### TECHNICAL DATA SHEET RAL





#### CHECKMATE Rope Fall Arrest Lanyards

Fixed length kernmantle fibre rope lanyards available in lengths between 1m and 2m with single or twin leg options to offer 100% tie off when moving around structures.

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.







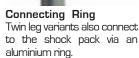


Shock Pack Tear webbing shock absorber - Maximum tear out 1.75 metres. Shock pack consists of polyester tear webbing (white) and a length of backup webbing (black).



Connecting Ring Connectivity between soft components is achieved via an aluminium ring.





Wear Sleeves

strength and

resilience is added to any

potential wear and stress

Additional

points.



Choke Ring Specifically for pole work, this additional ring allows for the lanyard to be 'choked' around a supporting structure with a minimum diameter 150mm.



Label ID Lanyard details can be easily found on the label, which is protected by a velcro pouch.



RAL Adjustable With the addition of an adjustable slider the RAL lanyard can be shortened to the user's requirements.



Oval Rapide Link Connectivity to harness via an oval rapide link as standard.

# IUSE

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#### ordering information

Part No.	Description	Weight
■ RALA2#+	Adjustable single leg fall arrest lanyard	1.6kg (RALA21.75C)
▼RAL2#+	Single leg fall arrest lanyard	1.6kg (RAL21.75C)
■RAL2R#+	Single leg fall arrest lanyard with choke ring	1.6kg (RAL2R1.75C)
<b>▼</b> RALT#/#++	Off-set twin leg fall arrest lanyard	1.7kg (RALT1.751.5CC)
▼RALT#++	Equal length twin leg fall arrest lanyard	1.8kg (RALT1.75CC)

#=End Fitting

+=Length

Rope

Absorber Lanyard (RAL)

Technical

Data

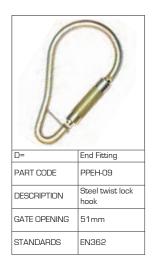
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e.g.RAL2A1.75 = 1.75 metre single leg lanyard with snap hook









#### specifications

- Rope strength 22kN - minimum breaking load
- Maximum Length
- 2 metres

  Maximum Arresting Force
  = 6.0kN
- Average Arresting Force = 4.5kN
- User Weight 100Kg Maximum

#### principal materials

- Shock Absorber Pouch
  Polyamide tear webbing with a
  Polyester webbing backup
- Connector
- 8mm Oval Rapide Link
- Connecting Ring
  - Aluminium
- Choke Ring
  - Aluminium
- Rope

11 mm Kernmantle EN-1891 Type A

#### standards

EN 354 & EN 355

















