

Safety Bulletin No 2

Energy Absorbing Lanyards

If energy absorbing lanyards are used in a situation where the anchor is positioned close to a surface which the user might fall onto (e.g. the ground), it is essential that enough clearance is allowed for the extension of the energy absorber.

The following calculation may be used as a guide to a suitable clearance distance in such situations:

User height + Lanyard Length + Extension + Safety Margin = Clearance Distance

(E.g. 2m + 2m + 1.75m + 1m = 6.75m Clearance Distance)

The above information is courtesy of the Work at Height Safety Association and is contained in their Technical Guidance Note 4 which is available from their website:

http://www.wahsa.co.uk/component/option,com_docman/task,cat_view/gid,5/Itemid,8/