

TECHNICAL DATA SHEET

Shock Absorber Lanyard (SAL)

TDS70



Shock Absorber Lanyard (SAL) Technical Data Sheet

CHECKMATE Webbing Fall Arrest Lanyards

The SAL fixed length webbing lanyard with shock pack available in lengths between 0.5m 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.



Contrast Stitching

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



Shock Absorber Connecting Ring

Twin Leg Lanyards are connected to the shock pouch via a 45mm aluminium ring.



Elasticated Option

Lanyard legs can be elasticated to contract its overall length in order to reduce snag and trip hazards.



Twin Leg Variants

Twin leg variants are reinforced at potential stress and wear points.



Tear Webbing 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).



Oval Rapide Link

Connectivity to harness via oval rapide link as standard.



Label ID

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

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ordering information

Part No.	Description	Weight
▼ SAL1	Fall arrest pouch without lanyard legs	0.3kg
▼ SAL2#+	Single leg fall arrest lanyard	1.1kg [SAL21.75C]
▼ SAL2E#+	Elasticated single leg fall arrest lanyard	1.1kg [SAL2E1.75C]
▼ SAL3#++	Off-set twin leg fall arrest lanyard	1.7kg [SAL3E1.751.5CC]
▼ SAL3E#++	Elasticated off-set twin leg fall arrest lanyard	1.7kg [SAL3E1.751.5CC]
▼ SAL4#++	Equal length twin leg fall arrest lanyard	1.8kg [SAL4E1.75CC]
▼ SAL4E#++	Elasticated equal length twin leg fall arrest lanyard	1.8kg [SAL4E1.75CC]

#=End Fitting

+ =Length

e.g.SAL2A1.75 = 1.75 metre single leg lanyard with snap hook



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 Pouch**
Polyamide tear webbing with a Polyester webbing backup
- ▼ **Connector**
8mm Oval Rapide Link
- ▼ **Connecting Ring**
Aluminium (Twin Leg variants only)
- ▼ **Webbing**
19mm Dyneema®/Polyester webbing

standards

- ▼ EN 355, EN 354

principal features

- ▼ **Maximum Length**
2 metres
- ▼ **Maximum Arresting Force**
= 6.0kN
- ▼ **Average Arresting Force**
= 4.5kN
- ▼ **User Weight**
100Kg Maximum
- ▼ **Webbing Strength**
22kN - minimum breaking load

checkfall
SAL SAFETY BY DESIGN



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