

# Cross Arm Strap / Cable Choker Instruction Manual



Record identification information before using this product. Identification information may be found on the equipment label page. This information should be recorded in the "Inspection Log" located at the back of this manual.

ANSI A10.32-2012	
This manual is intended to meet the manufacturer's instruc	tions
as required by ANSI and should be used as part of an empl	oyee
training program on required by OCHA	

#### User Information

Date of First Use:	
Serial#:	
Trainer:	
Jser:	

Do not throw away these instructions!

Read and understand these instructions before using equipment!

### INTRODUCTION

Thank you for purchasing an Safewaze fall protection Cross Arm Strap / Cable Choker. This manual must be read and understood in its entirety, and used as part of an employee training program as required by OSHA or any applicable state agency.

This manual and any other instructional material must be available to the user of the equipment. The user must understand how to safely and effectively use their Cross Arm Strap / Cable Choker, and all fall protection equipment used in conjuction with the Cross Arm Strap / Cable Choker.

#### APPLICABLE SAFETY STANDARDS

When used according to instructions, Cross Arm Straps / Cable Chokers included in this manual meet all applicable ANSI 2359 standards and OSHA regulations for fall protection. Applicable standards and regulations depend on the type of work being done, and may include state-specific regulations. Refer to local, state, and federal (OSHA) requirements for additional information concerning the governing of occupational safety regarding Personal Fall Arrees Systems (PFAS).

#### WORKER CLASSIFICATIONS

Understand the definitions of those who work in proximity of or may be exposed to fall hazards.

Qualified Person: "Qualified" means one who, by possession of a recognized degree, certificate, or professional standing, or who by extensive knowledge, training, and experience, has successfully demonstrated his ability to solve or resolve problems relating to the subject matter, the work, or the project.

Competent Person: "Competent person" means one who is capable of identifying existing and predictable hazards in the surroundings or working conditions which are unsanitary, hazardous, or dangerous to employees, and who has authorization to take prompt corrective measures to eliminate them.

SAFEWAZE

Authorized Person: "Authorized person" means a person approved or assigned by the employer to perform a specific type of duty or duties or to be at a specific location or locations at the job site.

It is the responsibility of a Qualified or Competent person to supervise the job site and ensure safety regulations are complied with.

# PRODUCT SPECIFIC APPLICATIONS

Purpose: Safewaze Cross Arm Straps / Cable Chokers are designed to be used as part of a Personal Fall Arrest System (PFAS).

- A competent person shall train users on this equipment in accordance with OSHA and ANSI.
  Never exceed a free fail distance of 6 ft. A free fail of more than 6 ft could cause excessive arrest forces that could result in serious injury or death.
- All Safewaze Cross Arm Straps / Cable Chokers have a maximum capacity of 310 lbs including any tools, clothing, accessories, etc..., unless otherwise rated by Safewaze.
- Anchorages for attachment of Safewaze Cross Arm Straps / Cable Chokers shall support a minimum of 5.000 lbs or be designed with a safety factor of two by a Qualified Person.
- All Safewaze Cross Arm Straps / Cable Chokers must IMMEDIATELY be removed from service if subjected to fall arrest forces.
- Safeware Cross Arm Straps / Cable Chokers shall be inspected by the end user prior to each usage and by a Competent Person other than the user at least annually. These annual inspections shall be documented.

#### LIMITATIONS

Fall Clearance: There must be sufficient clearance below the anchorage connector to arrest a fall before the user strikes the ground or an obstruction. When calculating fall clearance, account for a MINIMUM 2'safety factor, deceleration distance, user height, length of lanyard/SRL, and all other applicable factors. (See Figure 1)



Swing Falls: Pror to installation or use, make considerations for eliminating or minimizing allowing fall fazards. Swing fails occur when the anchor is not directly above the location where a fail occurs. Always work as close to in line with the anchor point as possible. Swing falls significantly increase the likelihood of serious injury or death in the event of a fail. (See Figure 2)



## COMPATIBILITY OF CONNECTORS

Connectors are compatible with connecting elements when they have been designed to work together in such a way that their sizes and shapes do not cause their gate mechanisms to inadvetently open regardless of how they become oriented. Connectors (hooks, carabiners, and D-rings) must be capable of supporting at least 5,000 lbs. (22.2 kN). Connectors must be compatible with the anchorage or other system components (see Figure 4). **Do not** use equipment that is not compatible. Non-compatible connectors may unitentionally disengage (see Figure 3). Connectors must be compatible in size, shape, and strength. Self-locking snap hooks and carabiners are required by ANSI 2359 and OSHA quidelines. Context Safewaze if you have any questions about compatibility.

