



CHECKMATE®

SAL PAL

Shock Absorbing Lanyards

Technical Data Sheet



Lanyard Shown #36009



Lanyard Shown # 36020

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

Standards

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

For more information please call:

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Designed, Tested,
and Assembled in the
United Kingdom

www.checkmatesafety.co.uk

SAL / PAL

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

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

#36020



Materials

- Polyester, galvanised steel, aluminium

■ User Weight

SAL - 59 kg - 140 kg

PAL - 59 kg - 100 kg

Lifespan

Checkmate 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: **SAL - EN355:2002 RfU11.062 RfU11.063** and **PAL - EN355:2002**