

## CLEANING & STORAGE

To clean the Self-Retracting Lifeline, wipe with a damp cloth and mild detergent and then dry with a towel. When not in use store in a clean, dry location, free of exposure to heat, light and excessive moisture, oil, chemicals, vapors and other degrading elements. The Self-Retracting Lifeline should be fully retracted when not in use.

## WARNING



Locking Speed: 4.5 ft./sec  
Average Arrest Force: 900 lbs.  
Arresting Distance: 54 in.  
Max Arresting Force: 1,800 lbs.  
Max Capacity: 130 - 400 lbs.  
Class B SRL

ANSI Z359.1-2007/ANSI Z359.14-2014  
CSA Z259.2.2-14

	J	F	M	A	M	J	J	A	S	O	N	D
YR1												
YR2												
YR3												
YR4												
YR5												

\*Immediately remove the Self-Retracting Lifeline from service if label is removed.



ANSI Z359.1-2007/ANSI Z359.14-2014 CSA Z259.2.2-14

**WARNING:** Manufacturer's instructions supplied with this product at time of shipment must be followed for proper use, maintenance and inspection. Alterations or misuse of this product or failure to follow instructions may result in serious injury or death. **NOT USER REPAIRABLE. DO NOT REMOVE THIS LABEL.**

**USE:** No free fall is allowed. Self-Retracting Lifeline must always be positioned at or above harness D-Ring. Avoid contact with sharp edges, heat or abrasive surfaces. For use by trained users only. This device is only for use by one person as a fall arrest. Make sure device is anchored securely before use.

**INSPECTION:** Before each use inspect that the Self-Retracting Lifeline locks and retracts as per the users manual. Before each use have a competent individual inspect the lanyard and immediately remove from service if the lanyard is torn or the shock detector has been used.

**SPECIFICATIONS:** Average Locking Speed: 4.5 ft./sec. Average Arresting Force: 900 lbs. Max. Arresting Distance: 54 in. Max. Arresting Force: 1,800 lbs. Max Capacity: 130 - 400 lbs Webbing: 6" Nylon, 1" width. Class B SRL.

Mfg. Date

Serial #

	J	F	M	A	M	J	J	A	S	O	N	D
YR1												
YR2												
YR3												
YR4												
YR5												



## SELF-RETRACTING LIFELINE INSTRUCTIONS AND WARNING INFORMATION

**USER MUST READ AND UNDERSTAND MANUFACTURER'S INSTRUCTIONS FOR THIS PRODUCT AND PERSONAL FALL ARREST SYSTEMS. FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY OR DEATH**

We would like to thank you for purchasing the Self-Retracting Lifeline. The Self-Retracting Lifeline was manufactured to comply with the most up-to-date CSA & ANSI requirements. If cared for properly and inspected regularly, the Self-Retracting Lifeline will provide you with years of service and use.



## WARNING

All persons using this equipment must read, understand and follow all instructions. Failure to do so may result in serious injury or death. Do not use this equipment unless you are properly trained.

## QUESTIONS? VISIT [STARKEAMERICA.COM](http://STARKEAMERICA.COM)

It is the responsibility of the authorized person/user of this equipment to read and understand these instructions. In addition all users must be trained by the employer on how to properly use this equipment. As well fall protection training must be used as an integral part of these training products.

Proper use of the Self-Retracting Lifeline can save lives and reduce the potential of serious injuries from a fall. The user must be aware that forces experienced during the fall or prolonged suspension may cause bodily injury. Consult a doctor if there is any questions about the user's ability to use this product. Pregnant women and minor children must not use this product.

## PURPOSE

The Self-Retracting Lifeline is a self-contained retractable device designed to be used by personnel in applications where fall protection in combination with unrestricted worker mobility is required.

