



Heavy Worker Shock-Absorbing Lanyards

Off the shelf, rated to 400-pound capacity, OSHA-compliant.

MSA now offers low-profile shock-absorbing lanyards rated to 400 lbs. Heavy Worker Lanyards are available in polyester web and cable configurations and offer a choice of anchorage/harness connections. All Heavy Worker Lanyards contain a Sure Stop™ Shock-Absorber. These lanyards utilize a gray webbing in the shock-absorbing pouch to visually differentiate them from standard lanyards. This simplifies product selection and helps ensure that your workers are using the right product.

Heavy Worker Lanyards from MSA keep fall arrest forces below OSHA limits, with deceleration distance controlled to a 42" maximum. Shock absorbers include clear, durable protective covers over labels to increase service life and allow for easy inspection.

Lanyard web configurations:

- Twin-leg
- Single-leg
- Fixed length
- Adjustable length

Lanyard cable configurations:

- Twin-leg
- Single-leg

Harness connections:

- 36C
- Sewn loop

Anchorage connections:

- 36C
- 36CL
- FP5K

1" Web Shock-Absorbing Lanyards

Part No.	Harness Connection	Anchorage Connection	Single-Leg	Twin-Leg	Adjustable	Fixed
10088223	36C	36C	X		X	
10088224	36C	36CL	X		X	
10088240	Sewn loop	36C	X			X
10088229	36C	36C		X	X	
10088230	36C	36CL		X	X	
10088231	36C	36CL		X		X
10088232	36C	36C		X		X
10088233	Sewn loop	36CL		X		X
10088241	Sewn loop	36C		X		X



Part #10088229



Part #10088231



Part #10088234



Part #10088076



Part #10088225



Part #10088255

Cable Shock-Absorbing Lanyards

Part No.	Harness Connection	Anchorage Connection	Single-Leg	Twin-Leg
10088234	36C	36C	X	
10088075	36C	FP5K	X	
10088076	36C	FP5K		X
10088235	36C	36C		X
10088236	36C	36CL		X

Expanyard™ Shock-Absorbing Lanyards

Part No.	Harness Connection	Anchorage Connection	Single-Leg	Twin-Leg
10088225	36C	36C	X	
10088226	36C	36CL	X	
10088227	36C	36C		X
10088228	36C	36CL		X

ArcSafe® Shock-Absorbing Lanyards

Part No.	Harness Connection	Anchorage Connection	Single-Leg	Twin-Leg
10088255	36C	36C	X	
10088257	36C	36C		X
10088253	36C	36CL		X

Thermatek™ Shock-Absorbing Lanyards

Part No.	Harness Connection	Anchorage Connection	Single-Leg	Twin-Leg
10088248	36C	36C	X	
10088252	36C	36C		X

Tie-Back™ Shock-Absorbing Lanyards

Part No.	Harness Connection	Anchorage Connection	Single-Leg	Twin-Leg
10088237	36C	36C	X	
10088238	36C	36C		X
10088239	Sewn Loop	36C		X

Heavy Worker Shock-Absorbing Sub-Assembly Lanyards

Part No.	Material	Harness Connection	Anchorage Connection
10090058	Polyester	D-Ring	36C

Sub-assembly does not include a shock-absorber.

Note: This Bulletin contains only a general description of the products shown. While uses and performance capabilities are described, under no circumstances shall the products be used by untrained or unqualified individuals and not until the product instructions including any warnings or cautions provided have been thoroughly read and understood. Only they contain the complete and detailed information concerning proper use and care of these products.

