



PROTECTION RETRACTABLE FALL ARRESTOR LANYARD



DFA-MIC02

Description

The Dromex® DFA-MIC02 self-retracting lanyard, allows a user to move freely within a work area, while almost instantly reducing and limiting the free fall hazard as the life line is under tension.

This self retracting lanyard features the following:

- Light weight and easy to carry.
- Has a built-in textile Energy Absorber with a protective cover on it.
- The systems locks quickly, arresting a fall within inches providing more protection at low heights.
- Robust & durable casing.
- Can be used horizontally and vertically.
- Can also be used when Anchor Point is at the foot level.
- Fall distance is minimal as compared to Energy Absorbing Lanyards hence retrieval of fall victim is easier.
- No risk of entanglement when compared to fabric lanyards.
- Reduces the length of the swing during the fall thereby preventing the Mikron from hitting the head of the user.
- Easily attaches to a full body harness.
- Scaffolding hook with a double lock spring-loaded locking and opening gate mechanism for safe attachment/anchorage and preventing accidental opening.
- A built-in impact indicator, on the energy absorber.
- The steel karabiner is connected onto an aluminium swivel quarter turn locking hook.

This self retracting lanyard used with a harness system has a maximum rated load of 140Kg.

Suitable for use when working at heights in the construction (scaffolding, high rope access), ship building, mining, warehousing and general maintenance industries (window cleaning, painting, roof and bridges).

Special Instructions

- Please retain your information booked enclosed in the packaging as it contains your lanyard certification and inspection schedule, required for re-certification and daily inspections.
- You can also scan the QR code marked on your self retracting lanyard to obtain a copy of the product certification.



(QR code)

- It is recommended that this retractable fall arrestor lanyard should be the personal property of its user and care must be taken to ensure the safety of its user.
- It is essential to verify that the medical condition of the user is fit to use the product in normal and emergency use.
- If using as part of fall arrest system, a suitable anchor point (above the user's head, at least 12 kN) shall be used. Attachments to the anchor points and other, equipment shall be made using oval Karabiners conforming to EN 362. It can be used on the sharp edges having a radius $> 0.5\text{mm}$.
- It is essential to verify that a minimum 4 meters height of free space is available between the Retractable Fall Arrestor & the ground at the work place, so that in case of a fall, there will be no collision with the ground or other obstacle in the fall path.
- The following conditions may be hazardous and may affect the performance of Retractable Fall Arrestor:
 - Extreme temperatures.
 - Trailing or looping of lanyards over sharp edges.
 - Extreme acidic or basic environments.
 - Abrasive or sharp edge structures which can damage the equipment.
 - Pendulum falls.
- Ensure before and during use that a rescue plan is in place to rescue the user after a fall has occurred.
- These energy absorbing lanyards when used as a component of a fall arrest system guarantees the full ability for the safe arresting of a fall from a height by reducing the breaking force measured at the anchorage point or the anchorage line to less than 6.0 kN. It can be used in conjunction with a full body harness.
- Please do not add any lanyard/connector as it can increase the distance from fall arrestor to user connection point. This can lead to product failure and can cause serious injury. Users must know how to use a harness with a fixed lanyard attachment.
- However users are advised to use the lanyard with utmost care and the total weight (including all tools) must not be more than 140kg.
- The total length of a sub system with a lanyard including an energy absorber, terminations and connectors shall not exceed 2m.
- The strength of the anchor device should be greater than 18kN (for Textile) and 12kN (for Metal) and the anchor point should be situated above the user's head.
- Connect the lanyard to the anchorage point using the connector provided at one end. (If a connector is not provided, use karabiners complying to EN 362:2004). The other end on the side of the energy absorber should be connected to the attachment element of the full body harness.
- To optimize protection, in some instances it may be necessary to use the lanyard with other suitable components. In this case before carrying out the risk application related activity, consult your supplier to ensure that all components are compatible and suitable for your application.
- The arrest distance should be double the total length of the lanyard plus 1.75m break distance to allow tearing of the webbing inside.
- Always remember that no item of PPE can provide full protection and care must always be taken while carrying out the risk related activity.
- Only competent users who have received training should use this equipment. (Refer to the SABS/EN recommendations concerning selection, use and maintenance.)
- The manufacturer's instructions must be followed.
- Inspect the equipment before every use to ensure that it is in a serviceable condition and operates correctly as intended.
- Inspect all the rope or webbing of product for cuts/abrasion marks. Also check all connectors of the product for proper mechanical functioning and effects of corrosion or mechanical deformation if any on parts of the connectors in the product.
- Since this lanyard is made of polymers and polyester, the performance of which gets affected by temperatures, effect of sharp edges, electrical conductivity, chemical reagents, cutting, abrasion, UV degradation etc, it is advised to consult your supplier for use in the above extreme conditions.
- Ensure that the webbing does not come into contact with high temperature surfaces, welding, heat sources, electrical hazards or moving machinery.
- If the harness and lanyard has been involved in arresting a fall, it must be removed from service immediately and destroyed. Withdraw from use the product for which any doubt arises about it's condition for safe use.
- No modifications or alterations must be made to the equipment, this will make the warranty null and void. Any repair shall only be carried out in accordance with the manufacturer's procedures.
- Usage with other un-compatible items may be dangerous & hazardous as the safe function of one item may be affected or interferes with the safe function of another.
- Specially designed harnesses and lanyards with high heat webbing are available for specialized heat applications.
- If the equipment is used in areas, or comes into contact with hazardous chemicals e.g. cleaning materials or atmospheres that may cause damage to the product, contact the manufacturer to see if it is still fit for use.

