.

Key Features

- **Length**
G-SAL - Adjustable from 1.3 m to 1.8 m
G-PAL - 1.4 m and 1.8 m
- **User Weight**
G-SAL - 59 kg - 140 kg
G-PAL - 59 kg - 100 kg
- **Shock Absorber**
G-SAL - External
G-PAL - Internal
- **Leg Options**
G-SAL - Single and Dual
G-PAL - Single
- **Triple-Lock Karabiner connector**
- **Water-repellent webbing for easy inspection and cleaning**

Standards

- G-SAL - EN355:2002 RfU11.062 RfU11.063
- G-PAL - EN355:2002

For more information please call:

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Designed, Tested,
and Assembled in the
United Kingdom

www.checkmatesafety.co.uk

G-SAL / G-PAL

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Prod. Code	Description	Length	Hook Type
36004	G-SAL shock absorbing lanyard	1.8 m adjustable webbing	Steel Scaffold Hook
36006	G-SAL shock absorbing lanyard	1.8 m adjustable webbing	Steel Snap Hook
36008	G-SAL shock absorbing lanyard	1.8 m adjustable webbing	Aluminium Scaffold Hook
36014	G-SAL shock absorbing lanyard	1.8 m adjustable webbing	Aluminium Karabiner
36016	G-SAL shock absorbing lanyard	1.8 m adjustable webbing	Aluminium Snap Hook
36005	G-SAL dual shock absorbing lanyard	1.8 m adjustable webbing	Steel Scaffold Hooks
36007	G-SAL dual shock absorbing lanyard	1.8 m adjustable webbing	Steel Snap Hooks
36009	G-SAL dual shock absorbing lanyard	1.8 m adjustable webbing	Aluminium Scaffold Hooks
36015	G-SAL dual shock absorbing lanyard	1.8 m adjustable webbing	Aluminium Karabiners
36017	G-SAL dual shock absorbing lanyard	1.8 m adjustable webbing	Aluminium Snap Hooks

Prod. Code	Description	Length	Hook Type
36020	G-PAL internal shock lanyard	1.8 m webbing	Steel Scaffold Hook
36022	G-PAL internal shock lanyard	1.8 m webbing	Steel Snap Hook
36032	G-PAL internal shock lanyard	1.8 m webbing	Aluminium Scaffold Hook
36033	G-PAL internal shock lanyard	1.8 m webbing	Aluminium Snap Hook
36005	G-PAL internal shock lanyard	1.4 m webbing	Steel Scaffold Hook
36007	G-PAL internal shock lanyard	1.4 m webbing	Steel Snap Hook
36009	G-PAL internal shock lanyard	1.4 m webbing	Aluminium Scaffold Hook
36015	G-PAL internal shock lanyard	1.4 m webbing	Aluminium Snap Hook
36017	G-PAL internal shock lanyard	1.4 m webbing	Aluminium Karabiner

#36020



Materials

- Polyester, galvanised steel, aluminium

User Weight

- 59 kg - 140 kg

Lifespan

Guardian products that consist of textile components of any kind have a maximum lifespan of 10 years from the date of manufacture.

Cleaning

Textiles must only be cleaned with plain water (not exceeding 50°C) or, if plain water is not sufficient, with a mild soap/water solution.

Inspection

Prior to EACH use, inspect the equipment and connection points for signs of deficiencies, including, but not limited to, corrosion, deformation, pits, burrs, rough surfaces, sharp edges, cracking, rust, paint build-up, excessive heating, alteration, broken stitching, fraying, missing or illegible labels.

Compliance

This product is fully compliant with the following safety regulations: **G-SAL - EN355:2002 RfU11.062 RfU11.063** and **G-PAL - EN355:2002**