

TOOL BOX TALKS

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

1. Follow a job specific fall protection plan.
2. Use ANSI or OSHA compliant fall arrest systems only.
3. Read the directions before using any fall arrest device.
4. Inspect self-retracting lifelines before each use.
5. Document each inspection.
6. No more than one person can be connected to a self-retracting lifeline at a time.
7. Protect webbed components when working around sharp edges.
8. 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.
9. Use large throat snap hooks on rebar or other fixed structural members.
10. When connecting anchorages, verify that rollout of the snap hooks cannot occur.
11. Rigid anchorages must be able to support 3,000 pounds.
12. Do not disassemble or attempt to self repair the retractable lanyard.
13. When you're working at the edge, set (lock) the retractable so that if you trip you won't fall.
14. Do not allow lifelines to have slack.
15. Do not use a lifeline if it does not retract.
16. Always work directly beneath the anchorage to minimize swing fall.
17. Never attach lanyards together.
18. Never use retractables for towing or hoisting.
19. Do not let the lifeline wrap around the neck, legs or arms.



Always inspect retractable lanyards before use.

These advisory materials have been developed from national standards and sources believed to be reliable, however, no guarantee is made as to the sufficiency of the information contained in the material and Missouri Employers Mutual Insurance Company assumes no liability for its use. Advice about specific situations should be obtained from a safety professional.

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