- If the lanyard is used in a fall arrest system, it is advisable to connect only to the dorsal attachment D-Ring of the harness.
- If lanyard is used in fall arrest system, it is essential for safety that the anchor device or anchor point is always positioned, and the work carried out in such a way, as to minimize both the potential for falls and potential fall distance. Ensure that the anchor point is above the user's head.
- If used within fall arrest systems, it is essential to verify the free space required beneath the user at the work place before each occasion of use, so that, in the case of a fall, there will be no collision with the ground or other obstacles in the fall path.
- The equipment shall not be used outside its limitation, or for any purpose other than that for which it is intended.
- The device should be used with appropriate combinations only. The user should not make any combination which compromises safe function of any other devices used in combination or entire fall protection system or rescue system.
- It should not be used in highly acidic or basic environments.
- Protect the equipment from mechanical hazards like sharp edges, tools, exposure to sunlight, ultraviolet degradation both during usage, transportation and storage.
- None of the materials or processes used in the manufacture of these products are known to be harmful to the wearer.
- The manufacturer has examined under the system for ensuring quality of production by means of monitoring and inspection.
- Actual conditions of use cannot be directly simulated in a test environment therefore it is the responsibility of the end user and not the manufacturer or supplier to determine the lanyard suitability for the intended use.
- No item of PPE can provide full protection and care must always be taken while carrying out the risk related activity.
- Minimum Breaking Strength: 15 kN.

I. Additional Information as per VG 11

- a. It is possible to use a horizontal retractable type fall arrestor over an edge type A.
- b. It is recommended to avoid the loading of the retractable type fall arrestor over edges.

II. Additional Information as per VG 11

- a. The retractable type fall arrestor was tested also for horizontal use and a drop over a Type A edge has been successfully tested.
Type A edge definition: A steel edge with a radius of $r = 0.5\text{ mm}$ and without burrs was used for the test. Due to this test, the equipment may be used over similar edges, as can be found e.g. at rolled steel profiles, at wooden beams or at a clad, rounded roof parapet. However, the following shall be considered when the equipment is used in a horizontal or transverse arrangement and a risk of a fall from a height over an edge exists:
 1. If the risk assessment carried out before the start of the work shows that the edge is very "cutting" and/or "free of burrs" (such as in case of an unclad roof parapet, a rusty steel girder or a concrete edge)
 - Relevant measures shall be taken before the start of the work to prevent a drop over the edge or, before the start of work, an edge protection shall be mounted or the manufacturer shall be contacted.
 2. The anchor point should only be situated at the same height as the edge at which a fall might occur or above the edge.
 3. Allow adequate clearance of a minimum of 4 meters below, in order to avoid collision with the adjacent structures or the ground in the event of a fall.
 4. To attenuate a drop ending in a pendulum movement, the working area or lateral movements to both sides of the centre axis shall be limited to a maximum of 1.50 m. In other cases, no individual anchor points, but, e.g., type C or type D anchor devices in accordance with EN 795:2012 shall be used.
 - a. The SRL can also be used with Type C anchor device.
 - b. The deflection of the anchor device shall be taken into account when determining the clearance required below the feet of the user. To that effect, the indications specified in the instructions for use of the anchor device shall be considered.
 - c. Care must be taken to avoid collision with any obstruction in the event of a fall.
 - d. It is advised that, for the event of a fall over the edge, special pre-planned rescue measures must be taken under the guidance of a well-trained and competent personnel.

