

Self-Retracting Lifelines

Slip, Trip and Fall Prevention

Self-retracting lifelines are connecting devices also known as retractables or yo-yos. Self-retracting lifelines are a valuable and versatile tool for preventing falls. Users must understand how fall arrest systems can prevent deaths and serious injuries. Review these safety tips with your employees.

Tool Box Tips

- Follow a job specific fall protection plan.
- Use ANSI or OSHA compliant fall arrest systems only.
- Read the directions before using any fall arrest device.
- Inspect self-retracting lifelines before each use.
- Document each inspection.
- No more than one person can be connected to a self-retracting lifeline at a time.
- Protect webbed components when working around sharp edges.
- Large throat opening snap hooks may not be used with standard sized D-rings (pelicans). This could load the gate of the snap hook causing failure.
- Use large throat snap hooks on rebar or other fixed structural members.
- When connecting anchorages, verify that roll out of the snap hooks cannot occur.
- Rigid anchorages must be able to support 3,000 pounds.
- Do not disassemble or attempt to self repair the retractable lanyard.
- When you're working at the edge, set (lock) the retractable so that if you trip you won't fall.
- Do not allow lifelines to have slack.
- Do not use a lifeline if it does not retract.
- Always work directly beneath the anchorage to minimize swing fall.
- Never attach lanyards together.
- Never use retractables for towing or hoisting.
- Do not let the lifeline wrap around the neck, legs or arms.



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