



Personal shock absorbers and carabiners

Personal shock absorbers

A shock absorber slows and cushions a fall, reducing the forces of stopping the fall.

Personal shock absorbers are often made of “tear webbing.” In a fall, specific stitch patterns in the webbing absorb the force of impact and progressively tear apart.

WARNING: The shock absorber may increase the length of the lanyard by as much as 1.2 m (4 ft.) during a fall. Be sure to

1. **Refer to the label** on the shock-absorbing unit to determine the maximum elongation.
2. **Allow for extra fall distance** when you include a shock absorber in your personal fall protection system.

NOTE: A personal shock absorber that meets CSA Standard Z259.11 is acceptable to WorkSafeBC.

Carabiners

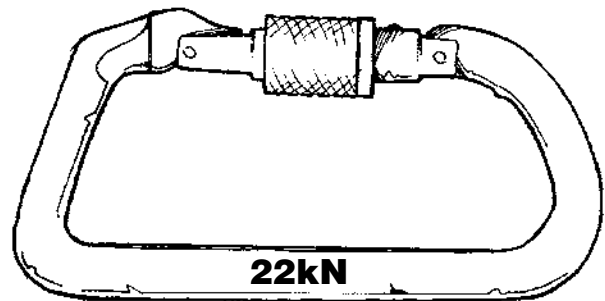
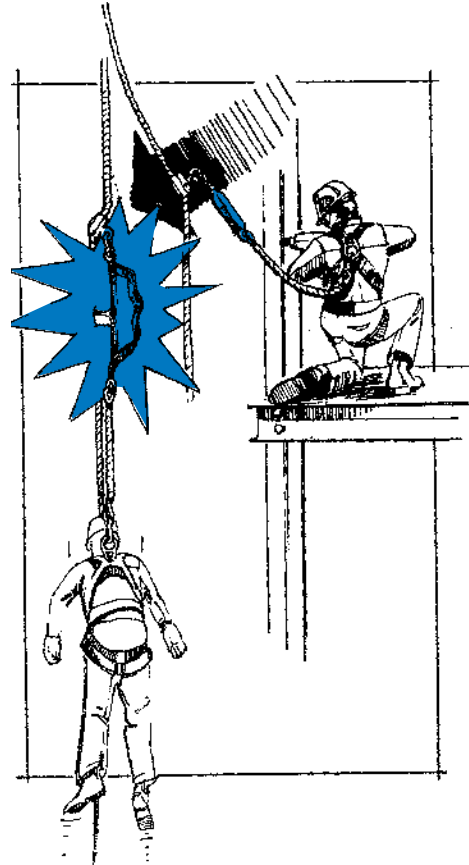
A carabiner is an oblong-shaped connecting device used to attach different components of a personal fall protection system.

A carabiner that meets the requirements of CSA Standard Z259.12 is acceptable to WorkSafeBC.

A carabiner should

- Have gates that are both self-closing and self-locking
- Have a breaking strength of at least 22 kN (5,000 lb.)
- Have the manufacturer’s identity and load capacity clearly marked on it

Inspect your carabiner before each use. Make sure it is free of damage, deformities, or excessive wear.



Project: _____ Address: _____

Employer: _____ Supervisor: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Other safety issues or suggestions made by crew members:

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
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Manager's remarks: _____

Manager: _____ Supervisor: _____

(signature)

(signature)



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