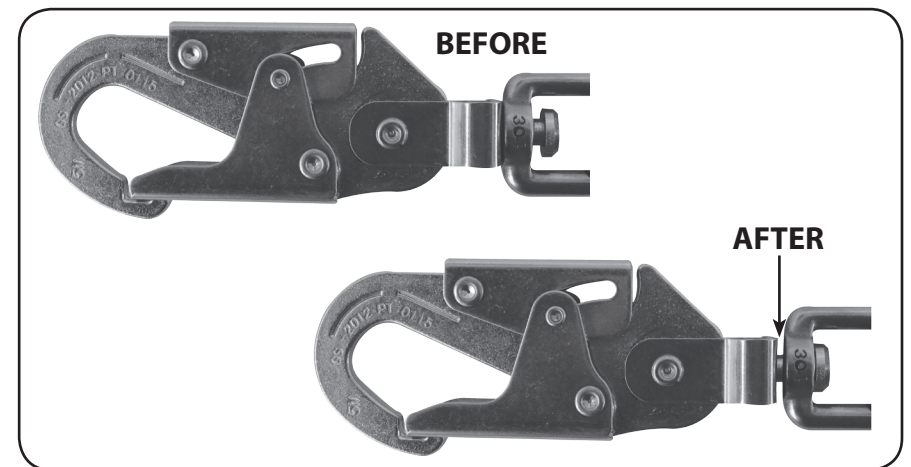
## INSPECTION REQUIREMENTS

The Self-Retracting Lifeline must always be inspected by the authorized person/user before each use. As well ANSI Z359.14 requires that inspections be conducted by a competent person (other than the user) and by a factory authorized individual according to the maintenance schedule.

## LOAD IMPACT INDICATORS

### Self-Retracting Lifeline Snap Hook Load Indicator:

The Self-Retracting Lifeline has a load indicator that is built in to the snap hook and is located at the swivel part of the snap. The swivel eye will elongate and expose an area below the hook as seen below in the image. This indicates that the Self-Retracting Lifeline has been involved in a fall arrest situation and that the Self-Retracting Lifeline should be removed from service to avoid serious injury to the user. Any questions please contact the manufacturer.



## INSPECTION & MAINTENANCE

**WARNING:** The user must perform the following operation checks to make sure that the Self-Retracting Lifeline is in peak operational performance before each use.

**CAUTION:** Always wear gloves when inspecting the Self-Retracting Lifeline to protect from any broken strands or sharp contamination.

**Hardware (Fig. 1):** Inspect closely for damage, distortion, cracks, corrosion or pitted surfaces. The snap hook once released should lock without distortion or obstruction. The gate lock must prevent the lock from opening without pressure applied.

### Lanyard (Fig. 2):

With the Self-Retracting Lifeline in a mounted position, extend all of the lanyard to look for any abrasions or rips. Once the lanyard has been inspected, allow the excess to retract back into the unit while checking for any restrictions. If the lanyard does not retract then do not use.

### Braking Mechanism (Fig. 3):

The braking mechanism can be tested by grasping the lanyard and sharply pulling the lanyard downwards which will apply the brakes. There should be no slippage once the brakes are applied and no further lanyard should be discharged from the Retractor. Once tension is released then the unit will return the excess lanyard to the unit.

Fig. 1

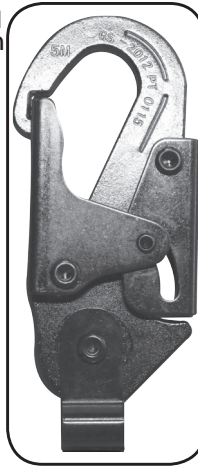


Fig. 2

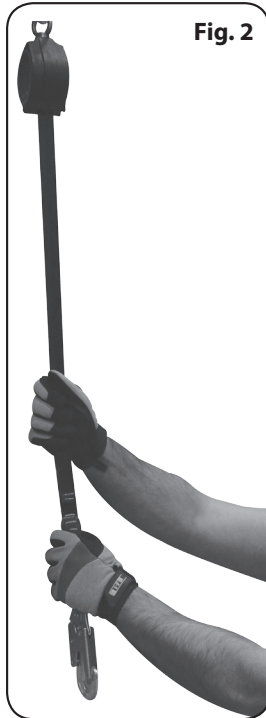
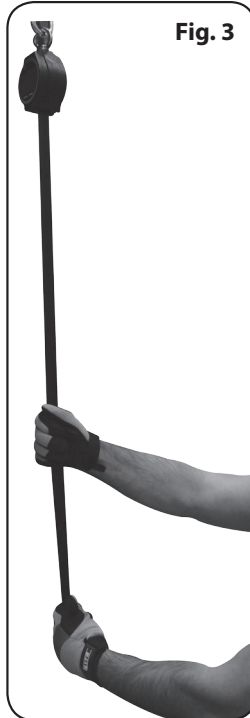


Fig. 3



## GENERAL REQUIREMENTS

All warnings and instructions shall be provided to authorized persons/users.

