

# TECHNICAL DATA SHEET

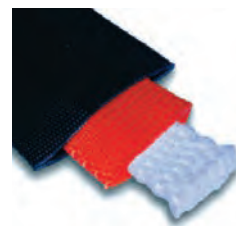
## Pro Absorber Lanyard [PAL]

TDS116



### CHECKMATE Pro Absorber Lanyards

Our lightest and most compact lanyard which absorbs through a unique displacement core with the outer cover acting as a secondary back up and protection, so no shock absorbing pouch is required. Due to the energy management, the lanyard does not suffer from high peak loads at deployment, instead it increases progressively. This reduces impact forces on the body and typical falls only reach 3.5kN on peak arrest. Available 1.3m to 2m. **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, and must not be done.



#### Shock Absorbing Webbing

Shock absorbing webbing removes the need for a bulky shock pack.



#### Label Cover

Labels are protected under a cover that can be retracted to view when needed.



#### Elasticated Option

Elastic can be inserted into the protective sleeve to contract the overall length reducing snag and trip hazards.



#### Twin Leg Variants

Extra strengthening webbing under "Y" construction.



#### Contrast Stitching

To improve ease of inspection, Checkmate uses contrasting high tenacity polyester thread for all stitching.



#### Deployment Indicator

In the event of a shock load the deployment indicator will tear providing a visual guide to remove from service.

## ordering information

Part No.	Description	Weight
▼ PAL+#	Single leg pro absorber lanyard	0.5kg PAL1.75B
▼ PALE+#	Single leg elasticated pro absorber lanyard	0.51kg PALE1.75B
▼ PAL3##	Offset twin leg pro absorber lanyard (2.0m/ 1.3m)	0.89kg PAL3BB
▼ PAL3E##	Offset twin leg elasticated pro absorber lanyard (2.0m/ 1.3m)	0.91kg PAL3EBB
▼ PAL4+##	Equal length twin leg pro absorber lanyard	0.97kg PAL42BB
▼ PAL4E+##	Equal length twin leg elasticated pro absorber lanyard	1kg PAL4E2BB

# Denotes end fitting

+ Denotes length in metres

PAL4 1.75BB= Twin leg pro absorber lanyard with equal length 1.75m legs with two alloy twist lock karabiners.



A=	End Fitting
PART CODE	PPEH-45
DESCRIPTION	Alloy snap hook
GATE OPENING	20mm
STANDARDS	EN362 & ANSI



B=	End Fitting
PART CODE	PPEH-76
DESCRIPTION	Alloy twist lock karabiner
GATE OPENING	22mm
STANDARDS	EN362 & ANSI



C=	End Fitting
PART CODE	PPEH-47
DESCRIPTION	Alloy scaffold hook
GATE OPENING	63.5mm
STANDARDS	EN362 & ANSI



D=	End Fitting
PART CODE	PPEH-09
DESCRIPTION	Steel twist lock hook
GATE OPENING	51mm
STANDARDS	EN362

## principal materials

- ▼ **Shock Absorber**  
Polyester Webbing
- ▼ **Top Connector**  
8mm Delta Rapid Link - Carbon Steel  
(Supplied as standard)
- ▼ **Webbing**  
UV resistant polyester
- ▼ **Elastication**  
4mm Shock Cord

## standards

- ▼ EN 355, EN 354

## principal features

- ▼ **Average Arresting Force**  
Kinetic webbing progressively absorbs energy keeping forces below 6kN  
(Typically 3.5kN)
- ▼ **Maximum Length**  
2 metres
- ▼ **Maximum Arresting Force**  
6kN
- ▼ **User Weight**  
100kg maximum
- ▼ **Webbing Strength**  
22kN- minimum breaking load



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