**NOTE:** SOME SPECIALITY CONNECTORS HAVE ADDITIONAL REQUIREMENTS. CONTACT SAFEWAZE WITH QUESTIONS.



Using a connector that is undersized or irregular in shape (1) to connect a snap hook or carabiner could allow the connector to force open the gale of the snap hook or carabiner. When force is applied, the gale of the hook or carabiner presses against the non-compliant part (2) and forces open the gate (3). This allows the snap hook or carabiner to disenage (4) from the connection to nt).

#### MAKING CONNECTIONS

Snap hooks and carabiners used with this equipment must be double locking and/or twist lock. Ensure all connections are compatible in size, shape and strength. Do not use equipment that is not compatible. Ensure all connectors are fully closed and locked.

Safewaze connectors (snap hooks and carabiners) are designed to be used only as specified in each product's user's instructions. See figure 4 for examples of inappropriate connections. Do not connect snap hooks and carabiners:

To a D-ring to which another connector is attached.

In a manner that would result in a load on the gate (with the exception of tie back hooks). NOTE: Large snap hooks must not be connected to objects which will result in a load on the gate if the hook twists or rotates. Snap hooks marked with ANSI Z359:1 or ANSI Z359:12 and are equipped with a 3,600 lb (16 kN) gate. Check the marking on your snap hook to verify its compatibility.

NOTE: Large throat snap hooks must not be connected to standard size D-rings or similar objects which will result in a load on the gate if the hook or D-ring wists or rotates, unless the snap hook complies with ANSI 2359.1 or ANSI 2359.12 and is equipped with a 3,600 lb (16 kN) gate. Check the marking on your snap hook to verify that it is appropriate for your application.

- In a false engagement, where features that protrude from the snap hook or carabiner catch on the anchor, and without visual confirmation seems to be fully engaged to the anchor point.
- To each other.
  By wrapping the web lifeline around an anchor and securing to lifeline except as allowed for Tie Back models (see section 4.5).
- To any object which is shaped or sized in a way that the snap hook or carabiner will not close and lock, or that roll-out could occur
- In a manner that does not allow the connector to align properly while under load.

#### FIGURE 4 - INAPPROPRIATE CONNECTIONS



#### INSTALLATION AND USE

Place Cross Arm Strap / Cable Choker over compatible structural anchor. Labels MUST face out. For Cross Arm Straps, structural anchor MUST NOT have sharp or abrasive edges or surfaces. Cable chokers are designed to resist wear resulting from contact with sharp or abrasive edges or surfaces, but this contact should be minimized as much as possible.

For Cross Arm Straps / Cable Chokers with large and small D-rings, or with web loop and D-ring, pass small D-ring through large D-ring / web loop, and pull until strap is taut. Cross Arm Strap / Cable Choker may be looped around structural anchor multiple times to reduce excess length. Pass through large D-ring / web loop each time Cross Arm Strap / Cable Choker is wrapped around anchorage.

For Cable Choker with snap hook ends, connect snap hook directly to cable. NEVER attach snap hook directly to cable thimble eye or other snap hook.

For choker cable with thimble ends, connect thimble ends with compatible carabiner.

Connect complete and compatible PFAS to small D-ring, or to cable if applicable. NEVER make connections to large D-ring or web loop. NEVER make more than one attachment per connection point.

#### SPECIFIC ANCHOR APPLICATIONS



Personal Fall Arrest: Safewaze Cross Arm Straps / Cable Chokers are designed as an anchor point to support a maximum of 1 Personal Fall Arrest System (PFAS) when utilized for fall protection applications. The structure to which the Strap / Choker is attached must withstand loads applied in the directions permitted by the system of at least 5,000 lbs. Maximum allowable free fall is 6'.

Restraint: Safewaze Cross Arm Straps / Cable Chokers are authorized for use in Restraint applications. The structure to which the Strap / Choker is attached must withstand loads applied in the directions permitted by the system of at least 1,000 lbs NO free fall is permitted. Restraint systems may only be used on surfaces with slopes up to 4 / 12 (vertical / horizontal). For Restraint applications, the allowable attachment points to harness are Dorsal D-ring, Chest D-ring, Side D-rings, and Shoulder D-rings.

