

The Tracpac high-abrasion adjustable shock-absorbing lanyard is composed of a shock absorber to which a 1 $\frac{1}{16}$ -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.

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.

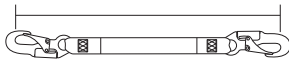
For further information, refer to the "Use and Maintenance Instructions" for harnesses, belts and lanyards.

**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**

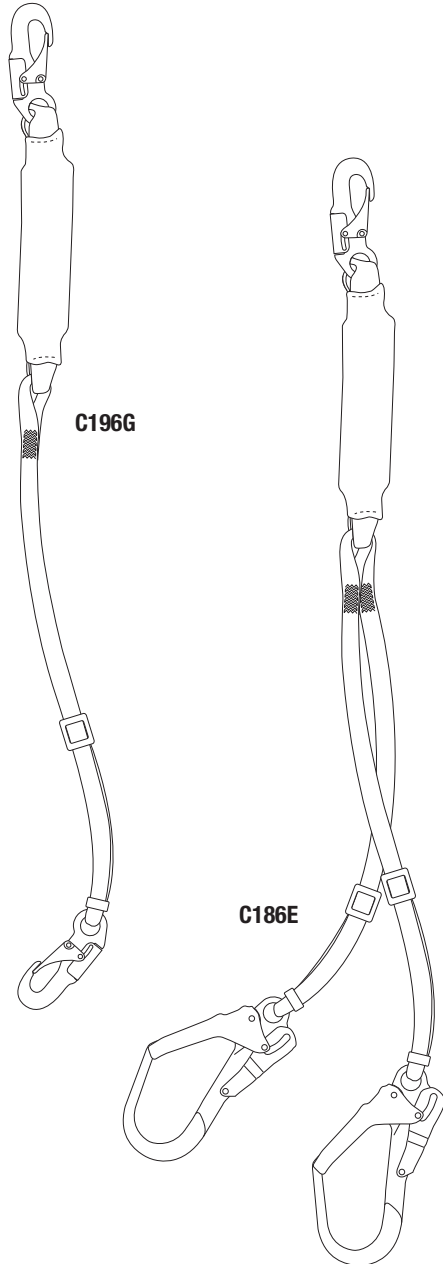
- ANSI/ASSE Z359.1-2007 (some models)
- ANSI/ASSE A10.32-2004
- OSHA 1926 and 1910
- CSA Z259.11-05, class E4

**Available models that meet  
ANSI/ASSE Z359.1-2007**

All shock-absorbing lanyards have a 3/4-in. (19 mm) self-locking snap hook on one end.

- C196Z 4 to 6 ft. (1.2 to 1.8 m) with a 3/4-in. (19 mm) self-locking snap hook on the other end
- C186Z 4 to 6 ft. (1.2 to 1.8 m), two arms with 3/4-in. (19 mm) self-locking snap hook on each arms

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

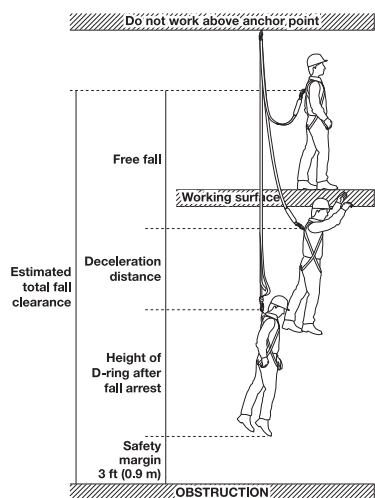


**Available models that meet  
ANSI/ASSE 10.32-2004 ONLY**

All shock-absorbing lanyards have a 3/4-in. (19 mm) self-locking snap hook on one end.

- C196G 4 to 6 ft. (1.2 to 1.8 m) with a 3/4-in. (19 mm) self-locking snap hook on the other end
- C186G 4 to 6 ft. (1.2 to 1.8 m), two arms with 3/4-in. (19 mm) self-locking snap hook on each arms

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)<br>Maximum impact force: 900 lbs. (4 kN)<br>Maximum deployment length: 42 in. (1.1 m)   | ANSI Z359.1-2007<br>ANSI 10.32-2004<br>CSA Z259.11-05, class E4 |
| Shock absorber webbing                                | High tenacity polyester<br>Width: 1¾ in. (45 mm)<br>Thickness: ¼ in. (1.4 mm)<br>Tensile strength: 5,700 lbs. (25.4 kN)<br>Webbing is heat-cut to prevent fraying.             | ANSI Z359.1-2007<br>ANSI 10.32-2004<br>CSA Z259.11-05, class E4 |
| Shock absorber protective cover                       | High tenacity polyester<br>Width: 3¾ in. (85 mm)<br>Tubular construction   | ANSI Z359.1-2007<br>ANSI 10.32-2004<br>CSA Z259.11-05, class E4 |
| Lanyard arm webbing                                   | High abrasion polyester<br>Width: 1¾ in. (30 mm)<br>Thickness: ¼ in. (4 mm)<br>Tensile strength: 9,000 lbs. (40 kN)<br>Webbing is heat-cut to prevent fraying.                 | ANSI Z359.1-2007<br>ANSI 10.32-2004<br>CSA Z259.11-05, class E4 |
| Stitching   | Lanyard is lock-stitched. Thread: #138 polyester   | CSA Z259.12-01  |
| Adjuster  | Plating: zinc dichromate<br>Proof-loaded 100% at 3,600 lbs. (16 kN)<br>Tensile strength: 5,000 lbs. (22.2 kN)  | ANSI Z359.1-2007<br>ANSI 10.32-2004<br>CSA Z259.12-01           |
| ¾-in. (19 mm) self-locking snap hook (43601 – Z hook) | Plating: zinc dichromate<br>Proof-loaded 100% at 3,600 lbs. (16 kN)<br>Tensile strength: 5,000 lbs. (22.2 kN)<br>Gate strength: side and face 3,600 lbs. (16 kN)               | ANSI Z359.1-2007<br>ANSI 10.32-2004<br>CSA Z259.12-01           |
| ¾-in. (19 mm) self-locking snap hook (45000 – G hook) | Plating: zinc dichromate<br>Proof-loaded 100% at 3,600 lbs. (16 kN)<br>Tensile strength: 5,000 lbs. (22.2 kN)<br>Gate strength: side 350 lbs. (1.6 kN), face 220 lbs. (1.0 kN) | ANSI 10.32-2004<br>CSA Z259.12-01                               |
| Capacity  | 310 lbs. (140 kg), one person  | ANSI Z359.1-2007<br>ANSI 10.32-2004<br>CSA Z259.11-05, class E4 |