



Fall Restraint vs. Fall Protection Lanyards

Did you know that fall restraint lanyards are different from fall protection lanyards?

All but a few of the lanyards in our catalog are intended for use in a “fall protection” scenario, where the end user is utilizing a “shock-absorbing” lanyard to protect them in the event of a fall. Have you taken a look at rope and webbing lanyards and ever wondered what makes them different? These lanyards are not for use where the user may experience a fall, but rather to “restrain” them from even being able to encounter a fall. A restraint system or device is technically a preferred method of protecting the worker, as it can allow the worker to perform his/her duties without the risk of falling (and the complications of trying to rescue them). Some rope grab devices are also commonly used for fall restraint.

While a fall protection anchor requires a 5,000 lb. anchor, workers using a fall restraint system only need to have a 1,000 lb. rated anchor (since there is no risk of falling). Technically, even shock-absorbing lanyards can be used for fall restraint; however, you’d be paying extra to have the shock absorber built-in. In many situations, it is actually better if they do go with the shock-absorbing lanyards for fall restraint, as it makes the product more versatile and prevents a true “restraint lanyard” from being used in a fall arrest situation.

Restraint lanyards are available in a variety of lengths (i.e., 3 ft., 4 ft., 5 ft.) in order to meet the needs of the specific application and only allowing movement up to the length of the lanyard. Just remember, you cannot connect lanyards snap-hook to snap-hook in order to make them longer!

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