

The Tracpac tie-back high-abrasion adjustable shock-absorbing lanyard is composed of a shock absorber to which a 1 $\frac{3}{16}$ -in. (30 mm) adjustable high-abrasion web lanyard is attached. The length of the lanyard is adjustable from 4 to 6 ft. (1.2 to 1.8 m) to adapt to different job conditions. The sliding O-ring allows to safely connect the lanyard back on itself (tie-back) for choking on poles, beams, etc.

When a fall occurs, the sudden stop caused by the fall arrest system submits the human body to a high impact force (the longer the free fall distance, the higher the force).

The purpose of the shock absorber is to lower the impact force experienced in a fall by dissipating the kinetic energy and controlling deceleration. The shock-absorbing device is made of a specially woven webbing that elongates through tearing on its weave and stitching. This action limits the impact force to less than 900 lbs. (4 kN).

The dual arm model allows the worker to remain safely connected at all time (100% tie-off) while climbing or on the move.

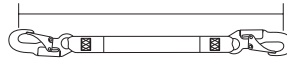
For further information, refer to the "Use and Maintenance Instructions" for harnesses, belts and lanyards.

Features

- High-abrasion resistance
- Improved handling
- Contrary to rope, the web is not subject to unraveling
- High strength to weight ratio

Size

- Adjustable from 4 to 6 ft. (1.2 to 1.8 m) only



Size of lanyards are based on measurement from inside to inside hook.

Applications

- Construction
- Maintenance

Applicable standards

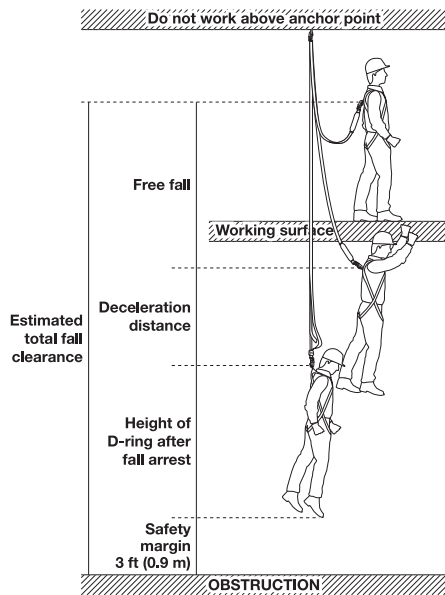
- ANSI Z359.1-1999 and A10.32-2004
- OSHA fall protection requirements
- CSA Z259.11-05, class E4

Available models

All shock-absorbing lanyards have a $\frac{3}{8}$ -in. (19 mm) self-locking snap hook at shock pack.

- C196GZ 4 to 6 ft. (1.2 to 1.8 m) with a $\frac{3}{4}$ -in. (19 mm) self-locking snap hook on the other end
- C196EZ 4 to 6 ft. (1.2 to 1.8 m) with a $\frac{2}{4}$ -in. (57 mm) self-locking snap hook on the other end
- C186GZ 4 to 6 ft. (1.2 to 1.8 m), two arms with $\frac{3}{8}$ -in. (19 mm) self-locking snap hook on each arms
- C186EZ 4 to 6 ft. (1.2 to 1.8 m), two arms with $\frac{2}{4}$ -in. (57 mm) self-locking snap hook on each arm

For information on Tractel connectors, refer to technical sheet T-4536.



⚠ WARNING ⚠

When choosing an anchorage point, take into consideration the deceleration distance. The shock absorber can elongate up to 42 in. (1.1 m) as it extends during activation.

Free fall distance must never be greater than 6 ft. (1.8 m). Consult local regulations as permitted free fall distance may be less than 6 ft. (1.8 m).

PARTS	SPECIFICATIONS	APPLICABLE STANDARDS
Tear webbing	Minimum tearing force: 500 lbs. (2.2 kN) Maximum impact force: 900 lbs. (4 kN) Maximum deployment length: 42 in. (1.1 m)	ANSI Z359.1-1999 CSA Z259.11-05, class E4
Shock absorber webbing	High tenacity polyester Width: 1¾ in. (45 mm) Thickness: ¼ in. (1.4 mm) Tensile strength: 5,700 lbs. (25.4 kN) Webbing is heat-cut to prevent fraying.	ANSI Z359.1-1999 CSA Z259.11-05, class E4
Shock absorber protective cover	High tenacity polyester Width: 3⅜ in. (85 mm) Tubular construction	ANSI Z359.1-1999 CSA Z259.11-05, class E4
Lanyard arm webbing	High abrasion polyester Width: 1⅞ in. (30 mm) Thickness: ¼ in. (4 mm) Tensile strength: 9,000 lbs. (40 kN) Webbing is heat-cut to prevent fraying.	ANSI Z359.1-1999 CSA Z259.11-05, class E4
Stitching	Lanyard is lock-stitched. Thread: #138 polyester	
Adjuster	Plating: zinc dichromate Proof-loaded 100% at 3,600 lbs. (16 kN) Tensile strength: 5,000 lbs. (22.2 kN)	ANSI Z359.1-1999 CSA Z259.12-01
1¾-in. (45 mm) O-ring	Plating: zinc dichromate Proof-loaded 100% at 3,600 lbs. (16 kN) Tensile strength: 5,000 lbs. (22.2 kN)	ANSI Z359.1-1999 CSA Z259.12-01
¾-in. (19 mm) self-locking snap hook	Plating: zinc dichromate Proof-loaded 100% at 3,600 lbs. (16 kN) Tensile strength: 5,000 lbs. (22.2 kN)	ANSI Z359.1-1999 CSA Z259.12-01
2¼-in. (57 mm) self-locking snap hook	Plating: zinc dichromate Proof-loaded 100% at 3,600 lbs. (16 kN) Tensile strength: 5,000 lbs. (22.2 kN)	ANSI Z359.1-1999 CSA Z259.12-01
Capacity	310 lbs. (140 kg), one person	ANSI Z359.1-1999 CSA Z259.11-05, class E4