Specifications

Style:	2 Meter long, self retracting lanyard with a karabiner harness attachment and a single scaffold hook
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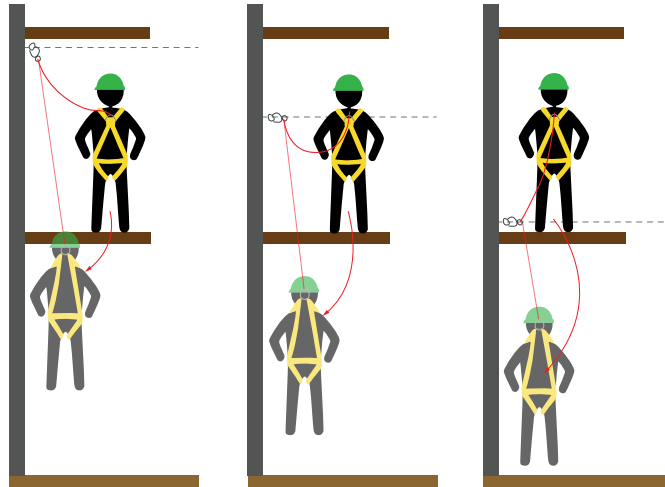
Material: Robust and durable polymer casing
 Webbing: Technora®
 Scaffold hooks: High strength steel
 Karabiner hook: Aluminium connector with a Swivel Quarter Turn Locking Hook and high strength alloy steel Karabiner

Weight: 1.33kg ± 0.05kg (complete lanyard)
 Additional: Fall factor rating is 0,1 & 2

Fall factor 0
 = Anchorage over head height

Fall factor 1
 = Anchorage next to the harness
 (d-ring on the back or chest)

Fall factor 2
 = Anchorage at the feet



Compliance & Conformity

• This Retractable Fall Arrester is classed as a Personal Protective Equipment (PPE) by the European PPE Regulation (EU) 2016/425 and has been shown to comply with this Regulation through the Harmonized European Standards:

- EN 360:2002.- Personal protective equipment against falls from a height. Retractable type fall arresters.
- VG11 RFU# 11.060 - Protection against Falls from a Height"-passes the test for Fall Factor 2.

Packaging, Storage & Obsolescence

DFA-MIC02 is packed in a box and sold individually.

Store in a cool dry place, that is clean and ventilated and placed away from direct sunlight and extremes of temperature.

Never place heavy items on top of it. If possible, avoid excessive folding and preferably store it hanging vertically. If the product is wet, allow it to dry fully before placing it into storage.

It is preferred that the product be transported in its original packing.

However, if not available, it may be stored in a polybag which is sealed to prevent moisture.

Cleaning & Maintenance

As with any piece of equipment, self retracting lanyards require care, maintenance and storage to ensure they function properly. In the case of a lanyard, any malfunction could have severe consequences.

- The equipment must be inspected and its condition recorded by a competent person before each use.
- The user's company Safety Officer must maintain a record log of servicing and inspections dates of the unit.
- In case of any doubt arising about the condition of any component or system, replace it immediately. If the harness has arrested a fall, or if the impact/load indicator has accidentally been deployed during handling, withdraw it from service & return to the manufacture or a competent repair center.
- Metallic parts incorporated in the harness and lanyard should be wiped with a wet cloth.
- Do not use any abrasive material.
- For intensive cleaning wash the lanyard in water at a temperature not more than 40°C

using a neutral detergent (pH7).

- Do not use acid or basic detergents.
- Follow the washing instructions without any deviations.
- After cleaning and drying, store the equipment in a dry dark cool position.
- DO NOT STORE THE EQUIPMENT WET.

Due to a wide variety of possible constructions and combinations with other materials we recommend to always consult your professional cleaning service to determine the best suitable cleaning method.

Shelf life

All soft goods, including harness, can be used for ten years from the date of first use as long as they are examined by a qualified individual who has been trained by the manufacturer in accordance with EN365 requirements. After ten years OR if it doesn't pass the competent person examination, the product must be taken out of service.'

Ensure product storage guidelines are followed.

The following factors can reduce the Lifespan of the product; intense use, contact with chemical substances, especially aggressive environment, extreme temperature exposure, UV exposure, abrasion, cuts, violent impacts, bad use, or maintenance.

Remove and replace once the energy absorber has been deployed.

Instructions to be followed before use

- It is important to carry out a pre use check of the equipment to ensure that it is in a serviceable condition.
- Inspect the harness and the lanyard for any rupture of webbing, rope, seams, buckles, D-ring etc. Do not use in case of any rupture or defectiveness.
- In case of any doubt arising about the condition of any component or system, replace it immediately. If the harness has arrested a fall, withdraw it from service and return to the manufacturer or a competent repair center. The equipment shall not be used again until confirmed in writing by a competent person that it is acceptable to do so.