 Work Positioning: Safewaze Cross Arm Straps / Cable Chokers are authorized for use in Work Positioning applications. Work Positioning allows a worker to be supported during suspension while freeing both hands to conduct work
 operations. The structure to which the Strap / Choker is attached must withstand loads applied in the directions permitted by the system of at least 3,000 lbs. Maximum allowable free fall is 2'. For positioning applications, the allowable attachment points to harness are the Side D-rings.

Rescue/Confined Space: Safewaze Cross Arm Straps / Cable Chokers are authorized for use in Rescue/Confined Space applications. Rescue systems are utilized to safely recover a worker from a confined location or after exposure to a fall. Composition of rescue systems can vary based upon the type of rescue involved. The structure to which a Strap / Choker is attached must withstand loads applied in the directions permitted by the system of at least 3,000 lbs. NO free fall is permitted. For rescue applications, the allowable attachment points to harness are Dorsal D-ring, Chest D-ring and Shoulder D-rings.

# INSTALLATION EXAMPLES



Cross Arm Strap Installation

Example



Cross Arm Strap Installation

Example

# WARNING A

- · Users should consult with their doctor to verify ability to safely absorb the forces of a fall arrest event. Fitness level, age, and other health conditions can greatly affect an individuals ability to withstand fall arrest forces. Women who are pregnant, individuals considered minors must not use any Safewaze equipment
- · Never alter any part of a Cross Arm Strap / Cable Choker or add/remove components. Safewaze shall not be held responsible for injury or death due to tampering.
- · Cross Arm Straps / Cable Chokers that are exposed to fall arrest forces MUST be IMMEDIATELY removed from service and destroyed.
- · Failure to follow these instructions and warnings could result in serious injury or death in the event of a fall.
- A preplanned rescue procedure in the event of a fall is required. The rescue plan must be specific to the project. The rescue plan must allow for employees to rescue themselves, or to be promptly rescued by alternative means.

· Harnesses or connectors selected for use with any Safewaze Cross Arm Strap / Cable Choker must compatible in size and configuration. User must ensure compatibility of snap hooks, carabiners and other connectors. Any connection which could allow disengagement must be eliminated. Snap hooks and carabiners must be self locking and self closing and must never be hooked to each other.

· A Competent Person must conduct an analysis of the workplace and anticipate where workers will be conducting their duties, the route they will take to reach their work, and the existing and potential fall hazards they may be exposed to. The Competent Person must choose the fall protection equipment to be utilized.

- · Do not misuse equipment
- · Equipment designated for fall protection must never be used to lift, hang, support or hoist tools or equipment unless specifically certified for such use.

# INSPECTION

- Safewaze Cross Arm Straps / Cable Chokers shall be inspected prior to each use by the user and at least annually by a Competent Person. Annual inspections shall be documented. Severity of conditions during use may neccesitate increased frequency of documented inspections.
- · Cross Arm Straps / Cable Chokers that fail inspection MUST be removed from service and destroyed immediately
- · All components of the Cross Arm Strap / Cable Choker shall be inspected. Hardware inspection will include all Snap Hooks, D-rings, Web, Adjusters, and Rope or Cable (if applicable).
- · Snap Hooks, D-rings, and Adjusters should have smooth surfaces with no indication of corrosion or damage that could negatively impact harness webbing.

Cross Arm Strap Webbing/Cable Choker, Snap Hooks, D-rings, adjusters, and other components must be inspected for:



# MAINTENANCE & STORAGE

Safewaze Cross Arm Straps / Cable Chokers can be cleaned with water and mild soap and hung to air dry. Do not use chemical cleaners, harsh detergents, or solvents. Do not dry with heat.

Hardware can be wiped off with a clean, dry cloth

Safewaze Cross Arm Straps / Cable Chokers should be stored in a cool, dry, and clean environment. Do not store in direct sunlight or where chemical vapors could come in contact with the equipment.

### WARRANTY

Safewaze warrants its products are free from defects in materials and construction under normal use and service. Liability is not accepted for abuse, modification, improper use, destructive activity and contaminated exposure.

#### LABELS











INSPECTION LOG





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Web: safewaze.com



Installation Example





FS-EX400-15 / FS-EX400-30

The FS-EX400-15 and FS-EX400-30 are utilized as any normal ratchet strap. Upon selection of a suitable anchorage point to install the strap, wrap the FS-EX400-15 and FS-EX400-30 around the anchorage point. Pass the free end of the webbing through the slotted roller on the tensioner assembly and begin tensioning the strap using the ratcheting handle. Tension until tight on the anchorage point and proceed with installation of additional fall protection equipment.