- Please refer to product labeling for information on specific OSHA regulations, and ANSI and CSA standards met by product.
- All equipment must be inspected before each use according to the instructions.
- All equipment must be inspected by a qualified person on a regular basis.
- Equipment must not be altered in any way.
- Any equipment subject to a fall must be removed from service.
- Never use the Self-Retracting Lifeline for any other purposes besides what it was designed for.
- Always check for obstructions below the fall area.
- To minimize the potential for accidental disengagement, a competent person must ensure system compatibility.
- Do not expose the equipment to any hazard which is not designed to withstand.
- Do not let the Self-Retracting Lifeline come in contact with any surface that is sharp, abrasive, rough or high temperature.
- Allow adequate fall clearance below the work surface when the Self-Retracting Lifeline is in use.
- Never remove the product labels, which include important warnings and information for the authorized person/user.
- The Self-Retracting Lifeline must be protected from slag, hot sparks, open flames or any other source of high heat.

## PRODUCT WARNINGS

### Capacity:

For use by ONE person only. Maximum capacity for the Self-Retracting Lifeline is 400 lbs. (181 kg), including body weight, clothing and tools. Refer to the product labels on the Self-Retracting Lifeline for more information.

### Self-Retracting Lifeline Retraction & Locking:

Do not use the Self-Retracting Lifeline if the device does not retract. Always maintain tension on the Self-Retracting Lifeline while retracting. Device must be tested for locking before each use. Do not use the device if the lock does not engage.

### Use:

Anchor the Self-Retracting Lifeline vertically overhead whenever possible. For the purposes of this instruction manual, an overhead application implies that there is no slack in the lanyard when the unit is mounted above the user and the other end is connected to the D-ring on the users harness. Never work above the Self-Retracting Lifeline. The Self-Retracting Lifeline should be installed and used in a manner to minimize the potential of a swing fall.

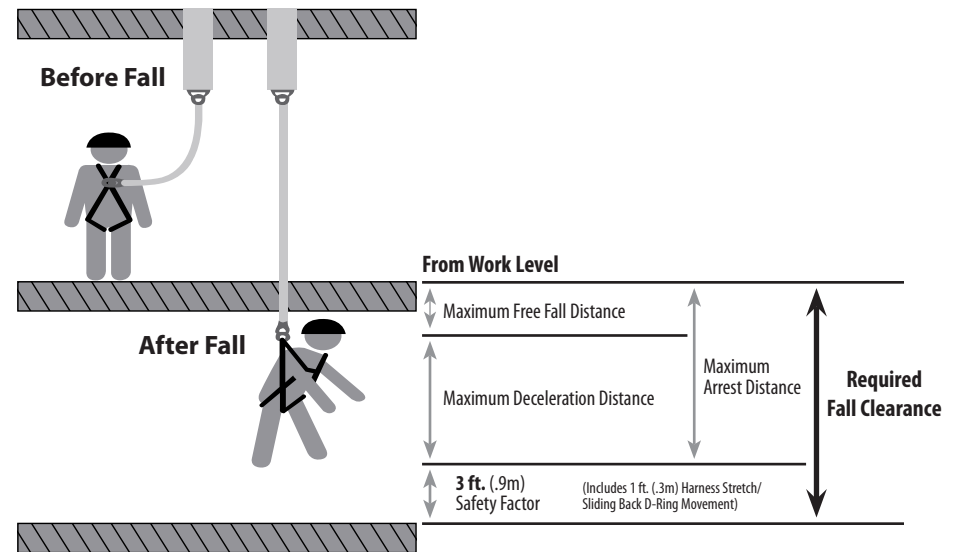
### Maintenance:

- Do not lubricate the Self-Retracting Lifeline.
- The Self-Retracting Lifeline must be kept clean and free of any contaminants.
- The Self-Retracting Lifeline must be removed from service if any part of the device appears to be damaged or does not pass inspection.
- Please do not attempt to repair the Self-Retracting Lifeline. If it does not appear to be working properly or requires repair then immediately return the product to the manufacturer.

## TOTAL FALL CLEARANCE

### Self-Retracting Lifeline Fall Clearance Calculation:

$$\begin{aligned} &\text{Maximum Arrest Distance} \\ &+ (\text{Non-Standing Work Position Factor}) \\ &+ (\text{Swing Fall Factor}) \\ &+ 3 \text{ ft. (0.9m) Safety Factor} \\ \hline &= \text{Required Fall Clearance} \end{aligned}$$



- The Self-Retracting Lifeline must be anchored overhead to ensure the accuracy of the fall clearance calculation and related information.
- It is very important to understand other factors, such as whether the user is performing work in a standing, crouched or lying down position. As well if the Self-Retracting Lifeline is anchored directly above or on an angle can affect the fall distance .