How to use the Self Retracting Lanyard:

STEP 1: Connect the swivel eye at the top of the retractable fall arrester to a suitable anchorage point situated above the user's head using karabiners as per EN 362 & ensure the karabiner is locked.

STEP 2: Now connect the swivel hook of the equipment to the attachment element of your full body harness and ensure that it is locked. You are now safe to move up and down in normal speed. In the event of a fall, the retractable fall arrester locks and also minimizes the impact forces on the body of user.

STEP 3: Connect the swivel eye of the retractable fall arrester to the dorsal attachment of the full body harness with the help of connector PN 112 and ensure the connector is locked.

STEP 4: Now connect the steel scaffold hook (PN 131N) at the termination end of the device to the structure and ensure that it is locked.

You are now safe to move up & down in normal speed. In the event of a fall, the retractable fall arrester locks and also minimizes the impact forces on the body of user.

Similarly, it can be used where the anchorage point is available at foot level by just connecting the swivel eye of the retractable to the anchorage point and the hook at termination to the dorsal attachment of harness.



* Micron can also be used in horizontal direction.



* It can be used where the Anchorage point is available at foot Level also.

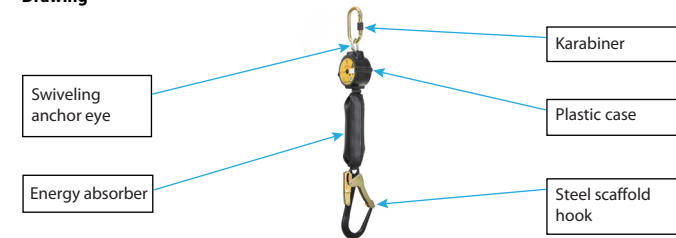


Follow Step 1 & Step 2 to use this equipment in vertical condition.

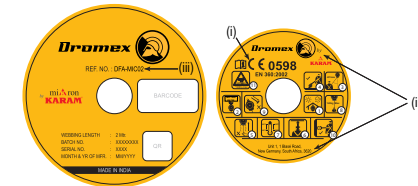
Periodic Examination

- This product needs to be periodically examined because the safety of the user depends upon the continued efficiency and durability of the lanyard.
- It is important to examine it at least once in every 12 months.
- Periodic examination is to be conducted by a competent person and strictly in accordance with the manufacturer's periodic examination procedures.
- Periodic examination also requires checking the legibility of the product markings.
- Always retain a copy of the Harness Equipment Periodic Examination and Repair History checklists.

Drawing



Marking



Marking on Product

The Energy Absorbing Lanyard is marked with:

- The CE mark showing that the product meets the requirement of the European PPE Regulation (EU) 2016/425
- Identification of the manufacture and address
- Type of product code
- Month & Year of Manufacture
- Batch/Lot Number
- Serial Number
- Material
- Length
- Norm

Information on Label

The Energy Absorbing Lanyard is marked with:

- Keep away from sunlight or heavy rains.
- Ensure that the anchorage point has a strength of min 12kN.
- Ensure that the max angle between the vertical and the lanyard is 40°.
- Micron Block can be used where the Anchorage point is at foot level.
- Once the Webbing has been reeled out, do not leave it suddenly to retract inside on its own, let it go inside gradually by guiding it slowly inside.
- Connect the lanyard to the Dorsal attachment element of your harness.
- Use between a temperature range of -30°C + 50°C.
- To be used by a person weighing not more than 140kg in vertical direction.
- Do not attempt to repair unless trained by the manufacture.
- It can also be used for horizontal usage.
- It can be used on the sharp edges having a radius of ≥ 0.5mm with maximum, 100Kg weight.

Disposal

Industrial self retracting lanyards should be disposed of considering the hazardous substance they were used for, if damaged and once the shock absorber has been deployed. Please consider recycling.

Steps for safe Disposal:

- Segregate the equipment in three different crates for placing components in them respectively such as - Textile, Metal and Plastic.
- Inspect the wear and tear present on the lanyard.
- Using a sharp pair of scissors to cut the Textile and dismantle the lanyard.
- Thereafter remove the metal & plastic components separately from the lanyard.
- Put the Textile, Plastic & Metal components in their respective plastic crates.
- Once segregation done, arrange to send them for recycling (as appropriate) through authorized agencies as per local or national law.

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